



MILE MARKERS

APRIL, 1991

VOL. 13, NO. 4



We Give You the Run-Around

P.O. Box 1818, Santa Fe, N.M. 87504

THE APRIL MEETING WILL BE AT JIM WESTMORELAND'S NEW HOUSE, 2363 CAMINO CARLOS REY (AT BELLAMAH DR.), ON TUESDAY, APRIL 9. IF YOU'D LIKE TO GO FOR A RUN BEFOREHAND, SHOW UP ABOUT 6:00. OTHERWISE IT'S 7:00 FOR POTLUCK. (IF YOU NEED FURTHER DIRECTIONS, CALL JIM AT 438-8602)

THE SANTA FE RUNAROUND - JUNE 1

At the last meeting it was decided that we would abandon the idea of adding a 5K -- at least for this year. We are going to need more show of enthusiasm and participation before we can successfully make the Runaround "bigger & better."

Since they were doing most of the work anyway but were reluctant to accept the title, John Pollak and Jim Westmoreland have become involuntary co-directors of the race. Thank you, guys.

John reports that the OK has been obtained from Police Dept. and Parks Dept. The major concern now is for Sponsors -- we are looking for one more major (\$500) sponsor.

Please -- a race is not an act of Nature or an act of God. It takes people to make it work. If you can help with registration, race packets, aid stations, finish line or refreshments, please call John (983-2144) or Jim (438-8602).

PAY OR BE PURGED -- THE SEQUEL

This time I'm dead serious! There are many of you who have not paid your 1991 dues, and maybe it is intentional. The reason I'm giving you one more month to pay up is simply because there are people on this list that have been members for years and I'm reluctant to dismember them with a mere touch to the keyboard. But this is absolutely the last warning!

UPCOMING EVENTS - TAKE YOUR PICK!

- Apr. 6 Bosque Farms Fun Run, Rick Cole 869-6027
- **Apr.13 1st Annual Al Waquie Run 5K, 10K, 1 Mi Walk. SIPI on Coors, Albq. 888-3479.
- **Apr.13 5th Annual Albq.12/24 Hour Ultraruns and Relay -- I have info on this from the Albq Road Runners--so far no Santa Feans had signed up. (Jim Fisher, where are you?) Anyone for a team?
- **Apr.20 Gathering of Nations, at the PIT, UNM, Albq. 5K and 10K and 1M walk. 255-8478.
- **Apr. 21 Run for Health 5 & 10K Gil's, 268-6300.
- Apr. 21 Capulin Canyon 23-Mi Trail Run -- Bandelier, call Charlie Thorn 662-2397 (h) or 665-0724 (w) for info. This is a no fee, no prizes mountain run.
- Apr. 21 West Texas Snakebite Classic Biathlon -5K Run/30K Bike/5K Run. El Paso. Call Mike Caton (915) 542-3340.
- Apr. 27 Heritage Hall 5 & 10K, 1M Walk, Kirtland AFB, call Lynn Hebdon, 255-1350

(cont.)

- Apr. 27 Los Cumbres Benefit 5K
Run/Walk -- David Feirer,
White Rock, 672-1791
- Apr. 27 Grace of God 5 & 10K, Bill
Maleck, 822-1951
- **Apr. 28 Nightingale Classic -- 10K
Run, 5K Run/Walk, 5K Race
Walk, 1-Mi Fitness
Run/Walk.
- Apr. 28 7th Annual Lamy Fun Run
See flyer in this issue.
- May 5 Run for the Zoo 5 & 10K,
Albq. Call Gwen Poe, 247-
1533
- May 5 Cinco de Mayo 5 & 10K & 2M
Walk, east Los Lunas. Call
Charles Otero, 345-4274.
- May 11 Run for Diabetes 5 & 10K,
5K Walk, Kathy Turnham
845-5713.
- May 12 Jemez Mothers Day 5 & 10K,
5K Walk, Robert Fragua,
834-7683
- May 18 Corrida de los Ninos --
(tentative -- see next
column)
- May 19 Cerrillos 5 & 15K --
Gil's, 268-6300.
- May 19 Santa Fe Century Bike Ride
25, 50 and 100 mile rides.
No mail entries after May
5; late registration 18th
and 19th.
- May 25 Bandelier Marathon, 50-Mi,
and Relay -- White Rock,
Rene Leclaire, 662-5215.

