

Happy Father's Day!

to the male sector of our group!

Strider's Meeting - no meeting this month

Tradition has been that no meeting usually occurs for the month of June. The members of the club are too busy organizing the 'Runaround'. Yet volunteers are needed for the subsequent months. We need YOU!

Run To The Brewery Funrun

On May 23rd, the 1st annual 'Run to the Brewery' funrun occurred. Around ten runners ran the various course distances on a rainy, blustery day. More people showed up for the lunch and beer festivities afterwards...we've got our priorities straight!

Member News

Diana Best's New Tucson Home

Diana B. and Tom have settled in Oracle, AZ., north of Tucson by 25 miles. She wrote and said she ran a 10k race at the Rillito River Park. She came in 1st in the 35-39 age group, 5th overall, with a time of 43:04. She said Tucson is very hot!

Mike Guttman's Return to Society

Mike Guttman had surgery done to remove varicose veins from his legs/calves on May 6th. We hope your recovery goes quick and we'll see you in running clothing again soon.

Editor's Job Discovery

Diana H. has found a job! I'm returning to my previous job... for a price. Starting July 1st I'll be working nights, from 4:00 p.m. to midnight. I'll be invisible for the Strider runs and meetings yet I'll be there in spirit ...breezing up those hills! And I can still communicate through this newsletter.

Shirley Lynn is recovering from a sore throat.

June Dickinson is recovering from a cold.

John Pollack is recovering from shin splints.

Jim Westmoreland recently incurred a calf cramp injury.

David Sneesby is recovering from an ankle injury.

Diana Hardy is recovering from old injuries and incurring new ones. Various.

Anyone else have health, etc. news to share???

Race Results

Unfortunately I do not have result times for all of these events, yet I'll report on what I do know.

May 2nd - Bandelier Marathon

A visitor from Alaska, Lori, ran her first marathon and was the first woman to finish with a time of 3:48:?? . Interestingly enough, she didn't decide to run the tough course until the day before...no time to be nervous. She left the next weekend in good spirits!

Jim Fisher entered the 50 miler yet had to drop out close to mile 37 due to calf muscle cramps...37 miles is plenty enough for most people, Jim!

Elaine Coleman ran as part of a marathon relay team.

May 3rd - Run for the Zoo - A fast course!

5K run

Shirley Lynn - 18:55 PR time!
4th overall, 1st in age group.
Jim Westmoreland - 16:12
2nd in age group.

10K run

Diana Hardy - 42:14 PR time!
Dale Goering - 39:17 almost PR time
1st in age group.

May 10th - Jemez Mother's Day Run - A hilly course! No times available.

5K run

Kenny Goering
Dale Goering
June Dickinson
Dave Giles
Lou Marjon

10K run

Jim Westmoreland

May 17th - Cerrillos Run - 'All one hill' course and exotic T-shirts!

5K run

June Dickinson - 25:??
1st in age group
Jim Westmoreland - 16:20
1st in age group

15K run

Shirley Lynn - 1:11:??
2nd in age group
Diana Hardy - 1:18:50 ugh!
Mary Platts - 1:28:??
2nd in age group
Dale Goering - under an hour
1st in age group
John Pollack - uncertain

Congratulations to all of us!!

LAST-MINUTE FLASH BEFORE THE RUN-AROUND

We need two things. Runners and Helpers.

Please call friends, neighbors, relatives, enemies, anybody, to register and walk, run, or mosey. We have a 5k AND a 10k this year. We need 400 entries to break even.

Also needed are helpers. If you know of ANYBODY who can help out, kids, parents who think you're too old to be running, etc, get them to help. Call those on the attached list to volunteer. It's actually a lot of fun. There may be a shirt in it for them.

AND IF YOUR NAME IS ON THE ATTACHED LIST AND YOU NEED TO DO SOMETHING, PLEASE DO SO.

