



Vol. 13
No. 11



NOVEMBER, 1991

We Give You the Run-Around

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

OUR NOVEMBER MEETING/POTLUCK WILL BE AT ELAINE PINKERTON'S (now COLEMAN) 899 ZIA ROAD, TUESDAY, NOV. 12 AT 7:00 P.M. WE WILL BE DISCUSSING THE FOWL DAY RUN, WHERE WE WANT TO HOLD OUR CHRISTMAS PARTY AND THE POSSIBILITIES OF SURVIVING AS A CLUB FOR ANOTHER YEAR.

WEDNESDAY'S PLAZA RUNS WILL NOW START AT 5:30+-

WELCOME TO NEW MEMBERS:

WELCOME TO NEW MEMBERS BILL SAILOR, DAVID YTUARTE, VICKIE GABIN and TINA ROUSSELOT -- You know, of course, that the newest members traditionally take over the positions of officers and editor for the upcoming year if no one else will take the job?

CONGRATULATIONS TO ELAINE PINKERTON on her marriage to Robert Dinegar on August 6 in Honolulu. Do not call her Mrs. Dinegar, however. She has chosen to use her own maiden name, Coleman, and out of habit will still answer to Pinkerton.

BEST WISHES ALSO TO CATHY DUCAJ (used 2 B Quintana) on her recent marriage.

JOHN BEDNARSKI, 40-yr-old winner of the Old Santa Fe Trail Run this year, ran a 2:22 at the Twin Cities Marathon for 23rd overall, beating, amongst others, Tony Sandoval who was trying to make a comeback.

JCP has been asked to serve on the "Bikeways & Trails/Open Space Trails Subcommittee" of the City of Santa Fe. For those of us who feel there aren't enough safe roads for riding and running, this is at least a hopeful sign. Perhaps we can give John some input...



SANTA FE JINGLE BELL RUN FOR ARTHRITIS

Saturday, November 16

5K Run, 5K Walk, 1 Mi Fun Run

Here's another "First Annual" race for Santa Fe. The Arthritis Found. is putting on a Jingle Bell Jog 5K to be held at Valdez Industrial Park off of Cerrillos and Airport Rd. Entries are available at United New Mexico Banks, Oshman's, Foot Action, Foot Locker, or call Jody at 988-3261 & I'll send you one. Race Day Reg. is \$2 more. If you would like to help with registration or along the course, call Martha at 1-800-999-8022.



FOWL DAY RUN - NOVEMBER 23

It was 10 years ago that John Arnold directed the First Annual Fowl Day Race. "Gov. King was tentatively scheduled to begin the race" (Nov.'81 Nwsltr). Not too much has changed! Bring non-perishable food items as your entry donation. The Salvation Army will be there to pick it up and pass out water and cider after the race. The race will start at 9:00 am at Mager's Field, Ft. Marcy Park. Walkers welcome. All you wonderful pumpkin pie makers please keep up the raffle tradition. Sponsors willing, there will also be a drawing for turkeys. The usual help is needed with marking the course, registration, finish line and a few people out on the course. If you can help, call Mike Guttman (984-8330, eves.).

MORE NOVEMBER-DECEMBER RACES

- | | |
|---------|--|
| Nov. 16 | <u>Baylor Pass Trail Run</u> , Las Cruces, 5.9 mi. Call 524-7824. |
| Nov. 16 | <u>Santa Fe Jingle Bell Run</u> Proceeds to Arthritis Foundation. Valdez Indus. Park at 10 am. (see above) |
| Nov. 17 | <u>16th New Times Phoenix</u> 10K, 5K Phoenix, AZ -- (602) 229-1060. |
| Nov. 17 | <u>Jemez X-Country All-Comers</u> Robert Fragua, 834-7683. |
| Nov. 23 | <u>Fowl Day Run 5K</u> - Ft. Marcy Park, 9am. (See above) |
| Nov. 28 | <u>Albq. Turkey 5 & 10K</u> Gil's, 268-6300. |
| Dec. 7 | <u>Alamogordo Marathon & Relay</u> -- Get a team together and support their 1st Annual! Strider officers have entry forms. |

Dec. 7 Reindeer Roundup 5&10K
Patty Williams, 822-0476

Dec. 14 Albq. Jingle Bell Run
For Arthritis -- entries
at United NM Bank and
sports stores around town.

