



## MILE MARKERS



*We Give You the Run-Around*

June 3, 1985

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

With a couple of days to go until the seventh annual Run-Around, we have more than 100 entries, and we usually get that many more on race day morning. We've picked up almost 50 new or renewed club members by offering the option on the entry form of entering and joining with one check.

Ironically and as usual, active club members are slow in getting their entries to our hard-working computer in-putters. If there's any chance you'll run, get your entries submitted in time to have them to the programmers by a day or two before race date. Details of upcoming monthly club meeting and annual run to the river and race workers picnic are listed below.

It was never the purpose of the Santa Fe Striders simply to be as big as possible. Nevertheless, the increased treasury gives us lots of resources and flexibility to do what we want as a jogging and sporting club. Not to mention having new pals to sport with.

So if you aren't running in the race and haven't yet volunteered, try to show up Saturday morning to see if you're needed. Our relations with the city have always been good. Due in no small part to our conscientiousness at cleaning up after our races. At the very least, we need a work party of willing drones at 10 a.m. to pick up soda pop cans and Frito pie wrappers after the crowd clears.

The June meeting, Tuesday night the 11th, will be our annual post-Run-Around post mortem. The race workers picnic and run-to-the-river will be on the Fourth of July. The

### Notas de la Presidente

Nineteen hardy souls (a record attendance) showed up for the 3rd annual Bandelier Marathon on Memorial Day. (Elevation gain & loss 1,950 feet.) The weather at starting time was perfect (that meant it was going to be too hot pretty soon). David Sneesby and I took off knowing enough to play it cautiously for the first five to seven miles. But at Mile 12, I was still being cautious & David had to do a little anti-blister work on his foot.

Then the race got serious and the serious got racing; and things got a lot faster for about 10 miles until the downhill got flat and the heat got hot and the headwind got in the way.

Finish was in the town of White Rock, and I had a little bit of a kick in Mile 25 (though I don't think anybody noticed), & finished two and-a-half minutes too slow to get the women's course record. But fast enough to win the women's division in 3:21:52.

David came in 10 minutes later to be fourth overall and we helped reduce the beer supply, as good Striders do!

—Mary

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meeting on the 11th will be at Dorbin's apartment, #1132 Los Piñones on Calle Mejia, just beyond the Sheraton. Ask if you don't know the way. Ellen and God willing, refreshments will be provided by the race treasury.

#### -Program Notes-

Guest speaker Grace Schrorr made an interesting presentation on Orienteering at the May meeting at Kenny & Dale's home. She showed maps of courses and outings by active orienteers in other parts of the country. It is something of a growing enthusiasm; and several club members have already been involved or may become so.

In the last six or seven years we've had programs comprised of medical or training discussions by several kinds of specialists. We've had encounters with psychiatrists; jokes and parodies; guest appearances by visiting Olympians, world junior marathon record holders and Himalayan mountain climbers.

All have been welcome, but turnout occasionally is disappointing. We used to have a nominal program chairman each year; but in the last year or two the duty has fallen by default upon the president, with the cooperation—or distraction—by the newsletter editor.

So if any members have ideas for programs, they should sound off ahead of time. The worst that happens is, nobody is interested in your idea.

The Fourth of July run will rendezvous at Buckman Road park at 9 a.m. That will give members who ran in Albuquerque late the previous evening time for a little nap before a ten-to-17-miler. People who are running shorter distances or not running can jump in the trucks which will take picnic supplies to the river bank.

Those running the whole 17 can take off from the park, just above Casa Solana subdivision. This function will constitute the annual Run-Around race workers' party and, as usual, other members or guests are welcome. Pass the word, because the July newsletter probably wouldn't be in members' hands by then.

#### -Short Strides-

Sally (bicycle) and Jerry (10K) are looking for a swimmer for the Santa Fe Triathlon relay on July 28. Any age. Yell if interested. And June, Jerry and Alvaro are looking for two 50-year-olds, any gender, for the co-ed 50-and-up marathon relay this weekend at Taos. Better hurry on that one. How about you, new member Leo Hosenfeld?

Barbara Backer, our Visitor from the Mystic East, lives



in a Greenwich Village complex called Washington Square Village. She just received her reciprocal nursing license from the State of New Mexico. Our enchanted paper-shufflers' version of her address: Washington Squaw Village!

In the face of severe declining race enrollment everywhere else in the country, the Striders took a nice upward jump in one recent event. Due largely to the efforts of race directors Dave Giles and Tim Burrell, and in the face of expected competition from another local event for kids the same weekend, 320 youths registered for the Corrida de los Niños, up almost 100 from the first year. About 280 showed up in a rainstorm to see Glory Contreras and Andrew Valdez win the mile for elementary schoolchildren and members Josie Wurst and Sammy Martinez win the high school two-mile.

#### =Other Results=

Three other Santa Fe Striders ran at Bandelier in addition to Mary and Sneezer. All as parts of relay teams in the 50-mile relay held at the same time as the marathon. Quintana and Sally teamed with two young Albuquerque men and won mixed doubles; and Dale joined three Los Alamites, including new Strider Aaron Goldman, to finish fourth overall team in five hours.

