



*We Give You the Run-Around*

Volume 10, Number 10

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

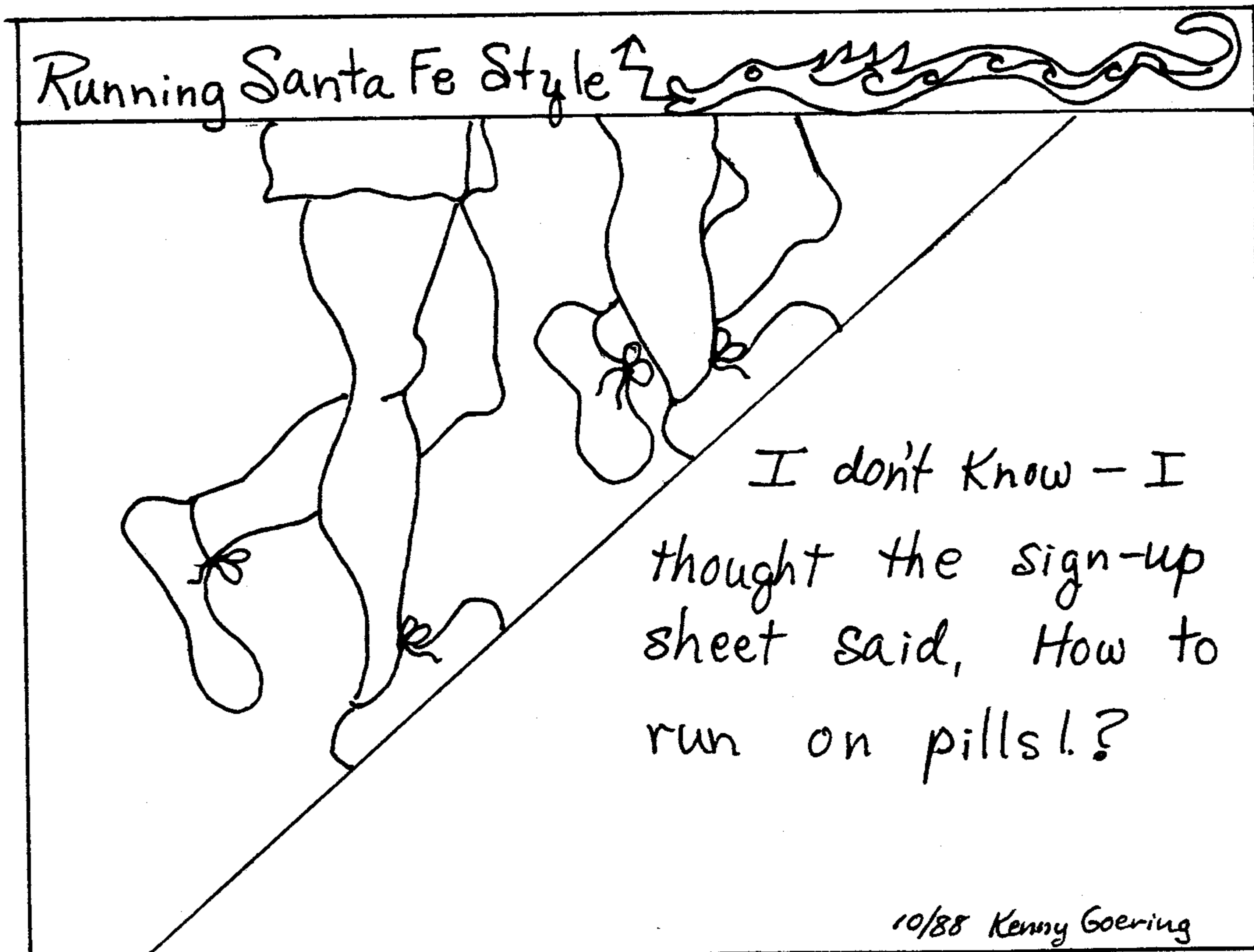
The strider October Meeting will be held at the Goering's home. Go out on Old Las Vegas Highway; pass El Gancho to the Nine-mile Road / Timberwick Road sign on your right. Turn at the Ute Circle road sign on your left here. Second drive way on your left after you turn. Join us on October 11, at 6:30 pm for potluck. We will discuss up and coming races, past races, and sign up for the Tour of Albuquerque relays. The relay race is October 16. If you are interested in running on a team, but can't attend the meeting call Mary Platts - 471-2806; June Dickinson - 988-3428 or leave your name and phone number on the Goering machine - 983-6616.

Sept. 10, our club Iron man, Andy Anderson ran another 100 mile race!! He ran the Wasatch Front 100 Mile Endurance Run. It is supposed to be the hardest one. Andy reported feeling a little burned out but still did the Duke City Marathon.

