

# MILE MARKERS

Santa Fe Striders  
Box 1818  
Santa Fe, NM 87504

September, 1990  
Volume 12  
Number 9

Hi you Happy Runners,

Here we are already - August is leaving quickly and by the time this reaches you it will probably be September...amazin!

What is happenin' around and about? Well, a few Striders were spotted down at the Plaza on Thursday, August 9th at 6:00 am - so? That really doesn't sound that unusual...in their running togs...so? Were they running sprints? Sort of - Jim Westmoreland, Mike Rivera, June Dickinson, and a few other nameless Striders (could Susan be one of the nameless?) were becoming TV Stars!! Helping Denny's Restaurant film a National Commercial! The runners didn't get much mileage in but they d' get fifty bucks for their eight t. as of filming. Not bad coins for a sprint around the corner of the Plaza.

The "Yoga for Runners" class is over, the participants enjoyed the class and another class may be created in the fall. Watch the newsletter for details. Thank you, Dr. David Riley!

The Run to the Radio Towers is on! Bob D'Antonio from The Ore House is orchestrating this event, scheduled for October 6, 1990. Thanks Bob, we are delighted that this event will continue.

Thank you, Don Jones for the nice coverage of the striders in the Albuquerque Journal. We appreciate the support, colored pictures even!

Upcoming events, please mark your calendars! September 8, 1990, 8:00 am. The Santa Fe Mile at Valdez Industrial Park. Our faithful Editor, Tom Stow is putting this together. Come and run a mile before you put on your Fiesta attire. Viva La Fiesta!

Remember to trim those toe nails a come to the foot care series as outlined elsewhere in the newsletter.

There is no finish line,

Susan

We hope that Jim Fisher, June Dickinson, George Croshaw and any other Striders that may be ascending or descending Pikes Peak have a good one!

## September Meeting

September 11, 1990, Part I of a two part series by foot specialists. Podiatrist, Dr. Edward D. Williams will speak to us on "Pronation isn't such a bad word." 7:00 pm at Dr. Williams office, 1 Calle Medico.

October 9, 1990, Part II. Podiatrist, Dr. Justin Wernick, Founder of the Largest Orthotic Laboratory in the country will speak on and do some "Gait Analysis." Dr. Wernick is also involved in a research center and he is an international lecturer. This meeting will also be held at 7:00 pm at Dr. William's office, 1 Calle Medico.

No pot luck for either meeting.

Mark your calenders for future meetings:

November 13, 1990

December 11, 1990

## Santa Fe Women's Run

The Women's Run was held August 11th. Some ladies ran a 10K in a 5K race. Gardenswartz is rescheduling the race. A call to Gardenswartz at press time revealed no date but a promise to do a flier mailing to all previously registered runners with all the necessary information.

### La Luz Trail Run

Danny Maas 1:14:49 4th fastest  
time ever  
Dale Goering, 1st 60-69, 1:47:48  
Jim Westmoreland, 1:31  
Diana Best, 2:04, 4th 30-39  
Ed Hefferen, 1:35:20  
Jody Visalli, 2nd 40-49, 1:48:12  
Brendin Maas, 2nd 15 & under, 2:04:52  
Fred Maas, 2:11  
June Dickinson, 1st 50-59, 2:10:39  
Jim Fisher, 1:40

### Magic Mile

Jerry Dorbin, 3rd 55-59, 6:44  
Al Gallegos, 2nd 55-59, 6:15  
Mike Rivera, 5:20  
John Stevenson, 3rd 70+  
June Dickinson, 1st Masters, 6:38

### Jemez Pueblo Runs

#### 5K-

Ed Hefferen, 1st 40-49, 18:44  
Bob D'Antonio, 20:42

#### Half-Marathon

Mike Guttman, 1:48:44  
Ted Atkins, 1:47:25  
Vivian R., 1st Masters, 1:46:37  
John Gundzik, 3rd 50-59, 2:07:12  
Tom Stow, 1:36:01

### The Santa Fe Mile

This is a low key fun run beginning at 8:00 am on September 8th at the Valdez Industrial Park. The park is on the south side of Santa Fe across from the Villa Linda Mall. The race will start by the Federal Express and Police Dept buildings. No entry fee and it is open for anyone to run.

### Upcoming Races:

9/3 Santa Fe Trail Run  
5 & 10K, 2 mile walk  
9/8 Santa Fe Mile, Valdez Industrial  
Park, 8 am  
9/15 Atomic City Relay, 17 miles  
Mark Manges 662-0643  
9/15 Run the Ridge at Peregrine  
Colorado Springs, Co  
4 miles, 8 am,  
See Tom Stow for entry

### Cross-Country Triangular Meet

As reported in last months newsletter we will have a x-cross country meet with Alb. and Los Alamos running clubs on October 13. The race will start at 10 am from Shelter #1 in Hyde Park. Shelter No. 1 is just below the Evergreen Restaurant. We will try to have signs where to turn.

There will be a \$3.00 fee for each car that the Park Service will collect.

The picnic is a go and there are grills at the site to cook on. Please remember to bring a dish to share and your own forks, spoons, glasses, etc.

Can somebody bring some wood for the fires? Please let me know. There is plenty of room for a vollyball court if someone can bring the net and ball. Also we can pitch horseshoes if someone will bring them. There is no problem with beer or other drinks. The Striders will provide a keg of beer and some pop for drinks.

