



Mile Markers

We Give You the Run-Around



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

November 1994
Vol. 16 No. 11

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November Meeting

Thanks to Danica Girard for hosting our October meeting. Dale and Kenny Goering will host our November meeting. The potluck will begin at 7:00 p.m., followed by the club's business meeting at 8:00 p.m. For more directions to Dale and Kenny's, call them at 983-6616.

Race Results/Membership News

Congratulations to Santa Fe Strider *Shirley Lynn and husband Kevin Van Slooten* on the birth of their daughter, Sienna Van Slooten on October 8, 1994. After a 25 hour labor, Sienna was born at 1:00 a.m. She weighed in at 9 lbs. and measured at 21 inches.

Shirley said despite being in shape good before and during the pregnancy, it was still the "hardest thing she ever did, much harder than any race."

Mother and daughter are at home and are both in good health.

Jack Lippincott ran the Office Depot 5K in Houston on October 6 in 18:22. On October 16, Jack ran the H.A.R.R.A. 20K in Houston in 1:22:58. He is currently training for the Houston Tenneco Marathon. Congratulations to Jack!

Upcoming Races

NOVEMBER

- | | |
|----------------|-----------------------------------------------------------------------------|
| Sat., Nov. 5 | Pecos Valley Roundup 10K/20K 624-0257 |
| Sun., Nov. 6 | Albuquerque Track Club All-Comers Cross Country 821-0340 |
| Sat., Nov. 12 | Baylor Pass Trail Run 5.9 Miles Las Cruces 524-7824 |
| Sun., Nov. 13 | NM USATF State Cross Country Championships Acoma/Sky City 865-8612 |
| Thur., Nov. 24 | Albuquerque Turkey Trot 5K/10K Gil's 268-6300 |

DECEMBER

Sat., Dec. 3 White Sands/Alamagordo
Marathon
382-8869 or
437-4731

Sun., Dec. 4 Jingle Bell Run for
Arthritis 5K
Albuquerque
265-1545 or
(800) 999-8022

Sat., Dec. 10 Reindeer Run
Roswell
624-0257

JANUARY

Sat., Jan. 1 Egg Nog Jog, 4 Mile
Race
Albuquerque
Gil's 268-6300

Running Calendar

NOTE: Daylight Savings Time ends
October 30. In November, we will meet for
our weekly runs at 5:30 p.m. instead of 6:00
p.m.

NOVEMBER

Wed., Nov. 2 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Tues., Nov. 8 Santa Fe Striders Meeting
7:00 p.m. @ Dale and
Kenny Goering's House

Wed., Nov. 9 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Nov. 16 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Nov. 23 Santa Fe Striders Run
5:30 p.m. @ The Plaza

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

NOTE: The Santa Fe Striders will not
have a regular meeting in December.
Instead we will have our annual Christmas
party and elect new officers for 1995. The
time and place will be published in the
December issue of *Mile Markers*.

DECEMBER

Wed., Dec. 7 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Dec. 14 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Dec. 21 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Dec. 28 Santa Fe Striders Run
5:30 p.m. @ The Plaza

JANUARY

Wed., Jan. 4 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Tue., Jan. 10 Santa Fe Striders Meeting
7:00 p.m. @ TBD

Wed., Jan. 11 Santa Fe Striders Run
5:30 p.m. @ The Plaza

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

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

Impressions of a Winter Mountain Run

Sunday, October 16, 1994

Runner's a go-go,
down the Borrego,
up the Bear Wallow.

Black tights and poly-pro
contrasts with the virgin snow.

The wind has left
the winter's freeze
on ghostly guideposts
of enshrouded clouds
of moving mist,

tall trees uprooted
from the needle covered earth,

the last old age aspen growth
of autumn glow
split off at half mast,
like silent ships in sullen seas,

and I, post-holing
through openings
of once-flowered meadow,
suffer carpal tunnel
syndrome of the knees.

Fallen leaves
impinge in pale pastel
of diluted orange-ade
where dark carcasses
crash across
the dimly patterned
powder path
and snag the outer clothes
of those who sweep,
like plow, a forest swath,
and bag, like open game,
four forest service mileage
signs, for keeps.

--By Michael G. Sutin

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 November 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!

THE 1994 FOWL DAY RUN

HAVE A FOWL DAY
AND HELP THE NEEDY

STARTING TIME: 9:00 AM, Saturday, November 19, 1994

START/FINISH/COURSE: The course consists of road running and cross-country/arroyo running, and it will start and finish in Ft Marcy Park. There will be a 5K run and a one to two mile fun walk.

ENTRY: Open to all runners and walkers. Donations of non-perishable food items will be required for entry (suggested donation is approximately \$8 or more of non-perishable food items).

Food donations will be distributed through Salvation Army Food Boxes to local needy families during the holidays. In addition to food donations the Salvation Army will also be accepting sweaters and jackets.

PRIZES: There will be a random drawing for prizes at the conclusion of the run/walk. In addition, bonuses and prizes will be given out to many registered participants at the time of registration.

NO PRE-REGISTRATION. RACE DAY REGISTRATION ONLY: 8:15 AM TO 8:55 AM AT STARTING AREA.

POST-RACE REFRESHMENTS WILL BE SERVED TO ALL PARTICIPANTS.

INFORMATION: 983-2144 or 473-3159

BROUGHT TO YOU BY: THE SANTA FE STRIDERS

SANCTIONED BY: ROAD RUNNERS CLUB OF AMERICA

SPONSORS INCLUDE



Garcia Street Books



RUN AGAINST HUNGER

A BENEFIT FOR THE SALVATION ARMY

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1994 Membership List

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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.

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