



We Give You the Run-Around

Volume 10 Number 7

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

John Gundzik.

Our July meetin' will be at June Dickinson's house at 7:00pm, Tuesday, July 12. We will have a potluck supper in her beautiful back garden, 608 Calle de Valdes, 988-3428, if you need further directions.

Dale and myself joined a younger group, Susan Rush, Greg Ohlsen and Ellen Stelling, for the marathon relay. This is a beautiful course with a very classy T-shirt. Next year we should have more SF runners. Bruce Gomez does a great single handed job.

Robert Dale Friedman, M.D. will join us to share his thoughts on sports medicine and medical acupuncture. He has opened an office with three others at 411 St. Michaels Drive, Suite 5. Perhaps he can help us prevent a few injuries. Dr. Friedman is also a runner.

We also enjoyed a visit with our Strider founding father, George Linn. He was down from Colorado to run the half marathon.

Several Striders did well at the Pecos run - won by Ron Valdez. George Croshaw topped off a good run by helping a close competitor overcome by the heat and lack of water. June Dickinson, Elaine Pinkerton and several of Dave Giles' kids also did well.

Several Striders indulged in an orgy of races this week-end. First came the Los Alamos race where our member, Oliver Trujillo, won the 10 K on a very tough, hot course. Also running: Andy Anderson, Elaine Pinkerton (@ son, Tony), Tom Day, Saul Cohen, Oliver's wife, Helen, June Dickinson, David Giles (cheering on 16 of his young Indian runners), Jackie Marr, Dale and Kenny Goering.

We had a note from Hampton Island. He was running with us while in Santa Fe and is now back in Denver. He sent us some possible Colo. stores to place our Run-Around Entry forms next year. We had a lot of Colorado runners this year.

The awards were unique Nambe dishes to hold all your old race number safety pins. At first glance they sort of look like ash trays?!

The Duke City Marathon entry booklets are out now - they suggest July 4 as the start for the marathon training. Half marathon training schedule start should be July 18. They have also made packet mailing available this year for \$1.50 postage and handling. The 5K training should start August 2. The race is Sunday, September 25.

The next day Andy Anderson ran the whole Taos marathon while a couple of us saner? folks ran on a relay. This year they included a half marathon which looked like a nice course. Running the half were Striders, Vivian Reinikained and

Additional Run-Around thanks to Mike Harris who always provides the club with his two-way radios -- the "Super kids" who did the packet handouts -- the phantom Strider who gets up very early and braves the non-runner citizen's harassment to mark the course.

