



# Mile Markers



We give you the run around—Vol 15, Issue 5  
Santa Fe Striders, P.O. Box 1818, Santa Fe, NM 87504

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## May Meeting

Diana Best will host the May club meeting on Tuesday, May 11, 1993 at 7:00 pm. The potluck will start by 7:00, and the business meeting will start at 8:00.

Diana lives at 29-A Old Arroyo Chamiso. To get there, take Old Pecos Trail, crossing over St. Michaels. Take the third turn on the left (Old Arroyo Camiso). You proceed downhill and you will see a horse corral and mailbox 29-A on your left. Go to the back of the main house to Diana's house. If you have questions, you may contact Diana at 983-0828.

## Race Results/Membership News

### Mesilla Valley Triathlon

On April 25, Diana Hardy, Jim Westmoreland, Graydon Anderson and Chris Kassube participated in the Mesilla Valley Triathlon. The triathlon included a 3.4 mile run, a 13 mile bike ride and a 400 meter swim.

Jim Westmoreland placed 35th overall, Graydon Anderson placed 45th overall and Diana Hardy placed 60th overall. Congratulations to all Santa Fe Striders who participated in this event!

### Run for the Zoo 5K/10K

The Run for the Zoo 5K/10K took place on Sunday,

May 2. In the 5K, Shirley Lynn took first place in the women's division with a time of 17:49.

In the 10K Dagny Scott took third place in the women's division with a time of 40:48. Diana Best took first place in her age group with a time of 41:06.

Other 10K runners included:

Sal DeBari 38:40

Graydon Anderson 44:58

Judy Amer 45:29

Lyle Amer 37:02

Congratulations to all Run for the Zoo participants!

## Upcoming Races

Saturday, May 15, 1993

YMCA Spring Fun Run  
5K/10K  
265-6971

Sunday, May 16

Cerrillos Devil Throne  
5K & 15K  
Cerrillos  
268-6300

Sunday, May 23, 1993

"Run Your Dogs Off" 5K  
Rancho Encantado  
982-3537, ext. 302

Saturday, June 5, 1993

Santa Fe Run  
Around 5K/10K  
989-7704

Saturday, June 19

MADD Run for Your  
Life 5K  
Los Alamos  
672-1768

June 20, 1993

Taos Marathon, Half-  
Marathon, 5K  
758-4944

Saturday, June 26

El Gancho Triathlon  
988-5000



# Running Calendar

## MAY

Wednesday, May 5, 1993	Santa Fe Striders 6:00 pm @ The Plaza
Tuesday, May 11, 1993	Santa Fe Strider Mtg. @ Diana Best's Home
Wednesday, May 12, 1993	Santa Fe Striders 6:00 pm @ The Plaza
Saturday, May 15, 1993	May Fun Run (See attached flyer.)
Wednesday, May 19, 1993	Santa Fe Striders 6:00 pm @ The Plaza
Wednesday, May 26, 1993	Santa Fe Striders 6:00 pm @ The Plaza

## JUNE

Wednesday, June 2, 1993	Santa Fe Striders 6:00 pm @ The Plaza
Saturday, June 5, 1993	Santa Fe Strider's Run Around 5K/10K 9:00 am @ Waldorf School
Wednesday, June 9, 1993	Santa Fe Striders 6:00 pm @ The Plaza
Wednesday, June 16, 1993	Santa Fe Striders 6:00 pm @ The Plaza
Wednesday, June 23, 1993	Santa Fe Striders 6:00 pm @ The Plaza
Wednesday, June 30, 1993	Santa Fe Striders 6:00 pm @ The Plaza

## Bicycling the Santa Fe Trail (New Book)

Elaine Coleman's new book *Bicycling the Santa Fe Trail: A Historic Adventure* (Red Crane Books, Santa Fe) will be out in June. (Please note the book will be available under her name as an author: Elaine

Pinkerton.)

Last year, Elaine rode the Santa Fe Trail, which covers parts of New Mexico, Colorado, Kansas and Missouri. Elaine's new book is a practical guide for making this journey and also provides the reader with historical information.

In July Elaine will have a booksigning in Santa Fe. More details will be included in the June newsletter.

## El Ganchito Triathlon

The first El Ganchito Triathlon will take place on June 26, 1993 at 7:30 am. It will include a three-mile run, a 10.8 bike ride and a .12 mile swim. The cost will be \$12 for members and \$15 for non-members. Participants may do the triathlon individually or in teams (three members maximum). For more information, call 988-5000.

## The Run Around

The Santa Fe Run Around will take place on Saturday, June 5, 1993 at Waldorf School. Both races will start at 9:00 am.

The race will cost \$10 pre-race day and \$13 on race day. (Race day registration will be from 7:30 - 8:45 am.)

The race will start and end at Waldorf school. All participants will receive T-shirts, and awards will be given to the top three participants in each age category. (Please note, a race entry form is included with this newsletter.)

Sal DeBari, race director, will have a get together at his home to complete race packets on June 4. If you can help us with the race packets or with other race activities, contact Sal at 989-7704.

## May Fun Run

The San Marcos 10-Miler (10K and 5K) will take place on Saturday, May 15, 1993, starting at 9:30 am. (Please see the attached flyer.) For more information, call Dave Sneesby at 988-7410.



10K • 5K • 5K Fun Walk  
9 am Saturday June 5, 1993

SAN FRANCISCO STREET  
BAR & GRILL

# SUNWEST BANK

**Ten  
Thousand  
Waves**  
japanese health spa



**989-7704**

They will receive T-Shirts but no awards.

