



MILE MARKERS



We Give You the Run-Around

July 4th, 1985

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

The 1985 Santa Fe Run-Around was an artistic success, thanks to more than 250 entrants, our sponsors and other commercial contributors, Race Director Dale Goering and a crew of helpers which ranged from several people who have been working on the race for seven years to some conscientious rookies.

By the time you read this, the annual race workers picnic and run-to-the-river will have been held. Hope you were there. If you weren't, we grilled tofu burgers and gave Dale a properly emblazoned warm-up suit. That was our July business meeting.

The August meeting will be a run and hot tub at Elaine's, 899 East Zia. The theme will be A Trip Down Memory Lane. So those of you who have been running a long time wear your oldest and most unfashionable shoes and shorts. (Goering & Dorbin long ago had their bronzed...Goering's shoes...Dorbin's shorts) Further details in August newsletter.

Sixty-four runners at final count joined the Striders in conjunction with their Run-Around entries, and the festivities prompted three others to join the club even though they didn't enter the race. The resulting dues income will be used for final costs of the event, including the legendary results booklet. When printing and other costs are paid, the race treasury will reimburse the club treasury for \$300 of seed money advanced in May and add maybe another \$200 to \$400

NOTAS de la PRESIDENTE

Two officers of the club, Treasurer Dirk Houtman and yours truly, paid a visit Tuesday to our neighbors to the west, the Atomic City Roadrunners Club in Los Alamos. That club is very active in sponsoring weekly pace races and special events, each Tuesday, at different locations on the Hill. Their races are accurately measured and well attended, with lots of children participating, as well.

A pace race, which we used to hold regularly in Santa Fe as predict-your-own-time races, is a two to three-mile run in which runners test their knowledge of their own capabilities by trying to forecast their finishing times. Winners frequently come within a few seconds of their actual times.

Tuesday, there was a two-mile 'special race,' (i.e., the real thing). The fastest men's time was 10:55. The first eight finishers broke 13 minutes, and I came in ninth at 13:02. First prize was a humongous cookie; nicely decorated and very edible.

Cookies were awarded to 3rd place in each age group, and Dirk came away with his first ever "trophy," in spite of having given a pint of blood that afternoon, which had a noticeable effect on

to the pot. (The race does not actually make a profit, but it results in a big jump in club revenues from new dues income.)

The city is also paying the Striders for timing and other assistance on the upcoming Parks & Rec Triathlon at Cochiti Lake, July 28th. So if you are not competing, plan to help. Contact Cathy Quintana on the Plaza at Wednesday night fun runs or at Fort Marcy Complex, weekdays, to see what you can do. She already has almost 50 entries.

Although this year's champ, Deni Ramanich, was the first foreigner to win the RunAround, he wasn't the first member of a European national team to run in our race. Three years ago four members of a touring British team hit town looking for a little high-altitude action, and finished second, third, fifth and ninth, or something like that. Ramanich's 33:42, this year, was achieved despite a near disaster at the turn-around, when he overran the hairpin turn. He got straightened out in time to catch Santa Fe's usual top 'sprinter,' Peter Graham, and win the Chimayo weaving and Lois Stouffer platter.

Quintana won the women's division (in a p.r. 38:42.8) for a third time. The club and the race were further honored by Graham's entry, since he rarely runs road races of longer than 5K. Defending champ Erik Vedeler, who usually handles 10Ks or longer for the Dynamic Duo of Santa Fe racing, was in South America.

=Short Strides=

(983-9747)...Elaine is looking for a swimmer & a cyclist for the Triathlon. Ten or 15 other foreigners or out-of-staters also entered the Run-Around this year, including one from Canada and one from Florida. And thanks to our great chute and compiling crews, the awards ceremony came off faster, smoother and more accurately than ever...The last truck back from the Fourth of July picnic ended up with someone's big, fine carving knife, a blue and silver nylon singlet, a blue and green towel, Quintana's Levi jacket, a watermelon and part of a cherry cheesecake. We know what to do with the jacket and you're too late about the cheesecake or the watermelon. Yell at Dorbin to reclaim any of the rest...In addition to performances mentioned on next page, popular charter member Bill Forsyth, who dropped off the roster when he moved to Albuquerque last year, was up to his old tricks at Corporate Cup & the Running Pentathlon in that city over the past three weeks. He placed in every event and tied for first, overall, in the pentathlon; then won the 1,500 and took third in the long jump to pace Forsyth Studios (him) to Division III honors at Corp. Cup. Now he goes to the National Decathlon Championships, this month, in San Diego.

