



Don't forget that
February 14th is
Valentines Day.
Get that special
person something!

Mile Markers

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504

February, 1990
Volume 12, No. 2

President's Message:

Are we having fun yet? Quite a group (169) said yes at the Corrida de Los Locos, January's answer for a fun run, complete this year with low temperature, wind and snow. Way to go, Dave Giles, and thanks. A great start on monthly events, the February one will be a non-advertised, other than in this issue of Mile Markers, Striders event: The Valentine Couples Fun Run. I'm looking for a sponsor for a March (St. Paddie's) run, if you are interested, please call me at 989-7324 or (work) 827-8854.

Your Board met after the Los Locos run, symbolic, no, President Cecil Smith, Vice-President Susan Rush, Treasurer Mike Guttman, Editor Tom Stow and Past President Mary Platts. We were happy to see a net "profit" for 1989 of \$47.55 plus interest on the Savings account. Thanks, June, for the report and a job well done. By curtailing expenses last year and by not loaning equipment free, we came out slightly in the black, but we had no Fowl Day Run and expense. With the increase in dues and with a watchful eye on expenses, perhaps we can do more this year. One expense we will look closely at is National Roadrunner Club dues...as in what do we get. We will continue with TAC membership for race sanction and insurance and if you want an individual TAC membership at \$8.00, contact Kathy Fones, Executive Director, NM TAC, 118

Amherst NE, Albuquerque, NM 87106 or 2555-0299.

Finally, the Board agreed to purge the membership after this issue of Mile Markers.

The People Purge or so you haven't paid your 1990 dues! This may be your last issue of Mile Markers. If you have not paid your 1990 dues of \$15.00, you will be dropped from the Strider membership and mailing list. Hopefully, not to many of you just sighed, "Great, as TP the paper was too stiff anyway."

According to Strider records, the following 1989 members are not 1990 members--so good-bye:

Anderson, Graydon	Arnold, John
Atkins, Ted	Backer, Barbara
Bartell, Randy	Bemis, Jr, Greg F.
Bergman, Elizabeth	Best, Diana
Birnber, Randall	Burrell, Tim
Cate, Frederick	Collins/Cooper
Cron, Dan	Croshaw, George
Day, Tom	Deer Lew
Fisher, Jim	Foyt, Otto
French, Bob	French, Ken
Fusco, Gail	Gallegos, Alvaro
Galvan, Carol	Garcia, Lorenzo
Geer, Lewis	Gorospe, Michael
Hardy, Mary	Howe, David
Jones, Jeff	Knapp, Sharon
Lackey, James	Laine, Patty
Lowrie, Don	Lucero, Pat
Macias, James	Macias, Sandy
Martin, Ken	Merritt, Chuck
Merritt, Weldon	Pannabecker, Phil
Parrott, Tom	Persampieri, Nick
Pottern, Marcie	Ramirey, Leroy
Reed, Albert	Reiterman, Carl
Rivera, Mike	Rodriguez,
Patrick	

Romero, Laura
Rubin, Howard
Seitz, Steve
neesby, Dave
Strange, Dona
Swafford, Gerald
Tiano, Tom
Upchurch, Stan
Visel, Patty
Weise, Pamela
Wolf, Thomas
Wood, Mardi

Rowell, Buzz
Settle, John
Sheenan, Vincent
Soltene, Anita
Sutin, Michael
Teitsworth, Joe
Toel, Wolky
Valdez, Ronald A.
Vlaming, David
Westmoreland, Jim
Wolf III, Joe H.
Ytuarte, David

Ken Martin - Winner in 23:17

Corrida de Los Locos - record number of entries...169.

