



Mile Markers



We Give You the Run-Around

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

June 1994
Vol. 16 No. 6

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June Meeting

Each year many of our club members volunteer and help out a lot with the June Run Around Race. Traditionally, we have given everyone a break and skipped having a June meeting. Therefore, we won't have a June club meeting. Hope to see all of you at our next meeting in July.

July Meeting

Our July meeting will be at Dale and Kenny Goering's House. Call Dale and Kenny at 983-6616 for directions.

The potluck will begin at 7:00 p.m., followed by the club's business meeting at 8:00 p.m.

Race Results/Membership News

Results from Santa Fe Run Around, June 4, 1994

5K Race

Men's Results

Overall Men's : Craig Heacock, 17:15

Overall Women's Winner: Dagny Scott, 20:46

Men's 40-49, George Croshaw, 20: 29, 3rd Place

Women's 40-49, Donna Berg, 25:11, 2nd place

10K Results

Men's 40-49, Paul Maudlin, 45:10, 3rd place

Men's 50-59, Robert Werner, 43:36, 1st place

Dave Sneesby, 47:08, 2nd place

Women's 30-39, Diana Hardy, 46:01, 1st place

Women's 40-49, Jody Visalli, 47:05, 1st place

Mary Platts, 52:02, 3rd place

Women's 50-59, Vivian Reinkainen, 54:04

Congratulations to all Santa Fe Run Around participants and thanks to all those who helped out with this race. In addition, we have included a thank you list to our sponsors in the back portion of this newsletter.

Upcoming Races

JUNE

- Sat., June 4 Tour of the Gila 5K
Silver City
388-4738
538-6358
- Sat., June 4 Santa Fe Run Around
10K/5K/5K Walk
438-8602
(See attached flyer.)
- 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
- Sat., June 18 Second Annual El Gancho
Triathlon
988-5000
- 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

JULY

- Sun., July 3 4th of July Midnight Run
Gil's 268-6300

Mon., July 4 Independence Day Run
8K/1M
Las Cruces
526-0593

Sat., July 9 Los Alamos
Mini-marathon 5K/20K
Gary Wall 662-5665

Sun., July 10 Dino Dash 5K/10K
David Hafner 841-8837

Sat., July 16 Burn Lake Triathlon
Las Cruces
526-0593

Sun., July 17 Abwa 5K/10K
Lisa Wilson 839-0053

Sun., July 17 Wind Messenger & Popay
Footrace 5K/10K
Santa Clara Pueblo
Wings 982-6761

Sat., July 23 Women's Distance
Festival 5K
Betsy Zolper 291-0429

Sat., July 30 Run for the Mountain
5K/10K
Jerome 281-3304

Sun., July 31 River Pointe Triathlon
Fred
266-8936 or 897-3716

AUGUST

Aug. 3-7 State Senior Olympics
291-6277

Sun., Aug. 7 La Luz 9 Mile Mountain
Run
Tony Vigil
265-8298

Aug. 11-14 USATF Masters Outdoor
Track and Field
Champion ships
Eugene, Oregon

Sat., Aug. 13 Summer 5K/10K
Las Cruces
524-7824

Sun., Aug. 14 Giant Travel Center/ Inter
Tribal Indian Ceremonial
Half Marathon, 5K
David Raleigh
722-6655

Sat., Aug. 27 Great American People
Race 10K/2 Miles
Deming
546-2674

Sun., Aug. 28 Steve Gachuping 13 Mile
Run
Jemez Pueblo
Steve
834-7392

SEPTEMBER

Mon., Sept. 5 Santa Fe Trail Run
5K/10K
Gil's, 268-6300

Sun., Sept. 11 Duke City Marathon,
Half Marathon, 5K
888-2448

Sun., Sept. 25 Big Tesuque 11.6 Miles
Jim Fisher
455-0259

Running Calendar

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

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

JULY

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

Tues., July 12 Santa Fe Strider Meeting
7:00 p.m., Dale and
Kenny Goering's House.
Call 983-6616 for
directions

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

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

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

AUGUST

Wed., Aug. 3 Santa Fe Striders Run
6:00 p.m. @ The Plaza

- Tues., Aug. 9 Santa Fe Strider Meeting
7:00 p.m., Place TBD
- Wed., Aug. 10 Santa Fe Striders Run
6:00 p.m. @ The Plaza
- Wed., Aug. 17 Santa Fe Striders Run
6:00 p.m. @ The Plaza
- Wed., Aug. 24 Santa Fe Striders Run
6:00 p.m. @ The Plaza
- Wed., Aug. 31 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

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 June 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.