Bearman Run (5 mile): Leroy Ramirez, 31:10; Dave Giles, 31:56; Dorbin, 39:14. (only first five, overall, each sex, were awarded places).

State H.S. Track Championships: Josie Wurst, second, girls 800 metres, 2:20.45; and fourth, girls 1,500 metres, 4:54.

District 1AAAA Championships: Josie, first, 800, 2:24.66, and third, 1,500, 5:13; Annie Dickinson, third, 3,000 metres, in 11:05.

Washington-to-Oregon 12K: Kennylee, first woman, 50-59, 56:20; Dale, third man, 50-59, 45:01.

Project Heart Start 5K: Jerry, 23:01; David Dorbin, 25:03.

St. Catherine's 10K: Catherine Quintana, first woman overall, 35:21; David Casados, second man, 40s, 34:32. 5K: Arturo Rodriguez, second man, overall, and first in 30s, 18:44; Jack Lippincott, third man 40s after short detour, in 19:07; Ron Valdez, fourth, men 30, 19:30; Croshaw, fifth 30s, 19:38; Leroy, sixth, 19:49; Tom Tiano, seventh, 22:40; Sally, first woman overall, 24:55; Debi Wielgusz, second woman, 29:22; Wrong-Way Dorbin, last, all categories, 34:00. (The 5K course was long, at least to a couple of disoriented souls; the 10K may have been short; the turnout was small, but there were a number of great 30 and 40-year-old males competing.)

Clean Air Volcano Hill 15K: Tim, 12th overall, 1:06:37; Leroy, 15th overall and second, men 40, 1:06:57; Pete Richards,

first, men 50, 1:07:46; and Dale, second, men 50, 1:08.

Cerrillos 15K: Quintana, first woman overall, 1:01:34; Casados, fourth man, 40s, 59:30; Maureen, third woman, age and overall, 1:14:05; Leroy, fifth, men 40s, 1:00:34 (here, again, a race with small overall turnout but incredible class in men, 30s & 40s); Croshaw, fourth, 30s, 1:00:45; Tim, first, 20s, 1:01:50; Dale, first, 50s, 1:03:03; and new member Leo Hosenfeld, second, men 50, 1:20:10. 5K: Shane Shemayne, first man, 10-19, 20:54; Giles, first 40-49, 21:10; Phil Pannabecker, third man, 30-39 in his first ever race, in 22:20; Dorbin, first 50s, 24:47; and Kenny, first woman, 50s, 25:05.

Marine Corps 10K: Duane, 43:05; Dennis, 43:20; and Michelle, second woman, 30s, 47:11.

Espanola College: Casados, first, men 40-49, 5K, 17:59. Alvaro Gallegos, first man, 50-59, in all three distances with a 6:43 mile, 21:12 5K and 52:08 10K on a hot day; Dave Macias, first man, 30s, mile in 6:10; second man, age group, 5K, 19:20; Quintana, first woman, overall, 5K and 10K with 20:13 and 42:31; Sally, second woman, overall, 10K in 51:18; Sally given the 10K trophy and Cathy the 5K; Sean, first man, 40s 10K, 40:36; Ron Valdez, first man, 30s 5K, 19:47; Leo, second, 50s mile, 7:05 and 5K, 22:47; Dorbin, third, 50s 5K, 23:08; and Pete Hosenfeld, aged 13, a 10:49 in his first competitive mile.

#### =COMING EVENTS=

- June 8—SANTA FE RUN-AROUND 10K, 8 a.m., from the Plaza
- June 9—Taos Marathon & Marathon Relay, 7 a.m. Kachina Lodge
- June 16—New Mexico Running Pentathlon, Albuquerque.
- June 22—Al Tapahonso Memorial 10K, 7 a.m., Red Valley Junction (four miles south of Shiprock).
- June 22—Lobo Run 5K & 10K, 8 a.m., 2nd & Tijeras, Albuquerque.
- July 3—Fourth of July Midnight Run, 11:45 p.m., Redondo Drive on UNM campus, Albuquerque.
- July 4—Run-to-the-River (pick your distance) and Run-Around race workers picnic, 9 a.m.; convene Buckman Road Park; check with others on supplies.
- July 7—Washington Pass Run, Gallup
- July 13—Los Alamos Mini-Marathon, 5K & 20K, 7:30 a.m., 20th & Central. Write High Altitude Athletic Club, Box 298, Los Alamos 87544.
- July 27—Raton Summer Run, 5-Mile & 10-Mile, 8 a.m., Ripley Park. Write Chamber of Commerce, Box 1211, Raton 87740
- July 28—Santa Fe Triathlon, 8 a.m., Cochiti Lake, \$25 indiv. entrants; \$50 teams. Info, Quintana, Ft. Marcy Complex
- Aug. 4—La Luz Trail Run, Albuquerque.
- Aug. 10—Santa Fe Women's Run 5K. Contact Finish Line Sports
- Aug. 11—Las Manuelitas Relay, Las Vegas