

MILE MARKERS

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504

October, 1990
Volume 12
Number 10

Presidents Report:

Hi you happy Runners,

My favorite running season is upon us, I hope you are also enjoying fall running.

We have had some fun Strider events lately and more are in store. Tom Stow engineered a fun run mile on Saturday, September 8th. It was an enjoyable event and the Valdez Industrial Park route served as a perfect one mile route. I think we could talk Tom into making this an annual event. Good job, Tom!...we appreciate your effort!

Tuesday, September 11th the Striders held their monthly meeting at the office of podiatrist, Dr. Ed Williams. Dr. Williams and his new associate Dr. Steve Wruge spoke to us on "Pronation isn't such a Bad Word." We knew we were in a runner friendly office when we saw Runners World sitting on the coffee table! The Docs were gracious hosts and among other things told us that the average person puts 75,000 miles on their peds in a life time...gosh, what must a runner put on? Forth coming events include the Run To The Radio Towers, Saturday, October 6th. This should be great timing for the Aspen glow. Bob D'Antonio has really got this event organized. Some nice give aways have been collected for this run. It is a benefit for Esperanza Shelter, so put on your Strider Spirit and show up.

October 13th is the Cross Country Triangular meet at Hyde Park, Shelter No. 1. The race starts at 10:00 am.

Do we have a volunteer race director for the Fowl Day Run in November? (Mike Guttman will be putting on a Pre-Thanksgiving fun run on November 17th, course and other particulars will be in next months newsletter) Well, that is all for now, remember, there is no finish line...

Happy Running
Susan

October Meeting

October 9th, Podiatrist Dr. Justin Wernick, founder of the largest orthotic laboratory in the country will speak on and do some "Gait Analysis." This meeting will be held at 7:00 pm at Dr. Ed William's office at #1 Calle Medico, Santa Fe. You may want to bring or wear your running shoes. This will not be a pot luck meeting.

To the Striders:

Over Labor Day Weekend I went to Creede, Co., for their annual mountain run/race. They have a 12 miler and a 22 miler and I decided to go for the whole enchilada. I was in the mood for something challenging and wanted a training run for the Albuquerque Marathon, I got both. The first 2 miles and last 2 miles up were very very steep, the kind of steep where you can only run on tip toes and feel like you're more parallel to the ground than perpendicular. The in-between miles weren't bad at all. It's on a jeep road that turns into a jeep trail, hard to get off course but I almost did it twice. Lots of beautiful scenery and friendly volunteers. I thought once I reached the top it would be a breeze going down, but after a few miles my outraged legs started yelling "whoa!" It is my firm belief that what saved me and carried me through to a 3:42 finish was that Power Bar I had stashed in my fanny pack!! I'll pack two for the Marathon!!

Results: 9th overall out of 38 runners who did the 22 miler. 1st woman (there were only 10-12 of us mountain women out there).

Jody Visalli

Running in a Civilized City

With the high temperatures ranging from 16 degrees to 25 degrees on most days, one anticipates the ice and snow - can wolves and polar bears not be lurking near? What to wear in order to venture out, if it's safe at all. It is autumn here in Edmonton, leaves turning yellow, orange and red and a crisp bite in the air. However, once one converts a 20 degree day to Fahrenheit, one realizes its 68 degrees under sunny skies, and nice!!

So donning T-shirt and shorts, I go forth to find a place to run, having to travel all the way to the curb in front of the house to pick up the bike lane in the street. Edmonton has an extensive system of well marked bike lanes, and, amazingly, Canadians do not park in them or drive in them. But this is a city claimed from the praires, so pretty flat.

Two miles away is the river valley, a substantial cut through the middle of the city made by the North Saskatchewan River (which runs more water than all the rivers, streams and creeks of New Mexico). The city owns most of the valley, which is then a series of parks, for miles. Within this park system is a network of bike/hiking (cross country skiing in winter) paths, all paved with a center stripe and rumble strips for approaching obstacles like intersections or steep hills. Even nicer are the hiking and/or bridle paths of gravel/dirt/bark chips where no bicycles are allowed either. There are both no horse and horse trails wide enough to run three abreast, but the no horse ones are better for footing, not chewed up by hoofs and constant alertness for horse manure not needed. And now there are better scenery and hills as the trails follow the main river and cut across the mouths of ravines emptying in (a ravine is an arroyo with vegetation). Both paths and trails occasionally climb out of the valley entirely and that can mean an up hill of a mile or more. But, I can go for miles with no cars threatening me and no exhausts puffing in my face.

Finally, there is a lot of oxygen. The elevation is 688 meters. (Okay, I'll be nice, that's about 2236 feet) The air is damper, but not humid the way the Midwest can be (or east

Texas), much like Western Oregon where I grew up. On aside, the Canadians are really honest about what street/highway repair is all about; instead of "Construction Ahead" signs, they use "Obstruction" ones. All in all, a nice city for running, through I may have to get cross country skis later.

