



Mile Markers



February 1, 1987

Volume 8, No. 2

We give you the run-around
PO Box 1818, Santa Fe, NM 87504.

"If half the people in this country ran, or even walked, ten miles a week, the effect on the course of medical care would be tremendous." Dr. Rufus K. Broadaway.

The regular monthly meeting of the Santa Fe Striders will be at Dede Collin's house, 115 East Alicante, on Tuesday, February 10. Easiest way to reach it is to go south on Don Gaspar. Alicante is the third street south of Cordova Road on you left. Or, if you're coming from the south, Alicante is the first street on the right after turning north onto Don Gaspar from San Mateo). Phone: 982-8846 Potluck at 7 p.m. with business meeting at 8 p.m.

Striders President Dale Goering says he has had some requests for information about obtaining singlets or T-shirts with the Santa Fe Striders printed on them. Dale says Tom Tiano can provide printed singlets for about \$12-15, and T-Shirts would probably be a little less. If you're interested in obtaining a Striders shirt, let Dale know. Enough response will result in an order.

RECENT RUNNING NEWS: Roadale Press, which owns "Runners' World," recently paid \$5 million to acquire "The Runner," saying the magazines were too similar and were, therefore, competing for the

dwindling share of advertising dollars.

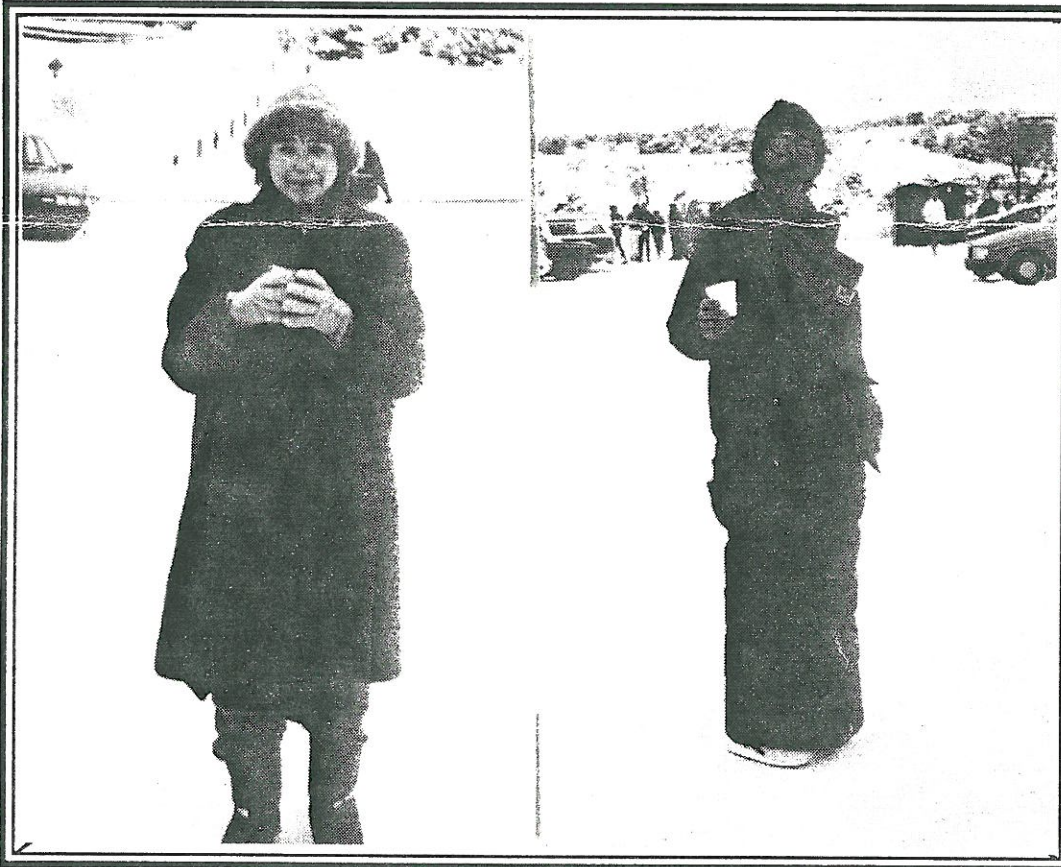
CORRIDA DE LOS LOCOS: Despite cold weather, overcast skies and lots of snow on the course, the second annual run of the crazies - sponsored by Tom's Sports Center, organized by the Santa Fe Striders and

ably directed by Dave Giles - attracted about 85 hardy runners. This 4.7 mile race was fun and well organized and we owe Dave Giles and the numerous volunteers a big thank you for their efforts.

