



# Mile Markers

*We Give You the Run-Around*



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

August 1994  
Vol. 16 No. 8

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### August Meeting

Thanks to Dale and Kenny Goering' for hosting our July meeting. The August meeting will be Tuesday, August 9 at Carl and Dolores Gable's house. The potluck will begin at 7:00 p.m., followed by the club's business meeting at 8:00 p.m.

#### Directions:

From the intersection of St. Francis and West Alameda, go 3.25 miles west on Alameda. Make a right onto Chicoma Vista, about a quarter mile past Hanson Lumber. The Gable house is the 5th driveway on the left. (It will be the 1st driveway on your left after crossing the arroyo at the bottom of the hill.) For more information, you may reach them at 471-7674.

### Upcoming Races

#### AUGUST

- |               |  |
|---------------|--|
| Aug. 3-7      | State Senior Olympics<br>291-6277  |
| Sat., Aug. 6  | Desert Run 5K<br>NM Boys Ranch<br>Phil Gregory 865-9780  |
| Sun., Aug. 7  | La Luz 9 Mile Mountain<br>Run<br>Tony Vigil<br>265-8298  |
| Aug. 11-14    | USATF Masters Outdoor<br>Track and Field<br>Champion ships<br>Eugene, Oregon                             |
| Sat., Aug. 13 | Making Strides for<br>Women's Cancer 5K/10K<br>Santa Fe<br>827-5925                                      |
| Sat., Aug. 13 | Summer 5K/10K<br>Las Cruces<br>524-7824  |
| Sun., Aug. 14 | Giant Travel Center/ Inter<br>Tribal Indian Ceremonial<br>Half Marathon, 5K<br>David Raleigh<br>722-6655 |
| Sun., Aug. 14 | Taos Ski Valley Hill Run<br>and Relay, 7 mi.<br>776-1860   |

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

Mon., Sept. 5      Turtle Marathon  
Roswell  
624-0257

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**

**AUGUST**

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

Tues., Aug. 9      Santa Fe Striders Meeting  
7:00 p.m., Carl and  
Dolores Gable's house  
471-7674

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

**SEPTEMBER**

Wed., Sept. 7      Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Tues., Sept. 13      Santa Fe Striders Meeting  
7:00 p.m., place TBD

Wed., Sept. 14      Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Wed., Sept. 21      Santa Fe Striders Run  
6:00 p.m. @ The Plaza

Wed., Sept. 28      Santa Fe Striders Run  
6:00 p.m. @ The Plaza

**Fun Runs**

On Saturday, August 6, the Santa Fe Hash House Harriers will gather for a fun run at 3:00 p.m. in the parking lot of Fox's Upstairs Bar and Grill, located on 720 St. Michael's. Anyone interested should bring running shoes and \$4.00 for post-run refreshments. For more information, call Jeremy "Compassion fruit" Yang at 473-2706.

On August 21, Masters Runners Unlimited will host the 1st Fun Run to Lamy, 5K/10K Runs. Runners will gather at the Lamy Train Station by 10:00 a.m., and will be driven to the start of the 5K/10K fun runs. The runs will end at the Lamy Train

Station, where there will be a potluck. Runners should bring an item to share, and their own cups and utensils. Masters Runners Unlimited will provide ice, water, and soft drinks. For more information, call MRU President Bill Gilmore, 292-2056.

## 12th Annual Athens Peace Marathon

An acquaintance of mine, Jackie Crowe, is organizing a trip to Greece this year for the Athens Marathon. The particulars are as follows:

The ATHENS OPEN INTERNATIONAL MARATHON, held every October since 1972, commemorates the run of Pheidippides to announce the Athenian victory over the Persians at the Battle of Marathon (490 B.C.). The race begins outside the village of Marathon and continues along Pheidippides' route for exactly 42.195 km (26.2 miles) to the Panathenaic Stadium built for the first modern Olympic Games (1896) in Athens.

The Marathon will be run Sunday, October 30, 1994. Jackie Crowe, a member of the Sentara Hampton Health and Fitness Center, has packaged a trip for those who wish to run the "original" marathon. The cost is \$1995 and includes round-trip air from ABQ to ATH, hotel transfers in Athens, 6-night lodging at a nice hotel within walking distance of the Acropolis, the Plaka, and the Panathenaic Stadium, 6 breakfast buffets, trip insurance, race participation fee, and a tour director. The \$1995 is for double-occupancy at the hotel; a private room is \$300 extra. For additional information, contact Jackie at Ann Edward Travel in Hampton, VA at (804) 827-0060, FAX (804) 827-7526, or (800) 569-0261.