Pardon the short news letter, but I haven't been able to unglue myself from the T.V. In my next life I want to be Flo-Jo!

I know none of you will believe me, but I have had this cartoon ready several months now. Timely with the Olympics and all.

*Kenny Goering*



Striders in the Duke City Marathon:

Marathon: Overall Pl.

Men 40-44

1 Pat McCarty 2:50:11 27  
 4 John Pollack 3:03:20 44  
 12 Andy Anderson 3:11:08 68  
 41 Jimmy Avalos 3:56:03 202

Men 45-49

3 Bob Werner 3:05:49 53  
 21 Pat Whelan 3:57:27 211  
 (over slept and was 30 mins  
 late starting)

Men 50-54

6 John Gundzik 3:45:01 164

Women 45-49

1 Vivian Reinikainen 3:45:13 23

Half Marathon

Men 25-29

16 Frederick Cate 1:22:21 78  
 48 Ted Atkins 1:36:48 339

Men 30-34

18 Russell Smith 1:19:45 48  
 32 Carl Howard 1:24:54 99

Men 35-39

14 Charles Young 1:23:13 92  
 20 Jimmy Macias 1:25:49 113  
 53 Tim Alton 1:33:41 252  
 101 Mike Harris 1:40:47 438

Men 40-44

8 Jack Lippincott 1:20:56 62  
 27 Mike Rivera 1:29:01 153  
 35 Dennis Cooper 1:31:00 196  
 38 Lou Marjon 1:31:26 204

Men 50-54

16 Michael Sutin 1:40:11 428

Men 55-59

1 Dale Goering 1:27:22 130

Half Marathon

Overall Pl

Women 40-44

2 Mary Platts 1:30:37 20  
 33 Susan Rush 2:04:36 283

Women 55-59

1 Kenny Goering 1:45:49 89

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Men 1-13

76 Jay Lippincott 27:32 660  
 148 Peter Lippincott 41:35 979

Men 30-34

8 Danny Anaya 17:25 37

Men 40-44

42 Fred Maas 24:17 403  
 plus several other Maas'

Women 1-13

2 Justine Fox-Young 21:19 20

Women 30-34

7 Cathy Tibbetts 22:01 31

Women 50-54

1 June Dickinson 22:15 34

=COMING EVENTS=

- OCT. 2—Corrida de Taos 5K (8 a.m.) and 10K (8:30 a.m.) from Kit Carson Park. \$10 race day in the park. Corrida T-shirts; medals to first three, each age group. Drawings. *I have entry blanks - 983-6616 Kenny*
- OCT. 2—Run to the Radio Towers, 11.6-mile mountain run from Aspen Vista parking lot, Santa Fe Ski Basin Road, up jeep trail to 12,047-foot peak and back, 9 a.m. \$15 race-day-morning registration at site.
- OCT. 8—Pecos Valley Roundup 20K and 10K from City Parks & Rec office, Roswell. 20K at 8 a.m., 10K at 8:45. \$10 after Oct. 2. Info, Steve Glover, 622-5371. Medals, ribbons, long-sleeved T-shirts, etc.
- OCT. 9—Women's Fun Run 5K, 8:30 a.m. from San Gabriel Park (west end of Mountain Road), Albuquerque. \$8 by Oct. 4th to Women's Learning Resource Center (268-2116) or \$10 race day.
- OCT. 9—KFMG Rock 'n' Run 5-Mile, 10 a.m. from Journal Center/Holiday Inn Pyramid area on north edge of Albuquerque, just off I-25. Registration at Gil's Runners' Shoe World, Albuquerque Gardenswartz Sportz or KFMG, 5601 Domingo Road, Albuquerque 87108 is \$10; race day at site, \$12. International Balloon Museum medallions to 1st place male and female overall; Balloon Museum patches to first three, each age group. Refreshments. 828-1600.
- OCT. 15—Sandia Wilderness Crossing 28.5-mile research run. If interested call Otto Appenzeller at 277-3342, Albuquerque.
- OCT. 15—Los Alamos Women's Run 5K, 9 a.m. from Piñon Park in White Rock. \$5 through Oct. 7; \$7 thereafter, including race day morning. Info, Liz Roybal, Los Alamos Parks and Rec, 662-8170.
- OCT. 16—19th annual Tour of Albuquerque Marathon and marathon relay, 7:15 a.m. from dirt side road just off intersection of Tramway Blvd. and Paseo del Norte in far N.E. heights of Albuquerque. \$10 to Oct. 12; \$12 thereafter. \$50 for five-person relay teams (four each five-mile legs and one approx. 10K anchor). Additional info, Gil's, 268-6300, Albuquerque.
- OCT. 22—Roswell October Run 10K and 3-Mile, 10 a.m. from Cahoon Park, downtown Roswell. \$6 to Oct. 17; \$7 thereafter. Prizes, drawings, T-shirts, etc. Additional Info, Kim Elliott, Roswell Recreation Supt., 624-6720.

