



MILE MARKERS

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504

April, 1990
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President's Message:

First, a thank you to Susan Rush, Vice-President, for the March meeting at her house, with a program, the video "Winners All Our Lives" covering the World Masters Event when held in Puerto Rico. And can you believe three different lasagnes for dinner, great planning! Susan indicates a speaker for the April meeting.

I ran into an interesting article in Maclean's (Canada's Time Magazine) concerning stress. "It is possible that there are people out there suffering stress from worrying that they are not suffering enough stress . . . many people probably like the idea of stress (because) it means they are trying hard." Then in today's Daily Disappointment (The New Mexican) an article on working out in Santa Fe indicated work outs were being done so the individuals could be more competitive in tennis, biking, swimming, etal. and or so they could look better (as in slimmer) or be healthier. Even a few Striders have been known to follow rather rigid workout schedules and feel guilty about a missed day or low weekly mileage. Whatever happened to fun and relaxation? As a club we've tried monthly fun events with few prizes, if any, unmeasured courses, and low key. These are fun and March's, sponsored by June, out at La Bajada was excellent, and thanks to Tom's Sewer Plant, the Santa Fe River had water in it. However, races and hard training seem to attract more people, even at La Bajada a person or so did extra miles because they needed a long run, rather than because it was a nice day and a lovely, non-trafficed place to run. According to the Maclean article, stress is bad and even though we recognize it as harmful, it is necessary as stress equals effectiveness. We have to win, and it's good to compete, pursuing the urgency necessary to do so. "What is needed is the acceptance of an older notion, that it is okay not to suffer

stress; that it is acceptable to relax; that there is nothing inherently virtuous in having the veins belge on your forehead." Especially if they precede a heart attack. Just because society may be "into" stress, high speed, dog-eat-dog competition doesn't mean stress is good, it's okay not to work all the time at either job or fun.

Strider's Adopted Mile

On April 28th everyone grab your gloves and grubbies and meet on Old Santa Fe Trail across from the Townhouse Motel at 9:00 am. It's time to clean up our mile. We won the approximate mile on Old Santa Fe Trail between St. Michael's Drive and the Interstate 25 intersection. Our contract is to clean it up at least twice a year. Signs will be erected at each end of our section that say that the Santa Fe Striders have adopted this mile.

Come at 8:00 am if you would like to do a run prior to the clean-up.

Runaround '90

Hallo fellow Striders and avid runners, April is upon us; spring is in the air, and the warmth of the sun tells us that another summer in Santa Fe is around the corner, and along with this, our 12th Annual Santa Fe Runaround scheduled for June 2nd.

At this time, we are asking for volunteers in these specific areas:

1. Registration
2. Refreshments
3. Course timers
4. Aid station help
5. Finish line crew

6. Clean up crew
7. Door prize collectors
8. Packet stuffing crew

Please call as soon as possible with your preferred area of help, to Diana Best or Jim Westmoreland at 98 2274. (Leave message if no answer) All calls and questions will be answered. Please leave your phone number.

Thank you all in anticipation!!
Your 1990 Race Directors
Diana Best & Jim Westmoreland

Spring Food Share 5K

On Saturday, April 14, a 5K race for food donations to be distributed through the Salvation Army Food Boxes to local needy families will be held. This race will start at 9:00 am at the Carlos Rey-Herb Martinez Park, just south of Siringo Road on Camino Carlos Rey. Prizes will be awarded to top male and female finishers in the 40 and under group and also the 40 and over group. Non-perishable food items will be required for entry fee.

6th Annual Lamy Fun Run

April 29th, at 9:00 am from St. Vincent's. Start where ever you want so you finish between 11:00 and 11:30. Rides back to Santa Fe from Lamy. U-pay brunch will be available at The Legal Tender.

Race Results:

Foothills 10K - Cave Creek, AZ
By Diana Best

On February 24th, Diana Best and Jim Westmoreland were a small part of an 800+ line up, just a few miles from Scottsdale. The weather was gorgeous, though maybe a little warm for a 10K.