I have a copy of the race entry form/brochure, which gives some information about the race for those interested. Call me at 984-8330, if you want to see the race brochure.

*Michael Guttman*

## 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 August 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 races sponsored by the Striders. So pass the word to others!

Thanks in advance for your help!

## ***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.

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SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

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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.

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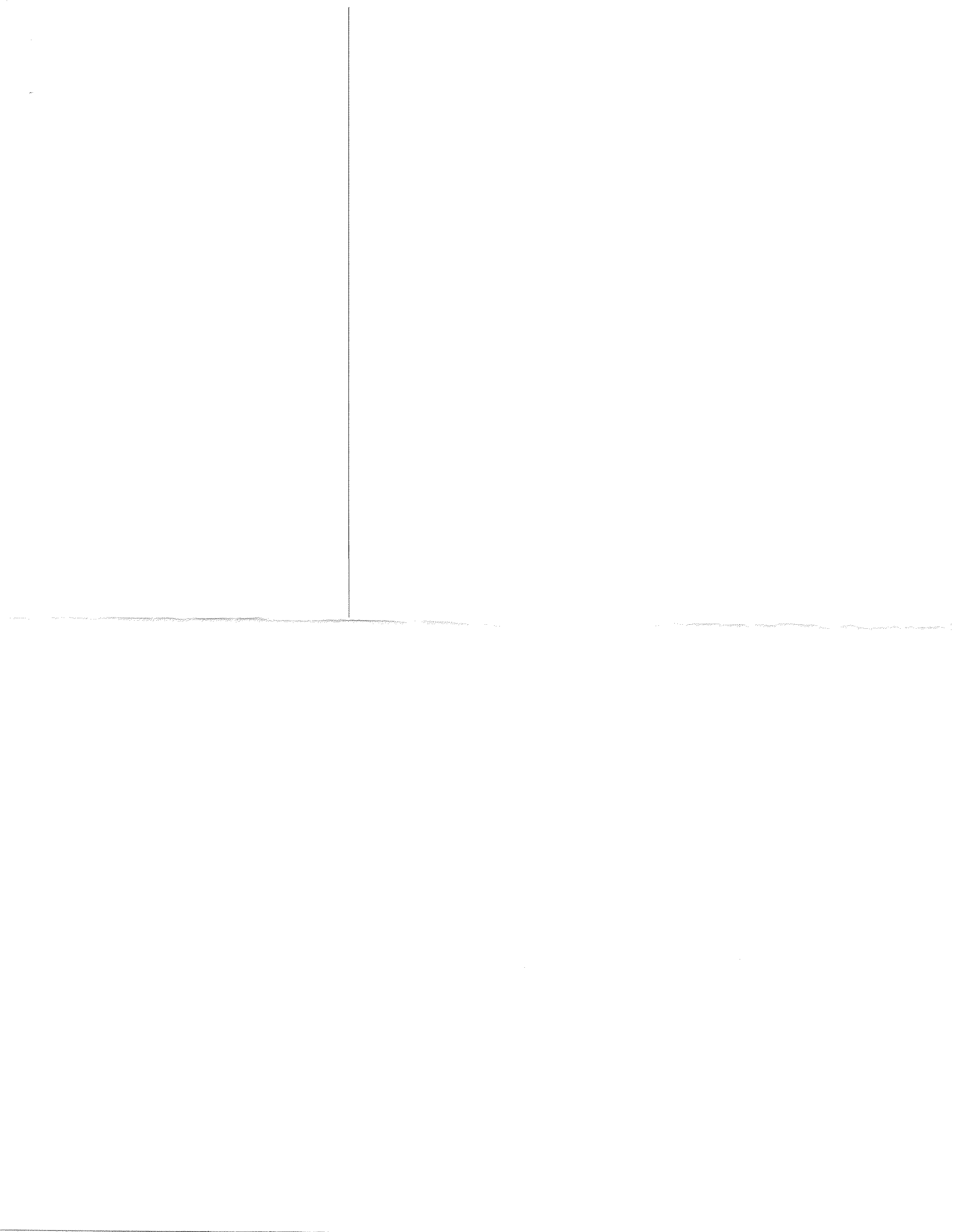
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