



MILE MARKERS



We Give You the Run-Around

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

The seventh annual Santa Fe Run-Around has been set for 8 a.m., Saturday, June 8, starting and finishing at the Plaza Ore House. The date was okayed by the city a couple of days ago. Dale Goering, who has done much of the work on the race for six years, has agreed to serve as race director for 1985. The exact course will be set as soon as he names and confers with a course director. It will be similar to last year's.

A committee of five Striders met last week to discuss various proposals to change or expand the Run-Around. It decided to maintain the event as a 10K only. But there are still some questions about what to give entrants and place winners. Decisions will be reported periodically. Announcements will be placed in the national running magazines. If you don't plan to run in the race, plan on working on it. Dale says this particularly applies to experienced entry programmers and finish chute people handlers. Sponsors are being lined up. The Ore House is already set. Details are also noted below on Strider Specials at the Ore House, for members who are thirsty after running.

The February club business meeting will be a potluck and videotape show at Greg's home, 1169 East Alameda. Molly will talk about the Terry Fox Run cancer program. 7 p.m., Feb. 12. Food is frequently this club's best drawing card but this time we have a show, as well. (If you haven't been to Greg's new house yet, it's up the dirt driveway to the left at the top of the Alameda. March program also almost set. See March newsletter for details; and anyone with program ideas should always pass them along to the president.

-Notas de la Presidenta-

Eleven hardy Nordic skiers enjoyed perfect weather and soft, forgiving snow for a three-hour tour in the Jemez Mts. on Jan. 13th. Beginners Dave, Kay and Michelle added to their experience, and two intrepid downhillers, Dave Boyer and yours truly chanced the mile-plus descent through Water Canyon to cap a perfect day. Let's do this again! Cross-Country Skiing can be whatever you want it to be, from hard training, which Graydon Anderson put in, to a new trail to add to the collection of Don Dietz, or racing practice if you're so inclined; or as a chance for new members Gail and Arturo Rodriguez to get acquainted.

Safety Tip

Since many of us have to run in icy conditions in the dark

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Ore House owners Sharon and John Beaupre have arranged

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for a special snack for Strider members of the Wednesday night Apres Fun Run group; and for any mid-week occasions when members are at the Ore House alone or in small groups. It includes a glass of draught beer or house wine and a bowl of gumbo for \$3.95. The small Wednesday night turnout last week sampled the gumbo and pronounced it great, and practically a light supper, of itself. The Beaupres ask only that members ordering the club special identify themselves as Striders, don't try to bring non-members into the deal, and don't impose on the waitresses and staff on Friday or Saturday nights, or when the joint is jumping.

NOT to belabor it but, as previously promised, this will be the last issue you'll get if you haven't renewed your membership for 1985. If you haven't already done so send your \$10 to the club at P. O. Box 1818, Santa Fe, 87504. Club officers and active, long-time members appreciated last year's big enrollment and hope to keep expanding club activities to meet different levels of interest. But printing & postage costs alone require banking some dues income.

We don't need or want to make a profit; especially when we're calling upon sponsors for big sums for races. But we put on three important races a year, have a lot of fun and other activities, and do a great deal of good in the community. We did, in fact, make a small profit in each of the past two years. In the same vein, feel free to voice your beefs or suggestions. (To the club president, not the newsletter editor.)

Short Strides

Worthy of mention: He's not a member, but Erik Vedeler of Santa Fe finished fourth behind three Olympians and ahead of one in the two-mile, a week ago, at the Albuquerque Invitational Indoor track meet. Vedeler, holder of school records at New Mexico State for 3,000 and 5,000 metres and the marathon, ran a 9:30 at the Indoor, and finished eight seconds behind veteran headliner Paul Cummings...

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-la Presidenta- continued

after work, remember these few important tips: Run single file, on the left; listen for cars passing other cars while approaching from behind you and watch for cars that don't really stop at Stop signs. Wear reflective gear somewhere on your runningwear, and if there is a sidewalk try to use it; at least when cars approach you.

Many drivers tend to over-react when they suddenly see runners in the dark, and it's a courtesy to them if you don't wait till the last moment to give them 'their' road. If we're courteous, maybe they will be a little more courteous too.

—Mary

Also in the Santa Fe (and Truchas) recognition department, Tony Sandoval and Dave Segura were listed by Runner Magazine as among the top 200 male road racers of 1984. Tony was ranked 109th in the world and David 165th, despite the fact that both kept limited competitive schedules....

And on the member results front (but in a slightly different pace category), Jerry Dorbin, 45:29 at the Parada del Sol 10K in Scottsdale, last week. Former Strider Barry Evans, now living almost alongside the Parada course, showed up and paced Dorbin through the race....

Shoe Swap: Ellen Hale's new Nike Equinox turn out to be too large for her. So if someone wants to buy a \$70 pair of Ladies 7½, worn only three times, at a deep discount, yell at her at 983-7603. Ellen reports, "...exceptional stability, wide toe box and excellent cushioning. Come with their own booklet and optional arch support. Great shoes, but I can't wear them"....

The Polar Bears are coming out of the woods. Temperatures of the past few days have been the coldest of the year, but turnouts for Wednesday night club fun runs and for various impromptu Tuesday, Saturday and Sunday morning gatherings have been increasing.

Ten mostly familiar faces across the squeaky snow in bright sun at exactly Zero degrees, this past Saturday, from Jary's. Clad in all manner of fancy, Siberian-inspired foul weather gear; and we're not going to repeat what Lois calls the chill factor hanging from Bill's mustache!

=COMING EVENTS=

- Feb. 9—Valentine Couple's Run, 3 mi., 10:30 a.m., from UNM North Golf Course, Albuquerque. Call 277-4347.
 - Feb. 10—Masters' Fairgrounds Run-Around, 2½ & 5 miles, 10 a.m., state fairgrounds, Albuquerque.
 - Feb. 10—Phoenix Marathon; write Suite N, 2200 N. Scottsdale Road, Scottsdale, 85257, or call (602) 990-1273.
 - Feb. 23—Cowtown Marathon & 10K, Fort Worth Stockyards; write Beverly Weiss @ P.O.Box 567, Ft. Worth 76101; or call (817) 870-9784. Some Santa Feans going.
 - Mar. 8—Terry Fox Run, youth division; cancer fund-raiser.
 - Mar. 9—Terry Fox Run, adult day; call Molly @ 988-5548.
 - May—(date to be set)—2nd Annual Corrida de los Ninos. We hold a race for kids. Plan to help Dave Giles.
 - June 8—Seventh Annual Santa Fe Run-Around 10K; 8 a.m., Plaza
- And every Wednesday evening—Club fun runs from the Plaza, 5:30.