

MILE MARKERS



We give you the run-around

May 7, 1986

Vol 7, No. 5

P.O. Box 1818, Santa Fe, NM 87504

The next meeting will be a barbecue potluck at Mary Nichols house (2542 Camino Alfredo - 471-2806) at 7:00 pm on May 17. I have not received any information about the content of the meeting but the "Run-around" and the "Corrida de Los Ninos" are imminent and anyone willing to help should either attend or contact Dennis Cooper or Dave Giles respectively.

Mary has cancelled her pub run because of conflict with the Zoo race in Albuquerque.

The community running map is off to a slow start. Dave Sneesby has had a few preliminary meetings at his house but we need to have more input regarding just what we want in it? Do we want it to be primarily addressed to the visiting runners or do we want it to be accurate and detailed to provide local information? Do we want five courses or fifty? Do we want the map to serve primarily as an entry blank for the club? (We currently have no contact point except word of mouth). Do we want multi-color printing? How much will that cost? Do we want to defray some of the costs by seeking a sponsor? Do we want to get it out quickly or make it a longer project with better information from courses compiled through the year?

A discussion session regarding these and any other ideas for the production of the running map will be planned at the regular monthly meeting. If you are interested in participating but can't make the monthly meeting call Dave Sneesby for information (988-7410) or me (983-5874).

Random quotations from the survey

"Recruit new members of club.. Possibly younger people through school track teams."

"Include runs in surrounding communities, e.g. Pecos, Glorieta, Pojoaque, San Ildefonso maybe, Madrid, Cerrillos. Ask boys clubs, girls clubs, churches, Big Brothers & Sisters etc. to see if any teens need shoes for running. Budget \$400 - \$500 for shoe fund."

"Put on a long race in the fall like a 20K. It would provide a warm-up for the fall marathons."

"I would like the club to seek new members of all running levels more aggressively. Wednesday runs and monthly meetings should appear in newspaper & radio community calendars."

"Mile Markers should be expanded to include health aspects of running - i.e. nutrition, training tips, etc. Newsletter should be devoted to helping members run better. Club should sponsor a local road race in Oct./Nov. or change Fowl day Run to 5K road race. (Flat & Fast?)" *Note: The newsletter is constructed from voluntary contributions of runners and any columns, opinions, or clutter are welcomed!*"

"Buy Sangre de Cristo Water Co. (or SF Canyon anyway.)"

"The reality of Running Clubs in SF is that there are not that many people interested in making a commitment. It is always the same people who make an effort. I like the track workouts on Tues. The relay races around the state are always fun and it would be fun to run one ourselves - drawing team members at random. I enjoy the Striders and my running."

"Charity is a very personal thing. This is a running club and our money should go to running and associated expenses. Our money should not go to someones personal charity."

"Instead of T-shirts have pins, bandannas, socks. Bumpers stickers with 'I run around with the Santa Fe Striders.'"

"I like the new format for the newsletter with one exception. Please include entire names - not Dale, Kenny etc. It sounds really unfriendly to us newcomers. It's still a little too cute."

"I think the running map is a great idea and I think we can produce something that will be good looking and worthwhile."

"I think our primary expenditure should be for race equipment. I also do not think we should buy beer for the meetings. Everyone should bring their own. I would like to have 1 or 2 speakers each year."

"A great civic project would be cleaning up broken glass (and killing anyone caught breaking glass)"

"It would be great to have a special running course, like Pre's trail or like the many paths in Central Park. It would require lots of wood bark, a path, some lights, and a big permanent sign. It would be also great to have one race with prize money."

"I feel that it is important to put most of our efforts and funds into an aggressive promotion of Santa Fe as a running community. Let the tourists know that we want them to come run with us - to be welcome in our community. Our sport is not (*unreadable*) as it once was & therefore we run the risk of becoming too elitest and stunting the growth necessary to sustain. We are all too aware of the negative effect of one arrogant personality trying to speak for the Santa Fe running community."

"I think we should appoint a committee to investigate alternatives for spending the money - e.g. looking into available new race equipment, do we really need to replace what we've got etc. Then let club vote on alternatives after they are presented."

+RECENT RESULTS+

Clean Air/Volcano Challenge 5K—Jackie Marr, 1st woman, 40-49, 24:20; Kenny Goering, 1st woman, 50-59, 26:36. Nine-Mile—Sean McCormick, 1st man 40-49, 57:22; George Croshaw, 3rd man 40, 1:00:11; Dale Goering, 1st man 50-59, 1:03; Mary Nichols, 2nd woman, 40, 1:09:11; Dave Otto, 1:18; Dave Boyer, 1:21.

Bill Recinos Memorial 10K—Cathy Quintana, 38:33.

Super Run II N.M. Run-off 10K—Quintana, 1st woman overall, 40:10. Qualified for \$1 Million national finals. Later withdrew because of complaint about her working on race and running in it. Dennis Cooper, 42:04; Dorbin, 52:56.

St. Catherine's 10K—Pam Roy, 1st woman overall, 45:25; Jack Lippincott, 5th man overall, 39:55; George Croshaw, 7th overall, 40:30.

