



Do you feel all  
tied up when  
you go for a  
run?

If so be sure to  
check out this  
months meeting  
and speaker!

# MILE MARKERS

**Santa Fe Striders**  
PO Box 1818  
Santa Fe, NM 87504

May, 1990  
Volume 12, No. 5

## President's Message:

May Event: A Botanical Outing

On May 5, Don Lowrie has agreed to lead us on a nature walk. Meet at 9:30 am near the Club House at Country Club Gardens, Airport Road. Don will lead car pools into the country for a run. Bring a picnic lunch and after we eat, Don will conduct the educational part of this event. Call Don at 473-7849 for additional information.

Now is the time for all good Striders to come to the aid of their race directors, Diana Best and Jim Westmoreland. Diana and Jim are beginning to be a little concerned (or Hysterical panic actually) about pre-race packet party help and race day volunteers. Please give them a call to alleviate their terror by volunteering your time, talents (if any) and/or muscles for the Runaround June 2. Their number is 988-2274.

As President I collect some interesting items in our mailbox; this week, a newsletter from a Colorado Wellness Program. There were several items defining aspects of wellness; the one that caught my eye: "Wellness is living a lifestyle that is in harmony with our values and beliefs." As runners, we have included physical activity on a regular basis in our lives as part of our value system. Thats good, I think. Sometimes, though, I find myself making decisions counter to my beliefs; I recognize this after the fact, of course, because I think too infrequently about what is really important. A few years ago, a conference speaker gave his audience the following scenario: "It is 6:00 pm when the phone rings. Your doctor is on the line to inform you that

your tests indicate you have only 13 hours to live - this is for real."

What do you do? How many of us would head for our offices to leave instructions for the next day or week? Or might we zip out for a final 10 miles to keep our monthly mileage up?

(The editor says to go for one last PR)

## Food for Santa Fe's Needy

By Michael Guttman

I arrived at the site of the 1990 Spring Food Share 5K Fun Run well before the first runners did with about 20 pounds of Pillsbury, pre-sifted white flour for marking the course for the run through the Arroyo de los Chamisos. As I "floured" the arroyo I thought to myself: "If only this was was self-rising flour and with a little rain, the "Poppin-Fresh Dough Boy" just might make an appearance at the race." Such was not the case this lovely Saturday morning as the sun was shining and the temperature was starting to climb. Well, even if the Dough Boy couldn't make it, we still had a decent turnout of runners all of whom contributed unselfishly to the Salvation Army's Spring Food Share Drive. The collected food items will be distributed to local needy families through Salvation Army Food Boxes. Thanks go out from the Striders and the Salvation Army to all who ran in this event and donated food. Also a special thanks to Tom Stow for helping to measure the course and helping at the finish line, Jim Westmorland for his help in 'flouring' the arroyo and Elaine Pinkerton for

doing race registration. The results of the race:

1st male <40, Jim Westmoreland, 18:52  
1st female <40 Diana Best, 23:24  
1st male >40 Dale Goering, 23:23  
1st female >40, Mary Platts, 25:42

Note: Since this was Easter Weekend the prizes given were very nice Easter Baskets, full of candy.

## The meeting for May...

On Tuesday, May 8, we will meet at the Santa Fe Center for Yoga. The Center is located on 2nd Street by the Cloudcliff Bakery. The program will start at 7:15 pm and will be given by David Riley, MD, and Ann Weaver, Coordinator for the Center. This will be an active participation demonstration called yoga for runners. You should wear clothes you can stretch in and also eat a light meal before the meeting as there will not be a pot luck supper this month. The demonstration should last about an hour with a business meeting to follow.

Since this is the last business meeting before this years edition of the Runaround all members are urged to attend.

As the monthly Striders newsletter goes to press Chris Kassube and Susan Rush will be winging their way to the California coast for the Big Sur Marathon, Sunday, April 29. This will be Chris' first marathon since moving into her new age group of 30+. By the time this reaches you the Lamy run and the Big Sur Marathon will be memories for us. Susan promises a full report for the next newsletter.