This is your chance to meet some new friends and to help your club at the same time, The Striders will need a good turnout to make this a success.

Tom Stow

### More Races:

9/23 Duke City Marathon,  
Half-Marathon, 5k, 20K walk  
7am start from 2nd and Roma St  
Hotline 291-8250

9/23 Carrie Tingley 5K and 1 mile  
walk, Abq, Karen Conway 243-6626

10/6 Run To The Radio Towers  
11 mile Mountain run  
Susan Rush, 984-0302

10/7 Corrida de Taos  
5 & 10K, Gils 268-6300

10/13 Cross-Country Meet  
about 4-5 miles  
Shelter House #1,  
Hyde State Park, 10 am

10/21 Tour of Albuquerque  
Marathon and relay

10/27 Tulsa Run, 15K, Call Tom Stow  
for entry form. This is a very  
good race to go to.

# STREET MAP OF SANTA FE

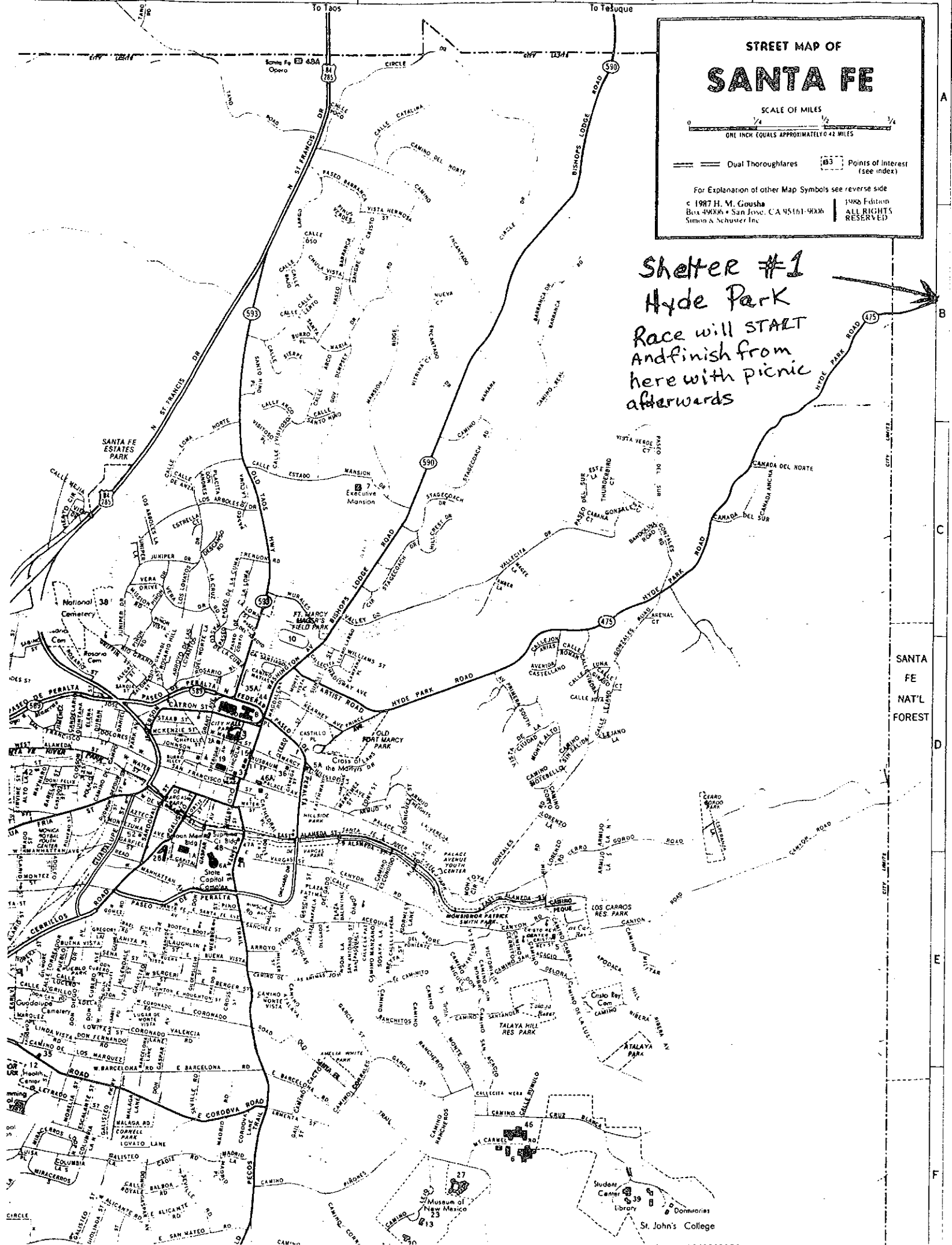
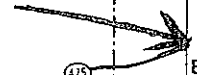


== == Dual Thoroughfares    [B] Points of Interest (see index)

For Explanation of other Map Symbols see reverse side  
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Shelter #1  
Hyde Park  
Race will START  
And finish from  
here with picnic  
afterwards



SANTA FE NAT'L FOREST

St. John's College

Jody Visalli  
2936 Bellamha Drive  
Santa Fe, NM 87505



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

*3 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