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him. (He froze his cookie for posterity.)

Tuesday evening speed work on the track can be boring and repetitive. You might give some thought to an occasional jaunt up the Hill, and have a good workout with the Atomic City Roadrunners, a nice bunch of people who take their running seriously. Several of them are also members of the Striders.

—Mary

=Recent Results=

Garden of the Gods 10-miler, steep up-and-down with 2,700 entrants: Dale, second, men 50-54, in 1:08:20; Kennylee, 2nd, women, 50-54, 1:23:17. Pat McCarty, fairly recent member, also competed. Yell at us with your times, Pat.

NM Corporate Cup, Albuquerque. 10K—Pete Richards, 2nd, and Aaron Goldman, 3rd, men, 50-and-over. 5K—Jackie Marr, 1st, women 40-49.

NM Running Pentathlon, Albuquerque—Marr, 1st overall woman, 40-44; June Dickinson, 1st overall woman, 50-54. June won the two-mile in 14:19; the 800 metres in 3:05; 200 metres in 34.4; 400 metres in 78 seconds, and finished second in the mile in 7:09.

Taos Marathon Relay—The 'Movers & Shakers' (Cathy Pearce of Socorro with Quintana, Moo, Mary and Mighty Mo) took ten minutes off the women's record, with a 2:57:04. First women's team, naturally, and beat most of the mixed and men's teams. Tim, running with Pearce's husband and three Albuquerque men, third overall team in 2:42:52. Dorbin, Dickinson, Hosenfeld, Gallegos and Giles, first, men 40, in 3:18:35 (age group dictated by youngest member). Jim Brainard of Los Alamos teamed with Dave Boyer, Bill Earl, Michelle & Duane for third among mixed sexes, aged 30-39, in 3:21:38; and 'Jary's Team,' comprised of Ellen, Dede, Greg, Dennis and the team's namesake, fourth in same division in 3:24:26.

=Coming Events=

July 7—Washington Pass Run, Gallup

July 7—NM/TAC 15K, Albuquerque

July 13—Los Alamos Mini-Marathon 5K & 20K, 7:30 a.m. 5K starts, this year, at 20th & Central; 20K on Diamond Drive. \$15. Deadline, July 11. Box 298, LA 87544.

July 20—Zuni Pueblo 5K & 15K.

July 27—Raton Summer Run, 5 mile & 10 mile, 8 a.m., Ripley Park (north end of downtown, at the foot of Raton Pass). \$8 before July 19; \$9 thereafter. Chamber of Commerce, Box 1211, Raton 87740.

July 28—Santa Fe Triathlon, 8 a.m., Cochiti Lake. \$25 indivs, \$50 for three-person teams. Striders are helping with exchange zones and timing. Deadline for entry, July 15. Contact Catherine Quintana, Fort Marcy Recreation Complex.

Aug. 4—La Luz Trail Run, Albuquerque.

Aug. 10—Santa Fe Women's Run 5K, Santa Fe Roadrunners and The Finish Line, 8 a.m., Lincoln Ave., at First Interstate Plaza. \$7 thru Aug. 9; \$8 race-day morning.

Aug. 11—Magic Mile, Albuquerque.

Aug. 11—Las Manuelitas Relays, Vegas. Meadow City Track Club

Aug. 17—Zuni 25-mile relay, Zuni Pueblo

Aug. 18—Albuquerque Parks & Rec Triathlon

Aug. 24—Pike's Peak Ascent, 7 a.m. Manitou Springs, Colo.

Aug. 25—Pike's Peak Marathon, 7 a.m., Manitou Springs, Colo. \$16 thru 8/18; \$18 thereafter.

Sept. 2—Old Santa Fe Trail Run

Sept. 8—Corrida de Taos