The PACKET PARTY is Friday night, June 5th, at dEdE's home,
7:00 p.m. *115 E. Alicante*

Thanks

Dave

RUN-A-ROUND DUTIES

DIRECTOR	DAVE SNEESBY	667-0155
		988-7410
PUBLICITY	ELAINE COLEMAN	983-9747
	JERRY DORBIN	983-3282
PERMITS	JOHN POLLACK	983-2144
NOTICES	DIANA HARDY	438-8602
SHIRT DESIGN	SHIRLEY LYNN	471-8731
SHIRT ORDER	SHIRLEY LYNN	471-8731
T-SH NUMBERS	TOM & FANCY STOWE	986-9837
FINISH LINE/TIMER	MIKE GUTTMAN	984-8330
COURSE MKNG/SIGNS	DALE GOERING	983-6616
SPONSORS COMM.	SHIRLEY LYNN	471-8731
	DAVE SNEESBY	988-7410
AWARDS	JIM WESTMORELAND	438-8602
ENTRY FORM DESIGN	GREG DHLSN	988-2138
ENTRY FORM DISTR	JOHN POLLACK	983-2144
TREASURY	PHIL PANNEBECKER	983-9445
PRE-REGISTRATION	MIKE GUTTMAN	984-8330
RACE-DAY REGISTR.		
PORTABLE TOILETS	JOHN POLLOCK	983-2144
PARKING CARS	DENNIS COOPER	982-8846
MEGAPHONE		
ANNOUNCER		
SPLIT TIMERS	GRAYDON ANDERSON	988-5816
AID STATIONS	MARY PLATTS	471-2806
TRAFFIC SENTRIES	DENNIS COOPER	982-8846
LEAD VEHICLE	DEDE COLLINS	982-8846
AMBULANCE	JIM FISHER	
PACKET NIGHT	DEDE COLLINS	982-8846
CLEAN-UP		
RESULTS/PRESS		
RESULTS POSTCARDS	GUTTMAN SNEESBY	988-7410
ORANGE BARREL/TURN AROUNDS		
	DEDE COLLINS	982-8846

PLEASE COME AND HELP AT THE PACKET NIGHT PARTY, FRIDAY JUNE 5TH, AT DEDE'S HOUSE, 115 E. Alicante, AT 7:00p.m. ALSO, IF YOU CAN HELP WITH TRAFFIC CONTROL, PARKING, AID STATIONS, OR RACE-DAY REGISTRATION AND FINISH LINE, PLEASE CALL THE COMMITTEE'S ABOVE!!!!!!!!!!

AW SHUCKS

I have noticed a tendency to rachet up the distances run on Wednesday nights and to embellish the pace per mile accomplished. So I decided to be a party pooper and drove my car over all the common courses on the same night under the same conditions. This merely took 4&1/2 hours. The results of my unofficial survey are below. I did check my odometer and my ability to guesstimate inaccessible areas and halves of tenths of miles against the known run-around course. If you don't like my measurements I suggest driving your own car over three or four of the non-10K courses and seeing how your measurements compare with mine. For example, in the past Mary has found the Power Station to be 8.0 versus my 7.8 and Bishop's Lodge to be 7 versus my 6.9 miles. If you are fanatical in your log book then just flat out subtract one tenth a mile from all the distances below. Now if someone would be kind enough to run a calibrated bicycle over the Chamisa and Borrego trails I sure would appreciate it.

COURSE	DESC.	DISTANCE miles
Jarie's Museum Route	loop	7.0
Zia Road	o&b	5.9
End Of Pavement	o&b	6.2
Power Station	o&b	7.8
El Gancho	o&b	9.8
Winter Sunset Run	loop	5.0
Wilderness Gate (extension from Los Miradores)		1.1
Old Run-Around	loop	6.2
Fiesta OSFT 10K	o&b	6.2
Spirit Run	loop	6.2
Cerro Gordo	loop	5.6
Green Shack	o&b	6.8
Greg's Route	loop	5.6
10000 Waves	o&b	8.0
Bishop's Lodge	o&b	6.9
Circle Drive	loop	6.4
Tano Road	loop	10.1
La Tierra	loop	8.3

Contributed By:
Jim Fisher

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.

Get The Shoe That's Right For You.

