



Mile Markers



We give you the run around—Vol 15, Issue 4
Santa Fe Striders, P.O. Box 1818, Santa Fe, NM 87504

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April Meeting

Elaine Coleman will host the April club meeting on Tuesday, April 13, 1993 at 7:00 pm. The potluck will start by 7:00, and the business meeting will start at 8:00.

Elaine lives at 899 Zia Road. If you have questions, you may contact Elaine at 983-9747.

Race Results/Membership News

Phoenix Foothills 10K

On Saturday, February 27, Diana Hardy and Jim Westmoreland ran the Phoenix Foothills 10K. Jim's time was 33:45 and Diana set a PR with a time of 40:20. Congratulations Jim and Diana!

Former Santa Fe Strider, Jack Lippincott, completed the Houston-Tenneco Marathon on January 24 in 3:12:37. It was his 14th consecutive Houston-Tenneco Marathon. Congratulations Jack!

Run for Recovery 5K/10K

The Run for Recovery 5K/10K took place on Sunday, March 28. In the 5K, Shirley Lynn took first place in the women's division with a time of 18:45, and Diana Best took third place with a time of 20:13. Sal DeBari ran the 5K in 18:40.

In the 10K race, Dale Goering took first place in his age group, 60-69, and John Pollak took second place in his age group, 40-49, with a time of 39:18.

Congratulations to everyone who participated in these 5K/10K races!

Upcoming Races

- | | |
|--------------------|--|
| Saturday, April 3 | T-VI 5K/10K
Albuquerque
268-6300 |
| Sunday, April 18 | Turquoise Trail
Half Marathon/5K
Albuquerque
345-4274 |
| Saturday, April 24 | Nightingale Classic
5K/10K
Albuquerque
255-4717 |
| Sunday, April 25 | Gathering of the Nations
8K/2M Run
Albuquerque
262-9327 |
| Sunday, May 2 | Run for the Zoo 10K
Albuquerque
884-5126 |
| Sunday, May 16 | Cerrillos Devil Throne
5K & 15K
Cerrillos
268-6300 |
| Saturday, June 26 | El Gancho Triathlon
988-5000 |

Running Calendar

APRIL

Daylight Savings Time starts April 4. We will meet at the Plaza at 6:00 pm, instead of 5:30.

- Wednesday, Apr 7, 1993 Santa Fe Striders
6:00 pm @ The Plaza
- Sunday, April 11, 1993 4th Annual La Bajada Run
For more information, see the attached flyer or contact June Dickinson at 988-3428.
- Tuesday, Apr. 13, 1993 Santa Fe Striders Meeting 7:00 pm @ Elaine Coleman's
899 Zia Road
983-9747
- Wednesday, Apr. 14, 1993 Santa Fe Striders
6:00 pm @ The Plaza
- Wednesday, Apr 21, 1993 Santa Fe Striders
6:00 pm @ The Plaza
- Wednesday, Apr. 28, 1993 Santa Fe Striders
6:00 pm @ The Plaza

MAY

- Wednesday, May 5, 1993 Santa Fe Striders
6:00 pm @ The Plaza
- Wednesday, May 12, 1993 Santa Fe Striders
6:00 pm @ The Plaza
- Wednesday, May 19, 1993 Santa Fe Striders
6:00 pm @ The Plaza
- Wednesday, May 26, 1993 Santa Fe Striders
6:00 pm @ The Plaza

RRCA Rep Needed

There is an opening for an RRCA State Representative in New Mexico. The duties include:

- * communicating with existing New Mexico clubs
- * working to attract new RRCA member clubs from New Mexico
- * producing a quarterly state rep report

* informing the club members of the programs and services offered via membership in the Road Runners Club of America

If you are interested in this opening, contact Nancy Hobbs, RRCA Western Regional Director at (719) 473-2625 or (719) 633-9740.

Wednesday Night Runs

I have noticed that individuals tend to over estimate the distances of Wednesday night runs and they may be embellishing the per mile pace. So I decided to be a party pooper and I drove my car over the common courses on the same night under the same conditions. (This merely took four and a half hours!) The results below are my unofficial survey.

I did check my odometer and my ability to "guestimate" inaccessible areas and half tenths of miles against the known run around courses. If you don't agree with my measurements, I suggest you drive the courses yourself and check your measurements against mine. For example, in the past some people have said that the Power Station Run is 8.0 miles versus my measurement of 7.8, or that the Bishop's Lodge Run is 7.0 miles versus my estimate of 6.9. If you fanatical in keeping accuracy in your log book, you may want to subtract one-tenth of a miles from all the distances below. Also, if someone could run a calibrated bicycle over the Chamisa and Borrego trails, I would appreciate it!

Jim Fisher

Course	Description	Distance in Miles
Jaries Museum Route	loop	7.0
Zia Road	out & back	5.9
End of Pavement	out & back	6.2
Power Station	out & back	7.8
El Gancho	out & back	9.8
Winter Sunset Run	loop	5.0
Wilderness Gate		1.1
(extension from Los Miradores)		
Old Run Around	loop	6.2
Fiesta OSFT 10K	loop	6.2
Spirit Run	loop	6.2
Cerro Gordo	loop	5.6
Green Shack	out & back	6.8
Greg's Route	loop	5.6
10,000 Waves	out & back	8.0
Bishop's Lodge	out & back	6.9
Circle Drive	loop	6.4
Tano Roadloop	loop	10.1
La Tierra	loop	8.3

