



Mile Markers



We Give You the Run-Around

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

July 1994
Vol. 16 No. 7

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July Meeting

Our July meeting will be at Dale and Kenny Goering's House. Call Dale and Kenny at 983-6616 for directions.

The potluck will begin at 7:00 p.m., followed by the club's business meeting at 8:00 p.m.

Race Results/Membership News

Results from Santa Fe Run-Around, June 4, 1994

5K Race

Men's Results

Overall Men's : Craig Heacock, 17:15

Overall Women's Winner: Dagny Scott, 20:46

Men's 40-49, George Croshaw, 20:29, 3rd Place

Women's 40-49, Donna Berg, 25:11, 2nd place

10K Results

Men's 40-49, Paul Maudlin, 45:10, 3rd place

Men's 50-59, Robert Werner, 43:36, 1st place

Dave Sneesby, 47:08, 2nd place

Women's 30-39, Diana Hardy, 46:01, 1st place

Women's 40-49, Jody Visalli, 47:05, 1st place

Mary Platts, 52:02, 3rd place

Women's 50-59, Vivian Reinkainen, 54:04

Congratulations to all Santa Fe Run Around participants and thanks to everyone who helped with this race. In addition, we have included a thank you list to our sponsors in the back portion of this newsletter.

Moonlite Fun Run 5K, June 23

Jack Lippincott ran the Moonlite Fun Run 5K on June 23. His time was 18:26 and he took 5th in the men's 40-49 division. Great job!

Upcoming Races

Upcoming Races

JULY		AUGUST	
Sun., July 3	4th of July Midnight Run Gil's 268-6300	Aug. 3-7	State Senior Olympics 291-6277
Mon., July 4	Independence Day Run 8K/1M Las Cruces 526-0593	Sat., Aug. 6	Desert Run 5K NM Boys Ranch Phil Gregory 865-9780
Sat., July 9	Los Alamos Mini-marathon 5K/20K Gary Wall 662-5665	Sun., Aug. 7	La Luz 9 Mile Mountain Run Tony Vigil 265-8298
Sun., July 10	Dino Dash 5K/10K David Hafner 841-8837	Aug. 11-14	USATF Masters Outdoor Track and Field Champion ships Eugene, Oregon
Sat., July 16	Burn Lake Triathlon Las Cruces 526-0593	Sat., Aug. 13	Making Strides for Women's Cancer 5K/10K Santa Fe 827-5925
Sun., July 17	Abwa 5K/10K Lisa Wilson 839-0053	Sat., Aug. 13	Summer 5K/10K Las Cruces 524-7824
Sun., July 17	Wind Messenger & Popay Footrace 5K/10K Santa Clara Pueblo Wings 982-6761	Sun., Aug. 14	Giant Travel Center/ Inter Tribal Indian Ceremonial Half Marathon, 5K David Raleigh 722-6655
Sat., July 23	Women's Distance Festival 5K Betsy Zolper 291-0429	Sun., Aug. 14	Taos Ski Valley Hill Run and Relay, 7 mi. 776-1860
Sat., July 30	Run for the Mountain 5K/10K Jerome 281-3304	Sat., Aug. 27	Great American People Race 10K/2 Miles Deming 546-2674
Sun., July 31	River Pointe Triathlon Fred 266-8936 or 897-3716		

Sun., Aug. 28 Steve Gachuping 13 Mile Run
Jemez Pueblo
Steve
834-7392

SEPTEMBER

Mon., Sept. 5 Santa Fe Trail Run
5K/10K
Gil's, 268-6300

Mon., Sept. 5 Turtle Marathon
Roswell
624-0257

Sun., Sept. 11 Duke City Marathon,
Half Marathon, 5K
888-2448

Sun., Sept. 25 Big Tesuque 11.6 Miles
Jim Fisher
455-0259

Running Calendar

JULY

Wed., July 6 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Tues., July 12 Santa Fe Striders Meeting
7:00 p.m., Dale and
Kenny Goering's House.
Call 983-6616 for
directions

Wed., July 13 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., July 20 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., July 27 Santa Fe Striders Run
6:00 p.m. @ The Plaza

AUGUST

Wed., Aug. 3 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Tues., Aug. 9 Santa Fe Striders Meeting
7:00 p.m., Place TBD

Wed., Aug. 10 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., Aug. 17 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., Aug. 24 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., Aug. 31 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Biking the Volcano

by Elaine Coleman

Maui is the second largest island in the Hawaiian chain, a tropical paradise and home of two volcanoes (one dormant and one extinct) -- the perfect spot for a relaxing vacation. My husband and I went there last month and stayed at Lahaina, an old whaling town on the west coast. Running on the beach and swimming in the Pacific were fantastic, but the most fun I had -- an experience I recommend to anyone who goes to Maui -- was the 38-mile bicycle trek down Haleakala Volcano.

