



MILE MARKERS



March 1, 1987

Volume 8, No. 3

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

"Stretching feels good when done correctly. It should not be a personal contest to see how far you can stretch."
Bob Anderson.

The next Striders meeting will be 7:30 Tuesday, March 10, in the conference room of the State Land Office building which is across the street from Garret's Desert Inn on Old Santa Fe Trail. Dr. Gerald Allen, a Striders member and avid ultra-runner, will give a slide presentation on a recent, four-day adventure run on the Western States Route.

At its February meeting, the Striders voted to rent a storage locker to consolidate all its equipment in one location. We are looking for a locker now and should rent one sometime in March.

Also, Dave Boyer has assumed the unenviable task of being race director for this year's Run-Around, which is scheduled for Saturday, June 6. Dave is going to need all the help he can get so please get yourself into a volunteering mood and let him know he can count on you for this year's race. His phone number is 471-4905. He says that the following specific jobs are currently wanting: Publicity person, race treasurer, and spilt timers as well as various helpers for registration, course layout, etc. Also needed are prizes (other than the main awards) that can make the race more interesting, e.g., the ice cream prize for the most nondescript runner in the center of the entire field. Anyone with prize possibilities or ideas contact Dave. Let him know on the phone or at the next meeting if you can help in any way. Next month we will publish the list of chairpersons so members can assist in race preparation.

Strider Membership now stands at 64 and enclosed is a complete list with addresses and phone numbers.

John Arnold would like to clear up a

misunderstanding that may have occurred as a result of the Striders expense graph in the last month's newsletter:

"The graphs showed an expense in both 1985 and 1986 for the Have A Fowl Day Run. In reality, the race actually made money the past two years (as opposed to the first four, when it cost us money). That's why I switched from expensive T-shirts to inexpensive lapel pins and glass mugs. I figured it wasn't prudent to put on a benefit race and end up spending a bunch of money on awards to the runners. The expenses shown on the graphs may have been incurred due to up-front costs, but for both 1985 and 1986 those costs were repaid and the treasury ended up gaining small amounts of cash."

John

New Member

Our Newest Member is Freda Simmons. Freda moved to Santa Fe in November 1986 from Dallas where she ran an average of 30 miles per week. She says she's not quite up to that mileage here yet due to the altitude, but is running regularly as she has for the last 8 - 10 years. Freda is a court reporter and runs because it makes her "feel so good." She likes to go to races, usually 10K's, but doesn't consider herself a competitor. Her first knowledge of the Striders came from reading a newspaper article about Kenny and Dale Goering. When she was visiting Santa Fe last summer, she thought we sounded interesting so when she saw a notice of our monthly meeting in the newspaper she decided to come and that's how we captured her.

Mt Taylor Quadrathlon

Several Striders participated in the Mt. Taylor Winter on February 14. The event consisted of a 15-mile bike ride from Grants to the base of Mt. Taylor where the bike was left and the athlete proceeded on running shoes up a 5-mile stretch of dirt road which gained 1,200 feet elevation to the point where cross-country skis were used to go 2 1/2 miles up to the point where one required snowshoes to gain the summit at 11,300 feet! There the athlete went around a pylon, not pausing to take in the view, and proceeded down in reverse order back to Grants, approximately 50 miles in all. There were aid stations and warming tents at strategic locations. Logistics of equipment and competitor transportation were amazing, but successful. Many teams entered the race in pairs and fours. The blizzard conditions that day caused hardships and camaraderie but everyone survived. Winners were in the 4-hour plus range. Debbie Hathaway ran the event solo and finished in 3rd place among 30-39 women and 5th overall. Her husband Brad Davidson also competed solo and finished just ahead of her.

The Santa Fe Mountain Center placed three teams in awards: Charley Young ran for the third place 30-39 men's team in 4:19. John Beaupre cycled and Elliot Norquist skied for the first place 40-49 team in 4:20. Dale Goering ran and Aaron Goldman snowshoed for the first place 50-59 men's team in 4:57. Mary Nichols ran for the 2nd place overall women's team (first 30-39) in 4:57.