Cecil

The Santa Fe Mile was held on Sept. 8, with 12 runners on the starting line.

Jim Westmoreland was the first male with a time of 4:55, he recieved a copy of Amazing Feats as the first place award. Mary Platts was the first female with a time of 6:22, and she recieved a copy of The London Mapguide as her first place award.

The best part of the day was the breakfast that was served at Tortilla Flats following the awards.

I would like to thank Mike Guttman for helping with the race and also a big thanks to all the runners that came out for this event.

If it is held next year look for the Industrial Mile.

Tom

Recent Race Results from Kathy Howe, Carlisle, United Kingdom:

She spent her 1990 vacation in the Pacific Northwest, based in Portland.

- July 29-Up the Lazy River Masters Championship 10K, Lake Oswego, OR
40:04, 1st overall on a hilly course
- Aug 4- Capital 8K Classic, Salem, OR
31:10, 2nd overall, 1st over 40
- Aug 12-Nordstrom 8K on Broadway, Portland, OR, 30:41, 20th overall, 1st over 40.
- Aug 19-Summers End Run 8K, Portland, OR
30:18, 4th overall, 1st over 40
- Aug 25-Valley Health Run 5K, Kent, WA
18:33, 2nd overall, 1st over 40

Old Santa Fe Trail Run 10K

Lyle Amer	36:30	12th overall
Ron Valdez	36:41	2nd, 40-49
Jim Westmoreland	35:27	2nd 30-39
Dale Goering	43:02	1st 60-69

Old Santa Fe Trail Continued

Judie Amer 41:53 1st overall
 Patty Visel 48:31 11th overall

5K Race

Ron Valdez 17:22 1st 40-49
 Ed Heffern 18:10 2nd 40-49
 Dale Goering 20:42 1st 60-69
 Mary Platts 22:17 3rd 40-49
 June Dickinson 23:15 1st 50-59

5K Walk

Randy Burden 26:46 1st overall

There were lots of other Striders at this event, it was good to see such a big turn out.

The following results were taken from the Special Marathon Supplement of the Albuquerque Journal for the Duke City Marathon:

Marathon

Jody Visalli 3:17:08 1st Masters

Half-Marathon

Ted Atkins 1:33:45
 Lyle Amer 1:16:11 2nd 35-39
 Tom Stow 1:29:27
 Stan Grochowski 1:31:43
 Ron Valdez 1:15:58 3rd 40-44 PR
 Jack Lippincott 1:26:14
 Lorenzo Garcia 1:26:41
 Mike Guttman 1:52:58
 George Croshaw 1:23:17 3rd 45-49
 Otto Foyt 1:53:50
 John Gundzik 1:59:40
 Dale Goering 1:28:59 1st 60-64
 Judie Amer 1:29:36 2nd 35-59
 Juel Steffen 1:56:40
 Vivian Reinikainen 1:42:02 1st 45-49

5K Walk

Randy Burden 26:01 2nd overall
 Emily Atkins 40:06

5K Run

June Dickinson 22:39 1st 55-59

RACE TO THE RADIO TOWERS

October 6, 1990, 9am
 Starting at Aspen Fiesta Trail Head

Calendar

- Oct 6 Run to the Radio Towers
- Oct 7 Corrida de Taos 5 & 10K
- Oct 13 Cross-Country Triangular Meet Hyde State Park, 10 am
- Oct 13 NM Racewalkers 5K, 242-3713
- Oct 14 Habitat for Humanity 5K Santa Fe, starting at 6:45 PM on the Plaza
- Oct 14 USCAA Corp Challenge X-country Pat West 821-5420
- Oct 21 Tour of ABQ Marathon and Relay Gil's 268-6300
- Oct 27 Girl Scout Roadrunner Ramble 5K and 5K race walk, ABQ 243-9581
- Oct 27 ABWA Run for Education, ABQ 5 & 10K, 821-4550
- Oct 27 Allsup's Fall Roadraces, Clovis Half-Marathon, 10K, 5K, 1M
- Oct 27 Halloween Run, 3M, Los Alamos Mark Manges, 662-0643
- Oct 27 Tulsa Run, 15K
- Oct 28 Halloween Dirty Dozen 12K Paul Grosvenor, 881-4673
- Nov 4 Animal Humane Assoc and Charlie Black Memorial 4 & 2 miler Dogs run too! 255-5523
- Nov 18 New Times/Phoenix 10K Phoenix, AZ 602-229-1060

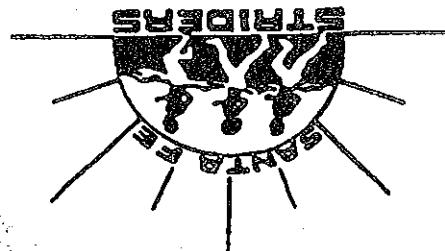
Pre-Thanksgiving

Fun Run

November 17th

Details Next Month

Jody Visalli
2936 Belamaha Drive
Santa Fe, NM 87505



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

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