



Mile Markers

We Give You the Run-Around



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

October 1994
Vol. 16 No. 10

IN THIS ISSUE:

- **October Meeting**
- **Race Results/Membership News**
- **Upcoming Races**
- **Running Calendar**
- **Club Contacts**
- **Ride and Tie Flyer**
- **Membership Drive**
(Attached flyer)
- **1994 Club Membership List**

October Meeting

Thanks to Elaine Coleman for hosting the September meeting. The next meeting will be Tuesday, October 11 at Danica Girard's house. The potluck will begin at 7:00 p.m., followed by the club's business meeting at 8:00 p.m. For directions to Danica's house, you may call her at 989-1819.

Race Results/Membership News

Carl Gable ran the Imogene Pass (18 miles) Race in 3:08.

Big Tesuque Results--September 25

Men's Open Winner: Craig Heacock,
1:19:01 (New Course Record)

Men's Masters Winners: Jim Westmoreland,
1:27:28

Women 30-39: 1st Place--Diana Hardy,
1:50:04

Women 40-49: 1st Place--Donna Berg,
2:04:50

Women 50-59: 1st Place--Vivian
Reinikainen, no time listed
3rd Place--Elaine Coleman--no time listed

Men 60-and-over: 2nd Place--Jon Foyt,
2:14:28

Congratulations to all Big Tesuque
participants and thanks to all the volunteers.

Upcoming Races

OCTOBER

- | | |
|--------------|---|
| Sun., Oct. 2 | Northern New Mexico
Community College Eagle
Run 5K/10K
Española
Levi Valdez, 747-2117 |
| Sat., Oct. 8 | The Whole Enchilada
Festival 5K and 1 Mile
Las Cruces
527-5167 |
| Sat., Oct. 8 | Run for Diabetes
Kathy Turnham
836-3587 |
| Sun., Oct. 9 | Corrida de Taos 5K/10K
Gil's 268-6300 |

Sat., Oct. 15 Ryan's Run 5K
Patrick Strosnider
884-7666

Sun., Oct. 16 Tour of Albuquerque
Marathon & Relay
Gil's 268-6300

Sun., Oct. 16 IACP/Special Olympics
5K
Gretchen Taute
768-2435

Sun., Oct. 23 USCAA Corp. Challenge
Cross Country
Pat West, 821-5420

Sun., Oct. 23 Tony's Run 5K/10K
Las Cruces
524-7824

Sun., Oct. 30 Carrie Tingley Bun Run
5K/10K
Karen Turner, 243-6626

NOVEMBER

Sat., Nov. 5 Pecos Valley Roundup
10K/20K
624-0257

Sun., Nov. 6 Albuquerque Track Club
All-Comers Cross
Country
821-0340

Sat., Nov. 12 Baylor Pass Trail Run
5.9 Miles
Las Cruces
524-7824

Sun., Nov. 13 NM USATF State Cross
Country Championships
Acoma/Sky City
865-8612

Thur., Nov. 24 Albuquerque Turkey Trot
5K/10K
Gil's 268-6300

DECEMBER

Sat., Dec. 3 White Sands/Alamagordo
Marathon
382-8869 or
437-4731

Sat., Dec. 10 Reindeer Run
Roswell
624-0257

Running Calendar

OCTOBER

Wed., Oct. 5 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Tues., Oct. 11 Santa Fe Striders Meeting
7:00 p.m. @ Danica
Girard's House
989-1819

Wed., Oct. 12 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., Oct. 19 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., Oct. 26 Santa Fe Striders Run
6:00 p.m. @ The Plaza

NOTE: Daylight Savings Time ends
October 30. In November, we will meet for
our weekly runs at 5:30 p.m. instead of 6:00
p.m.

NOVEMBER

- Wed., Nov. 2 Santa Fe Striders Run
5:30 p.m. @ The Plaza
- Tues., Nov. 8 Santa Fe Striders Meeting
7:00 p.m. @ TBD
- Wed., Nov. 9 Santa Fe Striders Run
5:30 p.m. @ The Plaza
- Wed., Nov. 16 Santa Fe Striders Run
5:30 p.m. @ The Plaza
- Wed., Nov. 23 Santa Fe Striders Run
5:30 p.m. @ The Plaza
- Wed., Nov. 30 Santa Fe Striders Run
5:30 p.m. @ The Plaza

DECEMBER

- Wed., Dec. 7 Santa Fe Striders Run
5:30 p.m. @ The Plaza
- Wed., Dec. 14 Santa Fe Striders Run
5:30 p.m. @ The Plaza
- Wed., Dec. 21 Santa Fe Striders Run
5:30 p.m. @ The Plaza
- Wed., Dec. 28 Santa Fe Striders Run
5:30 p.m. @ The Plaza

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

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 October 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 Drive

Do you know someone who runs, jogs, bikes, or walks and isn't a member of the Santa Fe Striders? If so, please pass the attached cover letter and membership application on to them. The Santa Fe Striders will only remain as strong as its club members and we need your help now!

Remember being a club member is fun--so why not share our club with others? Also, club membership has its advantages, such as receiving club and race information through this newsletter and discounts at races sponsored by the Striders. So pass the word to others!

Thanks in advance for your help!

Oct. 16

RUN

&

RIDE

Sunday

You have heard about RIDE & TIE ? Now it is RUN & RIDE- a fun MOUNTAIN BIKE EVENT.

WHEN ? 9AM Sunday Oct. 16

WHERE? Rabbit Road & the Railroad Tracks

ENTRY FEE ? None

PRIZES ? None

PICNIC ? Yes!

TEAM MAKEUP? Two persons & one Mountain Bike

COURSE ? Path along the Railroad Tracks from Rabbit Road to Highway 285 at L

GENERAL RULES:

1. A team is made up of two people & one Mountain Bike.
2. One person rides while the other person runs-both team members & your bike must get to the finish line at the same time.
3. Team members work out their own strategy-team members may trade off as often or as little as they choose, but both members and their bike must get to the finish at the same time.
4. Course is the Trail along the Railroad track from Rabbit Rd to Highway 285 at Lamy. The total length is approximately 11.6 miles.
5. Parts of the course can be rocky, steep & sandy, so extreme caution must be used by all participants.
6. This is in no way a sanctioned event-liability forms will be handed out prior to the event and all must sign.
7. Transportation can be provided from the finish back to the start for participants & bikes.

A PICNIC IS PLANNED AFTER THE EVENT UNDER THE TREES AT THE LAMY TRAIN STATION
PLEASE BRING A PICNIC LUNCH & JOIN THE GROUP AFTER THE EVENT.

If you dont have a runner & just want to ride-join us. If you don't have a rider & you just want to run (11.6 miles) join us. If you just want to come to the picnic - join us.

MORE INFORMATION ? CALL 983-6616 Dale Goering

This is a FUN EVENT ONLY. Just come to Rabbit Road & the Tracks at 9 AM on Sunday Oct. 16 Lets see if it works.

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1994 Membership List

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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: _____

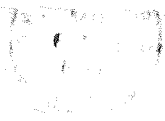
Address: _____

City: _____

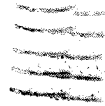
State : _____ Zip: _____

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.



WTE



Mile Markers

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