Membership Drive

Do you know someone who runs, jogs, bikes, or walks and isn't a member of the Santa Fe Striders? If so, please pass the attached cover letter and membership application on to them. The Santa Fe Striders will only remain as strong as its club members and we need your help now!

Remember being a club member is fun--so why not share our club with others? Also, club membership has its advantages, such as receiving club and race information through this newsletter and discounts at race sponsored by the Striders. So pass the word to others!

Thanks in advance for your help!

Thank You to Race Sponsors

The Santa Fe Striders would like to thank the following sponsors for the 16th Annual Santa Fe Run Around.

Chavez
FINE JEWELERS

Diamonds . . . The Personal Touch **Faustin "Tino" Chavez**
President

DeVargas Center
171 Paseo de Peralta
Santa Fe, New Mexico 87501
(505) 988-8009



Wharton's Crafted Gifts
'A Showplace for Craftsmen'

Owners George and Pat Wharton

173 Paseo de Peralta
De Vargas Mall (505) 983-3066
Santa Fe, New Mexico 87501 Fax. (505) 983-0841

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



CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Santa Fe Striders Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE _____ DATE _____

PARENTS' SIGNATURE if under 18 yrs. DATE _____

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.



Wings

5th Annual
Wings of the Southwest

Wind Messenger Po'pay Foot Race

Sunday, July 17, 1994

Santa Clara Pueblo Village, New Mexico

(in conjunction with Eight Northern Indian Pueblos Artist
and Craftsman Show, July 16 and 17)

5K and 10K Races

Children's (12 and under) 1 mile race

OPEN TO ALL

Fees: Adult, ages 13 and over: \$10 with pre-registration (postmarked July 8)
\$15 on Saturday and race day
(includes t-shirt)

Children, ages 12 and under: \$7 in advance and on race day (includes t-shirt)
Pre-registration forms must be postmarked by July 8.

Race fees do not include entry to Artists and Craftsman Show

Registration: Saturday, July 16 8:00 a.m. - 5:00 p.m. at WINGS booth at Crafts Fair
Sunday, July 17 7:00 a.m. - 7:45 a.m. for 5K and 10K
(NO REGISTRATION AFTER 7:45 a.m.)
Children's race 8:00 - 8:45 a.m.

Race Times: Traditional blessing 8:00 a.m.
5K and 10K races 8:05 a.m.
Children's race 9:00 a.m.
Awards Ceremony 9:45 a.m.

Awards: Nambe Ware For Best Overall in 5K & 10K. Santa Clara pottery medalions for age
divisions: 12 and under; 13- 15; 16-19; 20-29; 30-39; 40-49; 50-59; 60 and over.
Raffle of t-shirts and other gifts.

*Co-sponsored by Eight Northern Indian Pueblo Council, Santa Clara Pueblo and
The Earth Circle Foundation, Inc.
For information, call Wings 505-982-6761*

Pre-registration Form (must be postmarked by July 8th)

Name: _____

Address: _____

City: _____ State _____ Zip _____ Telephone: _____

Birth Date: _____ Age (as of 7/17): _____ Sex _____

Event: 5K _____ 10K _____ Children's (12 and under) _____

Pre-registration Entry fee enclosed: (check one)

\$10 in advance for 5K or 10K _____

\$7 children's _____

T-shirt size: (circle one) M L X-L (adult sizes only)

Make checks or money orders payable to *The Earth Circle Foundation, Inc.*

WAIVER (MUST BE SIGNED)

I hereby release The Earth Circle Foundation, Inc., Wings of the Southwest, Santa Clara Pueblo, Eight Northern Indian Pueblo Council, USA Track and Field, New Mexico and all agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring company(ies), agency(ies) or individual(s) from responsibility for any injuries or damages I may suffer as a result of my participation in the Wind Messenger and Po'Pay Foot Races and related events. I hereby certify that I am in good condition and am able to safely compete in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. and I also understand that the entry fee is nonrefundable. As a participating athlete, I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by signature below.

Signature of athlete _____ Date _____

Signature of parent, if under 18 _____

Mail form & payment to: Wings of the Southwest, 53 Old Santa Fe Trail, Santa Fe, NM 87501

Wings of the Southwest
The Earth Circle Foundation
53 Old Santa Fe Trail
Santa Fe, NM 87501

Non-profit Org.
U.S. Postage
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