"Haleakala" is the Hawaiian name for "Home of the Sun." As Jack London wrote in his short story by the same title, "...I

venture to state that nature beauty and wonder, the nature lover may see dissimilar things as great as Haleakala, but no greater, while he will never see elsewhere anything more beautiful or wonderful."

I signed up for a sunrise tour. A large van labeled "Cruiser Bob's Bicycle Trek" picked me up at 2 a.m. and then collected a dozen other adventurers at hotels along Kanapaali Beach. We rumbled along the Haleakala Highway for several hours. Even though it was pitch black outside, our driver kept pointing out sights along the way -- a sugar cane factory here, a cattle ranch there.

It was still dark and amazingly cold when we reached our starting point, the Kalahaku Overlook at 9,740 feet (about 300 feet lower than Haleakala's peak). After being outfitted in yellow rubberized suits and ski gloves, we joined throngs of tourists awaiting the sunrise at an overlook. I thought of what it must have been like decades ago, recalling Jack London's description of the House of the Sun: "It is a noble dwelling situated on the island of Maui, but so few tourists have ever peeped into it...that their number may be practically reckoned to zero."

Like the ancients who regarded Haleakala as holy, we stood and awaited the sun's arrival. Shortly after 5 a.m., the clouds became tinged with gold and the sun edged above the clouds, lighting up the cinder and volcanic ash canyon below. As the tiny jewel grew into a dazzling sunrise, the world around us turned Technicolor and the air warmed up.

No time to linger, however, as Bob and his sidekick, Jim, assigned bikes to our group of 12 and placed us in an order we'd keep most of the way to Paia, our destination. The custom-made bikes have wide comfortable seats, megabrakes, and fat tires.

Cruiser Bob's bike trek, we were told, started before half a dozen newer outfits

doing the same thing. Bob was a movie mogul in California before he grew weary of life in the fast lane and escaped to Maui. According to his sidekick Jim, Bob has biked around the world twice and is apparently planning another such expedition.

Jim, who kept the lead for the entire trip, gave the signal to begin and we started down an endless series of hairpin turns, descending rapidly and grabbing glimpses of the lush Keanae Valley below. Down and around we cycled for literally hours, Jim at the front, Bob driving the van behind us. Whenever traffic built up, Bob signaled Jim and we pulled over, en masse, to the side of the road.

There might be 300 yards of uphill in the trek, if that. The main task is steering, braking and not getting carried away by the gorgeous scenery that you careen off the edge of the road. After the very steep first third of the cruise, you breeze through beautiful green farmland, by huge trees and grassy fields.

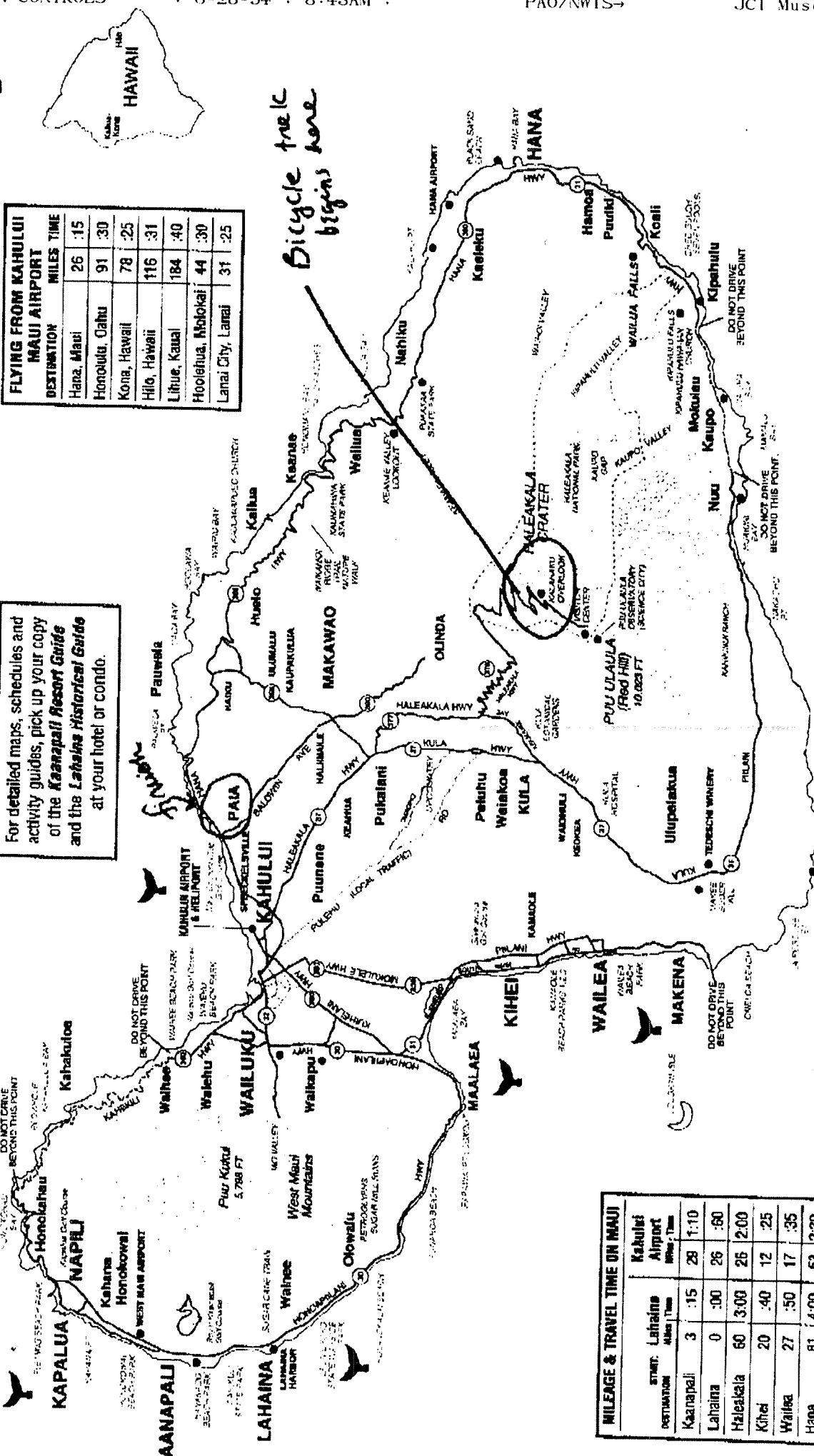
Our entourage reached Paia, where breakfast was waiting, sometime before noon. Jim had taken our breakfast orders at a stop 20 miles before and faxed them to the Wunderbar restaurant. We had a graduation ceremony, complete with applause and certificates.