For additional help call our experienced consultants at 1-800-CAI-BEST (1-800-225-2378)

NOTE: Two checks ✓
Indicate shoe's main feature.

	LAST			SHAPE			Motion Control	Cushioning	Pronators	Supinators	Heavy Runners	WEIGHT		1/2 Size Small
	Slip	Board	Combo	Straight	Curved	Semi-Curved						Men's 9	Women's 7	
ASICS	GEL LD RACER II	✓			✓		✓	✓	✓	✓		7.4		✓
	GT COOL-X		✓			✓	✓	✓	✓		✓	12.4		
	GT EXPRESS		✓			✓	✓	✓	✓		✓	12.0		
	GEL LYTE SPEED	✓			✓		✓	✓	✓		✓	9.7	8.3	✓
	GEL LYTE III		✓			✓	✓	✓	✓		✓	10.3	10.6	✓
	GEL MC		✓	✓			✓	✓	✓		✓	13.0		✓
	GEL EXULT		✓			✓	✓	✓	✓		✓	9.9	8.7	✓
	GEL III	✓				✓	✓	✓	✓		✓	10.4	8.8	✓
	A6 GEL		✓			✓	✓	✓	✓		✓	10.2	8.7	✓
	GT INTENSITY		✓			✓	✓	✓	✓		✓	14.8	11.8	✓
NEW BALANCE	GT INTENSITY III		✓			✓	✓	✓	✓		✓	14.2	10.1	✓
	GEL LYTE II	✓				✓	✓	✓	✓		✓	10.0	8.8	✓
	GEL 101					✓	✓	✓	✓		✓	10.7		
	M1500	✓				✓	✓	✓	✓		✓	12.3		
	M997/W997	✓				✓	✓	✓	✓		✓	12.2	9.6	
	M996	✓				✓	✓	✓	✓		✓	12.2		
	M900		✓			✓	✓	✓	✓		✓	10.0		✓
	M850	✓				✓	✓	✓	✓		✓	9.8		
	M677/W677		✓			✓	✓	✓	✓		✓	10.7	8.8	
	M577		✓			✓	✓	✓	✓		✓	12.6		
TURNTEC	M495/W495		✓	✓		✓	✓	✓	✓		✓	11.1	9.3	
	W526		✓			✓	✓	✓	✓		✓	9.5	9.5	
	ROAD WARRIOR II	✓				✓	✓	✓	✓		✓	12.9		✓
	FLEXLITE II	✓				✓	✓	✓	✓		✓	9.5		✓
	CONDOR	✓				✓	✓	✓	✓		✓	12.7		✓
	ROAD HUGGER	✓				✓	✓	✓	✓		✓	12.3	10.1	✓
	LADY ENDURA	✓				✓	✓	✓	✓		✓		8.0	✓
	KING KONQUEST	✓				✓	✓	✓	✓		✓	6.0		✓
	KONA BLAST	✓				✓	✓	✓	✓		✓	7.6		✓
	CHARLOT		✓	✓			✓	✓	✓		✓	12.0		
BROOKS	CHARLOT HFX	✓		✓			✓	✓	✓		✓	12.0	9.8	
	FUSION		✓			✓	✓	✓	✓		✓	10.8		
	REGENT PLUS		✓			✓	✓	✓	✓		✓	11		
	MAGNUM		✓			✓	✓	✓	✓		✓	11	10	
	MILLENNIUM	✓				✓	✓	✓	✓		✓	9	7.5	
	RAGE		✓			✓	✓	✓	✓		✓	10.7		
	FLASH		✓			✓	✓	✓	✓		✓	12.0	9.8	
	LADY FASCINATION	✓				✓	✓	✓	✓		✓		11.0	
	RACER X	✓				✓	✓	✓	✓		✓	5.8		✓
	PUMP RUNNER	✓				✓	✓	✓	✓		✓	12.1	9.6	✓
REEBOK	ERS 5000 II	✓				✓	✓	✓	✓		✓	10.2		✓
	SOLE TRAINER 5000	✓				✓	✓	✓	✓		✓	10.5	8.6	✓
	VENTILATOR	✓				✓	✓	✓	✓		✓	10.0	8.6	✓
	INFERNO	✓				✓	✓	✓	✓		✓	8.9	7.4	✓
	DUELLIST PR	✓				✓	✓	✓	✓		✓	6.0		✓
	WAFFLE RACER		✓	✓		✓	✓	✓	✓		✓	6.2		✓
	GRAIL PLUS					✓	✓	✓	✓		✓	11	8.6	✓
	WAFFLE TRAINER					✓	✓	✓	✓		✓	9		✓
	SHADOW 6000	✓				✓	✓	✓	✓		✓	11.4	9.5	✓
	SHADOW CLASSIC	✓				✓	✓	✓	✓		✓	11.4	9.5	✓
SAUCONY	GRID 9000	✓				✓	✓	✓	✓		✓	13.0	11.5	
	GRID 8000	✓				✓	✓	✓	✓		✓	9.5	8.0	
	AZURA II	✓				✓	✓	✓	✓		✓	8.6	7.1	
	JAZZ 3000	✓				✓	✓	✓	✓		✓	10.6	9.1	✓
	JAZZ 2000	✓				✓	✓	✓	✓		✓	9.9	8.6	
	MASTER CONTROL		✓			✓	✓	✓	✓		✓	11.3	9.5	
	FREEDOM TRAINER	✓				✓	✓	✓	✓		✓	10.7	9.2	
	TRIAD	✓				✓	✓	✓	✓		✓	11.9	10.4	✓
	SCEPTRE	✓				✓	✓	✓	✓		✓	7.5	6.2	✓
	TECH RACER	✓	✓			✓	✓	✓	✓		✓	7.5		✓
ADIDAS	OREGON CLASSIC		✓			✓	✓	✓	✓		✓	8.0		✓
	MAFATHON TRAINER II		✓			✓	✓	✓	✓		✓	10.8		✓
	OREGON ULTRA TECH		✓			✓	✓	✓	✓		✓	11.0	9.7	✓
	STAB. I AIR PLUS	✓				✓	✓	✓	✓		✓	14.7		
	STAB. I AIR PRO	✓				✓	✓	✓	✓		✓	14.6		
	STAB. I AIR BASE		✓			✓	✓	✓	✓		✓	9.7	12	
	STAB. I AIR ITE	✓				✓	✓	✓	✓		✓	7.2	8.4	
	STAB. I AIR SPEED					✓	✓	✓	✓		✓	8.5		
	ETONIC					✓	✓	✓	✓		✓			