30-39 Men:
Ernie Casados (2nd) 17:26
Danny Anaya (3rd) 17:36
Gary Reel 17:43
Russ Smith 18:43

30-39 Women:
Fanci Stow 27:31

40-49 Men:
Sean McCormick (1st) 17:41
Andy Anderson (3rd) 18:26
Tom Stow 19:23
Cliff Hawley 22:16

50-59 Men:
Dave Giles (2nd) 19:37

50-59 Women:
June Dickinson (1st) 22:46
(1st Masters)

60+ Men:
Dale Goering (1st) 20:06

10K RESULTS - Overall:
Shane Cleveland 33:03
Janine Aiello 35:05

40-49 Men: (Predominate Age Group!)
Lou Marjon (1st Masters) 36:33
Jim Fisher (2nd Masters) 39:07
Charlie Young 41:45
Dave Sneesby 42:57
Graydon Anderson 45:50

Women 40-49:
Jody Visalli (1st Masters) 38:57
Donna Berg (3rd Masters) 48:24
Mary Platts 49:05
Carol Day 49:08

50-59 Women:
Kenny Goering (1st) 55:20
Tina Rousselot (2nd) 57:53
60+ Women:
Chris Kassube (1st) 57:18

FASTER MASTERS

By an anonymous ex-editor
aka The Stray Silver Bullet

Their joints may creak, but they can still pick 'em up and lay 'em down. Runners from the Striders won all four masters championships and six other masters medals, three of them first places, at the Corrida de Taos in October. Women members, as is frequently the case, led the way. Jody Visalli and June Dickinson were 1st Masters Women. June failed to mention, in an otherwise exciting report last month on her trip to the World Veteran Games at Turku, Finland, that she was the first American woman in her age group in the 5K, 10K and cross-country 10K [and that it was reported in the November Running Times.]

(cont.)

MORE INFO RE ALAMOGORDO EVENTS

I called to verify that team entry is truly \$100, which sounded a little steep. They explained that for \$20/person, each team member receives a long-sleeve t-shirt, nice custom-made medals AND a set of hanteens, which themselves are worth \$10. So don't be put off by the price. You may not get \$20 worth of suffering, but you'll get some nice stuff!

I also had to ask my standard question about whether headsets are allowed and received the standard answer -- NO. I was consoled with the promise of music and entertainment all along the route. There is also a 5K planned within White Sands National Monument. It sounds like the directors and the town itself is going all out to make this a big event and I hope they get a big turnout.

SOME RACE RESULTS

JOHN POLLACK and JIM WESTMORELAND headed for the border to join approx. 2500 others in running the Sun Carnival International Classic 15K and sow a few wild oats at El Paso/Juarez on October 6. The race starts and ends in El Paso after crossing the Rio Grande twice with approximately 1/2 the race course being in Juarez. School children manned the water stations; the weather was great as was the pasta feed and free beer. Jim ran a 53:08 (8th of 86 in age group and 38th overall) and John ran a 58:16 (3rd of 35 in age group, 80th overall).

CORRIDA DE TAOS (10/6)

It was a crisp (36 degrees at 7:30), gorgeous, fall morning -- tights had been retrieved from storage and were in competition with the leaves on the trees for color. The sunrise over the Gorge and the Taos Valley was in itself worth the trip, and at that hour of the morning there was no traffic on the main drag of Taos!! Striders were well represented, as well as Albuquerque runners -- guess we know this is one of the nicest of the end-of-season events! The following are "mostly" Strider results:

5K Overall:

Jeff Peterson 16:24
Gloria Ortiz 19:41

Lou Marjon and Sean McCormick on the Corrida men's Masters crowns in the 10K and 5K respectively. Dale, Kenny, Chris Kassube, Dave Giles (who just entered the realm of 50-59's), Donna Berg and new member Tina Rousselot were all masters winners. Pretty good for a bunch of old fogies. Keep up the good work! Pop those aspirin and smile!