**Santa Fe, NM 87504**

☐ **Walk**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, waive and release the Santa Fe Striders Road Running Club, the City and County of Santa Fe and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_

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Parents Signature if under 18 years

Date \_\_\_\_\_



**FIFTEENTH ANNUAL SANTA FE RUN-AROUND**

Interstate 25

10K Turnaround

5K Turnaround

Rabbit Road

Rail Road

Rodeo Road

Za Road

Saint Francis Drive

Saint Michaels Drive

Cerrillos Road

3281 Cerrillos Rd

Italian Kitchen

Fresh Bakery

Old Santa Fe Trail

Cordova

Acquia Madre

376 Garcia St

Garcia Street Books

Cerro Gordo

Canyon Road

Plaza

Waldorf School

Race Start & Finish

PO Box 1818  
Santa Fe, NM 87504



## Club Contacts

President	John Pollak 983-2144
Vice President	Elaine Coleman 983-9747
Treasurer	Graydon Anderson 989-1633
Race Director	Salvatore DeBari 989-7704
Newsletter Editor	Danica Tutush 989-1819

***Mile Markers*** is an informational newsletter that is published monthly for the members of the Santa Fe Striders. The deadline for the next issue is May 26, 1993. Please submit articles, race results or other information to Danica Tutush, Rt. 10 Box 83-2, Santa Fe, NM 87501, or at 989-1819.

# ~ May's Fun Run ~

## THE SAN MARCO'S 10-MILER

### (and 10 K. & 5 K. RUNS)

Saturday May 15<sup>th</sup>

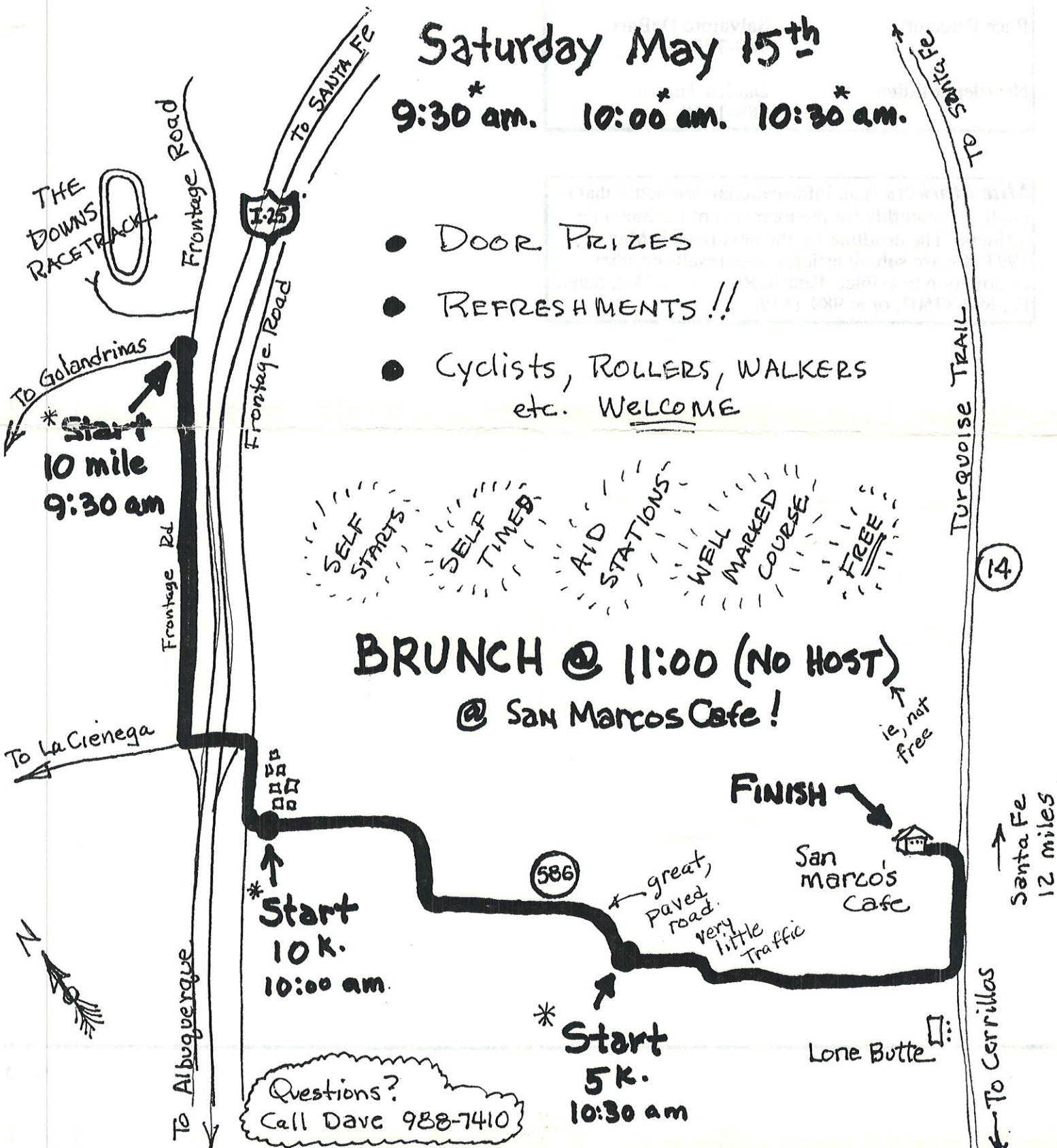
9:30\* am. 10:00\* am. 10:30\* am.

- DOOR PRIZES
- REFRESHMENTS !!
- Cyclists, ROLLERS, WALKERS etc. WELCOME

SELF STARTS SELF TIMED AID STATIONS WELL MARKED COURSE FREE

BRUNCH @ 11:00 (NO HOST)

@ San Marco's Cafe!





**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.



## Mile Markers

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



Jim Westmoreland  
2363 Camino Carlos Rey  
Santa Fe, NM 87505

