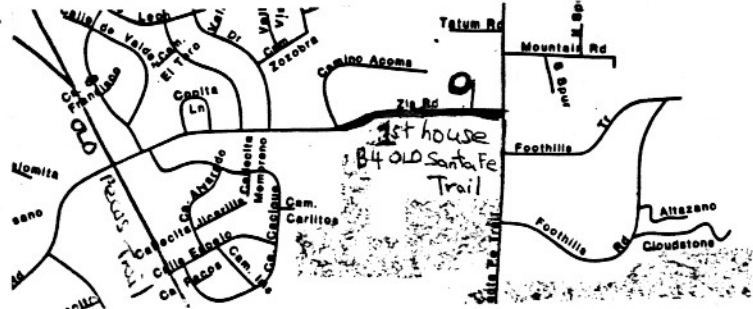


Don't Be Fooled!

Strider's Meeting - April 14th

Elaine Coleman has graciously offered her residence for our April meeting. She is celebrating her 15th year anniversary for being a Strider...she is one of the founding members of our running club. Her residence is located 899 Zia Rd. She can be reached at 983-9747, evenings.



Editor's Continuing Saga

No job yet, I am mostly 'hanging out' and enjoying myself; this newsletter was produced with Elaine's computer. Thank you so much!

A Special Announcement from our Race Director - Santa Fe Runaround

Striders:

First, the Runaround location is being changed this year. I know this is going to be disturbing for many people, and I myself would like to continue running from the Plaza, but a few matters have made this difficult. The Striders' last few monthly meetings were devoted to this subject, and the tough decision was finally made. I personally made the motion to change the venue, and was "rewarded" with the race director honors.... The reasons for moving the race were: the exorbitant costs of using the Plaza and City Police, the difficulty in getting sponsors to underwrite those costs, and nobody would volunteer to be the race director for that location. In retrospect, the community is fairly angry about the gnarled traffic problems during the national biathlon last fall, so perhaps a low profile event is in order now.

Also new is a 5k event, run simultaneously with the 10k event. Our last runaround had fewer than 200 people and the club felt we were excluding most of the runners in the area as well as reducing our income each year. Without the \$800. bill for police protection and with having a 5k run, the club isn't so dependent upon sponsors (we needed four last year).

The race will be south of Santa Fe on a frontage road paralleling I-25. It is a beautiful course and although it doesn't have the interesting neighborhoods we are used to, it is scenic, safe (two intersections), and fast! It runs from Waldorf school westerly on Rabbit Road to the RR tracks and back. The school has generously offered their area for parking and registration, and so far, the Runaround looks alive and well; for a while we had our doubts.

