



We Give You the Run-Around

Volume 10 Number 8

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

Our August meeting will be a fun run in Aspen Vista. There is a nice picnic area with a place for a bon-fire or some stoves for charcoal cooking. There are also bathrooms. We will run up Aspen Vista road, starting at 6:30pm, Tuesday, August 9th.

Last month we had a really big show of Striders at the Los Alamos Mini Marathon. In the 5K were our president, Mary Nichols with Mike Rivera, Sandy Macias, June Dickinson, Cecil Smith, Ron Valdez, Russ Smith, Ed Heffern, and Jim Farley.

In the 20K we were represented by; Mike Sutin, Bob Werner, Andy and Michelle Anderson, George Croshaw, Jimmy Macias, Vivian Reinikainen, Dennis Cooper, Tom Day, Pat Mc Carty, Jack Lippincott, Buddy Roybal, Dale and Kenny Goering.

All runners did well and enjoyed a bit cooler day than usual - unfortunately the hills were the same!!

Thanks to some calls I have some results with new PRs. Pat Rodriguez ran the Pecos River 10K in a 39:10 on June 18, on June 12 he had a 17:41 in the Espanola JC 5K. June 26, Pat had a 10K PR of 36:37 in the Dino Dash.

Cecil Smith also had a 10K PR

of 44:19 in the Espanola Parks and Recreation Run on July 24th. Ted Atkins had a 43:54 in this race.

Jerry Allen finished his recent 100 mile Western States run under 30 hours!!!! He suffered some bad blisters, but when last seen is wearing his bronze belt buckle proudly. He promises to write a bit about the run for our newsletter.

I appreciate any and all items given to me for this epistle - let me know if any of you want any items included or taken out. Writing this newsletter is a little like throwing paper down the toilet - you don't get much feed back and that may be good? I would like to include items that are of interest to the members though.

From what I do hear most of you are only interested in the up and coming races. So here are a few more to add to Jerry's list:

August 7, Lake Peak-Santa Fe Baldy 18.7 mi.
7am, Charles Thorn, 4501 B Ridgeway,
Los Alamos, 87544, 662-2399.

August 7, Manuelitas Run - 15 mile, 3
person relay teams 425-7717.

August 7, Note - this year there will be a courtesy ticket to ride the tramway back down after LaLuz - look for it in your race packet.