1st Male---Connie Belcount, 26:23

1st Female---Catherine Ducaj, 33:07

Males

19 and Under

1. Andrew Cope; 2. Carlos Gallegos;
3. Wilbert Martin; 4. Jared Lyman; 5.
Alven Whitesheep.

20-29

1. Donnie Belcount; 2. Shawn Carr; 3.
Chris Estrem; 4. Bernie Gallegos; 5.
Jonathan Sandoval.

30-39

1. Oliver Trujillo; 2. Miles Baron;
3. Jim Westmoreland; 4. Lyle Amer; 5.
Cas Milner.

40-49

1. Ron Valdez; 2. George Croshaw; 3.
Jordan Sargent; 4. John Pollack; 5.
Jack Lippencot.

50 and over

1. Dale Goering; 2. Geary Radcliff;
3. Lefty Lohman; 4. Doug Lier; 5.
Richard Hudson.

Female

19 and Under

1. Margaret Pinto; 2. Susan Trujillo;
3. Elaine Montoya; 4. Doreen James.

20-29

1. Lara Hutson; 2. Patty Visel; 3.
Karen Facton; 4. Denice Brown; 5.
Tracy Cannon.

30-39

1. Catherine Ducaj; 2. Judie Amer; 3.
Becky Zahrt; 4. Sandra Walker; 5. Amy
Anderson.

40-49

1. Mary Platts; 2. Jody Viscalli; 3.
Lynn Pickarel; 4. Donna Berg; 5.
Vivian Reinikainen.

50 and over

1. Kenny Goering.

EGG NOG JOG, Jan 1, 1990

Quite a few Santa Fe runners started out the new year by running a 5 mile race on a flat course in Albuquerque. The timing was unofficial, meaning you had to keep your own. It was a good time and some prizes were given out in a drawing after the race.

February Meeting: Tuesday, February 13th will be the next meeting and it will be a Elaine Pinkerton's house, 899 Zia Road (corner of Old Santa Fe Trail and Zia Road). Elaine will have balloons on the mail box. For directions you can call her at 983-9747. If you would like to take a short run be there at 6 pm. The potluck supper will start about 6:45 pm and the business meeting around 8 pm. See you there!!

EXPERIENCE a Running Camp

Anyone interested in a running camp? Be it for the first time or our annual visit, why not try the EUGENE EXPERIENCE in Eugene, Oregon.

Run by Mike Manley (1972 Olympian and top ranked masters runner) and Cathie Twomey (one of America's most versatile distance runners who is returning to running, and now training for the 1992 Olympics, after the birth of her son). This camp not only offers the best in training and fitness techniques but great side trips and FOOD. Two sessions are scheduled for this summer: July 14-21 and July 22-29. For more information call June Dickenson at 988-3428 evenings.

Race Results:

Houston Marathon - Jack Lippincott 3:17 (this qualifies him for the Boston Marathon) Congratulations Jack!

The York Midnite Run (New Year's Eve)
1st American Road Race of 1990.

CORRIDA DE LOS LOCOS by Diana Best

The Annual Corrida de los Locos got off to a roaring start at 10 am , Saturday, January 20th. A record 169 entries shivered at the starting line under ideal weather conditions, ie. sub zero temperatures and snowy terrain with lots of slick, icy spots - mmmm lovely! We certainly were a colorful looking bunch in our winter running attire and 4-wheel drive shoes!

A fairly formidable hill was the first challenge of the 4.6 mile course. "One step forward and two steps back" was the song on my mind as the ascending terrain bared it's sharp white teeth! Nevertheless, the views were spectacular - the New Mexico landscape never ceasing to give us pleasure. A gradual downhill was a welcome relief all the way to the 2 mile mark, where one made a right turn onto a paved road, which today was covered with the white stuff. The gradient again sloped upwards, and lots of huffing and puffing prevailed at this point. Roughly 2 miles along this road was the final right turn and the remaining .6 mile to the finish. Here, Strider Member June Dickinson was seen sporting a large flag to direct the aching runners to the finish line. Another sharp, slippery incline took us to yet another, before descending at break neck speed to the finish. (See results section for complete results)

It was wonderful to see so many Strider Members taking part in the event. Including the Runner's World Male Athlete of 1989, Ken Martin.

