



Mile Markers

January 1993

Vol. 15 No. 1



We Give You the Run-Around

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

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January Meeting

David and Lydia Sneesby will host a potluck dinner and club meeting on January 12, 1993 at 7:00 pm. The Sneesby home is located on 2004 Hopi Road. For direction, call David and Lydia at 988-7410.

1993 Club Officers

The Santa Fe Striders held their annual Christmas party/fun run at Upper Crust Pizza on December 8, 1992 and elected their new 1993 club officers. Thanks to all who attended and to those who organized this event. The new club officers are listed below.

President	John Pollak 144 Pine Santa Fe, NM 87501 983-2144
Vice President	Elaine Pinkerton 899 Zia Rd. Santa Fe, NM 87505 983-9747
Treasurer	Graydon Anderson 941 Calle Mejia, No. 1004 Santa Fe, NM 87501 989-1633
Race Director	Salvatore DeBari 307 Artist Rd. No. 1A Santa Fe, NM 87501 989-7704

Race Results/Membership News

Stan Grochowski, former Santa Fe strider, reports that his move to Tacoma, Washington is almost complete. He is enjoying races at sea level. In December, he ran the Roman Meal Grove Run 10K in 37:42. A week later, he set a PR in the Christmas Rush 10K with a 36:59.

Jim Westmoreland placed first overall with a time of 35:31 at the Plano Pacers 10K in Dallas, Texas on December 26, 1992.

Jack Lippincott, former Santa Fe strider, is now running strong in Houston, Texas. He ran the Houston Dome Run 10K in 38:02 on December 14, 1992 and the GAAC 25K in 1:43:24 on December 22, 1992.

Congratulations to Stan, Jim and Jack!

To get racing results or membership news published for the month of February, please contact Danica Tutush by **January 25, 1993**.

Upcoming Races

Saturday, Jan. 9, 1993

* Albuquerque
Raindeer Roundup
5K/10K

* This race was originally scheduled for Dec. 5 but was rescheduled for Jan. 9. Contact DLD School, 822-0476 for information.

Saturday, January 9, 1993

* White Sands/
Alamogordo
Marathon

* This race was scheduled for Dec, 5 but was rescheduled for Jan. 9. For more information call 434-5605

January 24, 1993

Houston Marathon
(713) 757-2700

January 31, 1993

Corrida de los
Locos Race
986-8481

Running Calendar

- Wednesday, Jan. 6 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wednesday, Jan. 13 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wednesday, Jan. 20 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wednesday, Jan. 27 Santa Fe Striders Run
5:30 pm @ The Plaza

Top Run: Runner's Tip

This month's running tip is from the *Runner's World Calendar* for the month of January.

Some of the most beautiful runs can be in the winter so don't let the weather stop you. Dress in layers for winter running and top your gear with a light-weight, breathable training suit.

Editorial

Group Runs--What is our purpose?

I have been running with the Santa Fe Striders for the last four months. Overall, I have enjoyed running with the Striders. When I first started running with the group, I came from running at sea level. I knew I wasn't the fastest runner and I knew the altitude would be tough on me. However, I kept running with the group. I didn't care if I was the last one in the pack. It was good to be with other dedicated runners, but then winter hit.

The Santa Fe Striders meet at 5:30 in the winter months and consequently, we run in the dark. I have run with other groups in the past. These groups also had a wide range of ability levels and speeds. However, one of the differences between these groups and ours is that they actually ran as a "group" regardless of ability levels and they would stick together especially at night. Fasters runners slowed down and slower runners sped up to keep together.

About a month ago, I was running last in our pack. The closest runner to me was at least 500 yards ahead. The other runners were nowhere in sight. A truck stopped and asked me for directions. The truck kept following me for quite a while. Perhaps they were harmless but I was very uncomfortable and scared. Fortunately, they left me alone when I called out to the runner ahead of me. Then I asked myself why do I run with a "group" when something could happen to me and possibly no one would notice until the run is over.

What is the purpose of our group runs? Is it solely for speed workouts? I understand that the most serious runners want to get good workouts in. However, shouldn't group runs provide comradery, fun and safety for all our runners, at whatever ability levels? Couldn't we stick together as a group a little better, at least in the dark and icy months?

Danica Tutush, newsletter editor

Club Contributions

Membership Notice

The following members contributed to the January issue of Mile Markers: Diane Hardy, Mark Guttman and John Pollak.

If you have a computer that the Santa Fe Striders may use to help publish this newsletters in the future, contact Danica Tutush.

Mile Markers is an informational newsletter and is published monthly for members of the Santa Fe Striders. The deadline for the February issue is January 25, 1993. Please submit articles, race results or other information to Danica Tutush, 725 Pinon Drive, Santa Fe, NM 87501 or at 989-1819.

A new year is here and that means annual membership fees are due. If you have not done so already, please mail in your \$15.00 membership dues. If the mailing label you receive reads 1992, you need to pay your dues for 1993. Once you have paid the fee, 1993 will be printed on your label and you will continue to receive this newsletter. Remember your membership fee helps to pay for the printing and distribution of this newsletter, club membership in the Road Runners Club of America, the Strider P.O. Box, and other club expenses throughout the year.

If you are not currently a member but would like to join, please fill out the membership application below.

SANTA FE STRIDERS

Membership Application

Name: _____

Address: _____

City: _____

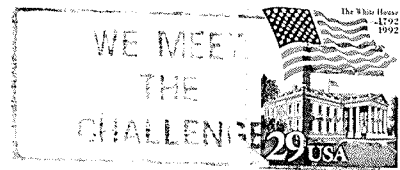
State : _____ Zip: _____

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.

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Santa Fe, New Mexico 87504



Postnet barcode lines with numbers: 8925 3 808 78076 0