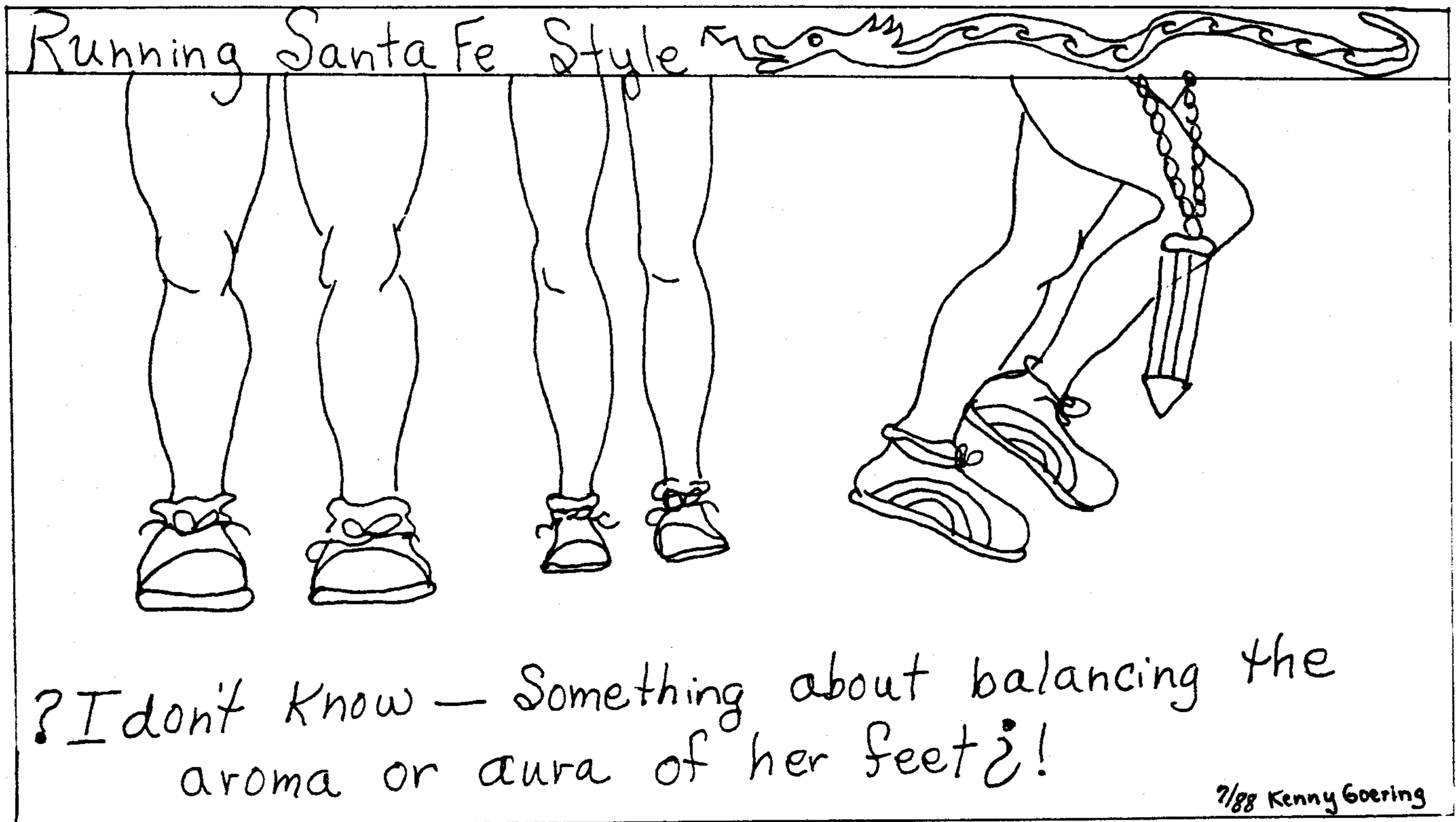
I have to personally thank Ellen Stelling and Dave Curtiss who took my job, and did it better, so I could run. Also thanks to the blue grass musicians at the after the race party. You were terrific!

Jerry Dorbin is taking a partial rest on his laurels - getting ready to campaign for the presidency of the Striders - it's rumored.

Anyway if you have results or any items you would like to see in the Newsletter please call my machine at 983-6616.

Drink lots of water and enjoy your running!