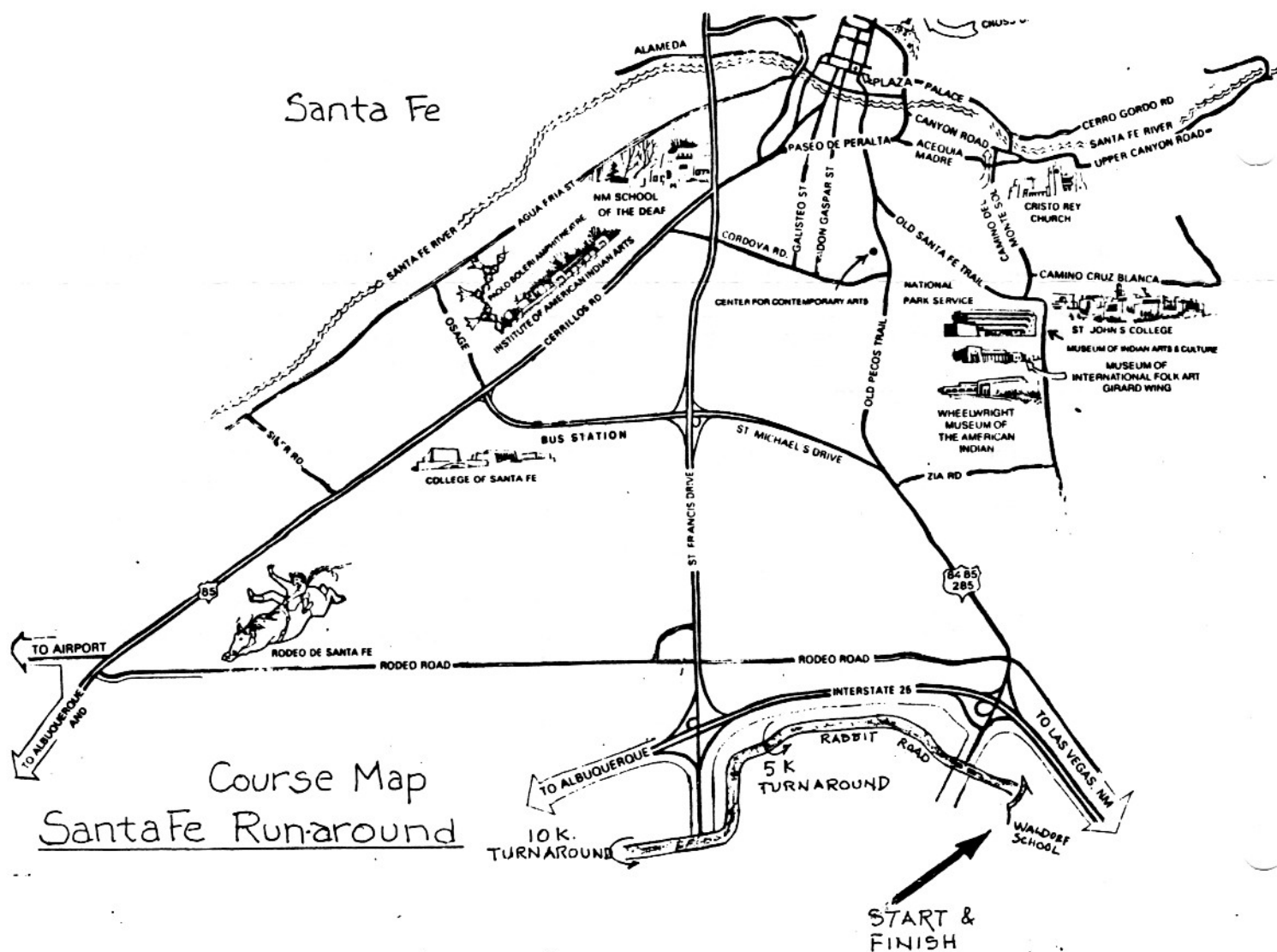
I have asked Diana (me) to publish this letter as a special news announcement to get the word to everyone and solicit some volunteers for some of the tasks. The attached list has a lot of blanks after the duties column. The club needs you...volunteers to take responsibility for these duties. Please call me if you can help (988-7410, home).

As director, my goal is to produce a great, safe, and fun event with awards given out quickly and the neighborhood unscathed. We will also have some good door prizes. I hope for your support, and lets get the word out to your running friends.

Dave Sneesby:dlh

Runaround Duties

Director	Dave Sneesby	988-7410 667-0155
Publicity	Elaine Coleman	983-9747
	Jerry Dorbin	983-3282
Permits	John Pollak	983-2144
Notices	Diana Hardy	438-8602
T-Shirt Design	Shirley Lynn	471-8731
T-Shirt Order	Shirley Lynn	471-8731
Race Numbers	Tom & Fancy Stowe	471-4722
Finish Line/Timer	Mike Guttman	984-8330
Course Markers	Dale Goering	983-6616
Sponsors Committee	Shirley Lynn	471-8731
	June Dickinson	988-3428
	Diana Hardy	438-8602
Awards	Jim Westmoreland	438-8602
Entry Form Design	Greg Ohlsen	988-2138
Entry Form Distributor		
Treasury	Phil Pannebecker	983-9445
Pre-Registration (requires computer)		
Race Day Registration		
Portable Toilets	John Pollak	983-2144
Parking Cars		
Megaphone		
Announcer		
Split Timers	Graydon Anderson	988-5816
Aid Stations	Mary Platts ?	471-2806
Traffic Sentries		
Lead Vehicle		
Ambulance		
Assembling Packets - At Night		
Clean-up		
Results/Press		
Results/Postcards		



Race Results

Aaron Goldman Correction

A correction to the March newsletter: to my embarrassment Aaron Goldman is a strider member who lives in Los Alamos not a race name. Huh? I hope to meet you sometime.

In honor of his 60th birthday, Aaron ran the Jedediah Smith 100k race held in Sacramento CA. He placed 12th overall out of 25 finishers with a time of 10hrs:50min. He also ran the Alamogordo Marathon in 3hrs:14min. Way to go Aaron, give credit to whom it is due!

Some news from our friend Jack Lippincott in Houston, TX. He ran the GAAC 15k Championship race held on March 14th in 59:05, he was 4th in 45-49 age group. Congratulations to you & keep going!

Now for the Tiger Run held on March 15th in Los Lunas. Several strider members drove down for this event. All the women did PR's...hey guys!

