

MILE MARKERS

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504

Volume 12, No 7
July, 1990

Presidents Message:

Well, as you know our faithful former President is moving to Canada. Cecil, you have served us well and we do thank you and wish you the very best. Let us know how everything is "running" in Edmonton.

Because of Cecil's move, I am delighted to serve as the President of the Santa Fe Striders for the remainder of this term. My plan is that we can continue to do some fun events as a club. I have hopes of the fun runs continuing as well as the monthly meetings on the 2nd Tuesday of each month. I intend to continue to have speakers come and talk on something related to running. Suggestions are always welcome.

The annual Runaround 10K and 1 mile has come and gone. Hats off to Diana Br and Jim Westmoreland for all of their work and efforts as co-race directors! I even heard it rumored that Diana might be willing to do it again next year. Look for a more detailed article on the Runaround elsewhere in this newsletter.

Susan

July Striders Meeting:

Tuesday, July 10th at Susan Rush's house, 2256 Camino Iris. From Old Pecos Trail, turn onto Calle Espejo, right beside the Townhouse Motel. Go two blocks and turn right onto Camino Iris. Her house is the second or third one.

7:00 pm pot luck

7:45 - 8:45 Speaker, Bryan Kelley

Mr. Kelley, ACHE, Certified

Hypnotherapist, has been jogging/running since 1962. He will speak to us on relaxation response, he says, "Come ready to be Hypnotized."

Bryan has worked with hundred of runners regarding athletic stress, should be an interesting evening.

Yoga for Runners:

"Yoga for Runners" begins Monday, July 2nd, from 7:15 pm to 8:45 pm, this is a six week program to be held at the Center for Yoga on 2nd Street (by Cloud Cliff Bakery). Dr. David Riley, MD, will be our instructor. If you haven't indicated a desire to go to the class it is not too late, just come to the Center for Yoga, Monday, July 2nd, with \$36.00 for the six sessions.

Greater Griffin Run:

Belated kudos and a dream for the future.

Because of Strider assistance and participation, the 1990 Greater Griffin (May 6) was a big success! This now-annual event, held as a benefit for Santa Fe Prep School's scholarship fund, boasts the unique combination of a five-mile cross-country run and a two-mile fun walk. It has become known for the beauty of its undulating course (up Wilderness Gate Road and snaking around behind St. John's College) and its fabulous door prizes.

You've already read in last month's Mile Markers how our runners virtually stole the show. I'd like to offer bouquets of roses to those who also RAN THE SHOW: June Dickinson, Dede and Dennis, Cliff Rees, Mike Guttman and others.

Is there any chance of the Striders officially "adopting" the 1991 Greater Griffin Run? Some things would remain the same: the school would provide chronomex fee and helpers; the club would provide expertise as well as participants. What's new, however, is better handling of results. This year there were just first place m-f winners in 18 and under and over 19 categories. More places in the winning berths would, I believe, definitely attract more entrants.

Elaine Pinkerton

Turquoise Lake:

For those of you interested in a challenging trail run with SUBERB and NUMEROUS prizes, the 20K at Turquoise Lake, Leadville, Co., is probably the one for you. Susan Rusli and I lined ourselves up with about 200 others at the windy and very cool 9 am start on Sunday, June 3. The first 10K was run on a paved road with only light traffic and the second 10K continued on a narrow trail in the trees at the edge of beautiful Turquoise Lake with snow capped mountains all around. Fortunately, the weather warmed up and the day turned into a lovely sunny one..... now if ONLY I had remembered that Leadville is at 10,000 feet!! For a mere \$5 pre race day entry fee we received a delicious repast of yogurt, fresh strawberries, delicious bread, bagels, peanut butter, Power Bars, bean dip with blue corn chips, all kinds of drinks and bottled water.

Everyone stayed for the picnic and the wonderful prizes which included CASH, a night at a local B & B hotel, fancy new snow shoes valued at \$150, bike helmet valued at \$70, one of those watches which does EVERYTHING if you can figure out directions, and countless other goodies. Age group and overall winners all received CASH and those who car pooled more than two runners received \$5. Definitely put the first weekend in June, 1991 on your calendar if you enjoy being rewarded for such a beautiful course.

