

MILE MARKERS

Santa Fe Striders
J Box 1818
Santa Fe, NM 87504

November, 1990
Volume 12
Number 11

President's Message:

Hi you happy runners,

Well, daylight savings time will have ended by the time this reaches you. That will be a big help for us morning runners. It also means that the Wednesday night runs from the Plaza will start at 5:30 PM starting Wednesday, October 31st. Should everyone arrive properly dressed for Halloween?

I checked the Striders By-laws and it seems as though we are a little off schedule with our annual meeting being scheduled for December instead of March but I trust this is not bothersome to you runners. The Christmas Party/Annual Meeting will be on December 11, please mark your calendars and look for place and time in the next newsletter.

The Striders are looking for a few good men and women to carry the club's leadership into the ninties. There is a strong possibility that Mike Guttman will be willing to serve another term as the treasurer so the club will be in need of filling the President's slot, the Vice-President's slot, newsletter editor and the Run - Around Race Director slots. Please consider taking an active roll or rope your friend into it.

The Fowl Day Run is going to happen. It is scheduled for November 17th. More information elsewhere in this newsletter.

HAPPY HALLOWEEN and be most careful if you are out there running in the dark--

HAPPY TRAILS

Susan

ANNOUNCING THE RETURN OF THE FOWL DAY RUN

It's almost that time again when the cool autumn air will be filled with the smell of roast turkey and pumpkin pie. That's right, Thanksgiving Day is just around the corner and what better way to bring on the season of eating than with a friendly run through some Santa Fe arroyos.

The latest addition of The Fowl Day Run will be held on Saturday, November 17 at 9:00 AM starting and finishing at Ft. Marcy Park. Actually, this year's version will have a run and a walk, and as before will be held for the benefit of the Salvation Army. Participants will be required to donate non-perishable food items as an entry fee for the event. There will be no age groups, no t-shirts, and no awards to the top finishers, but instead prizes will be awarded to various participants in a random drawing. Prizes will include fresh pies baked by the Striders as well as turkeys and perhaps a few other surprises. The course for the run/walk was not finalized as this went to press, but will be as close as possible to the traditional Fowl Day course, pending police and park department approval.

I need some fresh baked pies which will be used as prizes, so if you like to bake here's your chance to help out for this worthy cause. Also, I need help on the day of the event with marking the course, registration, timing, finish line, etc. Please call me at 984-8330 if you can help.

Thanks,

Michael

Cross-Country Meet--Oct 13th

By: Diana Best

The men were mostly on time, but the women lagged behind and arrived late, due to the "re-run" of the Women's 5k Run. As the women arrived, the instructions for the cross country course were being given. We were told that the course length was between 2 and 4 miles. As we set off down hill I'm sure everyone thought this was a piece of cake with a pot luck party to follow. We all found out that Tom Stow had other nasty ideas in mind. As the ARR's and the SFS turned a corner a huge, and I mean huge, steep hill loomed ahead. Puffing and panting to our heart's desire, I myself wouldn't even have made it, had it not been for a friendly nudge from Tarzan Dave Sneesby (Thanks Dave!!).

The course continued around in a circle at the top of the hill and it was in fact rather innovative of Tom and Dale to choose such a "wonderful" run! Thanks, Tom and Dale! (editor's note: Dale Goering helped layout the course) The winning time was 15:54 by ARR member Randy Isler. Women's winner was the up and coming speedster Justine Fox-Young, in the excellent time of 19:38. Well done Justine!! Members of the Atomic City Roadrunners disqualified themselves due to lack of participation. ARR runners won in the men's division 87 to our 94 points. (The least number of points winning in Cross Country rules) A very close tie breaker allowed the ARR's to inch ahead of the SFS by a short margin. (5 points each to the women).

Winner of the guessing game as to the length of the course was Dennis Cooper. He was so close in his guess we were sure he walked the course with a tape measure. Congratulations Dennis!!

All in all, a great morning with great people and pleasant surroundings at Hyde Park.

A big THANK YOU to everyone for their help which made this event possible.

Tour of Albuquerque--Oct 21st

By: Diana Best

If a prize had been given to the coldest start in race history, this one would have taken it. At 7:15 AM several marathoners, including our own John Pollach and Ernie Casados, and first leg relay team people lined up in near darkness for the start of this annual road race. Clad in everyting that could be found, we all topped the first hill gasping for air and hoping that the sun would rise that day.

The atmosphere was delightful, and as the race progressed, team members were seen cheering each other along the way, and marathoners were encouraged at each leg. Between dropping of people at various points, it was a busy time for most, but the spirit of running itself held strong, and everyone seemed to glow, and a feeling of togetherness prevailed.

