



# Mile Markers

*We Give You the Run-Around*



P.O. Box 1818, Santa Fe, N.M. 87504

February 1994  
Vol. 16 No. 2

## IN THIS ISSUE:

- **March Meeting**
- **Race Results/Membership News**
- **Upcoming Races**
- **Running Calendar**
- **Treasurer's Report**
- **Club Contacts**
- **Club Contributions**
- **Notice: 1994 Membership Renewals**
- **Despite Defections, Club Still Hits Stride (Reprint from *The New Mexican*)**

### March Meeting

Danica Tutush Girard will host the March meeting on Tuesday, March 8, 1994. A potluck will begin at 7:00 p.m. and the business meeting will start at 8:00 p.m.

#### Directions

To get to Danica's house, take Camino la Tierra Road from St. Francis Drive (heading north). Continue on Camino la Tierra until you reach the four-way stop sign (approximately four miles). Continue straight ahead for one more mile. There is a green water tank on the left and a sign for Salva Tierra on the right. Take the dirt road on the left. Stay on the dirt road for about one mile. You should see a few mailboxes on your right, including a red lobster mailbox. (Yes, the Girards did receive this "unique" wedding gift!) Take the driveway

on the right. The house is off the driveway on your left. Also, look for an old, orange Ford Bronco parked in front of the house. If you have questions, you may reach Danica at 989-1819.

### Race Results/Membership News

#### Corrida de los Locos

It was the worst possible weather for the Corrida de los Locos--warm and sunny. You didn't need to be crazy at all to run the 4.6-mile race this year!

Two hundred twelve runners and walkers turned out for the January 16 event, starting and ending at the park located near the city dump.

Twenty-one year-old William Dunbar was the first to finish in the men's division, at 26:33. The first woman was Shirley Lynn, 38, who finished in 32:53. The age group winners were: 14 and under, Justine Fox-Young and Michael Hopson; 15-19, Luella Mokres and Jose Rael; 20-29 Kim Kellogg and Craig Heacock; 30-39, Lavina Barber and Ruben Navarrete; 40-49, Jody Visalli and Jim Westmoreland; 50-59, Vivian Reinikainen and Sean McCormick; 60 and over, no female winner, Jerry Dorbin.

Best family performance went to the finishers who won places 209 to 212, the last in the race. They were Ian Frank, age 7; Joleen Frank, age 46; Mark Frank, age 5; Joe Frank, age 48. The two youngsters are already favorites in the Corrida de los Locos

in the year 2014.

Race director Dave Sneesby of the Striders, together with a dedicated group of helpers, were responsible for making sure the race took place after the exodus, to Tucson, of former race director Dave Giles.

Our city government provided no services for the race, for which the club was charged \$65 as a permit fee. Rumbblings have been heard that by moving the race somewhat, the Striders could save the \$65. Traffic also has become something of a problem at the present site. Ideas are welcome.

The race has grown so much in the last few years that a new finish-line system is a must. The low-tech system used in this year's race worked fairly well but isn't up to the number of runners that now turn out for the Corrida.

The race T-shirts were again provided by Tim's Sports and were, as usual, one of the reasons so many people signed up for the race.

*Tom Day*

### Upcoming Races

#### FEBRUARY

- |               |   |
|---------------|---|
| Sun., Feb. 6  | Runner's Den Classic<br>5K/10K<br>Phoenix, Arizona                    |
| Sat., Feb. 12 | Rio Grande River Run<br>8 Miles/5K Run/Walk<br>Las Cruces<br>524-7824 |