The course was very scenic, though I don't think either of us had much time to enjoy it (at least during the race anyway). The roads were flanked by enormous seguaras - you know those things from the cactus family!

The first mile being downhill, invited most of us to run our fastest mile of the race, and from here onwards were rolling hills, and then a downhill during the last mile of the

race, which believe me was most welcome as you can all imagine!

Jim and I both set PR's which we were extremely pleased with, and we left beaming and sunburnt, and ready to stick our hot tootsies in the nearest pool!

Jim Westmoreland 33:00 17th overall
2nd in age group

Diana Best 40:44 8th overall
2nd in age group

April Meeting:

Dave and Lydia Sneesby will host the April 10th meeting at their house, the address is 2004 Hopi Road. This is on the corner of Osage and Hopi. The potluck supper will start at 7 pm and the meeting will start at 8 pm. The speaker this month will be Susan Phillips, MA. Her topic will be spring training and how to exercise. Ms. Phillips has a Masters in Exercise Science. If you need directions, call Dave at 988-7410.

Wed runs will start at 6pm starting on April 4.

Upcoming Races:

April 1; Run for the Blue 5 & 10K
Sgt. Taute, 768-2496

April 7; ARR 24-hr run 291-9398

April 21; Gathering of Nations 5 & 10K
5K and 1 mi walk 831-2408

April 21; City of Farmington 12K
327-9673

April 22; Lifelink run for Shelter
5&10K Santa Fe 438-0010

April 22; NM TAC Invite track & field
Kathy Fones, 255-0299

April 28; Apple Blossom 5&10K
Farmington 326-3311

April 29; Run to Lamy see flyer

April 29; Rainforest Run 5K Taos
758-5230

April 29; Run for Health 5&10K Gil's

April 29; Nightingale Classic 5&10K
255-4717

THE 6th ANNUAL

Downhill
FUN
LAMY RUN

(or Bike Tour)
16 mile, 20K, 15K
10K, 5K, & Special
1-mile Kid's run.

APRIL 29th, 1990

Door Prizes

Brews, Pop,
Muffins, & Miserable Weather!

U-Pay Brunch about 11:30

@ THE LEGAL TENDER

16-mile run starts @ St. Vincent's
at 9:00±. U-Starts for other runs,
so you finish between 11:00 - 11:30.

U-time, all events.

Starts are well marked.

Unpersonned aid stations.

Easy, Unsanctioned, & Fun.

Rides back to Santa Fe from
Lamy. Do it. 988-7410 ~ "DWC"





SPRING FOOD SHARE 5K FUN RUN



SPONSORED BY THE SANTA FE STRIDERS

POST RACE REFRESHMENTS PROVIDED BY THE SALVATION ARMY

STARTING TIME: 9:00 AM, Saturday, April 14, 1990

START AND FINISH: Adjacent to CARLOS REY-HERB MARTINEZ PARK, just south of Siringo Road on Camino Carlos Rey
5K Fun Run -- Electronically Timed

COURSE: The course consists of road running and cross country/arroyo running. The run will start next to the park and proceed north one block on Camino Carlos Rey. Runners will turn left on Alamosa Dr, go two blocks and turn left on Avenida Las Campanas. Runners will proceed south on Campanas to Arroyo de los Chamisos where they will turn left (east) up the arroyo and under the Camino Carlos Rey bridge to a turn-around point close to Yucca St. Runners will then head back to Camino Carlos Rey where they will proceed north to the finish line at the park.

ENTRY: Open to all runners. Donations of non-perishable food items will be required for race entry.

Food donations will be distributed through Salvation Army Food Boxes to local needy families.

AWARDS: Prizes will be awarded to the top male and female finishers in each age group.

AGE GROUPS: Open: under 40 & Masters: 40 and over

NO PRE-REGISTRATION. RACE DAY REGISTRATION ONLY: 7:45 AM TO 8:45 AM AT STARTING AREA.

For more information call Michael Guttman at 984-8330.