This event was heavily supported by the whole town of Grants. It was very well organized and an exciting adventure. You might consider putting it on your calendar for February 13, 1988.

RUNNERS

An upcoming race that could be a lot of fun -- 12th annual Canyonlands Half-Marathon and 5-mile run, March 21, Moab, Utah. The course runs along the picturesque Colorado River through rimrock country. Five-year age groups and awards through 8th place make this a good pick to bring home more than a tee-shirt. Contact Mary Nichols (471-2806) for entry forms and information. Last day for \$10 entry fee is March 14.

Notes From Kenny

This month we will delve into psychology and philosophy. What we have here is pretty heavy stuff. Have you ever noticed how much running influences your whole life? Granted, some of us to a greater degree than others. Certainly we consider running when planning the day's schedule, the food we will eat and when we will eat.

I have bought tapes with the idea of how long they play, and how they will sound on my Walkman while running. As an aside here: two new beautiful tapes are Paul Winter's Canyon and Vagelis' Opera Sauvage (he wrote the soundtrack for Chariots of Fire).

My last two jobs were taken with the stipulation that I have time enough to run at noon and can be gone for trips to race when ever I wish. Dale and I haven't taken any vacations for the last ten years that didn't include a race.

Running also affects the way you view the weather, the terrain, the friends you choose, and the way you spend some of your money.

Running colors how we perceive other people. Example: I can't understand how a fat, old, gray-haired lady can be a threat to a fragile ego in a thousandpound vehicle; so I get angry and wish they would leave me alone. I wish bad things to those people!

Running makes us view an illness differently. We worry about missing workouts and about how long this sickness will last. By the way, do not ever run if you have a fever and muscle aches. Remember to drink lots of water, summer and winter.

Just a few thoughts for you to muse over while running down the road of life.

Kenny

SKIERS

If you are interested in downhill skiing in Taos on the 14th and 15th or March call Mary Nichols (471-2806)

Calendar of Events

March 6-7 Terry Fox Cancer Run: Danny Maas chairman. Contact Dale Goering for Applications.

March 14 Transmountain 10-mile Run, 9 a.m. from I-10 and Transmountain Road, long ascent, though pass then long descent to Wilderness Park Museum and Transmountain Road East, El Paso.

March 15 St. Patrick's Day 5K by Club Southwest, Albuquerque

March 21 Canyonlands Half Marathon (10 a.m.) and 5 miler: (9:30 a.m.) \$10 before March 14 and \$14 thereafter. Bus from Moab City Park to starting line; run back in along scenic Colorado River route. Certified courses, mile markers, aid and comfort station along course. About 1,000 runners expected. Five-year age groups; ribbons through eight places in half marathon; through five places in five-miler. T-shirts.

March 22 Run To Lamy ±16 mile A Dave Sneesby Creation

March 22 Sun Sports Spring Run 5K and 10K, Albuquerque

March 29 Mayor's Cup 5K and 15K, Albuquerque Parks and Recreation Department

April 5 Richard Harper Memorial 5K, Albuquerque Academy

April 11 Run to Your Library 5K, point-to-point, downhill, from Stanford NE (East side of UNM North golf course) to Albuquerque City Library, downtown. Gil's Runners Shoe World.

April 12 Bill Recinos Memorial 5K and 10K, Albuquerque Information: Roger Fragua Insurance.

April 18 Lenny Marquez Memorial 15-Mile Run, Las Vegas.

April 19 Welcome to Spring 10K, Nizhoni Striders, Gallup.

April 25 Sprint Light Run 5K UNM, Albuquerque

April 26 Stroh's Run for Liberty Albuquerque, Gil's

May 22 Indy 500 Mini (Half) Marathon, Indianapolis: Contact John Arnold.