Chris Kassube

Runaround '90:

Over 200 runners were entered in this year's version of the Runaround. The race went very well thnks to all the planning that Diana and Jim put in for several months leading up to race day.

Several turkeys came through the finish line and then escaped before the finish line crew could account for their spot. Some of these people even had the gall to ask for their times and didn't want to wait for the results crew to get all the times posted. Due to these rude people our finish times were tainted this year. Next year we will have to have a finish line just for the turkeys.

The official expense report isn't out yet, but we might have made several dollars this year.

Thanks again to all that helped make this year's race a success.

Bolder Boulder 10K:

This year's annual race in Boulder, Co., featured 26,000+ people all trying to get to the finish line in the University of Colorado's football stadium. Because of the wave start there are only about 1,000 people starting at any one time. J. Westmoreland finished 100th overall, Diana Best finished 82nd overall in the women's race. Mary Platts, Mike Guttman and Tom Stow also ran this year. Everyone had a fine time and watched the world class runners battle it out for the top honors.

Some Race Results:

6/9 Run for the Crown 10K, Stan Grochowski, 38:39—a new PR, held in Corona, CA, 3rd in his age group

6/13 Heart of the City 5K, Stan Grochowski, 18:55—a new PR, held in LA, CA, over 3,000 people in the race.

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Otto Foyt 4:46:02

Bandelier Ultra:
Jim Fisher 9:25:52

Bandelier Ultra Relay:
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Taos Half-Marathon
Cleo Naranjo 1st 1:14:08
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Taos Marathon:
Charly Sanchez 1st overall 2:49:21
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Taos Relay:
Los Caracoles-
Bill Earl
Ellen Stelling
Al Reed 3:28:04
Greg Ohlson
Mary Platts

Upcoming Races:

- 7/3 4th of July Midnight Run
4 mi. Gil's 268-6300
- 7/ Taos Parks and Rec. 4 mi
758-9171
- 7/7 Fiesta Run, Las Vegas, NM, 10K & 5K
Bob Reed 425-8034
- 7/14 High Altitude Mini-Marathon, Los
Alamos, 5k, 20k 667-6005
- 7/15 D.B. Enterprise 10k&2mi, Gallup, NM
Tony Romero, 722-5298
- 7/22 ARR Women's Run 5k, San Gabriel Park
ABQ, Pam Grosvenor 881-4673
- 7/22 Rock 'N' Run, 10k, 5k, 8k Race Walk,
1 mi walk, ABQ, KFMG, 828-1600
- 7/25 Raton Summer Run, Biathlon, 10k Run
Biathlon= 80mi bike, 10k run
445-3689
- 7/29 Gallup Parks & Rec, 10k, 5k
863-5809 or 863-6871
- 8/5 La Luz, 9 mi mt run
Kathy Fones, 255-0299
- 8/12 Eldora Mountain, Co., Cross Country
Challenge, 443-5622

It looks like some time in September we will have a Cross Country Triangular meet with the Atomic City Road Runners, the Albuquerque Road Runners, and the Santa Fe Striders. There is to be a meeting between the clubs to iron out the details on July 11, after our run from the Plaza.

We will try to have a picnic after the race with proper refreshments. The runners from ABQ would like to see some age group awards, make a guess your pace or guess the mileage race. The other two clubs are very interested in having this event. We will host it this year and then it will rotate. The tentative date is September 8 or 9th. If you have ideas that you would like to see added, call Tom Stow at 471-4722.

Bicycling Calendar:

- 7/1 Tour de Los Alamos, 672-3518
- 7/14-15 BRAT Mini Classic, ABQ, 275-8808
- 7/22 Scot Trials, ABQ, 243-8443
- 7/28 Women Over the Hill Tour, ABQ,
268-4686

Philosophically Speaking

In the March issue of Stride Right, the FLORIDA TRACK CLUB lists seventy runner's thoughts. Here are a few of note:

1. Thunder is impressive but lightning gets the job done.
2. Obstacles are what you see when you take your eyes off the goal.
3. The harder I work, the luckier I get.
4. Do not look back unless you plan to go that way.
5. Noah did not wait for his ship to come in..he built one.
6. Do not let what you cannot do interfere with what you can do--John Wooden
7. The Lord gave us two ends; one for thinking, one for sitting. Heads you win, tails you lose.