Striders fared well in the event. Winner of the marathon was Ernie Casados in 2:49:59, and he had only began his training barely 2 months previously. Another amazing feat was performed by John Pollack. Having run a marathon 2 weeks before, he was seen lined up at the start, and still smiling at the end, in a time of 2:58:05. Congratulations to both!! In the team division, Women's team members, June Dickinson, Diana Best, Shirley Lynn, Judie Amer and Claudia Treadwell took 2nd place in 2:54:26. Men's team members, Ron Valdez, Jim Westmoreland, Danny Anaya, Joe Garcia and Oliver Trujillo took 3rd overall in a time of 2:27. Justine Fox-Young ran the anchor leg of a young people's team that finished in the excellent time of 3:16. Congratulations!! Ted Atkins's team also fared well. (No time was available)

November Meeting

Tuesday, November 13, 1990

7:00 PM Pot Luck Dinner

7:45 PM Business Meeting

Agenda: Christmas Party/Meeting

Pre-Election of Officers

Strider owned equipment needs

Fowl Day Run

Meeting will be held at June

Dickinson's, 608 Calle De Valdes.

Regent Race Results:

Corrida de Taos:

5K results-

Lorenzo Garcia	19:09
Dave Giles	20:11
Dale Goering	20:38
Vivian Reinikainen	23:29
John Gundzik	27:37
Jackie Atkins	48:10
Elizabeth Atkins	48:12

10K results, 87 runners-

George Croshaw	37:43
Jim Fisher	39:33
Lorenzo Garcia	39:50
Ted Atkins	40:35
Dale Goering	41:11
Tom Stow	44:12
Patty Visel	45:25
June Dickinson	46:50
Mike Guttman	47:15
Bill Earl	47:29
Jerry Dorbin	49:00
Kenny Goering	51:24

Habitat for Humanity 5K-
137 runners

Ji. Westmoreland, 1st overall, 16:36
Lyle Amer, 1st 30-39, 17:35
George Croshaw 19:32
Jody Visalli, 1st overall, 20:07
Bob D'Antino 20:19
Dave Giles 20:24
Tom Stow 20:43
Judie Amer 20:53
Dale Goering, 1st 60+, 21:08
Mike Guttman 22:20
June Dickinson 23:34
Vivian Reinikainen 24:01
Kenny Goering 25:50
Juel Steffen 25:56
John Gundzik 26:18
Ellen Stelling 27:09
Greg Ohlsen 27:09

X-Country Meet:

Justine Fox-Young, 1st 20 & under
Mark Manges, 1st 21-29
Randy Isler, 1st 30-39
Curt Coonrod, 2nd 30-39
Diana Best, 1st 30-39
Shirley Lynn, 2nd 30-39
MI Williamson, 1st 40-49
Jim Hubbs, 2nd 40-49
Mary Platts, 1st 40-49
Vivian Reinikainen, 2nd 40-49
June Dickinson, 1st 50-59
Kenny Goering, 2nd 50-59

Calendar for November:

- Nov 3 Pecos Valley Roundup 20K, 10K
Steve Glover 623-9312
- Nov 4 Animal Humane Assoc & Charlie
Black Memorial 4 & 2 miler
Dogs run too! 255-5523
- Nov 10 Desert Run 10K, Fort Bliss, TX
Call SFC D'Aamato, 568-4601
- Nov 10 World Runners Race to End Hunger
8K, 299-0385
- Nov 18 Turkey Trot 3 mile, Los Alamos
Mark Manges, 662-0643
- Nov 18 New Times/Phoenix 10K
Phoenix, Az, 602-229-1060
- Nov 22 Turkey Run 5 & 10K, 2 mile walk
Gil's, 268-6300
- Dec 1 Jingle Bell Jog 10 & 5K, 5K race
walk, 1 mile fitness walk,
10 am, Heights Cumberland
Presbyterian Church, ABQ;
\$15, includes Sweatshirt
- Dec 2 Dallas White Rock Marathon
\$25, 3607 Oak Lawn, Dallas, TX
214-526-5318

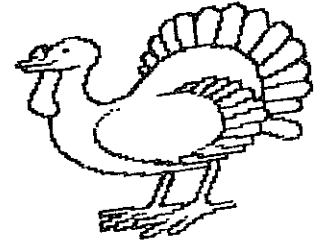
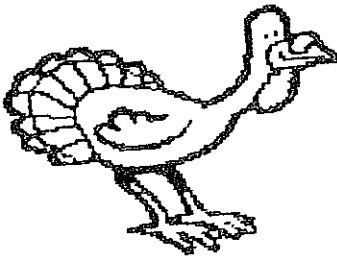
I would like to thank everyone that came to the X-Country Meet that was held on Oct 13, this includes the members of the Albuquerque Roadrunners, the Atomic City Roadrunners as well as the Santa Fe Striders.