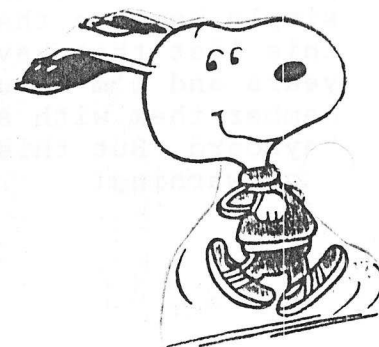
** Entry forms available. Call Jody
at 988-3261 or 471-6670.

CORRIDA DE LOS NINOS AND OTHER
MATTERS -- The Corrida de los Ninos
is tentatively scheduled for Sat.
May 18, pending finding a race
director and enough volunteers to
help put on this popular race for
kids. Neither Jack Lippencott nor
Dave Giles, who between them have
been the fire under the burner for
years, are able to take on the
responsibility again this year. The
race is only 7 weeks away and if
it's going to happen we need people
to volunteer immediately. We hope
there will be a good turn out at the
April meeting so that the Striders
can continue to sponsor this race
that encourages children to run. It
has been a race for the children and
each year has inspired new kids to
try the sport for the first time.

We are in a similar situation
as far as volunteers go as we try to
get things rolling for the Run-
around. It is very discouraging
when only a handful of members show
up at meetings and the work falls on
the same people year after year.
this trend continues, this may be
the last year we have the Runaround.
Without being able to stage our two
main races, the Santa Fe Striders
will probably go the same route as
the S.F. Roadrunners did several
years ago. Everyone is busy and has
many commitments, but if more people
actively participated in Club
meetings and functions, it would be
easier for everyone.

We need HELP and we need
ENTHUSIASM, so please come to the
meetings. If you cannot make the
meetings, please call and volunteer
to help out with these two races.
(From A Frustrated & Disgusted Long-
Time Strider)

"Most runners warm up too much
before road races and cool down too
little afterward. Most start their
races too quickly and finish too
slowly. They would feel better and
DO better if they reversed those
habits."



MTN RNR TRAIL SERIES, 1991

21, 8 AM Capulin Canyon - Bandelier National Monument
Meet at: Ponderosa Camp Ground - Six miles west of Bandelier main entrance on State Road 4. Parking is limited so try to car pool.

Course: Ponderosa Camp Ground-Upper Frijoles Crossing-the "Y"-Upper Alamo Crossing-Stone Lions-Painted Cave-Base Camp-Upper Alamo Crossing-the "Y"-Upper Frijoles Crossing-Ponderosa CG.

Distance: 22.8 mi, climb: 3801 ft.

Low elevation: 5713 feet

High elevation: 7580 feet

Waters: 2, 5, 9, 10, 11, 12, 13, 16, 21 mi.

Records: Males: Tom Sobel 3:07:21(90)

Male Masters: Greg Cole 3:30:27(89)

Females: Carol Wildman 4:32:27(90)

May 5, 7 AM Guaje Ridge

Meet at: Sullivan Field, Los Alamos High School

Courses: Sullivan Field-Quenazon Trail-Pipeline Road-Guaje Ridge Trail-Guaje Canyon-Pajarito Trail-Cabra Trail-Upper Guaje Road-Diamond Drive to start.

Distance: 21.1 mi, climb: 3830 ft.

Low elevation: 7000 feet

High elevation: 9750 feet

Waters: 13 mi.

Records: Males: Leo Torres 2:44:54(90)

Male Masters: John Cappis 3:01:47(82)

Females:

June 23, 7 AM Arriba New Mexico!

Meet at: Taos Ski Basin

Course: Taos SB-Bull of the Woods-E. Fork, Red River-Middle Fork Lake-Lost Lake-Wheeler Peak-Bull of the Woods-Taos SB.

Distance: 22.5 mi, climb: 6264 ft.

Low elevation: 9400 feet

High elevation: 13161 feet

Waters: 3, 4, 6, 10 mi.