Oakland, Calif. Heart Run 5K—John Arnold, 23:05.

Phoenix All-American 10K—Arnold, 50:05.

West Vegas HS 1,600 meters—Josie Wurst, 1st girl, 5:40.76;
3,200 meters—Margie Wurst, 1st girl, 12:57.04.

Belen HS 400 meters—Josie, 1st, 1:03; 1,600 meters—Josie, 1st, 5:50; 3,200 meters—Margie, 1st, 12:36.

Unnamed Maryland 10K—Bill Earl, 41:15 (p.r.).

Peña Blanca Health Fair 10K—Dale Goering 5th overall, 40:42.7; Mary Nichols, 2nd woman overall, 42:58; Dave Otto, 48:17; Jackie Marr, 5th woman, 49:03; Jerry Dorbin, 50:36; Kenny Goering, 51:00. Ed Heffern, 4th overall, 38:51.7!

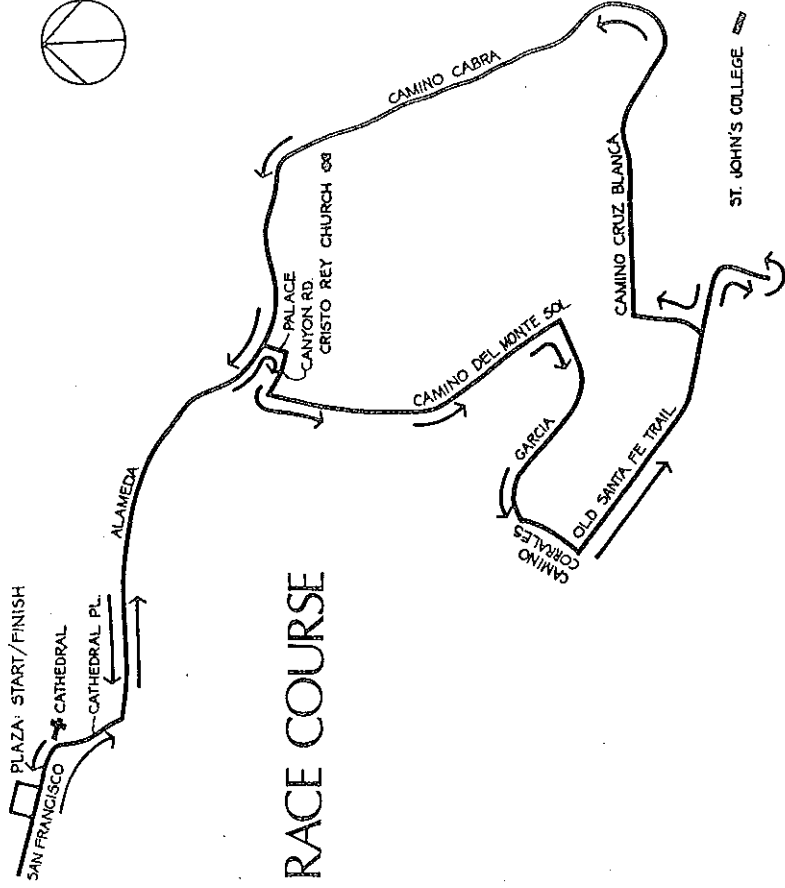
Harper Memorial Cross-Country 5K—Croshaw, 2nd, men 40-49, 19:38; Buzz Rowell, 22:10; Dorbin, 25:25.

Jog Your Mind Library 5K—Lou Marjon, 2nd overall and 1st man, 40-44, 15:24.31; Mike Rivera, 1st man 35-39, 17:24; Quintana, 1st woman overall (and 11th runner, overall!) 17:36; Dorbin, 3rd man, 55-and-up, 20:56.

Run Old Mesilla 10K—Nichols, 1st woman overall, 40:56; Otto, 43:17; Dorbin, 47:35.

