



*We Give You the Run-Around*

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

Volume 10 Number 12

Sorry about the late newsletter. I have been on a fact finding trip to San Francisco. The fact I found was don't go to San Francisco for a race days before the race! We got off the plane Wednesday and started eating immediately. What a city to enjoy food of all kinds. By the time Sunday came, the day of the race, we should have been renamed the "Seven Striders who Swallowed San Francisco."

Actually it was the Run to the Far Side in Golden Gate Park - beautiful course, nice weather, 14,000 runners and we got to meet Gary Larson. I was lucky to win a Gary Larson book. I also saw John Pollack at the turn around - good going, John. We all qualified for BWTs. (Best Waddled Time)

Christmas Farolito Run will be, Wednesday, December 21, at 6:00pm. We will gather at the Upper Crust Pizza on Old Santa Fe Trail in the back room. Place your order and then take a fun run. Be sure to wear warm clothes and bring a flash light. Wear reflective items and watch the traffic!

We will have an election of officers and yearly dues will be accepted. Remember our dues are by the calendar year and presently are \$10.00.

We have a slate of officers and nominations will also be accepted before the election. Cecil Smith has agreed to be nominated for president, while Russell Smith will be running for vice-president. June Dickinson will run for treasurer. The position of newsletter editor is an appointed office, but volunteers would be appreciated. Ed Heffern has volunteered to be in charge of the race results for the newsletter. We also need a race director for the Runaround in June.

Ed has helped me this time with the results from the Oct. 2 Run to the Radio Towers: Ed was 8 overall with a 1:23:48; Jack Lippincott was 29 with 1:35:26; Jim Fisher 35, 1:37:44; Graydon Anderson 49, 1:43:53 (he wanted us all to know this beat his previous time by 20 mins); Chris Chaves 51, 1:44:13 (we are glad Chris is back running after his scary allergic attack); June Dickinson 88, 1:59:05; Vivian Reinikainen 92, 2:00:57; John Gundzik 94, 2:01:15; Chris Kassube 116, 2:36:35. Good times for a tough race.

Ed Heffern ran a 10K in Denver, Nov. 2 in a 37:27, which earned him 8th place. In the Nov. 13 World Runners Run to End Hunger 8K, Mary Platts had 32:57 for 1st.; Russell Smith had a 30 something and June Dickinson was around 40 mins.

Vivian Reinikainen and John Gundzik reported good weather and good runs in the

Marine Corps Marathon in Washington, DC  
on Nov. 6th.

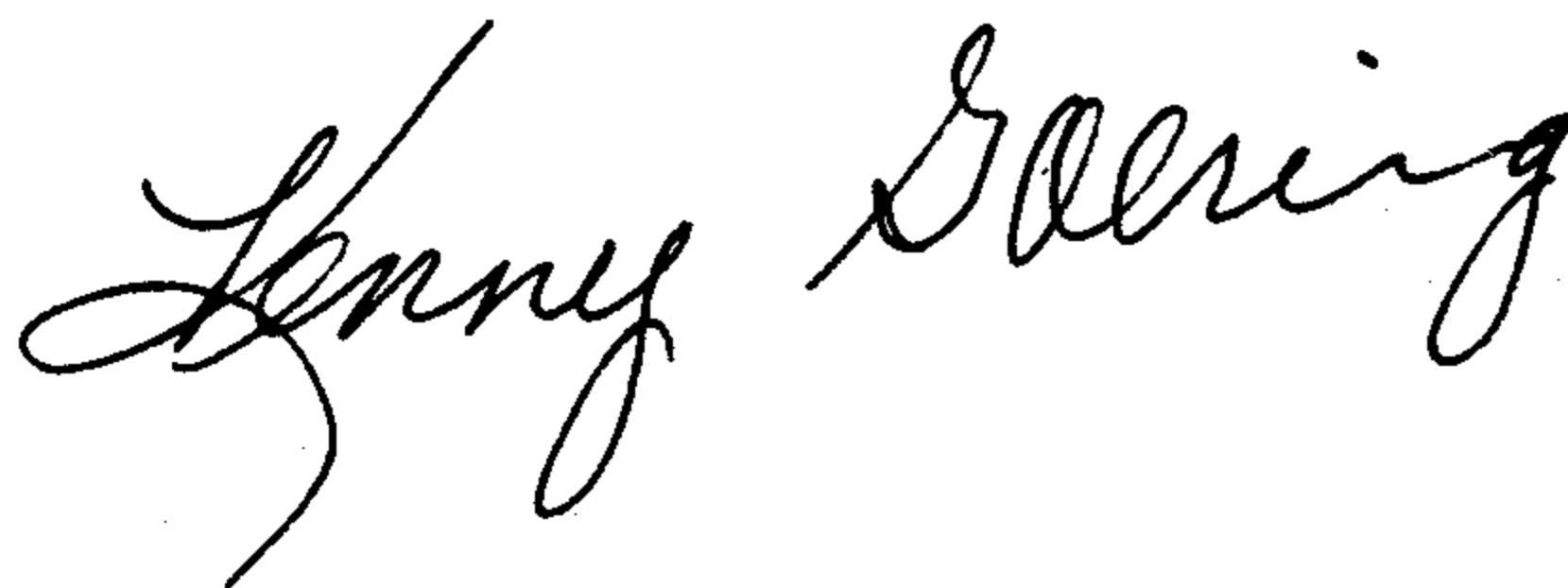
Some up and coming events:

December 17 in Albuquerque there will be a one mile race for runners and walkers.

Entry fee is \$1.00 for info call: Joe Sutton 1-888-3479

January 14? Corrida de los Locos Right, Dave? More later.

Merry Christmas to All and Safe Running in the New Year.



REMEMBER THE FAROLITO RUN, WEDNESDAY, DECEMBER 21 AT 6:00PM, AT THE UPPER  
CRUST PIZZA ON OLD SANTA FE TRAIL. Non running friends welcome!

Because of volume of mail received, Parade regrets it cannot answer queries.

By Lloyd Shearer © 1984

### Resolutions for a Happy New Year

**N**o one will ever get out of this world alive. Resolve therefore to maintain a reasonable sense of values.

Take care of yourself. Good health is everyone's major source of wealth. Without it, happiness is almost impossible.

Resolve to be cheerful & helpful. People will repay you in kind.

Avoid angry, abrasive persons.

They are generally vengeful.

Avoid zealots. They are generally humorless.

Resolve to listen more & to talk

less. No one ever learns anything by talking.

Be chary of giving advice. Wise men don't need it, & fools won't heed it.

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving & tolerant of the weak & the wrong. Sometime in life you will have been all of these.

Do not equate money with success.

There are many successful money-makers who are miserable failures as human beings. What counts most about success is how a person achieves it. —L.S.

SANTA FE STRIDERS' "ADOPT-A-RUN"

Do you want to fight the rising cost of week-end runs? Is your trophy case full? Are you interested in FUN runs, and less competition? Are you finding it hard to get to the Wednesday night Strider runs? Are your heavy-hands getting you down? Are you confused?

Break out of this rut and adopt one of the glamorous activities below, or create your own weekend run that is low key, away from traffic, and unique! You can make the rules and establish the distance, with the intent that it be low key, safe, and cheap (such as free).

Examples of fun runs are below. Adopt one of these or come up with your own idea, establish an approximate date, and let Russ Smith (471-3478) know your plan. Your only responsibility is to advertise, in this rag, about one or two months in advance, with all the details. (Having some water at the run is also nice). Examples:

the thing	the sponsor	the when
Tetilla Peak Road Ten Miler (mt. bikers welcome)	?	?
La Tierra Run to the River Picnic (mt. bikers welcome)	?	?
5th Annual Lamy Run 16 miler & 1,5,10,&20k (any bikers welcome)	Sneesby	early May
Cochiti Dam Crest 10k	?	off-peak (Mar?)
Rabbit Road 5k Run & Walk (around Easter Ha Ha!)	?	?
Tw-Lite & Timber 6 miler (around Wilderness Gate area)	Cecil S.	August
Alameda Mile (OK, this is a race, sorry)	John Arn.	?
Pacheco Canyon 7k (mt. bikers OK) (BYOL at Encantado?)	?	?
Run to Rancho (Tesuque to R. Encantado) (Race bikes welcome?)	?	?
Glorieta Baldy Run (mt. bikers too?)	June D?	July
Fowl Day Run (\$5 to Salvation Army)	John Arn.?	early Nov.
Corrida de los Locos	Dave	January
Run to Community College 5 miler (any bikers OK?)	Mary N-F	?
etc. etc.		