Dennis Cooper has been feeling around for permission to eliminate the race results book from the Run-around. His feeling is that

it is a fair amount of work (he has been doing it) and that nobody really cares. Does anyone? Also there is discussion for the Striders to rent a storage unit somewhere, to consolidate all of the racing equipment. Suggested is a 5' x 10' space for about \$300.00 per year, a fair chunk of money from our budget.

Reminder: If you haven't paid your 1987 dues of



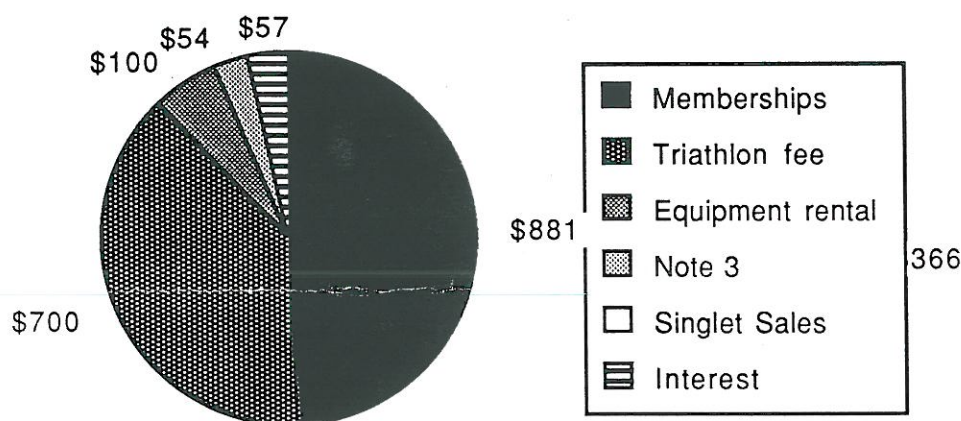
\$10, this will be your last newsletter. To stay on the membership roster send your check to the Striders, P.O. Box 1818, Santa Fe 87504. Included in the March newsletter will be a complete listing of all current Striders. Telephone numbers and addresses will be published so if you desire to have any information withheld call 988-2091 and let me know. Current membership stands at fifty five exclusive of mailings to stores, sponsors etc., which, I am told, is quite good for this time of year.

The newsletter has a new editor for 1987 as well as a more cooperative spirit in that there are now a number of people doing various tasks. John Arnold has agreed to take over the job of editor so any ideas or creativity should be sent to him. His phone is 988-

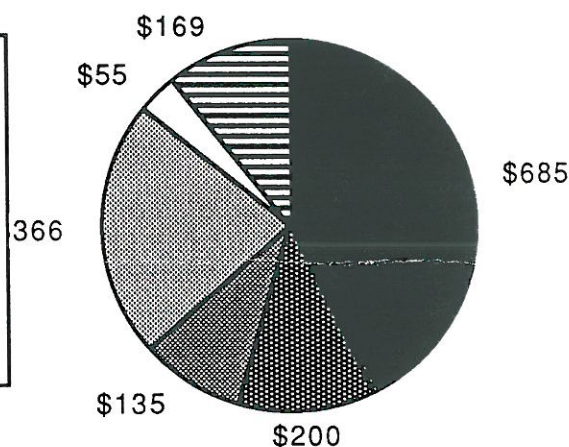
3061 at home and 827-5760 at work and his address is 200 Sunny Slope, Santa Fe, NM 87501. Jerry Dorbin is still in charge of collecting calendar data and results from recent races. If you know about something that you think should be in the newsletter call him at 983-3282 at home or 982-1904 at work. Ellen Becker, Kenny Goering, and Ellen Stelling have agreed to write an occasional short column. Kenny's debut is at the end of this newsletter. Let her know what you think.

The following charts should give you some idea where our money goes. We spent quite a bit more last year than in 1985 but also earned more, primarily because of the triathlon fee.