Kenny



=COMING EVENTS=

- * JULY 2—Smokey the Bear 10K, 8 a.m., Capitan. Rolling course; 5-year age groups, point-to-point. Buses leave for start at 7:30. T-shirts, recognition for most family member entrants, most patriotic attire, etc. Paul Whitwam, P. O. Box 3440, Ruidoso 88345; 257-4900. \$10 race day. Also have spectacular Indian dancing.
- * JULY 3—Washington Pass Classic 5K at 9:45 a.m., 10K at 10:30 in the Chuska Mts., 60 miles north of Gallup. \$8; Chester Carl, 722-7751.
- * JULY 3—Fourth of July Midnight Run, 3.6 miles at 11:45 p.m. around UNM campus. Paved streets. Time clock above finish line; no awards. \$8. Gil's Shoe World 268-6300.
- * July 4 - Las Vegas Fiesta Run - info after Mary's notes.
- * JULY 9—11th annual High Altitude Mini Marathon 5K and 20K from Community Center, Los Alamos, 7:30 a.m. Five-year age groups to 70-over 5K; to 65-over in 20K. \$10 for 20K if postmarked before July 4; \$9 for 5K. \$15 either distance July 5, 6, 7; \$25 July 8 and race day. Box 298, L.A. Info 662-9133, evenings.
- JULY 9—Elephant Butte Stampede Triathlon (1.5K swim, 40K bike, 10K run), 8 a. m. Elephant Butte Lake. Andy Broman, 457-1987.
- * JULY 16—Albuquerque Road Runners Women's Run, 5K at San Gabriel Park, 8 a.m. \$6 Members, \$8 non-members, \$10 everyone race day. Also 100-yard dash for children, \$1 entry fee; ribbons to all entrants.
- * July 16 - Al Tapahense Memorial Run - Shiprock: 5K, 10K & 2m. walk. Chuck E. Dever 262-2481
- * JULY 16—Little Beaver Pow-Wow 5-Mile; Jicarilla Apache Reservation, Dulce. 7 a.m. \$10 ahead of time; \$12 race day. Info Lelan Dedios, 759-3242, or Merlin Tafoya, 759-3696.
- * July 16 - Zuni, NM Fitness Series 15K, 2m. youth Run, 5K, 2m. Fun Run
- JULY 17—New Mexico Biathlon Series (5-mile run, 25-mile bike), Albuquerque. Info, Barry Field, 844-4720.
- * July 30 - Raton Summer Run - 10 mile & 5 mile 475-3659 (money prizes)
- JULY 31—4th annual Santa Fe Triathlon, Cochiti Lake, 8 a. m. Entry deadline July 20; \$35 individuals; \$60 for three-person teams. Packet pick-up at Fort Marcy Sports Complex on July 25. Info, Cathy or Silver, 984-6725.
- AUG. 7—La Luz Trail Run, 9 miles up west face of Sandias from Doña Elena Campground off Tramway Blvd. to summit. NM TAC 255-0299. Limited numbers accepted.
- AUG. 13—Santa Fe Women's Run 5K, from First Interstate downtown. Endurance Sports, 471-5554 or 983-3680.
- AUG. 14—Chama Days 5K & 10K, 10 a.m. from downtown Chama (it's cooler in Chama than in Santa Fe at 10 a.m.) Civic festivities, rodeo, chili cookoff, cash prizes in loggers contest (in case you're cross-training). New, faster courses; trophies, etc. \$8. P. O. Box 252, Chama 87520

=RECENT RESULTS=

UNITED NATIONS GAMES (Cap d'Agde, France) 10.25K—Aaron Goldman, 1st man 50-and-over, 41:15. 20.5K—Goldman, 2nd man 50, 1:26:01. International Atomic Energy Agency team 5th overall in sprint medley relay, as Goldman ran 1,000 meters in 3:29.

VIENNA MARATHON—Goldman, 15th (of 58) men 55-59 in 3:24, after a fast start.

10th ANNUAL SANTA FE RUN-AROUND 10K, Placing Members—Catherine Ducaj, 1st woman overall, 40:02.6; Mary Nichols, 1st masters woman, 42:14.5; Jody Visalli, 2nd woman 40-49, 43:43.9; Melissa Anderson, 1st woman 19-and-under, 45:03; June Dickinson, 1st woman 50-59, 48:54.5; Donna Berg, 3rd woman 40-49, 49:16.1; Kenny Goering, 2nd woman 50-59, 51:55.8.

Oliver Trujillo, 4th overall and 3rd man 30-39, 34:03.8; Andy Anderson, 2nd man 40-49, 37:29.3; Jack Lippincott, 3rd man 40-49, 37:50.9; Dale Goering, 2nd man 50-59, 41:56.7; Greg Bemis, 2nd man 60-and-up, 49:54.3; Saul Cohen, 3rd man 60-up, 57:05.9.