## Greater Griffin Run

Sunday, May 6, has been set for the Strider sponsored Greater Griffin Run. This will be a 5-mile fun run and 2-mile fun walk. The cross country event will start at 10:30 am at the Santa Fe Prep School, Camino Cruz Blanca. There is same day registration, T-Shirts to 1st 75 finishers, 1st place prizes for run and walk, and lots of random prizes in post-race drawing. The race proceeds will benefit Prep's

Scholarship Fund. For information, call Elaine Pinkerton at 983-9747.

## Race Results:

Boston Marathon:  
April 16, Ed Heffern, 3:25:27

Nike Cherry Blossom 10 Miler:  
April 1, Kenny Goering, 1:23:30

Baltimore Women's Classic 10K:  
April 8, Kenny Goering, 50:09

Run For The Blue 10K & 5K:

5K-Jim Westmoreland, 4th overall,  
1st 30-39, 16:47  
5K-Diana Best, unofficial

10K-Dale Goering, 1st 50-59, 41:39  
10K-Mary Platts, 1st 40-49, 45:??  
10K-David Platts, 47:??

Schlotszky's Bun Run 10K, held in Texas:  
Jim Fisher, 1st 35-39, 41:15

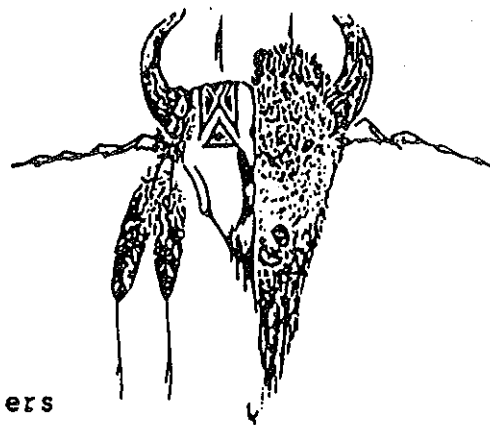
April Fool's Day 10K  
Murfreesboro, TN  
Stan Grochowski, 8th overall, 39:48

Life Link 5K & 10K, Santa Fe

5K-Jim Westmoreland, 1st overall, 17:  
5K-Diana Best, 1st overall, 21:37  
5K-Ed Heffern 1st 40-49, 18:50  
5K-Jim Macias, 20:37  
5K-Justine Fox-Young, 26:56

10K-Vincent Sheehan, 1st overall, 34:21  
10K-Judie Amer, 1st overall, 42:16  
10K-Lorenzo Garcia, 1st 40-49, 39:16  
10K-Dale Goering, 1st 50-59, 42:41  
10K-Lefty Lohman 2nd 50-59, 43:33  
10K-Tom Stow, 3rd 30-39, 41:08  
10K-Otto Foyt, 3rd 50-59, 53:28  
10K-Stan Grochowski, 41:32  
10K-Jody Visalli, 44:08  
10K-Mike Guttman, 48:27  
10K-Jerry Dorbin, 55:46

# CORRIDA DE LOS NIÑOS



200 Yard RUN for Preschoolers  
1 Mile RUN for Grade Schoolers  
2 Mile RUN for Jr. and Sr. High School Youth

SATURDAY MORNING: May 19, 1990.

Entry Fee only \$2.00

T-Shirts For All Runners

Sponsored by: Santa Fe Striders, First Interstate Bank, La Casa Sena  
Refreshments Provided. Sanctioned by Road Runners Club of America.

Hosted by: Santa Fe Indian School

Preschool Division:

Time: 10:00 a.m. Check-in: 9:00 a.m. - 9:45 a.m.  
Distance: 200 yards Children may be accompanied by parents

Grade School Division:

Time: 10:15 a.m. Check-in: 9:00 a.m. - 9:45 a.m.  
Distance: 1 mile Children may be accompanied by parents

Junior and Senior High School Division:

Time: 10:30 a.m. Check-in: 9:00 a.m. - 10:15 a.m.  
Distance: 2 miles

Awards: Trophies to first finishers, male and female, in Junior and Senior  
High and Grade School Divisions  
Ribbons to first 5 males and females in Junior and Senior High  
Participation ribbons to all runners in Preschool and Grade School  
Division