Some suggestions for rules:

- 3-person teams (one man, one woman, one non-strider--show others the pure excitement of being a Strider!)
- 5-person teams (a biker, walker, kid, woman, roller skater)
- Costumes only!
- Naked only!
- 4-person teams (one doctor, one nurse, one cop, one escaped prisoner)
- Invite the Sangre de Cristo cyclists; or the Mountain Club; or pets; or Sierra Club hikers; or the ABO Dinosaurs

I'm getting quite excited just thiking about it!!!

Dave Sneesby 988-7410 DJS

=RECENT RESULTS=

HAVE A FOWL DAY RUN—Financial and artistic success, with food collected for the needy and more than 75 finishers. Peter Graham first man and Cathy Ducaj first woman. John Arnold his customary good job at organization.

NEW YORK MARATHON—Jimmy Macias, 1,517th overall of more than 22,000 finishers (biggest-ever marathon field), 3:10:15. Mike Rivera, 1959th overall, in 3:15:12.

WHITE ROCK HALF-MARATHON (Dallas)—David Dorbin, 1:31:54 in his first half-marathon.

NAIA NAT'L CROSS-COUNTRY CHAMPIONSHIPS (8,000 meters)—Danny Maas, 9th overall in 24:58, earns All-America honors, as Adams State wins its 5th consecutive national title.

WESTERN STATES REGIONAL JUNIOR OLYMPICS CROSS-COUNTRY, Denver —Natalie Casados, 3rd girl 11-12, 12:58; Brendan Maas, 19th boy 10-and-under, 13:05. Both qualify for Junior Olympic national, Dec. 10, in Reno.

PAL CROSS-COUNTRY INVITATIONAL (1,000 meters), Albuquerque—Brendan Maas, 1st boy 8-and-under, 3:52.

SANTA FE-LOS ALAMOS CROSS-COUNTRY INVITE—Natalie Casados, 1st girl 11-12, in 12:55; Brendan Maas, 2nd boy 10-and-under, 13:29.

WATERFRONT 10-MILE (Embarcadero, San Francisco)—Sanford Dorbin, 1:04:13 in men 55-59.

UNIV. of NORTH TEXAS TURKEY TROT 2½-MILER (Denton)—David Dorbin, 4th overall in p.r. 14:11.

ALBUQUERQUE TURKEY 10K—Jim Westmoreland, 3rd man 30-39, 35:26; Jerry Dorbin, 3rd man 50-59, 47:37.

=COMING EVENTS=

DEC 10—4th annual midwinter Reindeer Run 10K (and two-mile Rudolph Run with your reindeer or other pet), 9 a.m. from Racquet Club, 200 East Mescalero, Roswell. \$4 for age 10-and-under, \$5 for Rudolph entry, \$6 for over-10 if received by Dec. 7; otherwise \$2 higher per category, including 7:30 to 8:30 a.m. entry, race day morning. Club has forms, or call Jim Lilley, 622-6298.

JAN 1, 1989—7th annual Egg Nog Jog 4-Miler, Noon, from 4th & Grecian Way NW, Albuquerque. (in the elbow of Smith's Supermarket shopping center, behind S&L bldg.) \$10 early registration gets long-sleeved T-shirt; \$4 without T-shirt; \$11 race-day with shirt and \$5 without. No age groups. Entry or info, Gil's, or write or call Alan Overmier, 4444 Third NW, Albuquerque 87107; 345-5061.

FEB 12, 1989—Masters Winter Run-Around 2½ and 5-Milers for ages 40-and-up, 9 a.m. from Southwestern Indian Polytechnic Institute, North Coors Blvd NW, Albuquerque. Waiver of entry fees for members of Master Runners Unlimited had to be discontinued. Everyone pays (amount not yet published) race-day morning. Race officials need volunteers, especially from MRU members not running.