



MILE MARKERS

We Give You the Run-Around

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

With milder temperatures and lengthening daylight, more races and activities are appearing on runners' schedules. Turnout has increased both at Wednesday night fun runs and at occasional longer training sessions on weekends. The Terry Fox Run, an important cancer research fund-raiser, is coming up this week. Monthly club meeting and dessert dive will be in the middle of next week. And Volcano Cliffs two weeks hence in Albuquerque. More details below and in schedule at end of bulletin. Film at 11.

Hibernating harriers starting to stir. We've had meetings on our children's Corrida and the Run-Around. Several good races in the area in April. Forms received on major national and international marathons. Call newsletter editor when you run something, so he can tell your fellow members how you did. Call Molly at American Cancer Society office to get pledge forms and enter Terry Fox Run.

The March meeting is at 8 p.m., Tuesday the 12th, at Cathy Quintana home, 2 Calle Zanate. Tony Turner, shoe department manager of The Sports Bag, will talk on running shoes. And because of the time of the evening, the meeting will be a Dessert Potluck. (Last month we had more contributors than conspicuous consumers.) First house on the right on Zanate after turning left off Country Club Rd.

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Notas de la Presidente

The National Running Data Center in Tucson informs us that course certification in the U.S. has been undergoing a major overhaul since the spring of 1981. All courses which were not certified according to the new Full Certification Standards were decertified as of Dec. 31, 1984. So all performances on these decertified courses from Jan. 1 on are ineligible for rankings or records with TAC or RRCA. The letter we received did not say whether newly decertified courses could be used for qualifying for this year's Boston Marathon, but those Striders interested should check with races they qualified in, before it's too late. Of special interest in this area is the course for last October's Tour of Albuquerque marathon, which has not been recertified.

Full certification means that the course has been measured on the tangents following the shortest possible route a runner could take around each curve or corner; and adds a further tenth of one per cent to the legal marathon distance as further insurance against the course being too short. Alberto Salazar's then world record set a few years ago in New York was invalidated. Picky, picky, picky...

At least two Striders are training for the May 27th Bandelier Marathon, and if you are interested in someone to train with, get in touch with me.

—Mary

Alvaro Gallegos was fourth man, 50-54, in 35:11. (That also a tough age group.) Dorbin, a little faster than the previous day with an unplaced 38:37. Dave Otto was third in men, 40-44, in 34:15.7; and John Arnold was fourth in the same age group in the two and-a-half-mile, in 19:29.4.

Last year's membership was the biggest in the club's history, and renewals this year have started on as fast or faster a pace. As of a couple of days ago, more than 60 households representing about 75 runners had joined or renewed. But regulars and old pals who haven't yet done so won't get this as a reminder, so tell them they're missed and wanted.

=COMING EVENTS=

- Mar. 8—Terry Fox Run for students, from Prep. Pledge to cancer drive based on how far your runner runs.
- Mar. 9—Adult Terry Fox Run, 9 a.m., from Prep. Get pledges from your friends; run 1 to 20 miles in cancer fund raiser. Call Molly Munson at 988-5548.
- Mar. 10—Albuquerque Parks & Rec. Half-Marathon and 10K. On Paseo del Nordeste bicycle path, lower end of UNM north golf course. 9 a.m., \$6 & \$7. 766-7856.
- Mar. 16—Eight mile, Oak Grove Elementary School, Montrose, Colo. San Juan Mountain Runners (303) 249-6448.
- Mar. 23—Canyonlands Half-Marathon; Moab, Ut.
- Mar. 24—Volcano Cliffs 10-mile and 3-mile, up the West Mesa from near Univ. of Albuquerque. 9:30 a.m. \$8 & \$10. Early at Gil's or Sunsports. Late at race site.
- Mar. 30—Feel Nutrific 4-mile run; Rio Grande Yacht Club, S. Yale in Albuq. Info Gil's, 268-6300.
- Mar. 30—Nishoni Run '85, 5K & 10K, 10 a.m. SW Indian Poly Inst. in the North Valley.
- Apr. 13—Jog Your Mind 5K Library Run, from UNM Law School Library on N. Stanford to Albuq. Public Library, downtown. A fast, downhill course. Gil's.
- Apr. 14—Alan's 10K; Albuquerque
- Apr. 14—Governor's Bay Bridge Run; a 10K across the Chesapeake Bay Bridge from Maryland's Eastern Shore to Sandy Point Park on the other side, near Annapolis. Call (301) 268-1165 for recorded info about race.

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Country Club runs west off Airport Road, just south of the entrance to Santa Fe Country Club.

The Striders will apparently be the objects of attention by the Santa Fe Reporter this week or next. A writer interviewed Mary last week and a photographer took pictures just before the weekly fun run Wednesday night. Look for it.

The second annual Corrida de los Niños will be held Sunday afternoon, May 19, at Santa Fe Indian School. This year, it will be a one-mile run for grade school children and a two-miler for junior high and high school kids. Also added this year, a youth couples' run.

Committee members met two weeks ago at race director Dave Giles' house to start planning. Ribbons to all entrants in the grade school age group, and winning awards and random prizes to others. Start finding sponsors and gathering prizes for us to present. Start getting your kids ready. If you're too old to run in it, help out.

And don't forget to stay in close touch with Dale as he wades through early planning for the Run-Around. He'll welcome plenty of assistance.

The Volcano Cliffs ten-mile and three-mile will be held March 24 in Albuquerque. The 10 is challenging; the 3 a snap. At least that's the way it looks on the map. Entry blanks are available at runners' wear stores and from several members. If you enter, be sure to list your club affiliation in the space provided on the form.

The Spirit of Santa Fe 5K and 10K will be held this year on May 25. Conducted by the Santa Fe Roadrunners. Our fellow city club also reminds us that The Finish Line collects discarded running shoes at its new location on Cerrillos Road, to contribute to inmates at the State Pen. Both men's and women's shoes needed.

Short Strides

Tim LeRoy ran a 16:50 in the Valentine Couples' Run three-miler at Albuquerque, paired with his girl friend, Marie. Pres. Mary was 12th woman, overall, in a big turnout and on a bad knee, in 21:50. And might have done better in the tandem placings but for a pooped out 23:11 by her unidentified partner, in his worst showing at the distance since he was in his forties. No excuses. Tim, by the way, was 6th overall individual in the couple's run.

The next day, Strider member Jackie Marr of Los Alamos was first woman in the five-mile at the Masters' Fairgrounds Run-Around, in 36:57. June Dickinson was second woman, 50-54, and third overall female, in 39:37.

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