### Running Calendar

#### FEBRUARY

- |               |  |
|---------------|--|
| Wed., Feb. 2  | Santa Fe Striders Run<br>5:30 p.m. @ The Plaza   |
| Tues., Feb. 8 | Santa Fe Striders Meeting<br>Jim Hannan's house<br>151 E. Barcelona Road,<br>potluck @ 7:00 p.m.,<br>meeting @ 8:00 p.m. |
| Wed., Feb. 9  | Santa Fe Striders Run<br>5:30 p.m. @ The Plaza   |
| Wed., Feb. 16 | Santa Fe Striders Run<br>5:30 p.m. @ The Plaza   |
| Wed., Feb. 23 | Santa Fe Striders Run<br>5:30 p.m. @ The Plaza   |

#### MARCH

- |               |   |
|---------------|---|
| Wed., Mar. 2  | Santa Striders Run<br>5:30 p.m. @ The Plaza                       |
| Tues., Mar. 8 | Santa Fe Striders Meeting<br>7:00 p.m. @ Danica<br>Girard's House |
| Wed., Mar. 9  | Santa Fe Striders Run<br>5:30 p.m. @ The Plaza                    |
| Wed., Mar. 16 | Santa Fe Striders Run<br>5:30 p.m. @ The Plaza                    |
| Wed., Mar. 23 | Santa Fe Striders Run<br>5:30 p.m. @ The Plaza                    |
| Wed., Mar. 30 | Santa Fe Striders Run<br>5:30 p.m. @ The Plaza                    |

## Treasurer's Report

I've rarely been asked about the economic health of the Santa Fe Striders, and even if you did ask me, until recently I couldn't have given you a complete answer. That's because Strider funds have been divided among three accounts, with signature authority in the names of three different people! As club treasurer, I have managed the "general account", a checking account that is used for all Strider business not related to races. In addition, there has been a savings account (a legacy of earlier days when the club had a large cash surplus) and a race account, until recently managed by Phil Pannabecker. The system worked well for many years. Race directors went to the race treasurer with their bills and proceeds, and other business came to the club treasurer to be paid out of the general account. [The savings account was untouched for several years, earning a pitifully small rate of return in recent times.] As long as both checking accounts were healthy, the worst problem encountered was occasional confusion by some members about who to go to for reimbursement of expenses. However, shrinking membership has caused a strain on the general account, necessitating a change in practices. At the January meeting it was suggested that all funds be merged into a single account with a single treasurer (yours truly). I suggested that separate accounts for races and general business be kept, but agreed with the idea of a single treasurer. The proposal was adopted by unanimous consent (of all those who were paying attention). The idea of separate accounts is in some sense a formality. Funds from the race account will probably be needed for general business this year. On the other hand, if a race were to lose a lot of money (It hasn't happened yet!), I think most of us would agree that the club should make good

on its obligations using the general account. In my view the separation of accounts should work like this; the general account is kept at a level sufficient to pay anticipated expenses for the remainder of a given year, and the race account would have the remainder of the funds. The treasurer would work with future race directors (poor souls!) to determine how much expense (and risk) is reasonable for a given race.

ANYWAY ... the reason I started this note was to report on the status of the club as we started 1994. I'll summarize the activity in all of the accounts, but don't expect much in the way of details. I can add and subtract but otherwise I'm clueless about financial reporting.

### General Account

This account gets its income mainly from membership fees and from payments for services rendered by the Striders to other organizations. The account pays for newsletter copying and mailing, RRCA membership and insurance, the cost of our Post Office box, acquisition and repair of equipment such as timers and stopwatches, and other miscellaneous expenses.

Balance at start of 1993 - \$169.

INCOME	EXPENSES
memberships	\$755.
services	<u>\$200.</u>
TOTAL	\$955
copying and mailing	\$607.
RRCA dues & ins.	\$262.
.stopwatches	\$108.
timer repair	\$ 80.
PO box	\$ 49.
misc	<u>\$115.</u>
TOTAL	\$1221.

Balance at end of 1993 - minus \$100. (some bills unpaid).

### Savings Account

At the end of 1993 this account had \$641. It has subsequently been liquidated and the funds transferred to the general account.

AND NOW FOR THE GOOD NEWS.....