While I value diplomas that stand for real accomplishments, my Haleakala Downhill Cruise diploma, for sheer enjoyment and escaping from the ordinary, is high on my list. Just one more thing that made it hard, when we left Maui for the real world, to say "Aloha."

Attached in this newsletter is a map of Maui from Elaine Coleman,

MAUI

Supplemental map for
Kaanapali Resort Guide and Lahaina Historical Guide



DESTINATION	MILES	TIME
Hana, Maui	26	:15
Honolulu, Oahu	91	:30
Kona, Hawaii	78	:25
Hilo, Hawaii	116	:31
Lihue, Kauai	184	:40
Honolulu, Molokai	44	:30
Lanai City, Lanai	31	:25

For detailed maps, schedules and activity guides, pick up your copy of the *Kaanapali Resort Guide* and the *Lahaina Historical Guide* at your hotel or condo.

Bicycle trail begins here



For detailed driving information consult your *Maui Drive Guide*, free at every car company when you rent your car.

Most popular sites to see what's December to May

STMT.	Origin	Destination	Miles	Time
	Kahului	Airport	15	1:10
	Kaanapali	Lahaina	0	:00
	Lahaina	Haleakala	60	3:00
	Haleakala	Kihei	20	:40
	Kihei	Wailea	27	:50
	Wailea	Hana	81	4:00
	Hana	Waifuku	21	:45
	Waifuku	Kahului	22	:50
	Kahului	Kapalua	14	:30

RUNNING IN SANTA FE IS MORE FUN AS A SANTA FE STRIDER!

Dear prospective Santa Fe Strider:

We want YOU!

Consider what you get for your \$15 membership fee. For starters, all Strider members get a \$2.00 discount on club-sponsored races. (This may not sound like much, but it adds up.)

You will receive a year-long subscription to our newsletter, *Mile Markers*, which includes announcements of monthly potluck-meetings, upcoming races, times and places of our own race participants, editorials, reviews and much more. If you have running tips or anecdotes you'd like to share, *Mile Markers* welcomes submissions. You'll receive announcements about our Wednesday night club runs, Sunday morning runs, picnics and special fun runs that happen about six times a year.

Become a contributing member of the running community by joining the Santa Fe Striders! As a Strider, you have a chance to help local races happen. We need you to attend our work parties and help with the mechanics of putting on our local runs. (This is more fun than burdensome!)

Who are we? Other running clubs have come and gone, but the Santa Fe Striders, established in 1976, is the pillar of the local running community. We sponsor quality events, including the January Corrida de los Locos, the June Run-Around, the Big Tesuque Run and the Fowl Day Run. The Striders have given scholarships to talented young runners at local schools and have sponsored scholarship benefit runs for Santa Fe Prep.

Why miss out on the fun and camaraderie any longer? Do something nice for yourself and send in your application today. If you have questions, call President John Pollak at 983-2144.

JOIN NOW: RACE DISCOUNTS/FUN RUNS/ NEWSLETTER SUBSCRIPTION



CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Santa Fe Striders Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE

DATE

PARENTS' SIGNATURE if under 18 yrs. DATE

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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1994 Santa Fe Strider Membership

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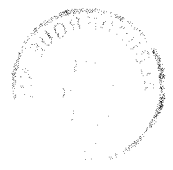
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