

Mile Markers

The monthly newsletter of the *Santa Fe Striders*

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- How tough are they?

July 1989

Volume 11, Number 7



This is a good opportunity to say thanks to several people.

As you probably know, the RunAround is over – and it seemed to go very smoothly!

Thanks to all of you who helped before, during and after the race – especially Dave Boyer and Greg Ohlsen, who shared and traded off the Director's duties, Jary and Bill Earl for the use of their home for pre- and post-race

events, and Jary (again) for the Plaza registration/results organization.

The police weren't yelling this year – the only yelling, in fact, was "Where's the Porta-Potties?" Thanks to Haagen-Dazs, even that problem was relieved, no pun intended.

And thanks to Tom Stow, we'll have a Run-Around results booklet coming soon.

Speaking of Mr. Stow, Tom has agreed to be the editor of Mile Markers starting with the August issue, following John Arnold's tenure, which he is giving up. Thanks, John, for the work you've done; *Mile Markers* certainly has been an attractive item this year. (Editor's note: Aw, shucks.)

Now, if we just had some attractive writers – attractive (down right good looking, actually) we have, good we could use. At any rate, here's where to send your contributions: Results to Ed Heffern; upcoming races to Kenny Goering; articles, letters etc. to Tom Stow, Route 6, Box 29W, Santa Fe 87501. Telephone 471-4722.

Wednesday night fun run attendance is up, with several new members running with the old timers. Others of you, please feel welcome (especially new members); we have runners of a variety of paces, so you need not feel intimidated by the speed merchants.

With the addition of 15 paid memberships this month, Striders membership is now 114 paid, which is only a little lower than the end of 1988 mailing list.

Cecil J. Smith

Tough Runs

Have you tackled a difficult run – or are you thinking about one? Here are the difficulty ratings for these really tough runs, assigned by the AAR Club. For more information about these runs, contact AAR Club, P.O. Box 20011, Albuquerque, NM 87154, Attention: Mountain Runners Series.

Capulin Canyon, Los Alamos, 23.1 miles. Rating = .350

Quemazon Ascent, Los Alamos, 10 miles. Rating = .129

Washington Pass, Gallup, 6.2 miles. Rating = .065

Kendall Mountain, Silverton, CO, 13 miles. Rating = .189

Telluride Get High, Telluride, CO, 29.6 miles.

Rating = .565

Mount Charleston, Las Vegas, NV, 18 miles. Rating = .234

La Luz Trail Run, Albuquerque, 9 miles. Rating = .151

Pikes Peak Ascent, Colorado Springs, CO, 13.4 miles.

Rating = .260

Pikes Peak Marathon, Colorado Springs, CO, 26.3 miles.

Rating = .430

Creede Wilderness 12, Creede, CO, 12 miles. Rating = .139

Creede Wilderness 23, Creede, CO, 23 miles. Rating = .291

No Guts, No Glory, Gallup, 12 miles. Rating = .153

Imogene Pass Run, Ouray, CO, 18 miles. Rating = .260

Run to the Radio Towers, Santa Fe, 11.6 miles.

Rating = .137

Sandia Crossing, Albuquerque, 28.5 miles. Rating = .368

Baylor Pass, Las Cruces, 5.9 miles. Rating = .075



Run of the Month...

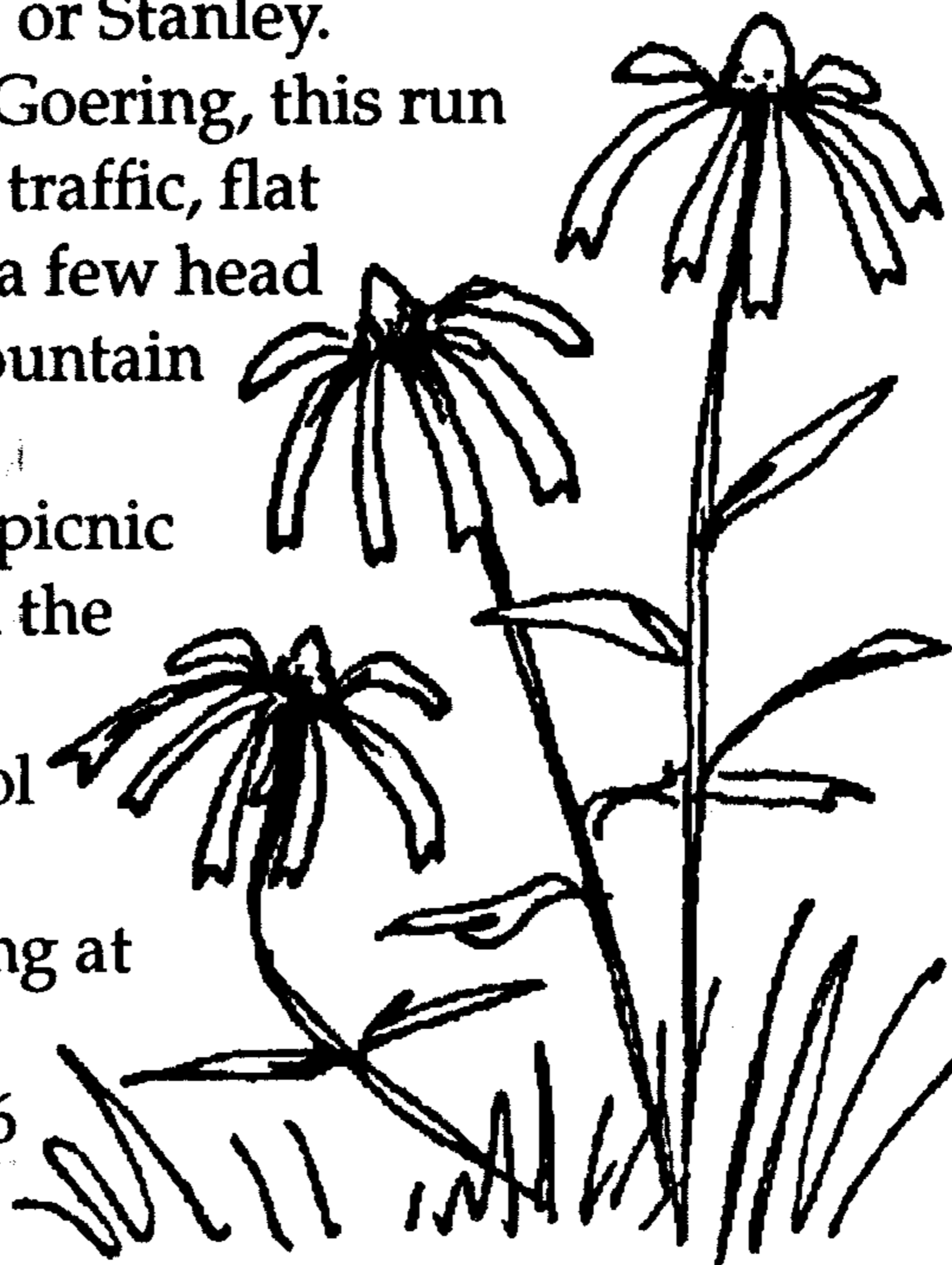
This month's Fun Run is a six-mile (or more) run on the Glorieta Mesa scheduled for Saturday, July 22. You can run to Rowe, Glorieta or Stanley.