Records: Males: Paul Fuller 4:14:03(90)

Male Masters: Steve McCormick 4:18:18(90)

Females: Mary Gorman 5:20:00(90)

July 21, 6 AM Telluride High

Meet at: Court House-Main Street, Telluride CO

Course: Court House-Bridal Veil Falls-Bridal Veil Basin-Columbine Pass-Burro Bridge-Ophir Pass-Oscars Pass-Wasatch Basin Trail-Bear Creek Road-Court House.

Distance: 29.6 mi, climb: 8900 ft.

Low elevation: 8780 feet

High elevation: Oscars Pass - 13120 feet

Columbine Pass - 13058 feet

Ophir Pass - 11789 feet

Waters: 4, 6, 7, 8, 9, 12, 21, 26 mi.

Records: Males: Neil Beidleman & Kevin Cooney 5:14:39(90)

Male Masters: Jerry Martinez 5:40:28(90)

Females:

August 3 (SATURDAY), 7 AM Lake Peak-Santa Fe Baldy

Meet at: Aspen Basin on Hyde Park Road(SR 475) near Santa Fe Ski Basin

Course: Aspen Basin-Radio Tower Road-Lake Peak-Penitente Peak-Puerto Naabe-Santa Fe Baldy-Windsor Trail-Santa Fe Ski Basin-Aspen Basin.

Distance: 18.7 mi, climb: 4550 ft.

Low elevation: 9800 feet

High elevation: Lake Peak - 12409 feet

Penitente Peak - 12160 feet

Santa Fe Baldy - 12422 feet

Waters: 2, 9, 13, 17 mi.

Records: Males: Leo Torres 3:01:27(90)

Male Masters: Jerry Martinez 3:28:17(90)

Females: Lynn Bjorklund 4:03:45(82)

August 11, 7 AM Oh-Be-Joyful!

Meet at: Horse Ranch Park - 12.5 miles west of Crested Butte, CO on Kehler Pass Road.

Course: Horse Ranch Park-Trail 830-Trail 834-Trail 835-Oh Be Joyful Pass-Denocrat Basin-Trail 404-Star Pass-Scarp Ridge-Robinson Basin-Irwin-Byke Trail-Horse Ranch Park.

Distance: 23 mi, climb: 4810 ft.

Low elevation: 8880 feet

High elevation: 12200 feet

Waters: 3, 4, 5, 7, 10, 11, 16, 19 mi.

Records: Males:

Male Masters:

Females:

September 22, 7 AM Santa Barbara Loop

Meet at: Santa Barbara Campground on north side of Pecos Wilderness (near Penasco on Forest Rd 116).

Course: East Fork, Santa Barbara Creek-Santa Barbara Divide-West Fork, Santa Barbara Creek-Campground.

Distance: 25.3 mi, climb: 4100 ft.

Low elevation: 9000 feet

High elevation: 12386 feet

Waters: 1, 2, 3, 4, 5, 7, 8, 20, 21, 22, 24 mi.

Records: Males: Steve Warshawer 4:23:05(83)

Male Masters:

Females:

October 6, 8 AM Caballo Mountain

Meet at: Los Alamos County Rodeo Grounds on North Mesa

Course: Guaje Pines Cemetery-Guaje Ridge Rd-Guaje Ridge Trail-Pipeline Rd-Guaje Canyon Trail-Caballo Mtn Trail-Guaje Ridge Rd-Pines Cemetery-Rodeo Grounds.

Distance: 26.5 mi, climb: 6400 ft.

Low elevation: 7100 feet

High elevation: 10420 feet

Waters: 13, 20 mi.

Records: Males: Rick Warren 4:38:37(89)

Male Masters: Rick Warren 4:38:37(89)

Females: Leslie Champ 7:52:18(88)

October 27, 8 AM South Baldy Ridge

Meet at: Water Canyon Campground (Take Forest Rd 235 off US 60 West of Socorro, NM)

Course: Water Canyon CG-Forest Trail 39 to North Baldy-Forest Trail 8 to South Baldy-Forest Rd 235 about 1 mi to Forest Trail 11-Forest Rd 235-Water Canyon

Distance: 23.3 mi, climb: 4450 ft.

Low elevation: 6780 feet

High elevation: 10783 feet

Waters: 4, 5, 21 mi.