Race will start by the gym behind the dorms at the Santa Fe Indian School,  
1300 Cerrillos Road, Santa Fe, NM (enter driveway between school & Indian Hospital)

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Entry Form

IN CONSIDERATION OF THE ACCEPTANCE OF MY CHILD'S ENTRY, I RELEASE ALL  
SPONSORS, PROMOTERS, WORKERS, AND HOSTS OF LIABILITY FOR ANY INJURY  
INCURRED.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ SCHOOL GRADE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ <sup>circle</sup> T-Shirt Size

PARENT SIGNATURE: \_\_\_\_\_ Adult Child  
S M L S M L

Mail to: CORRIDA DE LOS NINOS  
P.O. Box 1665  
Santa Fe, NM 87504-1665

5-MILE FUN RUN\*

2-MILE FUN WALK

\* CROSS-COUNTRY

SUNDAY

MAY 6th

11 a.m.

SAME DAY  
REGISTRATION

10:30 a.m.

at

Santa Fe Prep  
Camino Cruz Blanca

PRIZES

1st PLACES  
RUN & WALK

T-SHIRTS TO  
150 75 FINISHERS

FABULOUS RANDOM PRIZES

ALL PROCEEDS BENEFIT PREP'S SCHOLARSHIP FUND



\* 0000

GREATER GRIFFIN  
GAMES  
12-6

## Races for May:

- May 5 World Runners save the Children Relay, 299-0385
- May 6 Run for the Zoo 5&10K  
Gwen Poe-247-1533
- May 6 Los Lunas Cinco De Mayo  
5&10K 345-4274
- May 12 YMCA Spring Fun 5&10K,  
1 Mile walk, 265-6971
- May 13 USCAA Corp 5&10K, 821-5420
- May 13 Pueblo of Jemez 5&10K  
1 mile walk, 834-7359
- May 13 Mothers Day 5&10K (Gallup)  
722-5298
- May 19 Bill Recinos 8K, 883-9550
- May 20 Cerrillos 5&15K, 268-6300
- May 26 Bandolier Marathon and  
relay, 662-5215
- May 28 Heart Start 5K and 2M walk  
268-6300
- May 28 BOLDER BOULDER 10K  
Boulder, CO, for entry forms  
call Tom at 471-4722
- June 2 Duke City Masters T&F, open  
sub-masters, masters  
265-8234
- June 3 Leroy Bearman Memorial Run  
5 mile run/walk 884-6787

## TRIATHLON:

May 6 NM Military Institute's  
Bottomless Triathlon at Roswell.  
Entry fee is \$30. 500 yard swim, 12  
mile bike ride and 3 mile run. Call  
624-8270 for info.

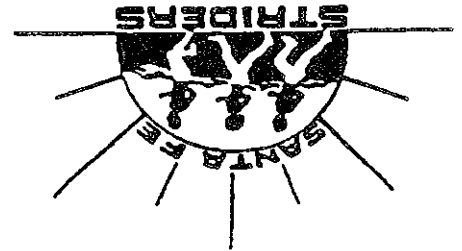
## Cycling:

Gardenswartz Classic: a tour  
through Bernalillo, Corrales and  
Placitas will be May 6. Tours will be  
33 or 54 miles beginning and ending  
at the Holiday Inn Pyramid Plaza  
Hotel. Deadline is May 2. 884-6787

Camino Encatada: Santa Fe  
Recreation and Sports Section is  
conducting the fourth annual Camino  
Entrada 25-mile bike race May 12.  
Entry is \$10. 984-6864

Santa Fe Century: 25, 50 and 100 mile  
rides on May 20. Deadline is May 5.  
Write to Santa Fe Century, c/o  
Willard Chilcott, 885 Camino Del Este,  
Santa Fe, NM 87501.

Iron Horse Classic: The 19th annual  
Classic will be May 26-28 in Durango,  
CO. Racers compete against the  
Durango-Silverton narrow-gauge  
train. Call 303-259-6661.



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

*10 Mile Markers*

**Santa Fe Striders**

**Membership Application**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Enclose \$15.00 for annual dues. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504