



## MILE MARKERS



*We Give You the Run-Around*

August 1, 1985

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

"Running Reminiscences" will be the theme of the August club meeting, Tuesday evening the 13th, at Elaine's house, 899 East Zia Road. Come at 6 p.m. to run first, and wear your oldest-fashioned shoes and shorts. Bring your potluck food and drink, and any snapshots or mementoes you want to share from what your running career was like years ago. Considering the average age of Striders, there ought to be a patina on some of the age-group medals like the moss on fine Etruscan coins. Bring towels, as well, if you plan to use the hot tub.

The Santa Fe Women's Run, eagerly awaited by many of our members, will be at 8 a.m. Aug. 10th, starting on Lincoln Ave. and running to Cristo Rey and back. Registration is \$7 till Aug. 9 and \$8 on race day morning. Sports bags to first 300 entrants. Conducted by the Santa Fe Roadrunners, 988-8042.

One of the favorites should be our own Cookie Monster, Cathy Quintana, who has just been selected as a member of national Team Avia. Only nine women so honored, nationwide, we are told. She was sponsored by Strider Tom Tiano of Tom's Sports Center; and when she wanders the world to compete in major races from now on, she'll be outfitted in Avia shoes and runnerswear.

Quintana is training hard under the concentrated planning of club veep Dave Macias, and after the women's run hopes to bypass 5Ks for longer races. She also worked her buns off—but hopefully not her legs—directing the Cochiti Triathlon, last week. Resulting in a big turnout and a well-run event.

The good news is, Tim Leroy won a \$25 'preem' for his tenth lap sprint at the Kachina Classic bicycle criterium around post office oval, two weeks ago. He was

### Notas de la Presidente

"Timing a triathlon can be done; can it be fun?" Your club was responsible for the timing of the Cochiti Triathlon last Sunday, and thanks to the unfailing expertise of at least 14 Striders and three Chronomix units it was done successfully. The stress level was high and the finish area resembled a zoo, but it worked.

With some prior organization of finish line geography and isolation of the processing tables from traffic the job would go more smoothly. I would be interested in your input as regards, a) Whether we would be interested in doing this job in the future and b) Whether we could establish a finish line 'team' of 10 to 20 people who would be available to time races for pay?

We have a system that works well but which could use streamlining. We have members who are interested in using their personal computers as timing/compiling devices. We have non-running spouses and offspring who might like to become involved in races without actually running. ("It's much less tiring," says Cliff.

And we also have an opportunity to  
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peddling through a 10-mile race which had special prizes for individual efforts at various points. The bad news is, somebody clobbered him from the side, two laps later, sending him sprawling on the abrasive pavement. The bad news is, he was skinned so raw he couldn't compete officially in the triathlon the following week. The good news is, the \$25 reimburses him for the entry fee for the triathlon. Moral: Stay off bicycles!

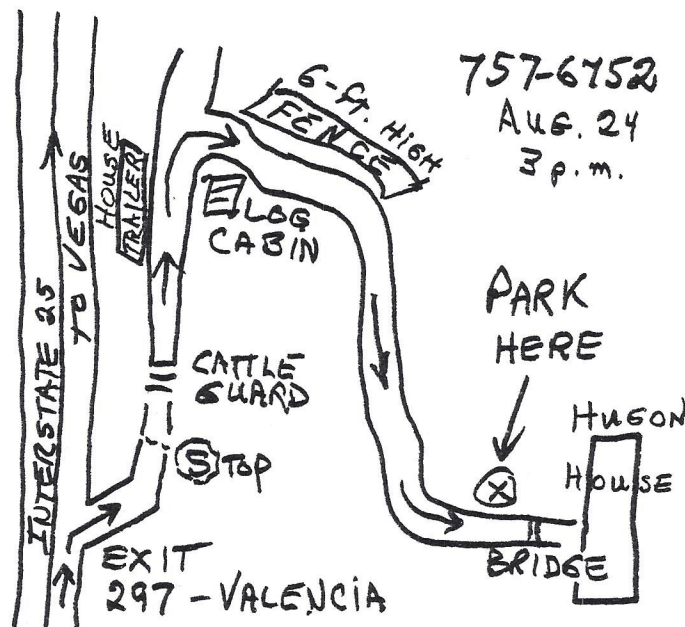
Tim is leaving in a few weeks to work on an MBA at the Univ. of Minnesota...Another Strider, John Beaupre, whose Ore House sponsors our Run-Around, finished fifth in his criterium event, the U.S. Cycling Federation's veterans 20-miler.