PROJECT HEART START 5K (State TAC 5K ch., was about .3 long)—Reece Tatum, 20:40 pushing Nicole; Diana Best, 3rd open (age 19-39) women, 23:23; June Dickinson, 1st masters woman, 23:52; Jerry Dorbin, 24:56.

RUN for KIDS 5-MILE (5/29, Albuquerque.)—Reece Tatum, 31:53, pushing Nicole in the racing pram.

NEW MEXICO SHORT COURSE TRIATHLON CHAMPIONSHIPS (Lake Van, 6/4)—Jim Lackey, 1st man 35-39 and 11th overall, in 1:03:35; Jackie Marr, 1st woman overall, 1:09.

U.S. TRIATHLON SERIES (Phoenix)—Rick Hirsch, 112th (of 800) in 110° temperatures, in 2:21:30.

CARLSBAD KIWANIS TRIATHLON (6/11)—Lackey, 7th overall and 3rd man 30-39, 1:58:10; Hirsch, 9th overall and 4th man 30-39, 2:02:20.

CANYONLANDS 10K (Moab, Utah)—Mardi Wood, 47:12.

MAYOR'S CUP (Albuquerque, 6/12) 15K—Catherine Ducaj, 1st woman 30-34 and 3rd overall, 1:02:41; Mary Nichols, 1st masters woman and 5th overall, 1:06; Reece Tatum, 1:03:46. MAYOR'S CUP 5K—Dave Giles, 1st man 45-49, 19:07.

#

RUN-AROUND WRAP-UP 1988

The 10th Annual Santa Fe Run-Around took place right on schedule on June 4 at 8:00 a.m. Race Director Leo Hosenfeld and Ore House owner John Beaupre were co-starters, and Jerry Dorbin rode in the pace car overseeing events as they unfolded. For those of us who were more than three minutes behind the leaders of the race, there was hardly any indication of the drama which had unfolded at the intersection of Camino del Monte Sol and Old Santa Fe Trail...but dramatic it was and near disaster. All vehicular traffic had been stopped by the overzealous police, causing a pile-up that blocked the road and the view as well as the aid-station on the side of the road. A motor home stopped and blocked the aid station, refusing to move even at police order. The quick-thinking volunteers from Alton Automotive moved the aid-station to the middle of the street to be available to the runners, and the pace-car was completely blocked by traffic, police, and circumstances in general.

The lead runner and secondplace runner very nearly turned left on Monte Sol instead of continuing on OSFT, and Jerry ran a world-class 100 yard dash to get them straightened out just in time. I wish I could have seen it, but I'm really glad I didn't!

After that, all other problems were minor in comparison, but still very valuable lessons in future planning. The bull-horn didn't have sufficient battery power, so we couldn't give pre-race instructions to runners and the awards ceremony was severely limited as well. Here again, Jerry gave his best effort, and his contributions to the overall success of the race cannot go unapplauded. THANK YOU, MR. DORBIN!

The financial aspects of the race have been subject for rampant rumors, and we are not broke! (Bent, yes...broke, not even close.) Due to a lack of responsible planning with regard to the cost of the t-shirts and the race entry fee, for which I must admit some fault, we ended up losing about \$600.00 on the race. This loss includes a bill of \$920.00 from the police department which is about \$200.00 more than last year and which we are hoping to re-negotiate for a partial refund, especially considering the foul-ups which hampered the race severely. The supplier of the shirts, Tom's Sports, is one of our generous sponsors, and the shirt itself was a roaring success. It is a very high quality shirt, both in the design, done by member Shirley Lynn, and in the craftsmanship by Tom's. We can be very proud of it, and of its potential as a prize-winner in the t-shirt contest sponsored by the NEW MEXICAN.

