



Mile Markers

The monthly newsletter of the Santa Fe Striders

Santa Fe Striders
Post Office Box 1818
Santa Fe, NM 87504

August, 1989
Volume 11, Number 8

From the President:

With the publication of the results of this year's race, the book is closed on the Santa Fe Runaround, 1989. Likewise, I realize that my year as president is half over. I would like to gather all Runaround information in one place (or at least have a list of what some of you have stored) so that I may pass on a complete package to the next president and race director—who should volunteer or be selected by October. If you have any Runaround information, please give it to me; if you store items (on computers or in a garage/store room); please give me a list.

Another thing I'd like would be an up-to-date inventory of equipment and its location. Most items should be in the storage building we rent. If you have an item, please return it to Mary, so we can compile such an inventory.

My sister asks, "Are all you runners a bunch of perverts....or what?" Seems the Spokane newspaper published an article indicating that eleven out of twelve runners think about sex while running. On the other hand very few thought about running during sex. Could this be true of us moral stalwarts in Santa Fe?

Finally, as usual, I'm probably way behind the rest of you, but have you read James Shapiro's *MEDITATIONS FROM THE BREAKDOWN LANE; RUNNING ACROSS AMERICA*. Published in 1982, this book is an account of his 1980 run (alone, except in desert areas where a car carried water for him) from California to New York. The Santa Fe Public Library has it. Definitely worth a read.

Lou Marquez, now of Houston, ran with us one Wednesday in July. If you happen to be visiting Houston (especially if you are heading down for the marathon) Lou would be glad to show you some Texas hospitality—free room. Call him at 293-1690 (work) or 469-8525 (home), area code 713.

***** AUGUST MEETING

The August meeting will be Tuesday, August 8, at Mary's (Platts), 2542 Camino Alfredo. Call Mary at 471-2806 if you need directions. Let us gather about 6:45 P.M.; bring something to share, something to barbeque, and your own drinks.

Business meeting about 8:00.

AGENDA

Treasurer's Report
Runaround Account
Runaround: information and stuff, next year, director
Inventory
Other

We have added several new members this year. I hope some of you new members will attend.

August Striders Fun Event

Twilight and Timber, an event for those of you too smart to do Pikes Peak but still too dumb to avoid a hill entirely and too unorganized to have any thing else to do on a Saturday evening, August 19. Gather behind St. John's College tennis court for a 7:00 p.m. start.

The course will be up the arroyo, climb to the top of the ridge over looking El Gancho and the southside, pause for the scenery—sunset (mabe)—refreshments (liquid), and then return to St. Johns. Those interested may head off for pizza. Distance: around 6 miles. Times: time yourself if you wish, but it could be discouraging. Prize(s): for best descriptive comments when you arrive at the rest/view stop.

This event is brought to you by your President, Cecil Smith, I could use a

volunteer with a four by four to help out, and that gives the volunteer an excuse for avoiding the course, which is all dirt, sand, rock, and gravel—some even pass as roads.

Cecil!

Several Santa Fe Striders competed in last week's fiesta 10k run in Las Vegas. I regret that I didn't get the names and finish times.

I was lucky enough to take a second place (age division) trophy with a time of 39:36. Andy Anderson took first in that division.

