



## MILE MARKERS



*We Give You the Run-Around*

Vol. 3, No. 9    Sept. 3, 1984

P.O. Box 1818, Santa Fe, N.M. 87501

Remember, Joggers Measure it by the Metre

Newsletter issued a couple of days earlier than usual, this month, because so much stuff is coming up. Including the second, third or fourth most important Santa Fe road race of the year, the Run-Around picnic, and plans that need to be finalized for a group trip to the Humboldt Redwoods Marathon and half-marathon in California.

We can forget at least for a few years about merging the Striders and the Santa Fe Roadrunners. Our straw poll turned up as follows: 3 in favor of merging; 28 against. Meanwhile, the Roadrunners decided they weren't interested, anyway.

The seventh almost-annual Old Santa Fe Trail Run, which we modestly take credit for saving, will be held from the Plaza Monday morning (the 3rd). 5K starts at 7:45; 10K at 9 o'clock. Labor Day weekend registration in City Hall council chambers. No race-day registration.

Just when we thought that membership had peaked for the year, three new memberships and one or two additional inquiries arrived. Thanks apparently due to Kenny for applications from Karen Wells and Cynthia Coffman, both of Santa Fe. Dan Tallon of Rochester, N.Y. has also joined.

Barbara Backer is back in NYC, and has already competed in a biathlon since getting there. Says she apparently needs practice pulling on running shoes when she's fresh from the ocean. Cost her two minutes to dry her feet and brush off the sand!

We already knew our distaff members are better runners than male Striders. Saturday, they proved it again by waltzing off with many of the medals in the third annual Santa Fe Women's Run. Member performances in that and other recent races noted hereunder...

Many of the best efforts (certainly the most effort) of the last month has been in hill runs. Pete Richards won men, 45-49, at the Pike's Peak ascent in 2:51:40. Tim ran the ascent in 3:24; Croshaw in 3:34, Dennis 3:36, Lucy Fox 3:56, Maureen 3:57. Charley Young did the round-trip in 4:16. Two weeks earlier, Tim did the Kendall Mt. 13-miler in Colo. in 2:13 and Maureen ran a 2:35; and both are going to Imogene Pass in September, gluttons that they are.

-see next page-

Bill Forsyth has moved to Albuquerque. His address is Apt. 1112, 4209 Louisiana N.E., 87109. Bill won his age group in the State Pentathlon championships, a few weeks ago, for the eighth straight year! The meet was held in Los Alamos. He hopes to be up here for occasional races (and? parties).

The printed news of Strider relay teams from Manuelitas left out three of our most prominent runners; failing to note that Dede Collins, Michelle Evans and Jary Weller won the women, 30-39 division, in 1:57:01.

° The Humboldt Redwoods Marathon and Half Marathon are °  
° Sunday, Oct. 14, over the Avenue of the Giants in Mendo- °  
° cino County, Calif. Motel accomodations are limited at °  
° the site. It is time to finalize plans for members who °  
want to go to that race in a group:

Dirk plans to fly his own plane and has more prospective passengers (sharing the cost) than he can take. The following people, besides Dorbin, originally indicated interest in going together in a rented motorhome: Maureen & Tim, Michelle & Barry, Graydon, Greg.

Newsletter editor has failed to find a privately owned vehicle available for rental or to borrow; and has checked costs on rental from the big commercial RV dealers in Albuquerque. A motorhome of a size intended to 'sleep six,' would probably accomodate eight or nine of us with one or two in sleeping bags and one or two in the front seats, driving and supervising.

Costs include daily rental at \$71 per; mileage charges at 20¢ a mile for what might amount to 2,600 miles; and nearly \$300 for fuel will come to more than \$1,000. With ten contributors it will come to about \$115 per person. If only six, it will amount to about \$185 each.

The last is about the same as round-trip plane fare to San Francisco. (If we flew, we'd have to rent at least one car for the last 400 miles of the jaunt; would save on meals and nightly costs, but would also have motel costs for at least one night.)

SO: Everyone who wants to make the group trip call Dorbin, for sure, at 982-1904 or 983-3282, by Friday evening, Sept. 7th, or say something at the picnic, the next day. A motorhome rental also involves a reservations fee (applicable against rental charges) and a deposit of some size (applicable against the deductible portion of collision insurance, and refundable.) A potential departure date for driving would be Oct. 11, evening; and we'd need to line up a unit about 30 days in advance if using such conveyance.



And speaking of the picnic, it is noted in the schedule of upcoming events on the next page. Dennis sez gathering time at about 3 p.m. on the 8th. Look for the 'Striders' sign and an arrow on the right side of Hyde Park Road, just below the little store and maintenance shack.

A short but hilly run will start at 4 o'clock; possibly followed by freelance volleyball or catch-as-catch-can softball. The race treasury will provide beverages, chips and charcoal. Bring your own meat and/or salad. And in the absence of any pressing business matters, Pres. Doolittle has decreed that the picnic will constitute the September club meeting.