A special thanks to those that helped make this race and picnic a success. Whether by helping mark the course or by bringing need supplies.

I think that everyone had a good time and I hope that this will be picked up by the other clubs and become an annual event.

Tom Stow

Don't Forget
That Run's From
The Plaza Start
At 5:30 PM,
October 31, 1990



THE 1990 FOWL DAY
5K FUN RUN AND WALK

Sponsored by: THE SANTA FE STRIDERS ST. VINCENT'S HOSPITAL
CONTROLS FOR ENVIRONMENTAL POLLUTION, INC.
SANCTIONED BY ROAD RUNNERS CLUB OF AMERICA

STARTING TIME: 9:00 AM, Saturday, November 17, 1990

START/FINISH/COURSE: The course consists of road running and cross-country/arroyo running, and it will start and finish in Ft. Marcy Park.

ENTRY: Open to all runners and walkers. Donations of non-perishable food items will be required for entry.

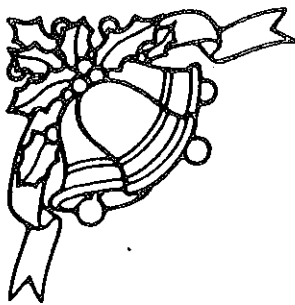
Food donations will be distributed through Salvation Army Food Boxes to local needy families.

PRIZES: There will be a random drawing for prizes (turkeys and fresh pies) at the conclusion of the run/walk.

NO PRE-REGISTRATION. RACE DAY REGISTRATION ONLY: 8:00 AM TO 8:45 AM AT STARTING AREA.

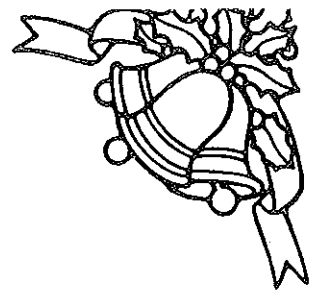
For more information call Michael Guttman at 984-8330.





Jingle Bell Jog

The Jingle Bell Jog is a TAC Sanctioned Race



Date: **Saturday, December 1,
1990**

Starting Time:

**10:00 am (Races and Competitive Walk will start together)
One Mile Walk will begin at 10:15 am**

PRE-REGISTRATION FORM:

COPIES OF THIS FORM WILL BE ACCEPTED
ONE FORM PER PERSON - PLEASE!

PLEASE PRINT

Complete and return to DLD SCHOOL, SUITE 158, 2430 JUAN TABO NE, ALBUQUERQUE, NM 87112

FULL NAME _____
LAST NAME FIRST NAME MIDDLE INITIAL

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

NAME OF SCHOOL (if entering school competition) _____

PRE-REGISTRATION FEES: ALL AGES - \$15.00

(Please complete each column)

RACE DISTANCE *****	RACE CATEGORY *****	AGE CATEGORY *****	SWEATSHIRT SIZE *****
___ 10K RUN	___ MALE	___ 10 & under	(adult sizes only)
___ 5K RUN	___ FEMALE	___ 11-15	___ SMALL
___ 5K RACE WALK		___ 16-19	___ MEDIUM
___ 1 MI. FITNESS WALK		___ 20-29	___ LARGE
		___ 30-39	___ X-LARGE
		___ 40-49	
		___ 50-59	
		___ 60 & over	



Jingle Bell Jog

(CHECKS PAYABLE TO DLD SCHOOL)

PLEASE NOTE- SWEATSHIRTS ARE AVAILABLE THROUGH PRE-REGISTRATION ONLY

WAIVER OF CLAIMS: ENTRY WILL NOT BE ACCEPTED UNLESS WAIVER IS SIGNED

In consideration of the acceptance of this registration entry, I hereby waive and release all rights and claims for damages I may have against the organizers and sponsors of the "Jingle Bell Jog" to be held on Saturday, December 1, 1990 for any and all injuries suffered by me in this event or while I am on the premises of this event. I hereby authorize the organizers and support personnel to obtain any appropriate medical aid I may require during this event. I agree to the use of my name and pictures in publicity and media coverage.

SIGNATURE (Parent's Signature required for those 18 and under)



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

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