Kind regards,
Lorenzo F. Garcia

August Calendar of Events

- Aug 5.....Old San Miguel Fiesta 10K
7 am \$8 Info-835-3062
Socorro, NM, Cecil has entries
- Aug 6.....La Luz 9 mile Mt. run
7 am \$8 Must be TAC registered
- Aug 12....Santa Fe Women's 5K 8 am
- Aug 12....Ruidoso Runners Classic
Darryl Obermueller 257-2795
- Aug 13....Masters Magic Mile, Albuquerque
7 am \$6 Late-\$9
- Aug 13....Indian Capitol Half-Marathon & 5K
Red Rock State Park 7:30 am
Info-Tony 722-5298
- Aug 19....Pikes Peak 13.4 mi & Marathon
Nancy Hobbs 719-473-2625
- Aug 20....Chilili 10K & 5K 8am \$8
- Aug 26....Lobo Run 10K & 5K Albuquerque
Judy Sparacino 765-4623
- Aug 26....Great Sand Dunes 10K 10 am
Great Sand Dunes Monument
Colorado--Cecil has entry forms
- Aug 27....Pueblo of Jemez Mini-Marathon
and 5K. 8 am \$8 \$10-race day
- Sept 4...Santa Fe Trail Run 10K & 5K
- Sept 4...Turtle Marathon
Call Dick Bartlett 625-1514
- Sept 10..Nizhoni Striders (Gallup)
No Guts No Glory 20K
Gretchen Wilken 863-3409
- Sept 24..Duke City Half and Marathon

Law Enforcement Special Olympics Torch Run

I want to thank everyone who contributed to the Special Olympics during the torch run on June 8th. Not only is the money being used to provide athletic activities for persons with mental retardation, but also your generosity made it a satisfying run for the officers who participated. It's hard for police officers to run because their schedules keep rotating through three shifts with lots of random overtime. However we did find a group of runners in the department and they did a fine job of carrying the torch. Thanks everyone!

David Platts

On July 15 the 3rd leg of the Zuni Fitness Series took place in Zuni, NM. This event is in its seventh year and attracts participants from all parts of the Navajo Nation and elsewhere. The 3rd leg included a 10K, 15K, 5 mile race-walk, and a 2 mile youth run, something for everyone.

The events began at 8 am, none too early, because although they had received rains a few days before, it got hot quickly. Like our Wednesday runs, we started from the plaza, but all similarity ended there. Now I was the outsider, running in someone else's place. The plaza, instead of being surrounded by Designer Galleries, has a grocery store, a church and homes whose inhabitants are part of the activities. The run headed out of town toward a sacred red rock mesa before circling back to the plaza.

The Zuni Fitness Series is one of the health and fitness programs in Zuni started by the Zuni Diabetes Project and whose purpose is to address the diabetic problem among Native Americans. There is participation from all age groups. I have never seen so many children in a run before (or passed by so many children).

Runners I spoke with who had come a long way usually stay in Gallup the night before, leaving only 35 miles of driving in the morning. So if you're interested the 4th leg of the Series, the date is August 5 and the main event is a 25 mile relay. Here are some results:

15K winners: Men-Alvin Begay 50:29
Women-Roxy Hunt 1:01:52
10K winners: Men-Celestine Cachine 32:35
Women-Belinda Eriacho 46:48
Me-(Al Reed) 44:41

Congratulations to Mary Platts for winning her age group at Boulder, also to June Dickinson for her age group record at the Los Alamos 5K.

DR. JOE VIGIL

United States Olympic Distance Coach

Sponsored by:

Coach Frederick H. Maas, Santa Fe Preparatory School
Coach Peter Graham, Santa Fe High School
Coach Kevin Hauck, Capital High
Coach Terry Passalacqua, Santa Fe/Los Alamos Track Club

Possibly America's most celebrated track coach, Dr. Vigil coaches cross-country and track at Adams State College in Alamosa, Colorado. His cross-country teams have won NAIA national team championships 11 times, and 9 of the last 10 years! He has coached over 180 All Americans and is the only coach in any sport to have an entire team earn All American honors! As a professor of exercise physiology, he has contributed numerous articles and research in human performance and has been honored by CAPHER and the state legislature for his academic pursuits and commitment to higher education.

presentation #1

FITNESS FOR YOUNG ATHLETES

A presentation for junior high and high school athletes
(of any sport) and their coaches

1 PM Saturday, August 19

presentation #2

FITNESS AND HEALTH FOR ADULTS

A presentation for adults interested in life-long fitness
maintenance and participation in the popular 10 KM and marathon road races

1 PM Sunday, August 20

*Presentations will be at the Santa Fe Preparatory School
1101 Camino Cruz Blanca
Admission: students \$1, adults \$3*



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

Mile Markers