August 10, Picuris Pueblo run - 587-2519

August 20 - Pikes Peak Ascent 13.2 miles starts 7am

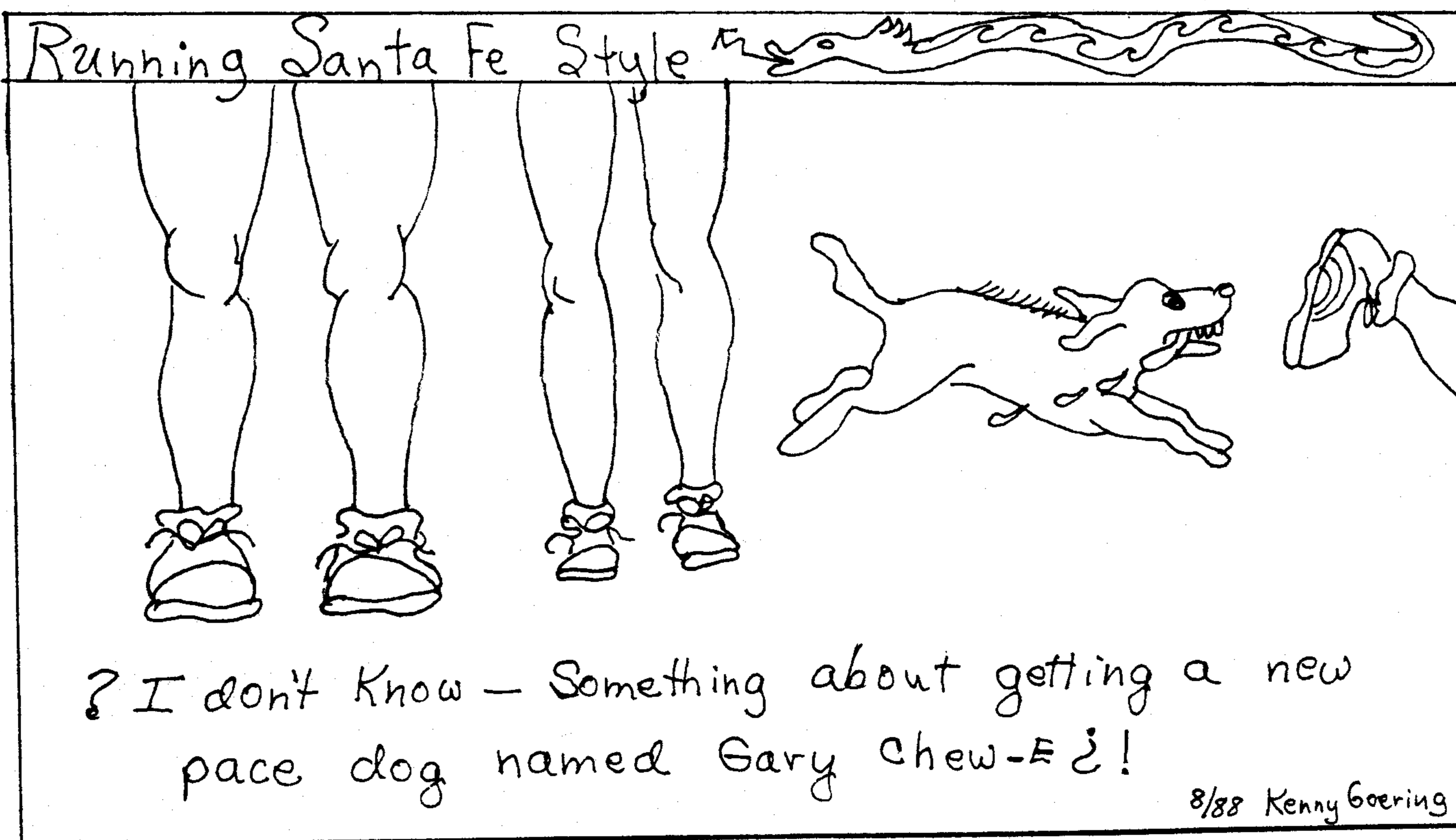
August 21 - Pikes Peak Marathon starts 7am.

If anyone would like a motel reservation for Pikes - the nights of August 19 and 20 call me at 983-6616. Dale and I are going to San Diego for a ½ marathon instead of Pikes this year. Let me know soon as we have to cancel our reservations.

September 10 - Ouray to Telluride, 18 miles - Imogene Pass Run, Inc., P.O. Box 48, Ouray, CO 81427 - \$10 before August 25.

October 1 - Further info on St. George Marathon, Kent Perkins, 86 South Main Street, St. George, UT 84770 801-634-5850.