-more schedule, next page-

-schedule continued-

- OCT. 22—Girl Scout Fun Run 5K, Albuquerque. Info, Gil's.  
*I have entry blanks - 982-6616 - Kenny*
- OCT. 30—Halloween Run 5K, Albuquerque. Last year included a great costume contest with prizes. Gil's, 268-6300.
- NOV. 5—Animal Humane Ass'n 4-Miler, with or without your pet; Albuquerque. Info, Gil's
- NOV. 12—Santa Fe Striders present the Have a Fowl Day Run 5K, 10 a.m. from west parking lot, Fort Marcy Rec Complex, up and down arroyos, hills, roads and trails of the north hills for benefit of Salvation Army holidaytime food for the needy. Enter by bringing \$5 or more worth of nonperishable foodstuffs to race site. Many members also make and bring pumpkin pies. Pies and other prizes after awarded runners after the race. Again sponsored by The New Mexican and Ogilvie's. Info, John Arnold, evenings, 988-3061.
- NOV. 13—World Runners 8K, Albuquerque. Info Colleen Butler, 247-8324. *I have entry blanks - Kenny 983-6616*
- NOV. 13—Long Beach Shoreline Half-Marathon; info, Kenny Goering, 983-6616.
- NOV. 20—Southern Arizona RR Club Turkey Trot 8K, 8:30 a.m. from Northwest Hospital parking lot, Tucson. \$9 by 11/9; \$11 late; \$13 race day. Info, (602) 744-6256.
- NOV. 24—Albuquerque Turkey Run 5K & 10K. Gil's, 268-6300.

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=RECENT RESULTS=

- LEADVILLE 100-MILER—Andy Anderson, 15th overall in 22 hours, 46 minutes, 51 seconds. (A Santa Fean, Steve Warshawer, won in a record 18:43:50.)
- IMOGENE PASS MT. RUN—Pat Whelan, 3:14:58; knocks 15 mins. off his previous year's time.
- WAGON MOUND 5-MILE—Jimmy Avalos, 1st man 40-49, 32:27; Jerry Dorbin, 4th man 50-59, 42:16.
- VIENNA, AUSTRIA 10-MILE—Aaron Goldman, 1st man 55-59, 1:09:31.

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-results continued-

LOBOMOTION 10K—Reece Tatum, 40:21, pushing Nicole in pram.

CARRIE TINGLEY 5K—Jerry Dorbin, 2nd man 50-59, 22:38. (Justine Fox-Young was first girl 14-and-under in the 10K, in 43:21.)

OLD SANTA FE TRAIL 10K placewinners—Oliver Trujillo, 1st man 30-39, 33:50; George Croshaw, 2nd man 40-49, 37:50; Ron Valdez, 3rd man 40-49, 37:54; Dale Goering, 1st man 50-59, 42:11; Tom Wangler, 2nd man 50-59, 42:57; Saul Cohen, 3rd man 60-69, 56:57; Mary Nichols, 1st masters woman, 40:45; June Dickinson, 1st woman 50-59, 48:36; Kenny Goering, 2nd woman 50-59, 51:00.

OLD SANTA FE TRAIL 5K placewinners—Cathy Ducaj, 1st woman overall, 19:31; Matt Farley, 3rd boy 14-and-under, 22:00; Ron Valdez, 1st man 40-49, 17:20; Pat McCarty, 2nd man 40-49, 17:46; George Croshaw, 3rd man 40-49, 17:50; Tom Wangler, 2nd man 50-59, 20:23; Ted Serr, 2nd man 60-69, 26:31; Vivian Reinikainen, 1st woman 40-49, 23:26. Kenny Goering and <sup>24:50</sup> 50-59.

OTHER OSFT 10K MEMBERS—Senovio (Leo) Torres, 36:08; Danny Anaya, 38:18; Pat Rodriguez, 38:35.12; Jack Lippincott, 38:36; Dave Rowell, 39:19; Russ Smith, 40:22.8; Jimmy Macias, 40:26; Reece Tatum, 40:31; Bob Werner, 41:08; Jimmy Avalos, 41:47; Pat Lucero, 41:52; Jim Fisher, 42:21; Dennis Cooper, 42:29; Dave Sneesby, 42:53; Pat Whelan, 43:33; Buddy Roybal, 44:00; Tom Day, 45:43; Mike Harris, 45:49; Albert Reed, 46:28; Michael Sutin, 46:31; Ted Atkins, 46:38; Leo Hosenfeld, 47:54.2; Doug Drexel, 48:28; Dave Vlaming, 51:39; (Phil Hunt, 1:01:25.2); (Ronnie Goens, 1:07).