Santa Fe, New Mexico 87504



June '92 Issue

JUNE 1992							AUGUST 1992																
S	M	T	W	T	F	S	S	M	T	W	T	F	S										
1	2	3	4	5	6		2	3	4	5	6	7	8										
7	8	9	10	11	12	13	9	10	11	12	13	14	15										
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21	22	23	24	25	26	27	23	24	25	26	27	28	29										
28	29	30					30	31															
5 Crawfish Crawl Sk-Grug Hebert 1-889-2904														6		7		8		9			
12 Snakebite Classic Triathlon Sk run / 28 mile bike / 400m swim Mike Cation / Nan Waterstetter (915) 541-3340, EL PASO							Dino Dash VII Sk, 10K & 2 mile walk David Hofner 1-841-8837							13		14		15		16		17	
19 Fat Tire Brevin Downtown Fun 5 mile Peach Hill 5K & 10 mile Flagstaff AZ Little Gull (602) 526-8762 Colorado Springs Challenge 10K, 7.0m, 5m, 10K Triple Crown Running 473-2675							ABWA Run for Education Sk & 10K run, Sk walk, Sk relay Liz Gale Garduno 1-268-5298 Wind Messenger Relay & Pc by foot race 4 miles Wings 981-6766 Pike Peak Foot & Ankle Walk Fun Run, Colorado Springs							20		21		22		23		24	
25 Cibola National Forest Sk & 20K Jerome 1-761-4550							Rocky Triathlon 15K swim / 40K bike / 10K run Silver Ortega / Catherine Duce 984-6725							27		28		29		30		31	