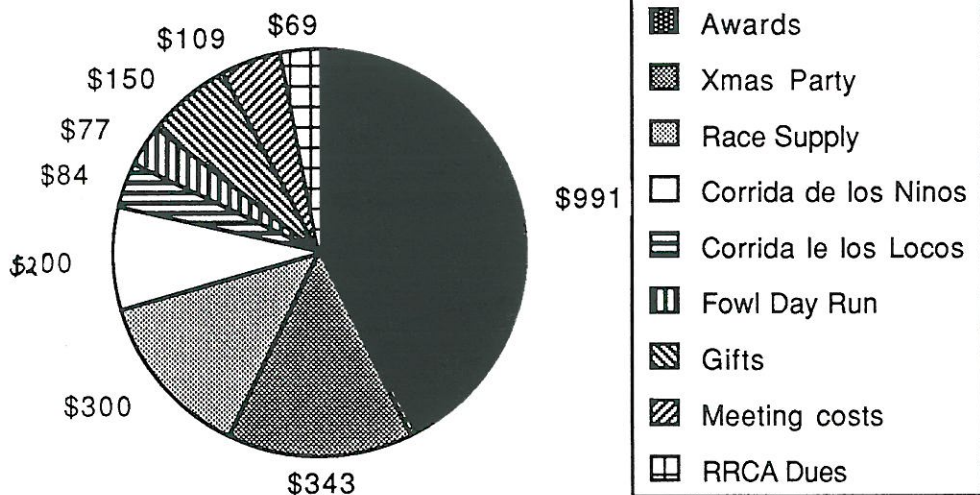
1986 INCOME



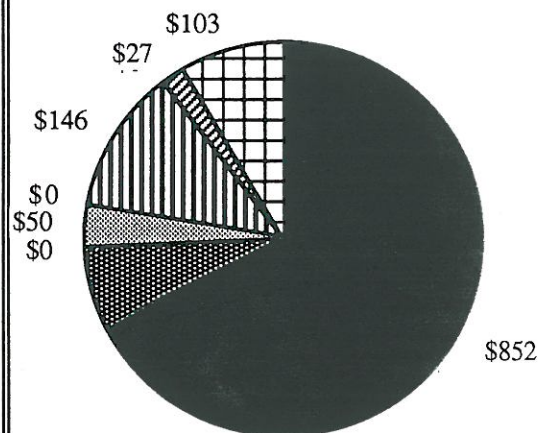
1985 INCOME



1985 EXPENSES



1985 EXPENSES



Note 3: The Run-around fund retained seed money for future operations amounting to \$300 at the end of 1985 and \$400 at the end of 1986. Approximately 35 memberships are received each year via the Santa Fe Run-around, and the fees for these memberships are included in the transfer amount.

Calendar of Events

- February 8 Fifth annual Masters Midwinter Run-around 5-mile and 2 1/2 mile. Starts at 10 a.m. from Southwestern Indian Poly Institute, N. Coors Blvd., Albuquerque. Free to members of Master Runners Unlimited or to those joining for \$5 (through June 30 or \$10 for year). Others race entry \$5 if by February 5 and \$8 thereafter and race day morning. Stocking-caps to all runners; medal through three places, five-year age groups, etc. Pete Dowrey, 821-3322
- February 14 Valentine Day Run. UNM Leisure Services; from UNM North Golf Course, Albuquerque
- February 21 Rio Grande River Run, 8 miles from Old Mesilla. Mesilla Valley Track Club, Las Cruces. Information: Floyd Ransom 523-0903
- February 28 Fifth annual Cahoon Park 10K: 10 a.m. from Parks and Recreation Department office in Cahoon Park, Roswell. \$6 early (P.O. Drawer 1838, Roswell 88201) or \$7 after February 23. Awards, ten year age groups. T-shirts; trophies to overall.
- March 1 Run for the Blue 5K and 10K; sponsored by Albuquerque Police.
- March 6-7 Terry Fox Cancer Run: Danny Maas chairman. Pledge forms from Danny or Dale Goering.
- March 15 St. Patrick's Day 5K: Albuquerque. Conducted by Club Southwest.
- March 22 Sun Sports Spring Run 5K and 10K: Albuquerque
- March 29 Mayor's cup 5K and 15K, Albuquerque Parks and Recreation
- April 5 Harper Memorial 5K: Albuquerque Academy
- April 11 Run to Your Library 5K, UNM north law library (Stanford NE) to main city library, downtown Albuquerque (Gil's)
- April 26 Annual St. Catherine's 5K and 10K: 9 a.m., St. Catherine's Indian School, Griffing St. T-shirts; medals, etc.
- June 7 Bearman Memorial Run, Zoo Park, Albuquerque
- June 14 Cerrillos 5K and 15K Tentative date! (Gil's)