### Party Party Party

Jary is holding a shake-and-bake at her sister-in-law's ranch in Valencia on Saturday, Aug. 24. Mark it on your social calendar. Take Exit 297 off Interstate 25, about four miles south of the Lamy turnoff, and proceed as on map at right.

3 p.m., horseshoe pitching, volleyball, hiking and/or running. Bring your own beer and meat for the barbecue grill, which will be ready. Bring one dish, salad, chips or such, to share.

There are only three places you can go after you come off the Interstate at the Valencia exit. Jary's sister-in-law's name is Evalynne Hugon.



### Short Strides

Several Los Alamos runners, some of them members of the Striders, plan to go to the Regional Masters championships in Colorado on Labor Day weekend. They plan to car pool to make the jaunt more economical. Any of you age-groupers interested, yell at Duane and Jackie Marr, 662-2856....Note at mid-July from Claudia and Curtis Porter, from Cruces, where they have moved so Curt can work on his PhD. Claudia has a parttime job in the Psych Dept. at New Mexico St. Says she's started running again (in 100° heat) after a long layoff because of calcium deficiency. Their address is Box 3162, NMSU, Cruces 88003...

...Michelle, in town for a couple of hours the other day from the Sufi Foundation, says hello to everyone...Familiar names from the National Sports Festival at Baton Rouge: Kathy Pfiefer of Albuquerque, Quintana's old roadblock in races hereabouts, won the women's half-

marathon in 1:18:24; Carol Cady of Los Alamos won the women's discus in a record 199-9; Carla Garrett of Santa Fe was third in the women's shot put....Bob Julyan, writing in his regular weekly runners' column in the Albuquerque Journal, defines a serious runner thus: "A non-serious runner hopes running will lead to a better sex life. A serious runner hopes sex will lead to better running!"

=Recent Member Results=

Los Alamos Mini-Marathon

5K—Arturo, 2nd, men 35-39, in 17:12 and 11th overall; Sean, 1st, men 40-44, 17:28; Pat McCarty, 3rd, men 40-44, 17:30; Ron Valdez, 3rd, men 35-39, 17:33; Dave Macias, 6th, men 35-39, 19:37; Giles, 6th, men 40-44, 19:50; Mary, 1st woman 40-44 & fourth girl overall in 20:02; Jackie Marr, 3rd woman, 40-44, 22:15; June, 1st woman 50-54, 23:52; Raye, 1st woman, 60-64, 24:15; Dave Macias' wife, Sandy, 27:19 in her second race ever. Jimmy Macias and Mike "Don't Put This in the Newsletter" Rivera, about 22 flat, each, after a couple of six-mile weeks and their regular Rocky Mountain Spring Water breakfast.

20K—Andrew Flores, 1st, men 15-19, in 1:20 flat; Quintana, 1st Woman Overall, course record, first in women 30-34, 1:21:31; Dave Casados, 3rd, men 40-44, 1:22:07; Tim, 4th, men 25-29, 1:23; Dale, 1st, men 50-54, 1:24:12; Aaron, 2nd, men 50, 1:26; Moo, 1st, women, 25-29, and fourth overall, 1:27:51; Croshaw, 1:28:17; Dennis, 1:28:18; new member Herb Garn, 1:29:17; Marc, 1:29:32; Galen Krisov, 1:30:06; Sneesby, 1:31; Randy Bartell, 1:32:56; Jary, 2nd women 35-39, 1:40:37; Buddy Roybal, 1:41:33; Tim Alton, 1:41:42; Bill Earl, 1:43; Maureen, 1:44:48; and Kenny, 1st woman, 50-54, in 1:44:49.

Colorado Springs 10K—Dale, 38:58, second in age, his 2nd fastest since foot surgery; Kenny, 47:59, a p.r., 2nd in age group. Like Dale, she also had a 2nd on the first leg of Colorado Triple Crown in June at Garden of the Gods.