Keep your heat consciousness raised and drink your fluids. Happy running!!

Comparing Exercise Drinks

Below is a list of popular drinks and when to use them to replace fluids lost through exercise. A ● indicates when to drink this fluid. A ○ is when you shouldn't drink this fluid. In this case, "Before" means 30 minutes prior to exercise, "During" means any time during exercise, and "After" means within 30 minutes of exercise.

| Drink | Before | During | After |
|--------------------------------|--------|--------|-------|
| Beer | ○ | ○ | ● |
| Carbonate Replacement Fluids | ●* | ●* | ● |
| Carbonated Mineral Water | ● | ○ | ● |
| Coffee | ● | ○ | ○ |
| Cola | ●* | ●* | ● |
| Defizzed Cola | ●* | ●* | ● |
| Diet Cola | ● | ○ | ● |
| Electrolyte Replacement Fluids | ● | ●* | ● |
| Fruit Juices | ●* | ●* | ● |
| Glucose Polymer Drinks | ● | ● | ● |
| Iced Tea (unsweetened) | ● | ● | ● |
| Milk | ○ | ○ | ○ |
| Tap Water | ● | ● | ● |
| Wine Cooler/Liquor | ○ | ○ | ○ |

*Dilute these drinks when consumed at this time

Essential Fluids, *Running & FitNews*, July 1988

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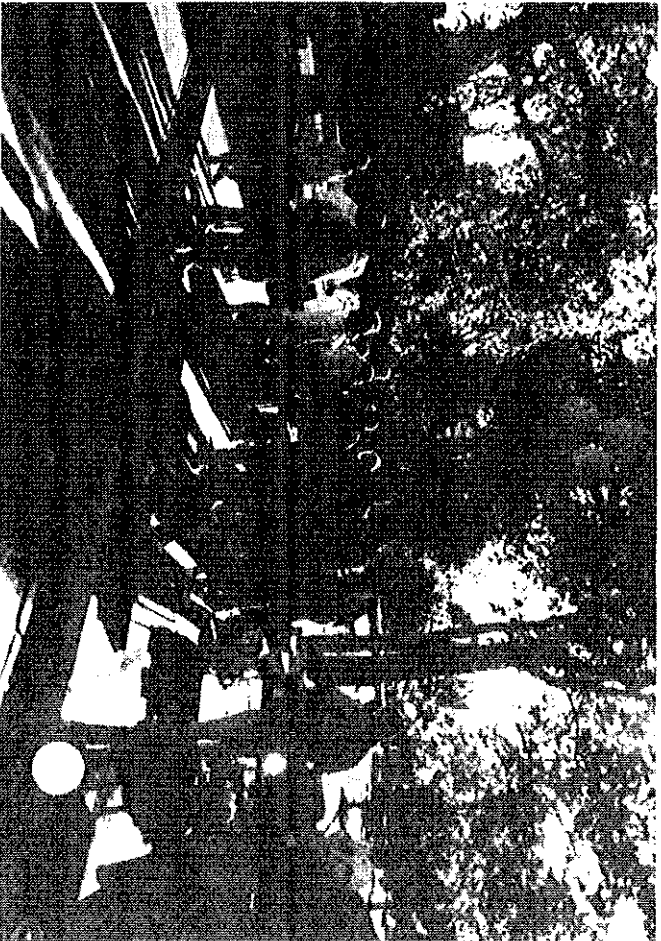
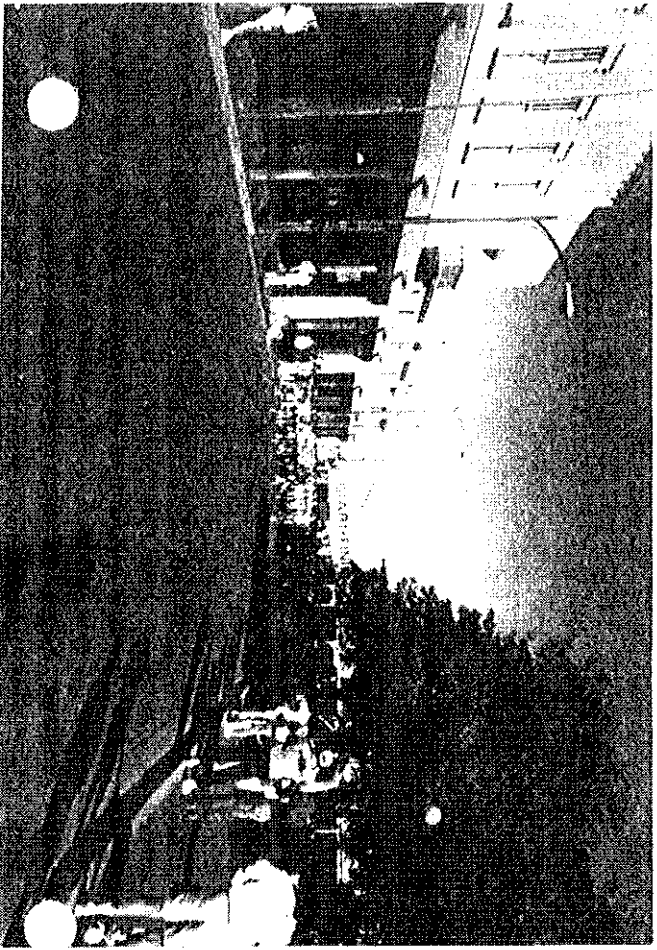
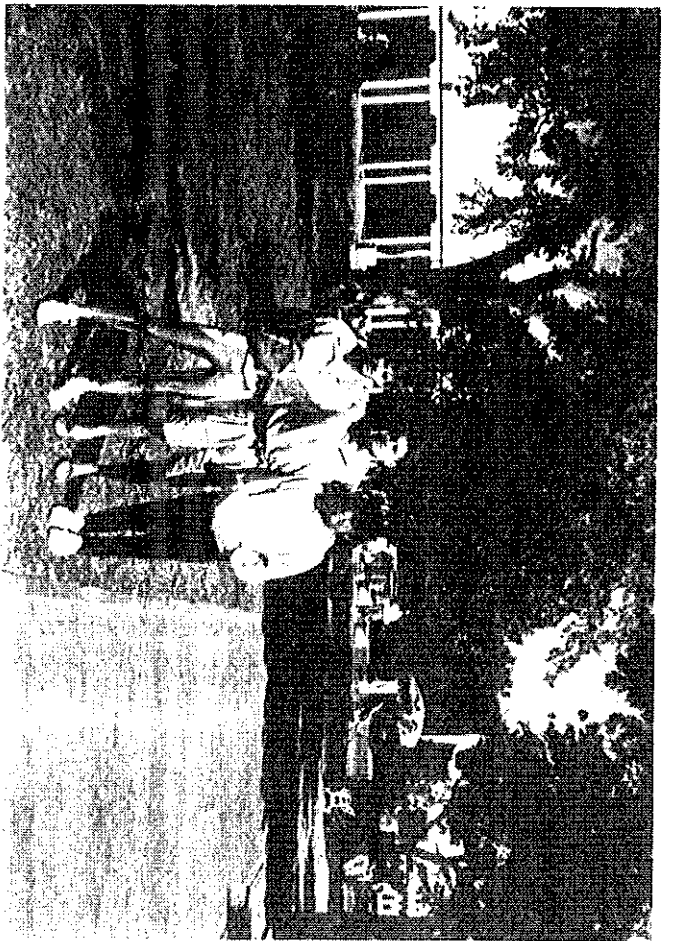
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Santa Fe, New Mexico 87504
Post Office Box 1818
Santa Fe Striders

1/2 Mile Markers

Santa Fe Striders

Membership Application

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual dues. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504