Organized by Dale Goering, this run offers beautiful views, no traffic, flat terrain, wild flowers and a few head of livestock. Dale says mountain bicycles are welcome.

So bring a friend, a picnic lunch, and get away from the city.

Runners will carpool to the Mesa from the Goering's house, beginning at 8:30 a.m. on July 22. Call Dale or Kenny at 983-6616 for directions.

If you'd like to create one of these fun runs of your own, contact Cecil Smith at 989-7324. They're fun to do, and they allow you to bring out the creative runner/course designer/theme creator in you. Try it!



This doodle space brought to you by editor John Arnold!

Adams State Coach to Speak

The Striders are sponsoring a couple of public presentations by Adams State track coach and Olympic coach Joe Vigil.

At 1 p.m. on Saturday, August 19, at the Santa Fe Preparatory School, Mr. Vigil will discuss youth exercise, training and sports activities. On Sunday, August 20 – same time, same place – he'll speak on training/racing for adults.

Admission is \$3 for adults and \$1 for youngsters.

Fred and Dan Maas have arranged this appearance at no cost to the Striders (other than spreading the word).

If you'd like a more intimate setting, we can have Mr. Vigil for an evening for the price of a meal. Interested? Call Cecil Smith at 989-7324.

Santa Fe Striders Application Form

Dues are \$10 per calendar year. Please send your check for \$10 to:

Santa Fe Striders
P.O. Box 1818
Santa Fe, New Mexico 87504

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

**Deadline for *Mile Markers* is the
23rd of each month... in writing**

Upcoming Races

Saturday, July 8

12th annual Los Alamos Mini-Marathon, 5K & 20K. Starts at 7:30 a.m. High Altitude Athletics Club, PO Box 298, Los Alamos 87544.

Saturday, July 15

Zuni, New Mexico - 15K, 15-mile race walk, 10K run, two mile youth (age 12 or younger) Run, 2-mile fun run. 782-2665.

Kendall Mountain Run, 14 miles, 8 a.m. Silverton, Colorado. 303/247-5781.

Sunday, July 23

Telluride High, 29.6 mile run up 8,917 feet. 6 a.m. Charles Thorn, 662-2397 or 665-0724.

Sunday, July 29

Raton, New Mexico 13th annual five-mile Run, 9 a.m. Early entry \$10; \$12 after July 22.

Sunday, July 30

5th annual Cochiti Lake Triathlon. \$35 individual; \$60 team. Entry deadline is July 22. Call Cathy Ducaj or Silver Ortega at 984-6725.





New Editor

Tom Stow has agreed to take over as editor of *Mile Markers*, and I thank him in advance for tackling this time-consuming job. You can help make *Mile Markers* more interesting and informative by sending your tidbits to Tom, and don't be afraid to submit anything you think will be interesting to the other members of the Santa Fe Striders. It's a running club, and every member should feel free to inform others about running – or related – issues and ideas. And besides, your contributions to the newsletter will do the club good!

John Arnold

Run/Walk Against Cancer

The American Cancer Society has scheduled a 12-hour run/walk to battle the disease and you can help by participating in the battle! Eight- to 10-member teams will tackle Santa Fe High School's track and compete against each other for the most money raised and for distance traveled. Each team member is required to raise a minimum of \$100 through pledges and sponsorships.

The run/walk begins at 7 am on Saturday, July 22 and will progress for 12 hours. Funds from the 12-hour Sun Run will help support the American Cancer Society's programs.

For more information, call the American Cancer Society at 988-5548 or call Sandy Macias after 5 pm at 473-4707.

Santa Fe Striders
Post Office Box 1818
Santa Fe, New Mexico 87504



The July meeting is at June Dickinson's house, 608 Calle de Valdes. Call her at 988-3428 for directions. Potluck at 7 p.m. (bring something edible to share and your own drinks). The business meeting begins at 8 p.m., and Veep Russ Smith will run the show since Prez Cecil Smith will be in Colorado on business.

Fun runs begin at 6 p.m. on the Plaza.