HERE'S ANOTHER INTERESTING SIDE OF MASTERS RUNNERS, AS TOLD IN AN ARTICLE ON THE N.Y. MARATHON ENTITLED "CHEATERS NEVER WIN" BY DON DIXON (Runner's World, Nov. '91):

"WHO DOES IT?"

"The people most likely to cheat are masters runners," observed Bob Bright, former executive director of the Chicago Marathon. "People over 40 and 50 are very competitive. It's a dog-eat-dog group. A lot of these people get into running, and it becomes an obsession with them.

"I don't think anyone should be surprised at cheating in marathons," Bright added. "People cheat on their wives, on their income taxes, on their SATs, on everything."

While Rosie Ruiz may be the most notorious cheater of all, most are men, and, as Bright has observed, most are over 40. When caught, they always deny the charge, no matter how airtight the evidence against them.

Why is it that very few women are known to have cheated? Are they more honest? Bruce Ogilvie, Ph.D., a pioneer in sports psychology and professor emeritus at San Jose State University in California, tends to think so. He believes "there is a sharper conscience in females in most areas of life that makes it a little more difficult for them to engage in self-deception and derive anything from it."

Despite the best efforts of race directors to eliminate cheating, it will continue. There will always be those incorrigible followers of W.C. Fields's dictum: "If a thing's worth having, it's worth cheating for."

TOUR OF ALBUQUERQUE MARATHON & RELAY (Oct. 20)

There may not have been many Santa Feans there this year, but those who were left their mark! Jim Westmoreland, running his first marathon since becoming a "master," ran a great race, finishing in 2:48:59 for 3rd overall. This is a 6.5 min. pace -- and he made it look effortless. It also made it much more exciting for some of us relay runners, who do a lot of waiting around, to have Jim to cheer for! Pam Grosvenor was 2nd woman in the marathon with a 3:30, and husband Paul was on the winning mixed team with a 2:43:38.

The ace team -- 1st overall with a time of 2:30:38 -- was composed of Danny Anaya, Ernie Casados, Joe Garcia, Ron Valdez and David Sandoval.

June, et al. -- June Dickinson, Diana Hardy, Shirley Lynn, Jody Visalli and Sarah Fulcher were 2nd women's team with a 2:56:44. That Albq. team of Magi Ezzard, Kate Brennan, et al. are tough to beat! What I really wonder, though, is how Jim Westmoreland can run the whole thing faster than 5 of us running only one leg each at top speed. He did say, though, that WE had the better-looking legs -- and NO, we did not consider this to be sexual harrassment.

John Pollak, getting back to form after his setback at Grandma's, ran the Allsup's Fall Half-Marathon the weekend of Oct. 26. He ran a 1:22.21 for 2nd in 40-49 agegroup and 5th overall.

Jim Westmoreland and Diana Hardy went to the Pecos Valley Roundup in Roswell on Nov. 2. Jim clinched the TAC Grand Prix title (Open Men Div.) with his second place finish in the 20K. Diana was 1st woman in the 10K.



COORS LIGHT BIATHLON CHAMPIONSHIP

Next day impressions: It was very exciting, very cold (but dry!), very well organized, very tough (bike course) and very dangerous (bike course). We are lucky no one was killed on the St. Francis war zone, where, if angry drivers had staged a mass revolt, it would have been curtains for bikers. As it was, about 10 were hit, though none seriously injured.

Michael Tobin, 27, Seattle 1:19:39
Liz Downing, 32, Vancouver 1:29:50

Strider Results:

Elites (had qualified at previous series race(s):

Lyle Amer 3rd, 35-39 1:28:54
(28th overall)
Dave Giles 2nd, 50-54 1:42:54
Dale Goering 4th, 60+ 1:51:55
Judi Amer 6th, 35-39 1:54:36

Citizens:

Jeffery Banger, 30, Los Alamos 1:26:12
Claudia Treadwell, 33, Albq. 1:38:28

Jody Visalli 1st, 45-49 1:58:30
Elaine Pinkerton 2:49
R.J. Bootzin, 2nd, 60+ 2:10:04
Saul Cohen, 6th, 60+ 2:45:09
Paul Grosvenor (time unk.)