Race Account (many thanks to Phil Pannabecker for managing this account for the last several years)

This account naturally fluctuates a lot since some race expenses occur before the race income arrives. Some races make money, others lose money. The average balance over the last few years has been in the neighborhood of \$1500. The current balance is about \$2000, but some of this money will be needed by the General Account, as mentioned earlier. [This type of transfer has been necessary in the past as well]. The balance sounds large, but can easily be eaten up by pre-race expenses, so we can't afford to let it get too much smaller. Sponsorship has been vital in keeping this account healthy, but this source of income seems to be more difficult to come by these days. Even more important than sponsorship has been the fact that we keep costs down by providing as many race services as possible by volunteer help. I feel a strong sense of gratitude to the many Striders (and their friends) who have served as race directors, solicited sponsors, donated goods or services, provided publicity, created artwork, provided registration, timing and other race-day services, and who have done the many other jobs required to put on a good race. For those members who have not participated in these activities until now, I urge you to get involved. You'll feel good

and the hard-working "regulars" will feel that their contributions are appreciated as well.

### BOTTOM LINE

We are still a viable organization but we need to find ways to increase revenue (i.e., membership). Increased participation by all current members would make us look more attractive to potential new members. Any other good ideas out there?

*Graydon K. Anderson, treasurer*

P.S. I'll report on the Locos Run next month. Nice job, Dave & Tom!!!

### Club Contacts

President	John Pollak 983-2144
Vice President	Elaine Coleman 983-9747
Treasurer	Graydon Anderson 989-1633
Race Director	Jim Westmoreland 438-8602
Newsletter Editor	Danica Tutush Girard 989-1819

### Club Contributions

Thanks to the following members for contributing to the February issue of *Mile Markers*:

- Kim Bear
- Tom Day
- Graydon Anderson
- Jim Hannan

**Editor's Note:** I am trying to publish our club's meeting dates two months in advance (when possible). If you can host the March club meeting or other meetings in the future, please contact me, Danica Tutush Girard, at 989-1819 as soon as possible. Thanks in advance for your support!

**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 February 28, 1994. Please submit articles, race results or other information to Danica Tutush Girard, Route 10 Box 83-2, Santa Fe, NM 87501, or at 989-1819.

## **Membership Notice**

A new year is here and that means annual membership fees are due. If you have not already done so, please mail in your \$15.00 membership dues. If the mailing label you receive reads 1993, you need to pay your dues for 1994. Once you have paid the fee, 1993 will be removed from your mailing label, indicating that you have paid, and you will continue to receive the newsletter.

Remember your membership fee helps to pay for the printing and distribution of this newsletter, club membership in the Road Runners Club of America, the Strider P.O. Box and other club expenses throughout the year.

If you are not currently a member but would like to join, please fill out the attached membership application.



Rubber-neckers, slowing to gawk at a minor accident, cause the marathon to back up for several miles.

# Despite defections, club still hits stride

By DON JONES  
For the New Mexican

The running boom all across the country may have lost some steam, but there remain some diehard athletes around who still love pounding the pavement or, better yet, the miles of dirt roads and mountain trails that make up Santa Fe County.

The Santa Fe Striders running club has followed the national trend. Club president John Carroll Pollak reports that membership in the club, which was founded in the late 1970s, has dropped over the past half-dozen years. But so it goes.

"Membership has declined, but ever since the mid 1980s, the people making up the faddish part of the sport have dropped out," Pollak said. "The whole group of people who made up runners has gone down to the core. Now, the enthusiastic remain."

Membership in the Striders last year totaled 60 households and, as Pollak estimates, about 100 runners of varying talents. The club's laid back membership drive is currently under way.

Pollak says it will be a couple of months before he'll know the number of runners on the membership rolls for the upcoming running season. Dues, just like they have been for years, are \$15 per household.

"We always welcome new members and new blood," Pollak said. "We'd like to embrace anybody who runs, whether it's someone who runs around the block a couple of times a week or ultramarathoners."

