



# Mile Markers

*We Give You the Run-Around*



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

April 1994  
Vol. 16 No. 4

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### May Meeting

Elaine Coleman will host the May meeting on Tuesday, May 9, 1994. A potluck will begin at 7:00 p.m. and the business meeting will start at 8:00 p.m. Elaine lives at 899 E. Zia Road. For directions, call Elaine at 983-9747.

### Upcoming Races

#### APRIL

- Sat., Apr. 2      Day After Fools 5K/10K  
Joe Sutton, 888-3479
- Sat., Apr. 9      Al Waquie UIR 5K/10K  
Joe Sutton, 888-3479
- Sun., Apr. 10     T-VI 5K/10K  
Rosella Ochella  
224-3080
- Sun., Apr. 17     Spring Turq. Trail  
Half Marathon, 5K  
Charlie Otero, 345-4274

- Sat., Apr. 23      5K Fun Run  
Santa Fe Community  
College  
438-1615
- Sat., Apr. 23      Gathering of the Nations  
8K  
Gil's, 268-6300
- Sun., Apr. 24      La Bajada Run  
10:00 am  
June Dickinson  
988-3428  
(see flyer.)
- Sun., Apr. 24      7th Annual  
John Meighen  
Rio Grande Memorial  
Belen  
864-7729
- Sun., Apr. 24      Albuquerque Track Club  
All-Comers Meet  
Milne Stadium  
James Martin, 296-6300
- Sun., Apr. 24      MVTC Triathlon  
Las Cruces  
524-7824
- Sat., Apr. 30      Bandalier Marathon  
Rene LeClaire, 662-5215
- Sat., Apr. 30      Santa Fe Southern  
HeartRide Tour to  
Lamy  
986-1440

**MAY**

Sun., May 1 Run for the Zoo 5K/10K  
Gwen Poe, 247-1533

Sat., May 7 Mini Triathlon  
.25 M- pool swim;  
6 M-bike; 3 M- run  
Santa Fe Community  
College  
438-1293

Sat., May 7 Shiprock Marathon  
326-2273

Sun., May 8 Fiesta 500 5K  
Run/Racewalk  
Los Lunas  
345-4274

Sun., May 8 Jemez Pueblo Mother's  
Day Run, 5K/10K  
834-7392

Sun., May 8 Mother's Day Run  
Gallup  
5K/10K  
863-3409

Sun., May 15 Cerrillos 5K/15K  
Albuquerque  
Gil's 268-6300

May 20-21 Santa Fe Indian School  
24 Hour Relay  
988-6273

**JUNE**

Sat., June 4 Tour of the Gila 5K  
Silver City  
388-4738  
538-6358

Sun., June 5 Nightingale Classic

5K/10K  
Albuquerque  
255-4717

Sat., June 11 La Luz Friendship Run  
Half Marathon, 4.4 &  
1 M Races  
437-3510

Sun., June 12 Run & Roll for Rehab  
5K/10K  
848-8724

Sun., June 19 Firefighter's Father's Day  
Run, 5K/10K  
Albuquerque  
Gil's 268-6300

Sun., June 26 Wheeler Peak 5K, 11M  
Red River  
Gil's 268-6300

**Running Calendar****APRIL**

Sun., Apr. 3 **Daylight Saving  
Time begins;  
Wednesday  
night meetings will  
begin at 6:00 p.m.**

Wed., Apr. 6 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Tues., Apr. 12 Santa Fe Striders Meeting  
7:00 p.m. @ Mary  
Platts' House  
471-2806

Wed., Apr. 13 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Wed., Apr. 20 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Wed., Apr. 27 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

### MAY

Wed., May 4 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Tues., May 10 Santa Fe Striders Meeting  
7:00 p.m., Elaine  
Coleman's House  
899 E. Zia  
983-9747

Wed., May 11 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Wed., May. 18 Santa Fe Striders Run  
5:30 p.m. @ The Plaza

Wed., May. 25 Santa Fe Striders Run  
5:30 p.m. @ The Plaza

### JUNE

Wed., June 1 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Wed., June 8 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Tues., June 14 Santa Fe Strider Meeting  
7:00 p.m., Place: TBD.

Wed., June 15 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Wed., June 22 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Wed., June 29 Santa Fe Striders Run  
6:00 p.m. @ The Plaza

### Club Contacts

President John Pollak  
983-2144

Vice President Elaine Coleman  
983-9747

Treasurer Graydon Anderson  
989-1633

Race Director Jim Westmoreland  
438-8602

Newsletter Editor Danica Tutush Girard  
989-1819

### Club Contributions

Thanks to the following members for contributing to the March issue of *Mile Markers*:

- Kim Bear
- Elaine Coleman
- June Dickinson
- Mary Platts
- Jeremy Yang

**Editor's Note:** I am trying to publish our club's meeting dates two months in advance (when possible). If you can host the June club meeting or other meetings in the future, please contact me, Danica Tutush Girard, at 989-1819 as soon as possible. Thanks in advance for your support!