Teams:

Dickinson & Ducaj, 1st
woman's team 70+ 1:50:21
Heffern & Salas 1:40:46
Dorbin & Lunt 2:11:37

RUNNING IN ENGLAND

By June Dickinson

After the World Veteran Games I took a brief trip to Lapland (how many of you can add running above the Arctic Circle to your list?) before going on to England. I usually go to Walton-on-Thames, a suburb of London, to stay with some of my family. Truthfully, I've never found running there to be much fun -- too much traffic and nothing but pavement. This time I happened to see a local runner with "Canadian Masters Championships" adorned on his singlet. I asked him if there was anyplace decent to run, and seeing that I was serious about my request, he asked me to join him the following morning. It was a fantastic run! He took me alongside the Thames, over bridges to an island in the middle of the river, back across some fields and ended on the cricket ground where we did a few intervals. I would never have found any of the hidden paths to the river and it just goes to show there are great places to run in the heart of cities. I ran with him on several mornings while I was in the area it was nice to find someone who didn't think me totally nuts or "too old" to run, as most of my family does!

I also ran a 5K race in London's Hyde Park, the course going along Serpentine Lake, which was a different and strange experience. The course was fun though the heat and humidity were something you'd expect in Dallas.

There is a club system of sorts in England and you have to be affiliated with one in order to run in most races, though some are open to anyone. I found one of those, but felt rather unwelcome -- not because I wasn't a member, but because I was female. The clubhouse had no facilities for women. We were put in the kitchen and had to walk through the men's dressing room -- not much evidence of English Leather -- to get to the john. You could take a shower with the men if you wanted, but I passed on that one. There were a few women in the race, the majority being foreigners who had heard about it. The club members were not a friendly bunch -- it was a very different atmosphere from U.S. races. Maybe it was just that club... This experience was topped off by an incident at Harrod's Dept. Store in London. When I entered wearing running shoes and back pack, a door-man told me to take it off. When I indignantly asked why, he told me it did not comply with their dress code! I'm glad I live in Santa Fe where anything goes! J.D.







PRESENTS

26th Las Vegas International Marathon

& 5-Person Team Relay

February 1, 1992

- ♥ \$30,000 in prize money
- ♦ 19 age group divisions
- ♦ Entertainment capital of the world
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- ♥ Among Top 20 U.S. Marathons for 1990 & 1991

- ♦ Fast! 300 meter net elevation drop
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Write To:
Al Boka, Race Director
P.O. Box 81262
Las Vegas, NV 89180 U.S.A.

MARATHON TRAINING SCHEDULE

Provided you take a long run every other Sunday, you can train to finish a marathon on just three workouts a week.

Week	Tuesday	Thursday	Sunday
1	30 min.	30 min.	12-14 miles
2	30 min.	30 min.	8 miles
3	30 min.	30 min.	15-17 miles
4	30 min.	30 min.	8 miles
5	30 min.	30 min.	18-20 miles
6	30 min.	30 min.	8 miles
7	30 min.	30 min.	21-23 miles
8	30 min.	30 min.	10 miles
9	30 min.	30 min.	24-26 miles
10	30 min.	30 min.	12 miles
11	30 min.	30 min.	12 miles
12	30 min.	30 min.	Marathon



Santa Fe Striders

10/79

Tony Sandoval won the Old Santa Fe Trail Run in a world-class time of 28:50. The world record for 10k on the road is 28:30, just 20 seconds faster. Tony seems to be fit! run quite well in the Oregon Track Club-Nike Marathon Sept. 9.