I know this race put a lot of strain on the many volunteers who spent so much of themselves on it, and I want to extend a very heartfelt BRAVO! to you all. Special thanks go, as always, to Jary Earl for her yeomanlike competency in the pre-race registration and the post-race results. We also have a great finish-line crew headed by Dede Collins and staffed by Casey Mexal and Cliff Rees, to name a few. Leo Hosenfeld seemed to be

omnipresent at the race taking care of all kinds of necessities, such as barricades, toilets, turn-around personnel, and awards. Dennis Cooper got the banner and timers set up before he ran and managed to break 42 minutes for his challenging course, and Molly Munson and Barbara Rosenfeld ran the two Chronomixes without a slip-up. Thank you one and all, and especially the workers whose names I have not included! My own recollection of the race is clouded by a haze of activity, relief and exhaustion.

There were at least a half-dozen quiet workers at the registration table efficiently doing the important stuff, including David Platts, Ellen Stelling, Sally Webb, Mike Rivera, Bill Earl and Greg Ohlsen (who also did the split timing.)

For next year I think we should consider adding a 5k and perhaps a 1-mile walk and upping the entry fee by about \$2.00. What do you all say? Input, please...and HAPPY RUNNING.

Mary

* JULY 4—Fourth of July Fiesta Run 5K & 10K, Las Vegas. Race-day registration for 10K, 7-7:45 a.m. at Montezuma Ski Pond near United World College; 10K at 8 a.m., point-to-point into town. 5K registration and start at rodeo grounds between Montezuma and Vegas; also point-to-point into town, starting 9:15. Runners will be transported back to starting areas. Pre-registration \$8; may be able to arrange at late date by calling Highlands U. cross country coach Ron Maestas at 454-0146. Race day, \$10. Ten-year age groups, 19-and-under through 50-up. Also a one-mile run for 14-and-under youngsters.\$5. Shirts to first 100; trophies for first three, each age group.

Part of the proceeds of this race will go to help defray Olympic expenses of Gideon Mthembu, member of the NMHU track team who will represent his native Swaziland in the Olympic marathon. Mthembu has done a 2:17.

SANTA FE RUNAROUND
1988

(more detailed
report at July meeting)

INCOME STATEMENT

	1988	1987	1986	1985
RECEIPTS:				
Sponsor Contributions	1,350.00	1,500.00	1,500.00	1,500.00
Entry Fees	2,545.00	3,155.00	2,175.00	2,111.00
Entry Fee Plus Membership	0.00	460.00		
Sales	52.00	60.00		
Miscellaneous Revenues	0.00	12.00		
TOTAL RECEIPTS	3,947.00	4,217.00	3,675.00	3,611.00
EXPENSES:				
Awards	326.85	298.00	311.00	350.00
T-Shirts	2,100.00	1,698.00	1,425.00	1,251.00
Numbers	82.80	80.50		
Miscellaneous Supplies	77.61	265.45	209.00	90.00
Chronomix Rental			0.00	35.00
Barricades	0.00	0.00	63.00	0.00
Police	920.00	690.00	863.00	431.00
Plaza Rental	191.00	33.00		
Toilets	159.11	94.83	63.00	63.00
Postage	115.17	128.63	155.00	235.00
Printing	272.07	472.75	256.00	366.00
Advertising	0.00	144.57	20.00	0.00
Insurance & TAC	70.00			
Race Worker Parties	0.00	0.00	109.00	72.00
Donations			0.00	50.00
TOTAL EXPENSES	4,314.61	3,909.78	3,474.00	2,943.00
NET INCOME	(367.61)	307.22	204.00	668.00

1988 Fees + memb.
incl. in Entry Fees

BALANCE SHEET

	1988	1987
ASSETS		
Cash in Checking Account	225.95	293.56
Cash on Hand	0.00	0.00
Accounts Receivable	0.00	0.00
TOTAL ASSETS	225.95	293.56
LIABILITIES & EQUITY		
Accounts Payable	0.00	0.00
Loan From Striders	593.56	(13.66)
Net Income	(367.61)	307.22
TOTAL LIABILITIES & EQUITY	225.95	293.56