Recent Results

Corrida de los Locos: (4.7 mile run sponsored by the Striders and Tom's Sports Center on January 17)

Overall	Second Man: Henry Martinez 29:35	First Woman: Cathy Quintana 33:51
Men 20-29	(5th) Tim Burrell 37:25	
Men 30-39	(2nd) Ron Valdez 30:42	(3rd) Rocky Kimbal 31:59 (4th) Ed Heffern 32:27
Men 40-49	(1st) George Croshaw 30:53 (5th) Dennis Cooper 34:54	(3rd) David Casados 33:25 (4th) Leroy Ramirez 34:44
Men 50+	(1st) Dale Goering 34:07 (4th) Jerry Dorbin 43:06	(2nd) Leo Hosenfield 37:48 (3rd) Tom Tiano 39:48
Women 16-19	(1st) Margie Wurst 39:13	
Women 20-29	(3rd) Maureen Burrell 46:03	

Women 30-39	(2nd) Debbi Hathaway 37:53	(3rd) Judy Heffren 40:48	(5th) Ellen Stelling 45:21
Women 40-49	(2nd) Mary Nichols 36:24	(3rd) Vivian Reinikainen 43:43	(4th) Dede Collins 45:22
Women 50+	(1st) June Dickinson 52:37	(2nd) Kenney Goering 58:20	

Albuquerque Roadrunners Winter Twosome 6K Dave Otto and Jerry Dorbin, 2nd male masters (age groups by younger member) 59:31 combined time.

Summerford Peak Roundabout Run (Near Cruces) Floyd Ransom 9th man overall, in 46:24.

Notes from Kenny

This will be a monthly pseudo-scientific medical column. George Sheehan has said we each are an experiment of one and I would like to use a few personal observations in these musings.

Have any of you noticed the phenomenon of being able to recall facts while running? Often I will be trying to remember a person's name or trying to recall where I put something. If I try to remember these things as I am running later, they come right up on the old computer.

Running also seems to heighten my sense of smell as I can get the odor of people's perfume or cigar and cigarette as they drive by. Some food smells are very enticing.

Something I learned last summer - staleness strikes everyone. Try running some races as fun runs. This is harder to do for some runners than others. Irritability, tiredness and loss of enthusiasm catch up with many of us.

Performance goes down, injury goes up and you find you are just dragging the ole bod around. Check your weight it may go down while your morning pulse goes up. Check your pulse first thing before you get out of bed in the morning.

Pick a few races a year that you really want to run well and just enjoy the nice folks the rest of the runs. There is one observation I find very true. Runners are nice people!

Santa Fe Striders Balance Sheet

<u>Assets</u>		
	1986	1985
Cash - checking	136.69	474.31
Cash - saving	952.32	1,168.51
Deposit - women's club	<u>50.00</u>	<u>-</u>
Total Assets	<u>1,111.91</u>	<u>1,642.82</u>
<u>Liabilities and Members' Equity</u>		
<u>Liabilities</u>		
Contingent Liability - see Note		
Members Equity	<u>1,111.91</u>	<u>1,642.82</u>

Note: During 1986, The Santa Fe Striders awarded two merchandise awards which have not yet been claimed. The estimated amount due on these awards does not exceed \$150. Also one sponsor of the the Fowl Day Run, Ogelvies, did not pay its pledge of \$100 until January of 1987. Therefore, this amount will not be reported until 1987.

Kenny

SANTA FE STRIDERS

1987 Membership Application

Name _____

Address _____

City _____

Telephone (Home) _____

State _____

Zip _____

Enclose \$10 annual dues. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87501

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87501



Jerry Dorbin
P.O. Box 1803
Santa Fe NM 87504