Records: Males: Leo Torres 2:42:22(86)

Male Masters: Charlie Thorn 3:25:44(90)

Females: Cecilia Rosacker-McCord 4:05(85)

November 17, 8 AM Stone Lions

Meet at: Ponderosa Camp Ground - Six miles west of Bandelier main entrance on State Road 4.

Course: Ponderosa Camp Ground-Frijoles Canyon-Middle Crossing, Alamo Canyon-Stone Lions-Upper Alamo Crossing-the "Y"-Upper Frijoles Crossing-Ponderosa CG.

Distance: 20.4 mi, climb: 3050 ft.

Low elevation: 6066 feet

High elevation: 7430 feet

Waters: 2, 3, 4, 5, 6, 7, 11, 15, 18 mi.

Records: Males: Leo Torres 2:51:50(90)

Male Masters: Charlie Thorn 3:12:12(90)

Females: Melissa Lee 4:41:30(89)

NO ENTRY FEE, NO AWARDS (OTHER THAN THE VIEWS)

Contacts: Charlie Thorn

4501B Ridgeway

Los Alamos, NM 87544

(505) 662-2377 (H)

(505) 663-0724 (H)

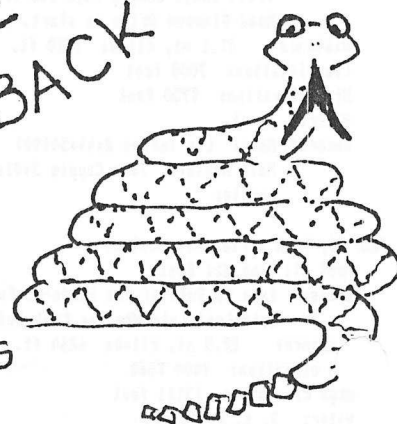
\$100
at Finish

Well
Marked
Course

THE 7TH ANNUAL LAMY
APRIL 28TH 1991 FUN RUN

→ AMERICA'S RUN →

THE DOWNHILL COURSE
THE WIND IS AT YOUR BACK



Features:

Prizes, Brews, Pop, Snacks
Self-Serve Aid Stations

U-Pay →

Brunch at The Legal Tender

Bicyclers, Walkers, Wheelers, Welcome

16 mile run-leaves St Vincent's @ 9:00

10 mile run-leaves Bobcat Bite @ 9:45

10 K. run-leaves S. of El Dorado @ 10:15

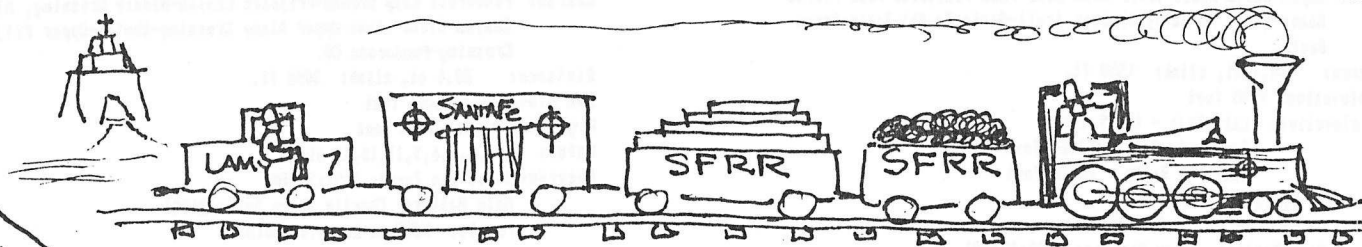
5 K. run-leaves Top of last hill @ 10:45

Self-Starts

Self-times

No Awards

New Status



Questions? Call Course Engineer: Dave Sneesby 988-7410

RACE RESULTS:

Tom Berkes, fellow runner and owner of Lone Butte General Store, just returned from the March 10 Napa Valley Marathon. The beautiful, rolling course was marred by some very cold, rainy, windy weather (when it hadn't rained in Calif. in years!). Many dropped out, but Tom stuck it out and finished in around 3:50 after an agonizingly, painfully slow last mile.