Las Vegas Striders Nevada Road Racing Classics Fall Marathon and 10K: Dale Goering took 1st in class 1:22:21, Kenny Goering got 2nd in class 1:51:36, Mary Nichols took 3rd in class 1:32:45, Cathy Tibbets placed 9th overall 1:35:21 and the rest of the Half-Marathon results were: Greg Olsen 1:36, Jerry Dorbin 1:39:59 (fast 7:40 pace), Ellen Stelling 1:52:04, and Marilyn Davis came from San Francisco and ran 2:00:03. The 10K race results were: Dirk Routman 43:06 and Darcy Goering 47:06. This should be an annual Striders Getaway Weekend. It was really fun.

The August meeting will be a run and hot tub at Elaine's, 899 East Zia. The theme will be A Trip Down Memory Lane. So those of you who have been running a long time wear your oldest and most unfashionable shoes and shorts. (Goering & Dorbin long ago had theirs bronzed...Goering's shoes...Dorbin's shorts) Further details in August newsletter.

Tony Sandoval and Jeff Wells tied for first in the prestigious Nike--OTC Marathon at 2:10.20, 14th fastest time ever run, in early September. Santa Fean, Dave Segura, running his first marathon at age 20 apparently set a world record for 20 year old marathoners and an American record for the fastest first marathon. His time, 2:13.58, automatically qualified him for the Olympic trials.

Albuquerque 7km Homecoming Run:

Won by Tim Childress in record time. Fred Maes improved his race pace by averaging nearly 6 min. per mile. Fred's son, Dan won the 10 and under 1 mile run. Other Santa Fe folks made proud showing but details are not all available.

Clovis Marathon:

Won by Benito Arellaw, Albuquerque, 2:33.16 to Maggie Rust, Texas, 3:19.07.
5th-Manuel Baca, Santa Fe, 2:44.40
11th-Jim Sena, Santa Fe, 3:04.10
24th-Charles Young, Santa Fe, 3:26.12
37th-Joe Shain, Santa Fe, 3:43.05
45th-Charles Crooks, Santa Fe, 3:57.28
47th-Trish Gage, Santa Fe, 3:58.21
54th-Elain Pinkerton, Santa Fe, 4:08.26
55th-Gerald Allan, Santa Fe, 4:15.34

At the Honolulu Marathon held Sunday, December 9, 1979 Dave Segura placed 17th with 2 hrs. 27 min. 36 sec. (5:38/mile). George Linn placed 62nd with 2 hrs. 42 min. 35 sec. (6:12/mile), and Dede Collins finished but we have no time. The relative humidity was 100% and the temperature was 80°-87°. The winner was Dean Mathews from North Carolina with a time of 2 hrs. 11 min. 12 sec.

STRIDER STATISTICS:

In the Women's Run in White Rock October 3rd (2.9 miles-300 runners,) Molly Munson came in 33rd at 24:52 and Ellen Stelling placed 43rd at 25:42. Two Striders ran the Albuquerque Marathon October 18th: Bill Forsyth at 3:12 and Ricardo Pong at 3:17 (this was Ricardo's first!) John Arnold completed the October 31st 2nd annual Old Raton Pass 10K in 57:27. This is faster than it sounds, explains John, as the snow-covered course was "rugged, horrendous and grueling" and he stopped for five minutes to revive a woman who'd fainted on the course. Kathy Tibbets went to the race, but was delayed by snow.

KEEP ON RUNNING, Elaine

FIESTA BOWL MARATHON RESULTS: Winner: John Brenneman-2:17:47; 5th-Matt Segura-2:22:52; 7th-Al Waquie-2:24:59. Santa Feans... Dale Goering- 2:48:28, 2nd in 50-59, 207th overall and a 1 1/2 min.PR; Bob Gonzales-2:42:08; Dave Gonzales-3:10:39; Al Gonzales-3:18:19; Tito Naranjo-2:43:09; Mary Nichols-3:32:37 (1st marathon!); Kathy Tibbets-3:42 (1st also); Tom Day-3:21; Josie Fox-3:31:26; Bob Pinkert-3:32:45 (1st marathon)...Congratulations to all! In the WHITE ROCK/DALLAS marathon, Dennis Cooper ran his first in 3:39, and is also to be commended. /Reminder: Please help us post your results by calling them in before the 5th of the month. Use the Linn's Locker number, 471-4443.