Newsletter Editor: Kenny Goering
983-6616



=UPCOMING EVENTS=

- AUG 6—Zuni Fitness Series five-runner, 25-Mile relay. 8:30 a.m., Halona Plaza, Zuni. \$7 by Aug. 4; \$10 thereafter. \$5 for youths and seniors. Zuni Wellness Center, 782-2665.
- AUG 7—La Luz Trail Run, nine miles up the west face of the Sandias from Juan Tabo picnic grounds above Tramway Blvd. to 10,650-foot crest. \$8, 7 a.m. Limit 400 runners, must be TAC members. No race-day reg. Age group trophies, medals, etc. T-shirts. Gil's Runner's Shoe World, 268-6300, Albuquerque.
- AUG 13—Santa Fe Women's Run 5K, 8 a.m. from Lincoln & Marcy. Cash prizes and age group awards (five-year age groups). \$8 through Aug. 12; \$10 race day morning. T-shirts to first 300. Endurance Sports Productions, 983-3680.
- AUG 14—Magic Mile. Timed one-mile straightaway down Central Ave. in downtown Albuquerque. Heats by sex and age group. Plans somewhat tentative. Suggest confirming details by calling Gil's, 268-6300. **CANCELLED**
- AUG 14—Chama Days High-Country 5K & 10K, 10 a.m. \$8. Race-day registration 8:30 to 9:45 a.m. at Chama Elementary School grounds. Mile markers and aid stations. T-shirts to all registered entrants. Age groups 15-and-under, 16-20, 21-30, 31-40, and 41-over. Info, Miriam Trujillo at 756-2309 from 8 a.m. to noon; or Dave Rowell, 588-7481. Refreshments, Chama Days activities.
- AUG 20—Los Alamos Short-Course Triathlon (200-yard swim, 10-Mile bike, 5K run). Info, Scott Hayden, 662-8170.
- AUG 27—Lobo Run 5K & 10K. Info, Judy Aparacino, 765-4623.
- AUG 28—Jemez Pueblo Half-Marathon. Info, Robert Fragua, 834-7683.
- SEPT 5—11th Almost-Annual Old Santa Fe Trail Run 5k & 10K, from Lincoln & Marcy Sts., downtown Santa Fe. 5K at 7:45 a.m., 10K starts 9 a.m. 10-year age groups. Nambeware medallions. T-shirts to first 800 entrants. Refreshments. Awards ceremony 11 a.m. No race-day registration. \$8 by mail before Aug. 26 to P. O. Box CC, Santa Fe 87502; or between 10 a.m. and 2 p.m. on the Saturday and Sunday of Labor Day weekend in city hall council chambers.
- SEPT 11—Dinosaur Run 8K, Albuquerque. Call Pat West, 821-5420.
- SEPT 25—Duke City Marathon, Sun Sports, 889-2777.
- OCT 1—St. George (Utah) Marathon (the downhill one)
- OCT 2—Run to the Radio Towers; 11.6-mile mountain run. 983-3680.
- OCT 16—Tour of Albuquerque Marathon and five-person Relay. Gil's.

=RECENT RESULTS=

KENDALL MOUNTAIN RUN (13+ miles, topping out at 13,000 feet)—Pat Whelan, 2:23; Diana Best in her first mountain race, 2:40.

TOUR OF ESPANOLA BIKE RACE (25 miles; 7/10)—Ted Atkins, 4th overall in 1:10.

FOURTH OF JULY FIESTA 10K (Las Vegas)—Andy Anderson, 1st man 40-and-over in p.r. 36:10; Sean McCormick, 2nd man 40-up, 36:27; Lorenzo Garcia, 3rd man 40, 37:51; Reece Tatum, 4th man 30-39, 40:16, pushing Nicole; Mary Nichols, 1st woman overall, 41:39; Melissa Anderson, 2nd woman overall and first 19-and-under, 42:10; Jeff Jones, 42:21; Cecil Smith, 45:07; June Dickinson, 3rd woman overall, 46:00; Jerry Dorbin, 48:31.

VEGAS FIESTA 5K—Ron Valdez, 3rd man 30-39, 17:12; Andy Anderson, doubling up for 1st man 40-up, 18:17; Trish Anderson (Andy's wife and Melissa's mother), 1st woman 40, 34:40.

LIBERTY 5K (at The Colony, between Denton & Dallas)—David Dorbin, 3rd man 20-24, in p.r. 19:09.

NM RUNNERS PENTATHLON ADDENDUM—Recently compiled final results show Diana Best set alltime state pentathlon bests for 30-34 age group in all five races.

LOS ALAMOS MINI-MARATHON 20K—Leo Torres, 9th overall and 1st man aged 30-34, 1:16:49; Pat McCarty, 2nd man 40-44, 1:17:35; Andy Anderson, 3rd man 40, 1:17:56; Sean McCormick, 4th man 40, 1:19:45; George Croshaw, 5th man 40, 1:20:38; Jack Lippincott, 6th man 40, 1:21:29; Jimmy Macias, 1:26:22; Robert Werner, 2nd man 45-49, 1:27:05; Dale Goering, 1st man 55-59, 1:28:43; Galen Krisov, 1:29:27; Tom Wangler, 1st man 50-54, 1:31:42; Buddy Roybal, 1:34:02; Rita Torres, 4th woman overall and 1st woman 20-24, 1:32:37; Dennis Cooper, 1:34:51; Melissa Anderson, 2nd woman 15-19 and 5th overall female, 1:37:28; Tom Day, 1:41:05; Vivian Reinkainen, 1st woman 45-49, 1:47:34; Kenny Goering, 1st woman 55-59, 1:49:39.