Pollak, the club's president for the past four years, is a pretty serious runner, sporting a career best in the 26.2-mile marathon of 2 hours and 52 minutes. The 48-year-old St. John's College alum set that mark in 1990. He only had been running seriously for about four years.

"I joined the Striders for completely selfish reasons," Pollak said. "Joining gave me access to race schedules and other upcoming running events that I was missing. Once I was a member, I enjoyed the camaraderie with other runners in the club."

Dale Goering, 63, and his wife, Kenny, are founding members of the Striders. They moved from Kansas to Santa Fe 1978. By then, Dale had been a runner for nearly a decade.

"We used to take our kids to track practice when we were living in Wichita and the coach asked us parents to start running," Dale Goering said. "I liked the competitive aspect of running right away and that running helped you stay in good physical shape."

The Santa Fe building contractor is now one of the region's top age-group runners, having five times been an age-group winner of the Pikes Peak triple crown. That competition is made up of the Pikes Peak ascent, the Garden of the Gods 15-kilometer (9.3-mile) race and a 10-kilometer run in Colorado Springs.

Goering, who won 20 of the 22 races he entered in 1993, also is a top competitor in duathlons, events that combine running and bicycling. He was fourth last year at the World Duathlon Championships in Arlington, Texas.

"Competing is a kind of challenge," Goering said. "If I didn't enjoy it, I wouldn't be doing it."

As for the Striders, Goering says all the work he put into helping organize the club and keeping it going has been worth the effort. He says a running club in Santa Fe is a necessity.

and publishing a newsletter, the Striders sponsor four major races, among them Sunday's 4.6-mile Corrida de los Locos.

In June, the club will stage the Santa Fe Runaround on Rabbit Road south of Santa Fe. That will be followed in September with a run along Aspen Vista Trail to the radio towers atop Big Tesuque Peak and back, a distance of 11.6 miles.

The club's final major running event of the season is the Fowl Day Run in November. Instead of an entry fee, participants donate non-perishable food. Last year's Fowl Day Run enlarged the Salvation Army food coffers by more than 1,000 pounds.

June Dickinson, 59, says the club's four major races present a problem. But it's not so much the races themselves, it's the club members who man the water stations, steer traffic off the course and otherwise keep everything moving along smoothly. The problem, she says, is that the same few club members volunteer for those exceedingly necessary tasks.

"I'd like to see more people in the club doing some more of the work," Dickinson said. "It's always the same old handful that don't get to run in the races because they're working."

Dickinson, who earned a second and two thirds at last season's national masters meet in Provo, Utah, may have had her prayers answered in the form of new Striders member Craig Heacock. The 26-year-old environmental educator moved to Santa Fe last September and may lift some of the burden from the shoulders of the club's old hands.

Here's what he said: "I joined the Striders because I knew I wanted to organize races." That's music to the ears of Striders members like Dickinson.

Heacock, a former Colorado College distance-running ace, has scheduled his first race on Jan. 29, tentatively along a 4.5-mile route on Borrego and Bear Wallow trails near the northern border of Hyde State Park in the Sangre de Cristos.

But for this event — sponsored, of course, by the Striders — runners can leave their running shoes at home. The foot attire for Heacock's inaugural stint as race director is snowshoes, those tennis-racket looking footwear that keep folks from sinking hip-deep into snow-covered trails. Pairs of rental snowshoes will be available to competitors without their own.

"The course has some crazy stuff," Heacock said. "There's one big log, switchbacks and two stream crossings. It will be a real adventure."

Heacock says snowshoe training is the rage among runners in Colorado, where snow makes most trails impossible to negotiate and running on icy roads is simply dangerous at best.

