

mile markers

JUNE 1990

VOLUME 12 NO. 6

PRESIDENT'S MESSAGE

---- Cecil Smith ----

The time has come, the Prexy said, to speak of many things, of Laine and North and Perky Sue, of good-bye runs and rings.

As some of you know, and some of you've heard through the rumor mill, I have become reasonably friendly with a Canadian lady, one Laine Livermore of Edmonton, Alberta. As you can imagine, conducting a romance with a range of 1700 miles and an international border in the way presents some difficulties: we've only managed five dates. However, those dates have totaled 52 days since last August. Laine and I have decided to have only one more - a permanent one, with Canada as its base. Thus I am resigning as President of the Striders effective immediately; in trying to work out a lot of details in correctional education and for this move, I'm gone too much to provide leadership just now. And by early July I'll be rolling North.

Those of you on the May outing with Don Lowrie may recall, among the twenty or so species

noticed that day, a pretty, bright, friendly yellow one called a Perky Sue. Personified as Susan Rush, this Perky Sue assumes the presidency of the Club at this time. Susan now has the Club records and materials I have collected. She will be an excellent leader. Give her support and a hard time.

With the RunAround occupying the first part of June and many members concerned with other activities, there will be no second Tuesday meeting in June (or probably July). Instead, a combination fun event and meeting will be held Saturday, June 23 (see announcement and map elsewhere in this issue). Billed as "Cecil's Last Run", the evening will include a run of 5 or so (more or less) miles, pot luck and party. I hope to see many of you at this farewell.



YOGA FOR RUNNERS

At the May Strider's meeting Dr. David Riley, MD and Ann Weaver led us in a Yoga For Runners class. Several Striders indicated a desire for more Yoga instruction. Dr. Riley is very willing to hold a class for us at the Center For Yoga on 2nd Street Monday evenings from 7:15pm to 8:45pm. This will be a six week class beginning July 2nd. If you are interested in committing to a six week class for \$36, please call Susan Rush at 984-0302 by June 15th. The \$36 must be paid up front.

Lamy Run Is Becoming "America's Run"

By Dave Sneesby

The 6th annual Lamy Fun Run was finally greeted with good weather, and approximately 45 lean athletes completed the race. If more people started, they are probably still out there! Three Albuquerque guys ran.

The Legal Tender opened early this year, and served a special runner's menu. The restaurant contributed many door prizes as well, and our thanks go out to Richard Smoker and the other folks at the Tender.

Mary Platts walked off with the snake shirt, while an Albuquerque standout won the annual snake. Reese Tatum bagged one of the bottles of vino, which he was able to peddle at the Bar and Grill the next week.

Eleven runners did the whole 16 miles - a good effort this early in the running season. Jim Westmoreland thought there was going to be a prize if he got first. He was so disappointed that there wasn't even a finish line, he ran home. He was able to run back in time for brunch, however. Good job, Jim.

Sneesby's note: The weekend runs are an institution now. But I heard someone say, "I would like to host a run, but it seems all the months are already taken." What a dunderhead! Any weekend is OK for a Strider weekend fun run, you fool. Just schedule it! Do so by contacting President Susan Rush at 984-0302 and then write up the event/entry information and get it to Tom Stow, Editor. Why doesn't someone host the 'Alameda Mile'?



We like the story of Georgene Johnson of Cleveland who, arriving early and without a watch, joined the crowd at the starting line for what she believed was a 10k race. The crowd turned out to be running a marathon - the 10k was to start 15 minutes later - a fact that did not dawn on her until about mile 4 where she 'got that sick feeling that possibly I was in the wrong race.' She finished the marathon, although her longest run previously was eight miles! She finished in 4:04.

RACERESULTS

JEMEZ 10K and 5K

Dale Goering	42:43	1st 50+
Kenny Goering		1st 50+
Cecil Smith	47:48	4th 50+
Chris Kassabe		1st 60+

David Giles		21:00
June Dickinson	24:33	1st 50+
Jerry Dorbin		25:48

RUN FOR THE ZOO

5K - Jim Westmoreland 16:15 3rd overall 1st 35-39

10k - Diana Best	43:39	3rd 35-39
Tom Stow	39:55	
Stan Grochowski	38:49	PR*

SUMMER SERIES 4 MILER (Glendale, AZ.)

Jim Westmoreland	21:22
Diana Best	???

DURANGO - DS&NG 10 MILER

Jim Fisher	1:10:20
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CERRILLOS 5 AND 10K

5k Ronald Valdez	1st	18:48
Ed Heffern	4th overall, 2nd 40-49	19:18
David Giles		21:03
Jerry Sneesby	3rd	21:49

15K		
Chris Wiggs	1st	50:50

George Croshaw	1:01:04	3rd 40-49
John Pollack	1:03:04	
Jim Fisher	1:03:48	
Jody Visalli	1:06:52	1st 40-49
Tom Stow	1:07:21	
Dave Sneesby	1:08:05	
Ted Atkins	1:11:50	
Tom Day	1:12:15	3rd 50-59
Reece Tatum	1:12:55	
Cecil Smith	1:14:11	
Mary Platts	1:14:33	2nd 40-49
Mike Guttman	1:14:53	
Jerry Dorbin	1:25:07	

In the Garden Of The Gods 10K, Dale and Kenny Goering finished 1st and 2nd respectively in their age groups.