Club Contacts

President	John Pollak 983-2144
Vice President	Elaine Coleman 983-9747
Treasurer	Graydon Anderson 989-1633
Race Director	Salvatore DeBari 989-7704
Newsletter Editor	Danica Tutush 989-1819

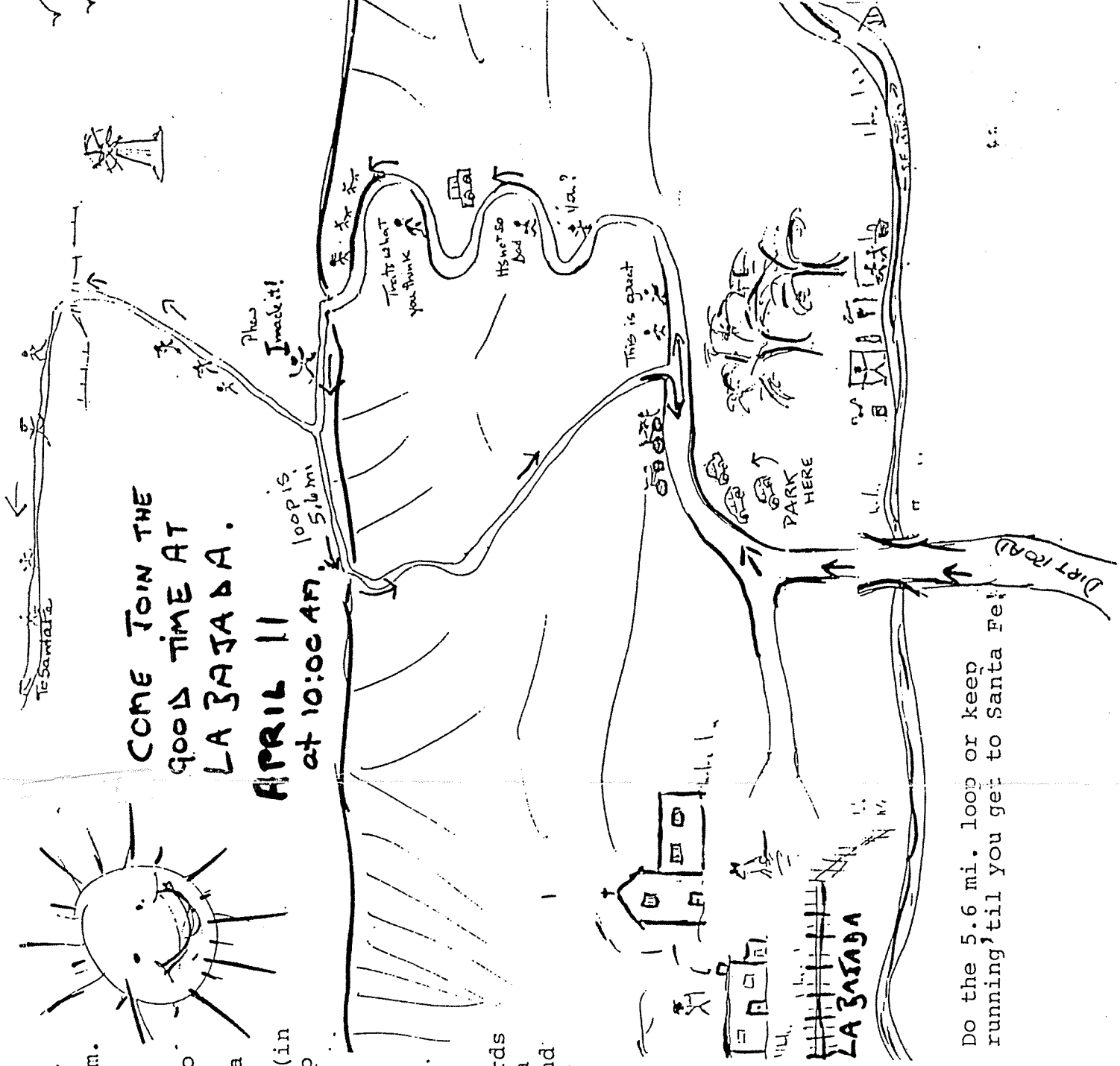
Mile Markers is an informational newsletter that is published monthly for the members of the Santa Fe Striders. The deadline for the next issue is April 25, 1993. Please submit articles, race results or other information to Danica Tutush, Rt. 10 Box 83-2, Santa Fe, NM 87501, or at 989-1819.

4th Annual La Bajada **RUN**
 SUNDAY, APRIL 11, 10:00 a.m.

Yes, it's on again. Runners, walkers, bikers, dogs, roller bladers (maybe) and anyone who is "upwardly" mobile -- it's time to take the old La Bajada Hill once again. Bring lots of H₂O, picnic, warm clothes (in case you get blown off the top of the mesa) and all your friends & relatives for this Spring (hopefully) happening.

Meet at La Bajada at 10:00 a.m. It's easy to find -- just take the Cochiti Exit, drive 3.6 miles and turn right towards La Bajada Village (and Tetilla Peak). Continue for 1 mile and take a dirt road to the right; continue for 1 1/2 miles and cross the roaring Santa Fe River. Just beyond the river go right and park.

For more info, call June at 988-3428.



COME JOIN THE
 GOOD TIME AT
 LA BAJADA.

APRIL 11
 at 10:00 AM

loop is
 5.6 mi

Do the 5.6 mi. loop or keep running 'til you get to Santa Fe!

SANTA FE STRIDERS

Membership Application

Name: _____

Address: _____

City: _____

State : _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees are \$7.50. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504.

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