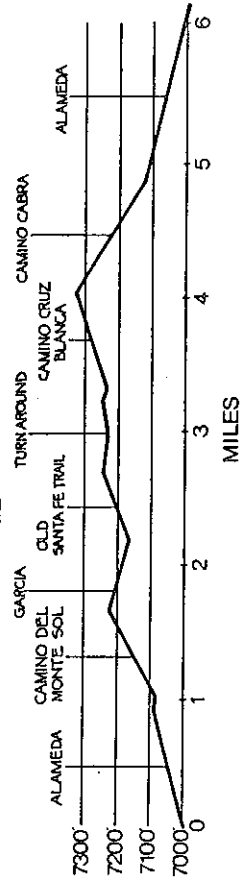
+COMING EVENTS+

- May 10—Run for the Zoo (NM TAC 10K championship) 8:30 a.m.,
Albuq. Zoo, Kit Carson Park. Age groups, etc. \$10 race day.
- May 11—2nd Annual Runners' Pentathlon (3,200 meters, 800 meters,
200 meters, 400 meters, then 1,600 meters) starting at
8:30 a.m., Wilson Stadium track, Albuq. Race-day regi-
stration starts 7:15 a.m.
- May 18—3rd Annual Corrida de Los NIÑOS, Santa Fe Indian School.
Registration 10-11 a.m., one-mile for grade school kids
at 11 o'clock; two-mile for jr. high and high school
runners at 11:30. Prizes and gifts for runners. Entry
forms in circulation. Plan to help Giles, 982-9435.
- May 24—Marine Corp Muscular Dystrophy 5K & 10K, 9 a.m., Albuq.
- May 26—Bandelier Marathon, Ultra and 50-mile relay, L.A.-White
Rock. All races start 6:30 a.m. Age groups by totals,
male, female, coed and open categories; award pins, etc.
Info, Bob Reedy, 672-9519.
- June 1—Devil's Throne (Cerrillos) 5K & 15K, Gil's (268-6300).
- June 1—Santa Fe Biathlon (20-mile bike; 4-mile run) 8 a.m.,
Tierra de Oro @ East Wildflower in La Tierra.
- June 1—Leroy Bearman Run, Albuq.
- June 7—EIGHTH ANNUAL SANTA FE RUN-AROUND 10K, 8 a.m., from the
Plaza. Race day registration starts 6:30 a.m. Package
price for membership and entry if before race day. Entry
forms are printed. Help circulate them at races before
June. Dennis Cooper, race director, 988-8939.
- June 8—Garden of the Gods 10-miler, Colorado Springs.
- June 22—Taos Marathon and Marathon relay.
- July 3—New Mexico Track Club Fourth of July Midnight Run, 11:30 UNM.
- July 12—Los Alamos High-Altitude Mini-Marathon (5K & 20K).
- July 20—3rd Triathlon de Santa Fe, Cochiti Lake. Strider club
treasury to be paid for work party. Contact Dede at
982-8846. Entry info Cathy Quintana, Ft. Marcy Rec Center.
- Aug. 9—6th annual Santa Fe Women's Run 5K. Info, Finish Line Sports.
- Aug 10—Magic Mile, Albuq. Straightaway on the pavement.
- Aug 10—Las Manuelitas 15-mile Relay, Meadow City Track Club, Vegas.
- Aug 23—Pike's Peak Ascent.
- Aug 24—Pike's Peak Round-trip.



RACE COURSE

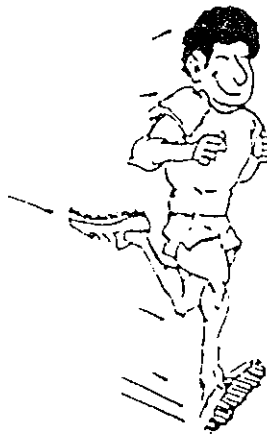
COURSE PROFILE



SANTA FE STRIDERS
 PO Box 1818
 Santa Fe, NM 87504

BULK RATE
 U.S. POSTAGE
PAID
 Santa Fe, N.M.
 PERMIT NO. 269

CORRIDA DE LOS NIÑOS



1 and 2 Mile RUNS

For Grade School, Jr. and Sr. High School Youth

SUNDAY MORNING: MAY 18, 1986

Entry Fee only \$2.00

T-Shirts for All Runners

Sponsored by: Banquest/First National Bank of Santa Fe, Colony Materials, Santa Fe Striders, and El Gancho Tennis Club

Refreshments provided by TCBY, The Country's Best Yogurt in Collece Plaza Shopping Center, and Blue Sky Juice Co.

Hosted by: Santa Fe Indian School

Grade School Division:

Time: 11:00 a.m. Check-in: 10:00 a.m. - 10:45 a.m.

Distance: 1 mile Children may be accompanied by parents

Junior and Senior High School Division:

Time: 11:30 a.m. Check-in: 10:00 a.m. - 11:15 a.m.

Distance: 2 miles

Couples Race: (1 male and 1 female) Jr. and Sr. High students only

Time: 11:30 a.m. Distance: 2 miles

Each couples' combined time used to determine winners

Awards: Trophies to first finishers, male and female, in Senior and Junior High and Grade School Divisions

Ribbons to first 5 males and females in the Junior and Senior High Divisions (couples participants excluded)

Ribbons to first 5 couples with best elapsed time - Couples Only race

Participation ribbons to all runners in Grade School Division

Races will start by the gym behind the dorms at the Santa Fe Indian School, 1300 Cerrillos Road, Santa Fe, N. M.

ENTRY FORM

IN CONSIDERATION OF THE ACCEPTANCE OF MY CHILD'S ENTRY, I RELEASE ALL SPONSORS, PROMOTERS, WORKERS AND HOSTS OF LIABILITY FOR ANY INJURY INCURRED.

NAME _____ AGE _____ SEX _____ SCHOOL GRADE _____
 ADDRESS _____ PHONE _____
 CITY _____ STATE _____ ZIP _____ T-Shirt Size
 PARENT SIGNATURE _____ Adult Child
 I wish to enter Couples Race Yes _____ No _____ L L
 (Couples require 2 entry forms to be completed) M M
 Partner's name for Couples Race _____ S S

Mail to: CORRIDA DE LOS NIÑOS
 P. O. Box 426
 Santa Fe, N. M. 87504

Santa Fe Striders

PO Box 1818

Santa Fe, New Mexico 87504