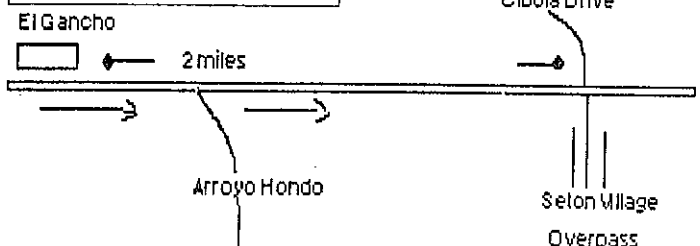
There was a heavy Strider turnout for the Prep School Griffin 5Mi. run. None of us (Reece Tatum, Cecil Smith, Junr Dickinsoh, Mike Guttman, Al Reed) could catch Dave Sneesby, who burned across the finish line for a 1st overall win.

JUNEMEETING

The June Striders meeting will be on Saturday, June 23rd. Let's gather at Al Reed's house about 5:30 pm for a Bon Voyage 5-mile-or-so fun run with/for our faithful President, Cecil Smith. The run will be followed by a pot-luck picnic.

Take Old Las Vegas Highway 2 miles past El Gancho, turn left on Cibola Drive. Proceed 1/4 mi and turn right into driveway that goes down and across arroyo. Large ponderosa at head of driveway.

Albert Reed / Debra Moody
Rt. 3 Box 109 RM
983-3258



JUNERACES

June 2

The Twelfth Annual Santa Fe Run-Around 10K & 1Mi walk 8:00 am on the Plaza. Questions? Call 988-2274.

Runners Pentathlon. Albuquerque, 821-2454.

June 3

Leroy Bearman Memorial Run. 5 mi. run/walk. 884-6787

Steamboat Marathon and 10K, Steamboat Springs
(303)879-0880.

June 9

La Luz Friendship Run. La Luz. 437-3510

Volcano Challenge 10 Mi. 881-4673.

UNMH Run for Kids' Sake. 5 mi. run, 2 mi. walk 843-237.

Hilltop Run, Los Alamos. 10k, 5k, 1Mi. 266-9312.

June 10

Rape Crisis 5k & 10k. Gil's 268-6300.

Garden Of The Gods 10 mile, Colorado Springs
(719)473-2625.

June 17

Fathers' Day 5 & 15k. (Gallup) 722-5298.

Firefighters Fathers' Day 5 & 10k. Gils 268-6300

Toas Marathon. & 1/2 marathon, 5k and relay. 758-0350.

June 23

Run For Your Life 5k. Jennifer Fleming Memorial Run, proceeds to Los Alamos Chapter of MADD. 662-5086 or 672-1768.

Zuni Fitness Series Biathlon. 12mi bike/10k run.
782-2665.

June 24

Wheeler Peak Mt. Run. Red River. Gil's 268-6300.

June 30

Washington Pass Classic 10k & 5k Mountain Run,
Rehoboth, NM. 722-6935.

AT THE BIG SUR

By Susan Rush

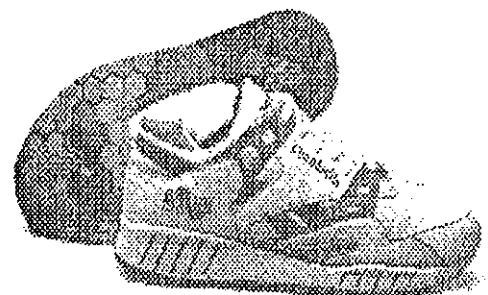
The Big Sur Marathon has something for everyone: a brisk walk, gorgeous views, music, parties, not to mention a good run for your money.

Sunday, April 29, found Chris Kassube and me on the Pacific Coast Scenic Highway - one running a windy marathon to the sounds of the Monterey Bay Symphony Ensemble and String Quartet. Records show that Lou Marjon also ran the marathon, but our paths didn't cross. The Carmel newspaper reported a very impressive time for Lou.

There were three thousand runners and 1000 walkers participating in this event. The Spectacular Scenery couldn't be beat, the water station volunteers were cheery and encouraging, the traffic control was perfect and the post race massages were most welcome.

If you are not heavy into PR's, I would certainly encourage you to put Big Sur on your marathon wish list. It was an extremely well organized event and my companion Chris came home with a fine bottle of California Chardonnay for her third place finish in her age category.

**SANTAFESTRIDERS
PO BOX 1818
SANTA FE, NM 87504**



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

Telephone: -----

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Membership Application

Santa Fe Striders

Mile Markers

Santa Fe Striders
Post Office Box 1818
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