**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 April 28, 1994. Please submit articles, race results or other information to Danica Tutush Girard, Route 10 Box 83-2, Santa Fe, NM 87501, or at 989-1819.

***RUNNING IN SANTA FE IS MORE FUN AS A SANTA FE STRIDER!***

Dear prospective Santa Fe Strider:

We want YOU!

Consider what you get for your \$15 membership fee. For starters, all Strider members get a \$2.00 discount on club-sponsored races. (This may not sound like much, but it adds up.)

You will receive a year-long subscription to our newsletter, *Mile Markers*, which includes announcements of monthly potluck-meetings, upcoming races, times and places of our own race participants, editorials, reviews and much more. If you have running tips or anecdotes you'd like to share, *Mile Markers* welcomes submissions. You'll receive announcements about our Wednesday night club runs, Sunday morning runs, picnics and special fun runs that happen about six times a year.

Become a contributing member of the running community by joining the Santa Fe Striders! As a Strider, you have a chance to help local races happen. We need you to attend our work parties and help with the mechanics of putting on our local runs. (This is more fun than burdensome!)

Who are we? Other running clubs have come and gone, but the Santa Fe Striders, established in 1976, is the pillar of the local running community. We sponsor quality events, including the January Corrida de los Locos, the June Run-Around, the Big Tesuque Run and the Fowl Day Run. The Striders have given scholarships to talented young runners at local schools and have sponsored scholarship benefit runs for Santa Fe Prep.

Why miss out on the fun and camaraderie any longer? Do something nice for yourself and send in your application today. If you have questions, call President John Pollak at 983-2144.