An extra special thank you to Director Dave Giles for all his hard work in putting on this annual event. It has all been due to Dave that the event has become a winter work out for so many people. The record number of entries this year prove that the event is a huge success. In addition to the enjoyment of the race itself, the race entry fee included a very attractive long sleeve T-Shirt, and also post race refreshments which were very welcome. Thanks again

Dave!! We look forward to next year's event.

Upcoming races and results

If you have any race results or have run a race yourself, please do not hesitate to call Diana Best or Jim Westmoreland at 988-2274 and it will appear in the monthly newsletter. You can also call Tom Stow at 471-4722.

Upcoming Races:

- Feb 4 Runner's Den 10K
 Phoenix, Az
 602-277-4333
- Feb 11 Heart Run 10K
 U of A Mall, Tucson
 Info - 621-4407
- Feb 17 Valentine Couples Run
 Santa Fe River Park
 9:45 am 5 miles each,
 or so. For more info
 call Pres. Cecil at
 989-7324
- Feb 17 Grants Mount Taylor Winter
 Quadrathlon 505-285-6969
 Bike/Run/Ski/Snowshoe
- Feb 17 Pres. Day 5 & 10K
 Rio Rancho Parks & Rec
 Chris Orlando, 892-6704
- Feb 18 Master's Winter Runaround
 10 am \$6 Members, \$8 non-
 Members, 5 miles and 2 1/2
 miles, SIPI on Coors in ABQ
 More info, June Dickinson
 988-3428
- Feb 25 Third Olympiad Memorial
 Marathon, St. Louis, Mo.
 314-434-9577
- March 4 Run for the Blue, ABQ
 10K - Haven't seen this on
 the calendar yet.
- March 11 14th Annual Tucson Sun Run
 8am - 15K, 8:30 - 3K
 Info-602-744-6256

VALENTINE COUPLES FUN RUN

To continue Dave Sneesby's idea of low key, cheap, less competitive weekend fun runs, come try the Santa Fe Striders second non-organized Valentine Couples Fun Run on Saturday, February 17, 1990.

WHERE: Sign in and start in the Santa Fe River Park on East Alameda, just east of the Paseo de Peralta.

WHEN: Sign in starting at 9:45 a.m. Race at 10:12.3--right!

COURSE: Up Alameda, Upper Canyon Road, Cerro Gordo

DISTANCE: Course-exactly 5 miles, more or less. Per couple-10 miles. Per runner-will vary; see rules.

RULES: For THE PRIZE, FEMALE-MALE COUPLES ONLY. Anyone can come. Couples must split at Gonzales Road, one person continuing up Alameda and on up Upper Canyon Road and one person to go up Gonzales and a right on Cerro Gordo. When the couple meets, they must touch (a hand slap or other, depending on how friendly they are--this is a Valentine Run, remember) and reverse directions, both going back the way they came. Then, each couple must meet up on East Alameda and finish together, at least as far as from the river crossing a block or so east of Delgado Street.

TO WIN: At sign in, each couple will write down their estimated time. THE PRIZE will be awarded to the couple coming in closest to their estimated time.

TIMING: Casual, at best--and participants may not wear watches during the run.

ENTRY FEE: For this, you've got to be kidding! If you have a jug to bring water, juice or coffee or want to bring a treat, that would be nice.

SPONSOR: Cecil, 989-7324

So, find a partner and start planning your strategy. If you wish to practice the turn around touch, that is up to you, but there will not be a prize for the most creative, romantic touch.



They're off

Cold temperatures and snow-packed footing didn't deter these runners in Saturday's *Corrida de los Locos* fun run. The 4.6-mile run attracted a record 169 runners for the annual event. Donnie

Belcount was the men's overall winner in a time of 26 minutes, 23 seconds. For the women, Catherine Ducaj won her fourth title in 33:07. For results, see Page C-2.