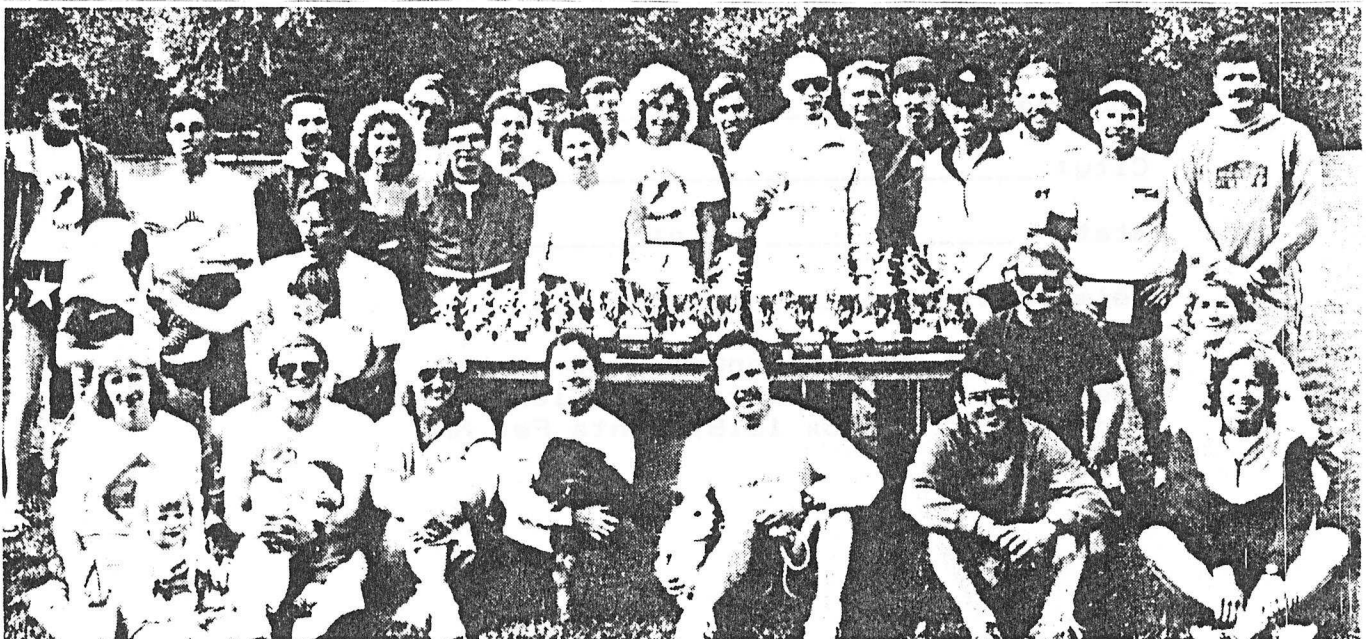
Stan Grochowski ran the "Run for Hungry Children 10K" in Irvine, CA. His 37:39 was a PR; he placed 2nd in age-group and 13th overall.

La Bajada Fun Run -- Thanks to everyone who showed up for the La Bajada run last Saturday. Once again we were blessed with a beautiful warm day with little or no wind -- a miracle after all the bad weather we've had recently. Many members of Master Runners Unlimited showed up from Albuquerque -- it was nice to see some new faces out there. We had a picnic after the run, enjoyed the beauty of the area and soaked up a few rays on the sandy beaches of the Santa Fe River.

June D.

First Annual Tierra Encantada Duathlon -- On March 24, the Triathlon Assault Club and the Velo Simpaticas Bike Club of Albq. put on this 18-mile bike, 4-mi run race event. It took place in Los Lunas on Hwy 6, which was nicely deserted except for mining/coal trucks which became more frequent as the morning progressed. Other than that, the conditions were ideal -- nice fairly flat course, comfortable weather, NO WIND, good organization and announcing, lots of refreshments and massages after. Because it was a time-trial, with everyone starting in 1-minute intervals, it was difficult to gauge how I was placing, though I could make a rational guess as women whipped past me on their tri-bikes. The only other Santa Feans I saw were Lyle and Judy Amer, but there was a good turnout from Albuquerque. It was a fun time and I congratulate Shane Cleveland and the others who worked so hard on this race. Jody V.

WHERE HAVE ALL THE STRIDERS GONE?





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

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