***JOIN NOW: RACE DISCOUNTS/FUN RUNS/ NEWSLETTER SUBSCRIPTION***

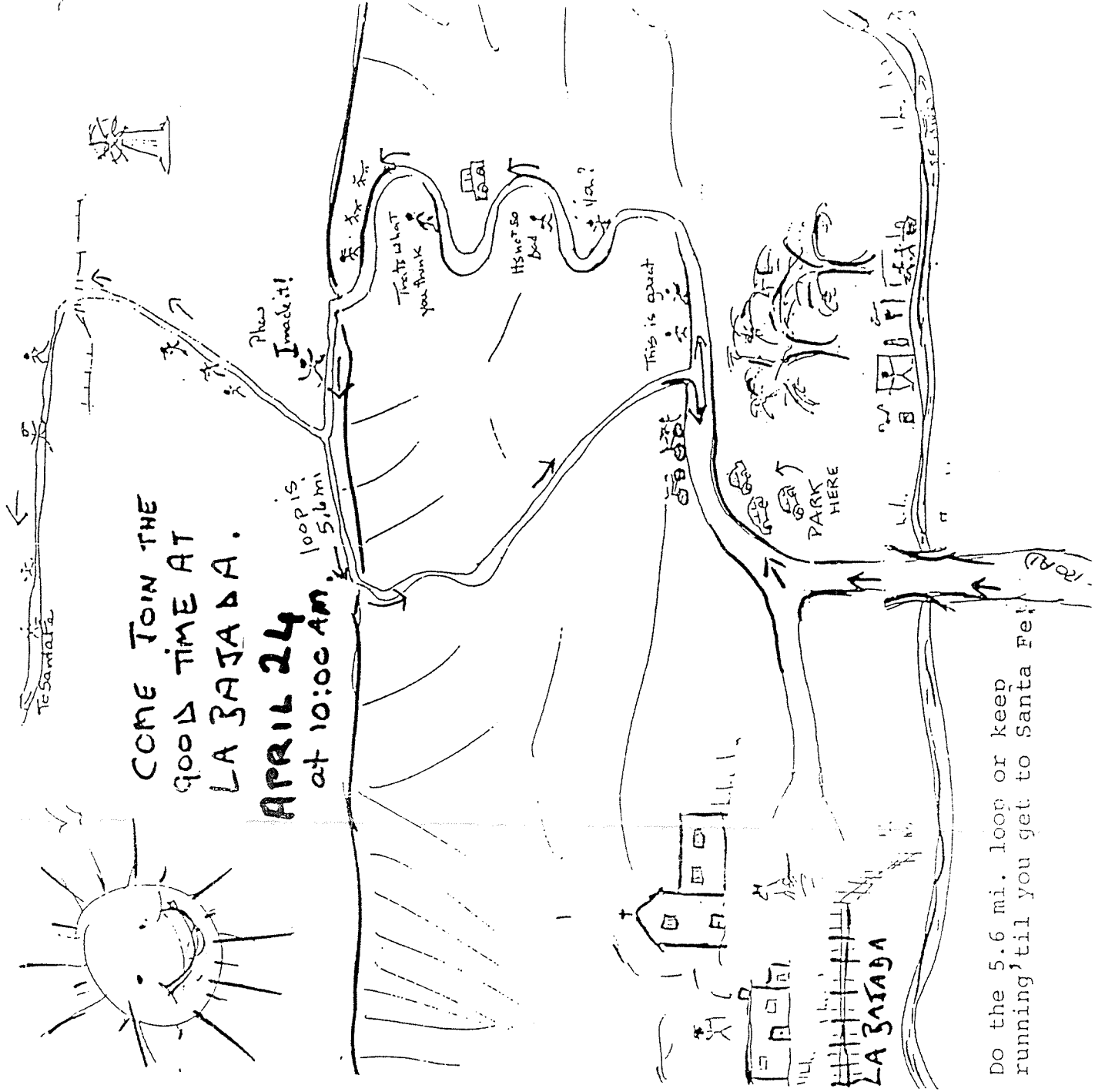
5th ANNUAL LA BAJADA RUN

Sunday, April 24, 10:00 am

YES, it's on again.

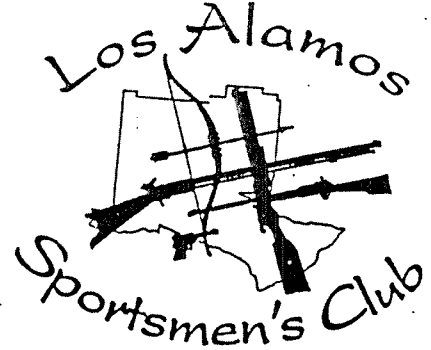
Meet at LA BAJADA at 10:00 a.m. Its easy to find -- just take the Cochiti Exit, drive 3.6 miles and turn right towards La Bajada Village (and Tetilla peak). Continue for 1 mile and take a dirt road for 1½ miles and cross over the Santa Fe River. Just beyond the river go right and park. Bring a pic-nic, lots of water, warm clothes as it can be windy on top of the mesa. Walkers, bikers, dogs are all welcome.

For more information call June at 988-3428.



Do the 5.6 mi. loop or keep running 'til you get to Santa Fe





#### NATIONAL TEAM RACE IN LOS ALAMOS OPEN TO PUBLIC

Joining together to sponsor a national athletic event here in Los Alamos are two subclubs of Club 1663, the Los Alamos Sportsmen's Club and the High Altitude Athletic Club. Both are working together to bring the US National Summer Biathlon team to Los Alamos for a spring training camp.

Summer Biathlon is a national sport, matching the fast pace and stamina of running with the focus and mental composure of rifle marksmanship.

The team of twentytwo men and women from across the U.S. will arrive May 12 to fine tune their skills and compete at the Sportsmen's Club in Rendija Canyon. The camp will end on Saturday May 14 with a race open to the public... both to participate and watch. It is scheduled to start at 10 am.

Wally Walters, the race director, is seeking broad participation in the race. "We've invited the Pro-Force to compete, along with a whole lot of other folks. Maybe we can muster a little friendly competition!"

All equipment is provided and a safety clinic is mandatory for first time Biathletes. Clinics will be held at the Sportsmen's Club before the race, May 13 and 14; and in Santa Fe, by the National Guard, on May 7.

ML Productions will be "shooting" the Los Alamos race for ESPN. "I'm told some races are shot with a cameraman riding a motorcycle," said Walters. "That I gotta see!"

Participants run a 5 kilometer cross-country course that is split into three loops, stopping twice to shoot 22 caliber rifles. The first loop is 1.5 kilometers. The competitor then enters the walk zone into the range and has five tries to hit five metal knock-down targets, from a prone position, set at 25 meters. Each hit deducts fifteen seconds from his or her running time.

page two  
Summer Biathlon cont'd

The next loop is 2 kilometers. This second stop is to shoot off-hand (standing) with every hit worth a thirty second deduction. The last loop is a repeat of the first 1.5 kilometer loop. While results are being calculated, a "fun shoot" competition will be held, with awards, and featuring gold medalist marksman, Launi Meili.

Summer Biathlon has merged recently with the Olympic sport of Winter Biathlon at Olympic headquarters in Lake Placid, New York. (Winter Biathlon involves cross country skiing instead of running.) One of the summer team members coming to Los Alamos has recently returned from competing in the Olympics in Lillehammer, and two are from New Mexico.

"It's the chance of a life-time to compete with Olympic caliber athletes," said Walters. "There are only two times a year the entire National Team is assembled. Once will be here in Los Alamos, and then at the National Championship at the end of the season."

To receive an entry form, call Wally Walters at 665-5795. Forms are also available at the Larry R. Walkup Aquatic Center on Canyon Road in Los Alamos, at the Los Alamos County Parks and Recreation Office.

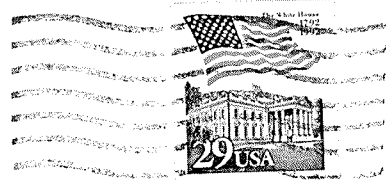
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