LOS ALAMOS MINI 5K—Bob Manzanares, 1st overall, 16:13; Ron Valdez, 2nd man 35-39, 17:55; Russ Smith, 3rd man 30-34, 18:13; Ed Heffern, 4th man 35, 18:21; Mary Nichols, 3rd woman overall and first masters, 20:26; Jim Farley, 4th man 40, 21:05; Cecil Smith, 21:12; June Dickinson, 1st woman 50-54, 23:07; Donna Berg, 4th woman 40, 24:07; Michael Wangler, boys 10-14, and Anne Wangler, girls to 9, 37:25; and Frank Wangler, 3rd man 70-99 in 1:00:31.

12th Annual Old Santa Fe Trail Run/Walk

SANTA FE FIESTA COUNCIL EVENT

DATE: LABOR DAY — SEPTEMBER 5, 1988
 TIME: 7:45 a.m. (5-K) start — 9:00 a.m. (10-K) start
 — 7:45 a.m. Walkers (5-K)

NO RACE DAY REGISTRATION-Race Packet Pickup only

START LOCATION: Municipal Building Parking Lot
 Lincoln & Marcy Streets in Santa Fe

DISTANCE: 10,000 Meter Race (6.2 Miles)
 5,000 Meter Race (3.1 Miles)
 Walkers (3.1 Miles)

CLASSES: RUNNERS: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69,
 70 & over, Male & Female
 WALKERS: All Ages — Male & Female

ENTRY FEE: \$8.00 before August 26th (Pre-Reg) by Mail
 Or Labor Day Weekend-See Below

AWARDS: RUNNERS: Nambe Cast Medallion — 1, 2, 3 in each class
 Special awards for overall best times 5-K — 10-K, Male & Female
 WALKERS: Trophies to 1st ten finishers, Male & Female
 Designer Tee-Shirts to first 800 entrants

Refreshments at Finish Line following race

AWARDS CEREMONY AT 11:00 a.m. — FINISH LINE AREA

RACE TIMES BY
 Gil's Runners World of Albuquerque

Come a day early
 and enjoy the
 Fiesta Art's and Craft's Fair
 Over 200 exhibitors!

LABOR DAY WEEKEND
 PRE-RACE REGISTRATION
 Santa Fe City Hall — Council Chambers
 Lincoln & Marcy Streets
 Santa Fe, New Mexico
 10:00 a.m. to 2:00 p.m.
 Sept. 3, 4, 1988

SUNDAY SEPT. 4TH
 10 a.m. to 2:00 p.m.
 Last Chance to Register

ALBUQUERQUE
 REGISTRATION HEADQUARTERS
**GIL'S
 RUNNERSHOE WORLD**
 3515 Lomas N.E.
 Albuquerque, N.M. 87106
 Phone—268-6300



ENTRY FORM*

1. Make registration fee payable to Santa Fe Fiesta Council.
2. Entry fee not refundable or transferable.
3. Fill in entry form, sign waiver and mail to: P.O. Box CC, Old Santa Fe Trail Run, Santa Fe, N.M. 87502.

<input type="text"/>										<input type="text"/>		
LAST NAME					FIRST NAME					INITIAL		MALE/ FEMALE
<input type="text"/>												
MAILING ADDRESS												
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CITY										STATE		ZIP CODE
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AGE ON Sept. 1, 1986		PHONE										
T-SHIRT SIZE				DISTANCE								
S		M		L		XL		5KM		10KM		
										WALKER		

RACE NUMBER

 OFFICIAL USE ONLY

WAIVER OF CLAIM

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in participation in the Old Santa Fe Trail Run, or while I am on the premises of this event; and I hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors, promoters, or other persons or entities as associated with this event or their agents or employees, or otherwise.

 SIGNATURE OF PARTICIPANT

 (PARENT OR GUARDIAN SIGNATURE IF UNDER 18)

*Copies of this form will be accepted.