5k race

Shirley Lynn 19:52
Diana Best 19:59
...under 20:00, hot to trot!

8k race

Jim Westmoreland 27:29
Dale Goering 32:01
Diana Hardy 32:31
Beth Davenport 39:15

Congratulations to all of you!!

This TAC certified race was the first event in the Grand Prix series. The next event was the Old Mesilla 10k race held in Las Cruces on March 28th.

I haven't heard any results from the La Bajada fun run, perhaps by the next newsletter. Yet start gearing up for Dale's fun run on April 19th.

Farewell to Thee

One of our former members, yet one who is active with our running club is leaving Santa Fe for greener and warmer grasses. Diana Best and her man Tom, are moving to Tucson, AZ. in April. You have been a real inspiration to me while leaving me the dust! We will all miss you.

Running Tips

On striding....

"Learn to 'stride.' After each easy run, spend 5 to 10 minutes running 'strides' on grass or a soft trail. Concentrate on running with long, smooth strides for about 100 yards at a 5k race pace." Kate Delhagen

On hills....

"When running hills, whether in races or in training, remember to run at a good, steady pace until you crest the hill and pick up momentum again on the downside. Avoid "stalling out" just before you get to the top, and emphasize short, quick steps with brisk arm action." Mark Will-Weber

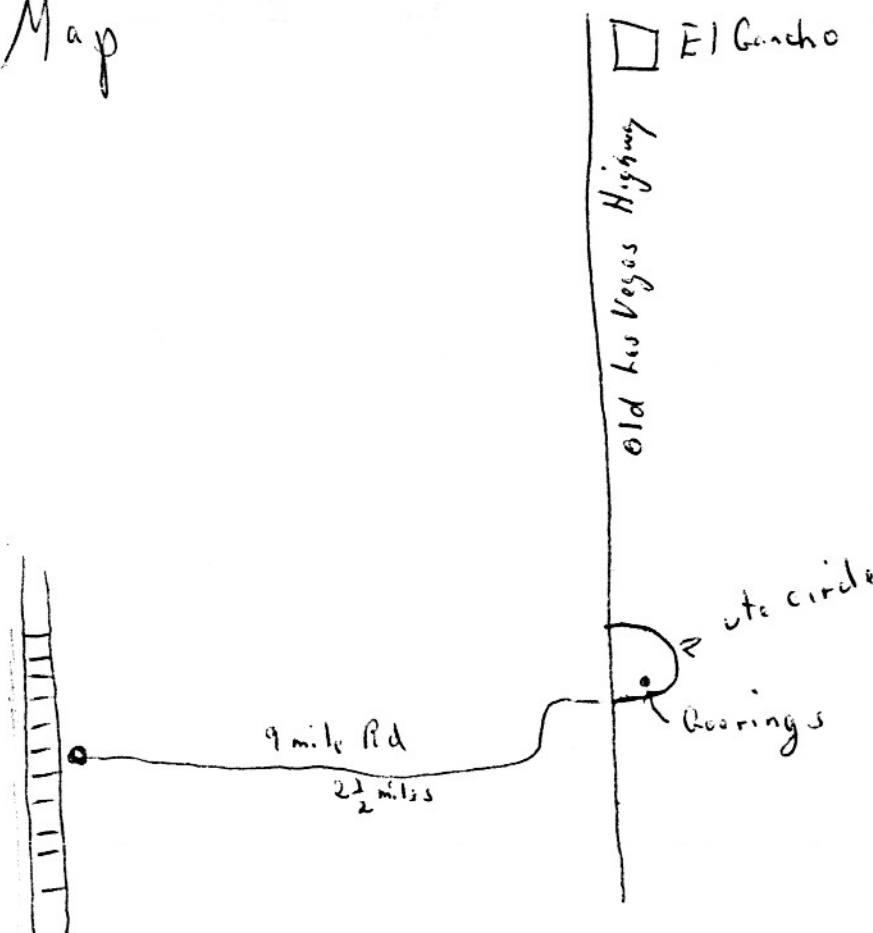
APRIL FUN RUN_ Dale Goering 983-6616

Date- Sunday April 19Time - 9 AMPlace - Path along the Railroad Tracks at 9 Mile Road dead end.

Description of event & course- Run will be on the path along the Railroad Tracks, starting at the dead end on 9 mile road and leading south toward Eldorado. Path is traffic free except for a few Mountain bikes. Beautiful scenery in a country atmosphere. Prizes to the top three "Estimate the Distance" category only. Hint-course will be somewhere between 3 & 6 miles in length. Those of you that need more distance may run all the way to Lamy and back on the path. If you want to bring your Mountain Bike, you may do so. Good Mountain bike trail.