May 31 Bandelier Marathon & 50-Miler; John Cappis, Los Alamos

June 9 NINTH ANNUAL SANTA FE RUN-AROUND 10K FROM THE PLAZA. 8 A.M. Dave Boyer, race director.

Recent Results

Run For the Blue 10 K (long course!)

George Croshaw	40:38	1st male (40-44)
Greg Ohlsen	43:36	4th male (35-39)
Dale Goering	44:28	1st male (55-59)
Mary Nichols	45:43	1st woman overall
David Platts	49:19	
John Moses	52:53	

Run for the Blue 5K

Jerry Dorbin	22:56	2nd male (55-59)
June Dickinson	22:58	1st woman (55-59)
Chris Kassube	30:04	1st woman (55-59)

Cowtown 10K David Dorbin, 48:30 pr

Striders Membership as of March 1, 1987

<u>Last name</u>	<u>First name</u>	<u>Address</u>	<u>City</u>	<u>State</u>	<u>Zip</u>	<u>Home</u>	<u>Work</u>
Allen	Gerald	509 Camino Lejo	Santa Fe	NM	87501	983-4976	983-2295
Alton	Tim & Rose	826 Columbia St.	Santa Fe	NM	87501	988-1830	
Arnold	John	200 Sunny Slope	Santa Fe	NM	87501	988-3061	827-5760
Beaupre	Sharon L.	450 Circle Drive	Santa Fe	NM	87501	982-8772	984-0948
Blair	Brooks	7301 Highland Glen Tr	Dallas	TX	75248	214-248-9960	
Boyer	David	3203 Calle de Molina	Santa Fe	NM	87505	471-4905	827-5812
Burrell	Tim & Maureen	2050 Placita de Vida	Santa Fe	NM	87505	471-3041	983-1112
Collins	Dede	115 East Alcantar	Santa Fe	NM	87501	982-8846	665-0381
Cooper	Dennis	147-R Calle Ojo Feliz	Santa Fe	NM	87505	982-3038	988-8939
Copley	David	825 Calle Mejia #402	Santa Fe	NM	87501	983-6610	
Crowshaw	George	2923 Plaza Azul	Santa Fe	NM	87505	471-4317	827-5286
Curtis	David & Susan	1563 Luisa St.	Santa Fe	NM	87501	983-1344	667-4845 (Dave)
Day	Tom	2260 Calle de Arce	Santa Fe	NM	87505	473-3159	
Dickinson	June	608 Calle de Valdes	Santa Fe	NM	87501	988-3428	982-9542
Doolittle	Sally	113 Calle Don Jose	Santa Fe	NM	87501	988-7400	
Dorbin	Jerry	P.O. Box 1803	Santa Fe	NM	87504	983-3282	982-1904
Dorbin	Sanford M.	P.O. Box 1106	Willis	CA	95490		
Dowrey	Pete	6501 Christy N.E.	Albuquerque	NM	87109		
French	Ken	141 Sereno Dr.	Santa Fe	NM	87501	982-8139	
Giles	David	650 Old Santa Fe Trail	Santa Fe	NM	87501	988-9847	988-9846
Goering	Kenny	Rt 7 Box 109K	Santa Fe	NM	87505	983-6616	982-3534
Gurule	Leo R.	912 Don Juan St.	Santa Fe	NM	87501	982-5682	984-9401
Harker	Bill	5 W Wildflower	Santa Fe	NM	87501	984-2021	667-7750
Harris	Mike	814 Cam. del Monte Rey #102	Santa Fe	NM	87501	982-2827	988-1591
Hathaway/Davidson	Debbie & Brad	1599 Luisa St.	Santa Fe	NM	87501	988-4292	827-6172
Hosenfeld	Leo	Rt. 9 Box 90G	Santa Fe	NM	87505	982-8718	988-6527