Catching up on previously uncredited but noteworthy past performances, in no particular order:

June won the women masters Miracle Mile in Albuquerque, a couple of weeks ago and was fifth woman, overall, in 6:38. Her daughter, Anne, was first in women, 15-19, in 6:02. Al Gallegos was third in men, 50, in 5:47. Oh, Anne was also third, overall lady.

Jary ran the 5K Tampa, Fla., Women's Distance Festival in July in 22:50, her fastest 5K by about a minute since her recovery from months on the sidelines with an injury; though she later came close to that in the Santa Fe Women's Run. Mary missed by two steps cracking 20 minutes in the Women's Run; finishing fourth, overall, and winning age group easily. Quintana was mildly disappointed with her second place, but shouldn't have been. She did it in a bristling 18:42.

Margie Wurst won her age and finished third, overall, in 19:22, her best in several races. Pete Richards won the men, 40-49, part of LaLuz Trail Run a few weeks before that, in 1:35:07. June won women, 50, at LaLuz in 2:14:14.

#### Short Strides:

Cathy Tibbetts has returned from months in Guadalajara, ran in the aforementioned Women's Run, and is gradually getting into shape, targeting mainly on the Triathlon which Quintana is staging at Magers Field complex in a few weeks. Tibbetts is going to rent at Mary's new home on Camino Alfredo for a while. (Nichols has dubbed the new home Fettuccini Alfredo.)

Sean pulled a knee tendon, hamstring or something doing intervals at the track the other day. At press time planned to miss the OSFT and action in general for two or three weeks. Maybe he'll be ready in time to trot around the Sandias.....Member Dave Macias, MD, has moved his practice back here to his hometown from Illinois, and set up family practice and sports medicine office at 1502 St. Francis Dr. (note that, Sean)....Postcard from Dirk, doing the East Coast on vacation.....Mel and his wife were officials at 1984 Olympics in Los Angeles; checking for illegal doping of horses used in the Equestrian events.....Letter of thanks from Big Brothers/Big Sisters..... Note of hello and report of recent activities from Ray Sears.  
-see schedule, next page-

## RACES and ACTIVITIES

- Every Wednesday—Club fun runs from the Plaza. 6 p.m.
- Sept. 2—Ike Wiggins Bean Day Run. Wagon Mound. Fun event.
- Sept. 3—OLD SANTA FE TRAIL RUN, the Granddaddy of them All.  
5K at 7:45 a.m., 10K at 9 a.m. No race day reg.
- Sept. 4—Roswell Sertoma 5K; point-to-point through downtown  
Roswell. \$5 & \$7. Info 624-0404.
- Sept. 8—RUN-AROUND PICNIC. Starting 3 p.m., Group Shelter  
No. 1, Hyde Park. Look for the sign. Bring your  
own knockvurst or soyburgers; club provides charcoal,  
chips and beverages. Fun run at 4 p.m.
- Sept. 8—Elephant Butte Triathlon; T or C
- Sept. 8—Blood Donor 5-Mile, Albuquerque. Info, Sun Sports
- Sept. 9—Carrie Tingley 5K & 10K; Albuquerque. Info, Gil's Run-  
ners' Shoe World or Sun Sports
- Sept. 9—Nike Marathon, Eugene, Ore.
- Sept. 15—Escuela del Sol 5-Mile Run for the Sun, 1315 Moun-  
tain Rd. N.W., Albuquerque. Race HQ, Gil's Shoe World
- Sept. 15—State Fair 5-Mile Run, Albuquerque. Info, Sun Sports
- Sept. 16—Save the Jemez Fall Run, Half Marathon; Jemez  
Country. Info, Sun Sports or Gil's Runners' Shoe
- Sept. 22—Tour of Corrales 5K & 10K. Info, Sun Sports
- Sept. 23—Run for New Life 7K, Albuquerque. Info, Sun Sports
- Sept. 24—Avon Women's Marathon, Paris, France
- Sept. 29—M Mountain 9-Mile, Socorro; also Avon Half-M in  
Central Park NYC (Kenny has entry forms for latter.)
- Sept. 30—Sandia Mt. 80K Relay. Several fourperson teams  
are going from Striders. Santa Fe & Albuquerque. run-  
ners' wear stores have info and entry blanks.
- Sept. 30—Maxie Anderson Memorial Run, Albuquerque. Ditto
- Oct. 7—Duke City Marathon, Half-M & 3-Mile, Albuquerque. Info,  
Sun Sports. Start & Finish, Regent Hotel, downtown.  
7:30 a.m. First annual.
- Oct. 7—Balloon Fiesta 10K, Albuquerque., Info, Gil's Runner Shoe
- Oct. 13—Stroh's Run for Liberty, Albuquerque.
- Oct. 14—Humboldt Redwoods Marathon and Half-M, northern  
Mendocino County, Calif. Through the thousand-  
year-old trees. Strider group planning to go.  
See details in this newsletter and report to Dorbin.
- Oct. 14—John Baker Memorial Run, Albuquerque.
- Oct. 21—15th annual Tour of Albuquerque. Marathon. Info, Gil's  
Shoe World. 268-6300.