***** Tuesday the 18th at 6:30 p.m. the Striders will meet at President Greg Ohlsen's house. Greg lives at 1261 Cerro Gordo, and not only is he offering his home, but he'll be firing up the barbeque pit. So, bring your own (whatever) to cook over the coals. As your fancy dictates, also bring a vegetable, salad, casserole or dessert. And, of course, the beverage of your choice.

Featured speaker will be Jerry Dorbin, businessman, writer and marathoner. His topic will be "The No-Mileage Method of Training for Marathons." Jerry promises to save some jokes for the evening, and, of course he will be happy to entertain questions.

At the Taos Corrida, November 6, Dennis Cooper broke the 40 minute 10K barrier wide open with a 39:41, congrats, Dennis! Sally Doolittle was first in age group and third overall with a PR of 43:17. Dale Goering was first in age group with a 39:04, Kenny Goering was first in age group with a 50:28 and Sherron Adams was first in age group with a 48:41. Troy Pinkerton was first in the 5K 10 and under with a 25:16. Ernie Casados ran 18:25 in the 5K and 37:07 in the 10K. Tim Purrell finally beat Dale Goering in a 10K, with a 37:19 after running under 20 minutes in the 5K! Jerry Dorbin did a 45:54 and June Dickinson came in at 24:46 for the 5K. Jim Macias ran a 2:50:36 in the rain at San Diego 2 weeks ago!

My cast comes off Tuesday, see you then!

PAINTED CAVE 20.25 MILE MOUNTAIN RUN:

Moo Thope 3:54:15 2nd female, 8th overall of 26 (3000 ft climb)

SUN SPORTS SPRING CLASSIC:

4 Mile:	Catherine Quintana	25:13	First female overall
	Geroge Croshaw	23:48	First male (masters)
	Dave Giles	25:57	Second male 40-44
	June Dickenson	30:51	First female (masters)
10K:	Mary Nichols	41:43	First female (masters)
	Al Gallegos	45:40	First male 55-59
	Leu Marjon	34:06	First male 40-44

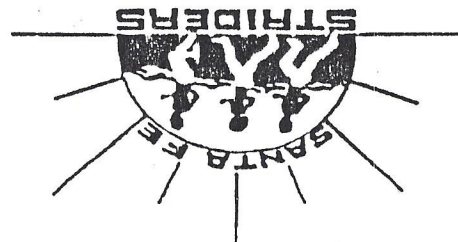
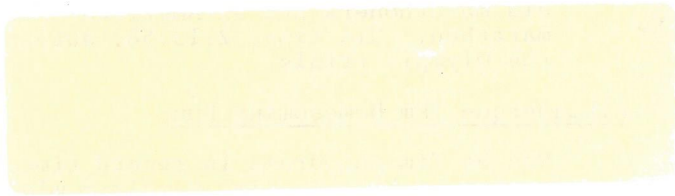
Pub Run: Planned by and starting from Mary Nichols house (2542 Camino Alfredo 471-2806). Quote: "Only the stout hearted non teetotal types need apply." Run from Marys' house to the Ore House via for other bars. One Guinness per stop.

P.S. -- I STARTED READING THE ARCHIVES OF THE STRIDERS AND THIS IS THE RESULT. I THOUGHT SOME OF YOU WHO REMEMBER WOULD ENJOY IT. THE BOOK ITSELF IS GREAT FUN -- THERE ARE SOME GAPS OF MISSING NEWSLETTERS WHICH MAYBE COULD BE FOUND AMONGST INDIVIDUAL COLLECTIONS.

JODY

Jerry Wells ran her first marathon in 3:24 at the Fiesta Bowl in Scottsdale, Arizona on December 5. and no blisters! Congrats, Jerry!

1/86 The naming of Cathy Quintana as Santa Fe's Athlete of the Year for 1985 was announced one day too late to relay to you in our January newsletter. Quintana was naturally pleased at her selection by the Santa Fe New Mexican, but also took the occasion to say how it pleased her that the paper chose an adult road racer for such an honor.



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

Mile Markers

Santa Fe Striders

Membership Application

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