Meet at the 9 Mile dead end or car pool at the Goering home on Ute Circle by 8:45 AM or call Dale at 983-6616 for more details.

Map



SANTA FE STRIDERS

Membership Application

Name: _____

Address: _____

City: _____

State : _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees are \$7.50. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504.

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 1992 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JUNE 1992 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				1	2 Bandelier Marathon 8.50 mile 662-5215 Rene LeClair Clean Air Challenge Bike Ride John Vitale 1-265-0732
3 Cinco de Mayo 5K, 10K, Biathlon Los Lunas Charles Otero 345-4274 Run for the Zoo 5K/10K Gwen Poe 247-1533	4	5	6 Strider's Weekly Run 6:00pm @ Plaza	7	8	9 Run for Diabetes 5K/10K, 5K walk Kathy Turnham 836-3587 6th Annual Sunset Run 6:00pm Fort Bragg, CA (707) 964-9448
10 Jay Benson Mem. Triathlon Holly or Mari 884-6787 Jemez Mtns Day 5K/10K Steve Gachupin 1-884-7168 Triple Crown 10K Time-up 8:00am - Colorado Springs Nancy Hobbs (703) 473-2625	11	12	13	14	15	16 Black Canyon Ascent 6 mile race & walk Melissa J. Sullivan (303) 244-5714, Colorado
17 NE-YMCA Triathlon Bob McDonald (915) 755-6685 El Paso Cerritas 5K/10K, Gils 1-268-6300 Santa Fe Century Bike Ride Wilford Chilcott 982-1282	18	19	20	21	22	23 Rocky Mtn Qualifier All-Comers T&F Kathy Forns 255-0299 Iron Horse Classic Weekly 4 mile & 10 mile Run Ed 2 in K (303) 257-6661 Durango, CO
24 31 Race Crisis Human Race 5K/10K, 2m. walk Gils 1-268-6300 Cedro Peak Mtn Bike Tour Danny Hernandez 1-255-5982	25 Heart Start 5K Gils 1-268-6300	26	27	28	29	30 Las Cumbres Classic 5K, White Rock Mary Stimmel 624-1212 Dobe Dipsea - 4 mile run 7:30am Montrose, CO Lee Cox (303) 249-2200

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 1992 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY 1992 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1 Strider's Weekly Run 5:30/6:00 @ Plaza	2	3	4 T-VI 5K/10K ED GREEN 768-0656/246-8755 La Tierra Eneantoda Duathlon 18 mile bike - 4 mile run Jennifer 299-3437
5 Westside YMCA Mountain Man Duathlon 5K/30K/5K Mike Hicks (916) 584-9622 El Paso	AFFAC All-Comers Track & Field Meet Wilson Stadium Calvin Winfield 1-892-8651	7	8	9	10	11 ABQ Roadrunners 24 hr. run Tony Fuller 881-2232 Al Vague UTR 5K/10K Joe Sutton 888-3479
12 Snakebite Classic Duathlon - El Paso 5K/30K/5K Mike Caton (915) 542-3340 TORGY - ABQ Rotary Club 242-2651	13	14 Strider's Meeting @ (983-9747) Elaine Coleman's 7:00 pm - Potluck 8:00 pm - Meeting	15	16 Full Moon	17	Burma Shave 10 miler 9:00 - Montrose, CO Linda Mary Wood (303) 249-7662/249-3835 10th Annual Arroyo P. L. Grimsdale Far Peace - 28 mile relay Jim Sullivan (907) 336-4455
19 Dale Goering's Fun Run 9:00am 983-6616 Mesilla Valley Tri. Las Cruces 524-7824 Gardens of the Classic Holly Wilson 884-6787	20	21	22	23	24	25 SF/LA 983-7769 24 hr. run Terry Passolunghi Gathering of Nations Maurice Smith 899-0816 8K & 2 mile Women's Resource Center 10K - 10:00 Gary Whitlock 19-671 Montrose, CO 4th Annual Lake Powell Marathon & 10K 1-800-835-4671
26 Nightingale Classic 5K/10K Muriel James 255-4717 Spring for Health 5K Gils 268-6300 Rio Grande School 5K 864-7125 Alfred Padilla (Belen)	27	28	29	30	UNM Fiesta Run - Leisure Services 1:00pm - 2:00pm UNM South Campus - new truck 277-4847 M-F 6:00am - 9:45 pm S-S 12:00pm - 4:45 pm	

April '92 Issue



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