Houtman	Dirk	PO Box 1386	Santa Fe	NM	87504	983-4033	988-8048
Jamison	Cheryl Alters	P.O. Box 1804	Santa Fe	NM	87504	982-2041	988-1166
Kassube	Chris	210 Camino Encantado	Santa Fe	NM	87501	988-3148	
Kessler	Carol	529 East Alameda St. #10	Santa Fe	NM	87501	989-8381	982-9778
Kimball	Richard	PO Box 253	Tesque	NM	87547	983-7945	
Krisov	Galen E.	Rt. 5 Box 251	Santa Fe	NM	87501	455-2320	
Lackey	James	PO Box 9262	Santa Fe	NM	87504	473-0289	983-3344
Lippincott	Jack	110 Calle Royale	Santa Fe	NM	87501	982-0041	988-8961
Marr	Duane & Jackie	635 Los Pueblos	Los Alamos	NM	87544	662-2856	667-2889
Merritt	Chuck	Route 7 Box 123-T	Santa Fe	NM	87505	984-2097	
Merritt	Weldon	11 Balde Rd	Santa Fe	NM	87505	984-0278	827-2982
Mexal	Catherine	511 Fulton Lane	Santa Fe	NM	87501	988-2655	667-9984
Morlock	Cathy	225 Hyde Park Estates, Rt. 11	Santa Fe	NM	87501		
Moses	John	1211 Hickox	Santa Fe	NM	87501	988-7567	667-7337
Moyer	R. Charles	5103 2nd Street	Lubbock	TX	79416	806-793-9966	806-742-3423
Nichols	Mary	2542 Camino Alfredo	Santa Fe	NM	87505	471-2806	
Ohlsen	Greg	1165 East Alameda	Santa Fe	NM	87501	988-2091	
Pannabecker	Phil	1950 Kiva Rd	Santa Fe	NM	87501	983-9445	988-9846
Phillips	Rebecca	727 Gomez Road	Santa Fe	NM	87501	982-3977	667-7623
Pinkerton	Elaine	899 Zia Rd.	Santa Fe	NM	87501	983-9747	
Ramirez	Leroy	P.O. Box 6117	Santa Fe	NM	87502	982-8833	983-8855
Rees	Clifford	118 La Joya Rd	Santa Fe	NM	87501	988-1091	827-2995
Relley	Glory	5720 Golind NW	Albuquerque	NM	87107	344-6157	268-6300
Rivera	Mike	2170 Chamisos Ct.	Santa Fe	NM	87505	471-5131	
Robinson	Carolyn K.	442 Ridgecrest	Los Alamos	NM	87544	672-3721	665-0428
Rodriguez	Patrick A.	244 Rosario Blvd.	Santa Fe	NM	87501	988-3875	
Rowell	Buzz	1105 Buckman Rd.	Santa Fe	NM	87501	988-2714	
Roybal	Buddy	3965A Cerrillos Rd	Santa Fe	NM	87501	989-9332	473-5333
Serr	Ted	2496 Agua Fria	Santa Fe	NM	87501	471-7977	
Simmons	Freda	746 Calle Altamira	Santa Fe	NM	87501	984-1667	988-9547
Smith	Cecil J.	#3 Mimosa Rd.	Santa Fe	NM	87505	982-4137	827-8855
Smith	Russell	8 Calle Zanate	Santa Fe	NM	87501	471-3478	844-5092
Sneesby	Dave	2004 Hopi Road	Santa Fe	NM	87501	988-7410	667-0155
Stelling	Ellen	124 Mesa Verde	Santa Fe	NM	87501	984-8264	988-2138
Visalli	Jody	521 Airport Rd	Santa Fe	NM	87501	471-0129	988-3261
Wardwell	Gwen	227 Rosario Blvd.	Santa Fe	NM	87501	983-5317	827-8117
Webb	Sally	1803 Arroyo Chamiso	Santa Fe	NM	87505	982-5117	989-9066