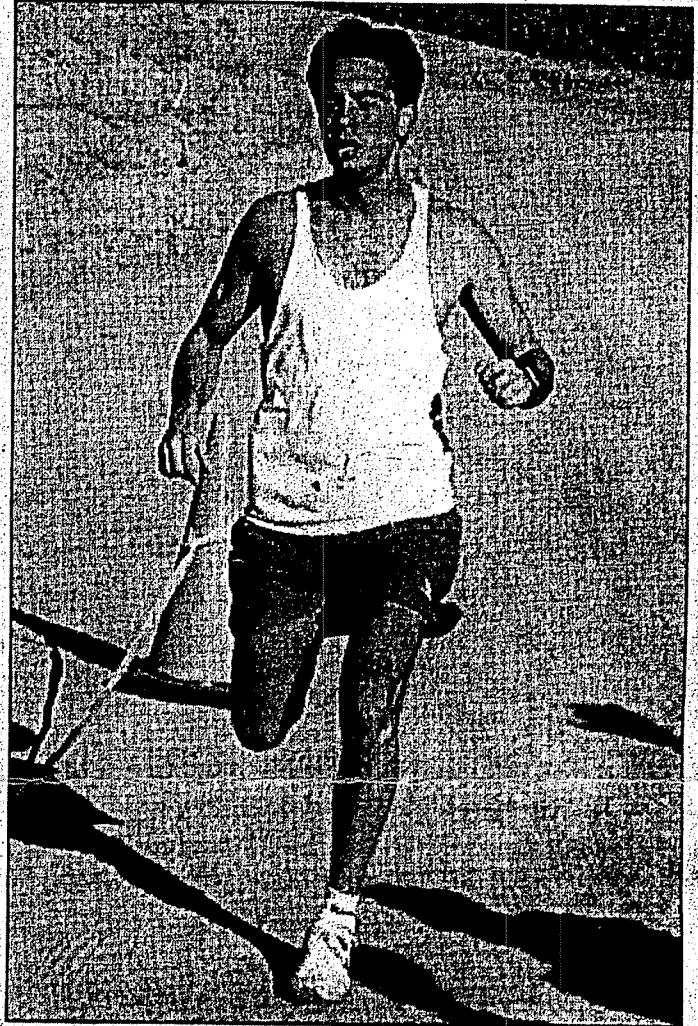
"I've been snowshoeing since 1989," Heacock said. "I was living in Vail and Aspen and I saw all the runners using snowshoes. I like running more because I always get that sensation I'm flying. But I like snowshoeing too. It's kind of like skiing."

Like most runners, Heacock learned to adapt his running a bit. The Striders, too, are learning, learning to adapt to smaller numbers as the running boom bottoms out.

But that's no real problem. It just leaves more room on the roads and trails — and snow-covered mountains — for athletes who take the sport seriously.

"There's no reason to think the Striders won't be around for a long time," club president Pollak said. "I don't see the club ever

RUNNING



Photos by Mike Pahos/The New Mexican



**CRAZY WAY TO START THE DAY:** The *Corrida de los Locos*, or Run of the Crazies, began as a winter fun-run in 1985 but has since turned into one of Santa Fe's bigger running events. About 240 runners braved the chill Sunday at 9 a.m. for the 4.6-mile race, which began and ended at Frank Ortiz Park near the city dump. Above left, Shirley Lynn of Santa Fe crosses the finish line with a time of 32 minutes, 53 seconds to capture the women's division. Above right, William Dunbar of Albuquerque, a St. Michael's High School graduate, finishes in 26:53 to take the men's division. For results, see Page B-2.



SANTA FE STRIDERS

Membership Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

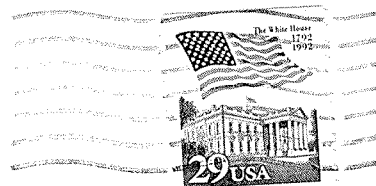
State : \_\_\_\_\_ Zip: \_\_\_\_\_

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.

# Mile Markers

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



Jim Westmoreland  
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Santa Fe, NM 87505

1994