Kendall Mountain 13-Miler—Pete Richards, 2:06, first man, 50-and-up; Tim Burrell, 2:13 (his 1:24 on the 4,000-foot ascent to 13,100 feet knocked seven minutes off his last year's time); Maureen, 2:37, ninth woman, overall.

Lobo Fun Run 10K—Aaron, 39:59, second, men 50-54; Raye, 49:15, first woman, 60-64.

Taos Marathon individ—Ron Valdez, 3:29:31.

Raton Summer Run 10-Mile—Mary, 1st woman, overall, 1:11:54; Jary, 2nd woman, 30-39 and 4th woman, overall, 1:19:35. 5-Mile—Dave Giles, 3rd man, age 40-49, 32:50.

Santa Fe Triathlon—Tibbetts, second, individual women, 30-39; Maureen, 3rd, women 20-29 indiv.; Leo Hosenfeld, 2nd, men 50-59 indiv.; John Gundzik, 3rd, indiv. men 50-59; Andrew Flores' team, 1st team, 29-and-under, with Andrew running anchor leg.

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Washington Pass 10K (9200-foot elevation)—Mary, 5th overall & 1st woman, 40-44, 49:03; Tibbetts, 2nd W 30-34, 54:00.



-Mary's column, Continued-

provide a service to the running community and charitable and civic organizations, as well as our own membership. So let me know what you think and, remember, this is your club.

—Mary

=COMING EVENTS=

- Aug. 4—La Luz Trail Run, nine miles up west face of Sandias, Albuquerque 7 a.m. \$8, and you must have a TAC card. Limited, out of ecological sensitivity, to first 400.
- Aug. 10—Santa Fe Women's Run, 5K, Santa Fe Roadrunners, 8 a.m., Lincoln Ave. between Palace & Marcy; \$7, \$8; info, Finish Line Sports.
- Aug. 10—Old San Miguel Fiesta 10K, 8 a.m., Socorro; info, Patricia or Andy Vaiza, 835-1620.
- Aug. 11—Las Manuelitas Relay; five-person, 15-mile relay, 8:30 a.m., north of Vegas. \$6 per runner before Aug. 4; \$7 after. Meadow City Track Club; Box 1361, Las Vegas 87701.
- Aug. 11—Magic Mile, Albuquerque
- Aug. 18—Parks & Recreation Dept. Triathlon, Albuquerque.
- Aug. 24—Pike's Peak Ascent, Manitou Springs, Colo.
- Aug. 25—Pike's Peak Marathon (roundtrip), Raceline Systems, P. O. Box 26230, Colorado Springs 80936.
- Aug. 25—Health Dimensions 10K, 7:30 a.m., Kit Carson Park, Albuquerque. \$7 ahead; \$8 race day. Gil's Runners Shoe World
- Aug. 31—Sandia Crossing; Albuquerque, 26 miles; blood oxygen samples
- SEPT. 1—EKE WIGGINS BEAN DAY RUN, WAGON MOUND
- Sept. 2—Old Santa Fe Trail Run, 5K at 7:45 a.m., 10K, 9:15 a.m. Marcy Street in front of City Hall.
- Sept. 8—Corrida de Taos, 5K & 10K, from the park in Taos.
- Sept. 8—Carrie Tingley Hospital Run, Albuquerque.
- Sept 14—Allsup's Marathon, Clovis
- Sept 15—Shining Season Half Marathon, Albuquerque.
- Sept 29—Sandia Run-around 80K relay, Albuquerque.
- Oct. 6—Duke City Marathon (and half-marathon) 7 a.m. Albuquerque. Sun Sports or Box 14903, Albuquerque 87191
- Oct. 6—Penofin 10K, \$45,000 purse, elite women and all-comers men and women; Ukiah, Calif.
- Oct. 13—Humboldt Redwoods Marathon (and half-marathon), 9 a.m., Dyerville Bridge, Calif. \$12, 616 14th St., Arcata 95521
- Oct. 20—Tour of Albuquerque Marathon, Gil's Runners Shoe World, Albuquerque.

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