OTHER OSFT 5K MEMBERS—Sean McCormick, 18:03; Dan Farley, 18:12; Mike Rivera, 18:28; Jack Lippincott, 18:44; Carl Howard, 19:14; Jimmy Avalos, 19:24; Rocky Kimball, 19:27; Hampton Islan, 19:41; Leroy Ramirez, 20:20; Buddy Roybal, 20:22; Jim Farley, 20:31; Cecil Smith, 21:27; Cliff Hawley, 21:54.1; Larry Shandler, 22:06; Diana Best, 22:48; Matt McCarty, 23:52; Jerry Dorbin, 23:53; John Gundzik, 24:57; Chuck Merritt, 26:33; Cathy Morlock, 26:38; Kathy Rivera, 26:48; John Arnold, 26:56.7; Elaine Pinkerton, 27:09; John Moses, 27:28; Jan Morlock, 29:04; Peter Hosenfeld, 29:19; Cliff Rees, 29:27; Pat Olachea, 29:37; Julia Wangler, 31:25; Mark Hosenfeld, 35:45.82; and Jacqueline Atkins, age 8, 41:26.

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## SMALL WORLD

We had a very nice honeymoon. It's always fun to have a week off and to spend it in the great outdoors. David and I went to the Grand Tetons, and paddled around on Jenny Lake and Leigh Lake in ocean kayaks, which have room for the necessities (case of beer, ribeye steaks, potatoes, long underwear, tent, bag, textbook on computers, etc.). Only evidence of fires we saw were firetrucks, and they were all going home.

We took a hike up Cataract Canyon, at Jenny Lake, and it was really beautiful, moose and all. There was a woman hiking about a quarter mile ahead of us, and the three of us kept passing all these "slow" (comfortable, I'd say) tourists, who were taking pictures of waterfalls and steep rock walls with glaciers hanging on them. I could tell David was trying to catch up with her, and I finally said something like, "Why don't you just run up there and tag her? Then we can relax and enjoy the scenery." Well, she just then stopped to take a picture, and we caught up. Judging from the back view of her legs, she was a heck of a runner!

I asked her if she was a runner, she admitted she was and I said we were too. She asked if I read RUNNERS' WORLD, and when I said I did she said she writes for it, and her name was Joan Ulliot! Well, I said "Let me shake your hand!", and she stopped and I ran into her and stepped on her foot and shook her hand. Geez, such aplomb. Anyway, we chatted for a mile about races and PR's, etc. She's in my age group, a doctor, and has two or three books published about Women's Running, (for those of you who don't recognize the name). I ran about a minute ahead of her at the San Francisco Marathon last year before I had to give up at the 20 mile mark.

She showed, in a real way, how running gives one such a useful and comfortable tool for other sports, such as hiking and backpacking, etc. I was happy to meet her and happy to be a runner, and happy to be married to a runner.

Mary Nichols Platts



# 5,000 and 10,000 Meter Run

## Sunday October 2, 1988

Kit Carson Park • Taos, New Mexico

**Starting Time:** 8:00 A.M. — 5,000 Meter Run  
8:30 A.M. — 10,000 Meter Run

**Awards:** Medals to first three in each age group, in each race, male and female.  
Corrida De Taos T-shirts to all entrants.  
Drawings for prizes will be held after the race.

**Age Groups:** 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

**Sponsors:** Gil's Runnershoe World



**Register At:** Gil's Runnershoe World, 3515 Lomas Blvd. NE, Albuquerque, NM 87106, (505) 268-6300.  
**Take To**  
**or Mail To:** Bruce Gomez, P.O. Box 2245, Taos, NM 87571 OR Gil's Runnershoe World, Albuquerque.

### ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
PLEASE PRINT

Address \_\_\_\_\_ Telephone \_\_\_\_\_

City \_\_\_\_\_

Make Checks to Corrida de Taos

**Race: (Check One)** Entry Fee: \$4.00 without T-Shirt \_\_\_\_\_ \$8.00 with T-Shirt \_\_\_\_\_ \$10.00 Race Day  
5,000 Meters \_\_\_\_\_ 10,000 Meters \_\_\_\_\_ T-Shirt Size: S M L XL

WAIVER STATEMENT (Must be signed and submitted with registration) In consideration of the acceptance of this entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during the event or while I am on the premises of the event. And I hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with the event from any and all injury or damage, whether it be caused by negligence of the sponsors, promoters or other persons or entities associated with this event or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event.

Signature of Applicant \_\_\_\_\_

Parent Signature if under 18 \_\_\_\_\_