



Mile Markers

We Give You the Run-Around



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

December 1994
Vol. 16 No. 12

IN THIS ISSUE:

- **December Meeting**
- **Race Results/Membership News**
- **Upcoming Races**
- **Running Calendar**
- **Fowl Day Run**
- **A Note from the Club President**
- **Membership Drive
(Attached flyer)**
- **Club Contacts**
- **Santa Fean knocks off three-time
champ for USATF title (Reprint from
The New Mexican)**
- **1994 Club Membership List**

December Meeting

Thanks to Dale and Kenny Goering for hosting our November meeting.

The December meeting will be Tuesday, December 13, 7:00 p.m. at Sergio's Restaurant on 1620 St. Michael's Drive. This is our annual Christmas meeting, and we will be electing new club officers for 1995.

Race Results/Membership News

Congratulations to Dagny Scott for being named winner of the 1994 state U.S.A. Track and Field Grand Prix series, which included 10 races held throughout New Mexico. (See the attached article by Don Jones from *The New Mexican*.)

Inaugural Run & Ride Competition

The following are results from the Run and Ride competition held on Sunday, October 30, 1994. The format of the event was a two-person team with one mountain bike. The team had to negotiate an 11.6-mile course across railroad tracks and had to arrive at the finish together (both members and the bike).

Team #1: Carl Gable & Allen Obermeier, 1 hr., 4 min.

Team #2: Jeremy Yang & Paul Scott, 1 hr., 7:04 min.

Team #3, Diana Hardy & Jim Westmoreland, 1 hr., 7:54 min.

Team #4, Michael Guttman & David Sneesby, 1 hr., 31 min.

Several runners ran the whole distance and several riders rode the whole distance. Bill Reifsnnyder ran the rocky, hilly course at a 5:38 pace.

A picnic followed the event. We'd like to try this event again next year.

Upcoming Races

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

Sat., Jan. 21 ARR Twosome
Kurt Coonrod, 291-9388

Sat., Jan. 28 2nd Annual Santa Fe
Snowshoe Classic,
Hyde State Park,
4.5 Miles, 10:00 a.m.
Redfeather snowshoes
available for rent,
Craig Heacock, 984-2388

Sun., Jan. 29 Super Bowl Sunday,
5K/10K, Las Cruces
524-7824

FEBRUARY

Sat., Feb. 11 Rio Grande 8 Mile Run,
5K Run/Walk
Las Cruces
524-7824

Running Calendar

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

DECEMBER

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

Tues., Dec. 13 Santa Fe Striders
Christmas Meeting,
7:00 p.m.,
Sergio's Restaurant
1620 St. Michael's Drive

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

Fowl Day Run

More than 75 runners and walkers
contributed a total of 658 pounds of food,
plus \$53.68 in cash, to the Salvation Army at
the 1994 Have a Fowl Day Run.

The November 19 event, sponsored by the Striders, was held on a beautiful day. Among the participants were many who have run the arroyo-and-road course for most of the 14 years it has been around.

The usual suspects showed up to help out with the race. They included Dale Goering, who helped mark the course, made like a traffic cone during the race, and brought a turkey for the post-race raffle; June Dickinson and Mike Guttman, who helped mark the course (on which no one got lost); Striders President John Pollak, who under the able guidance of his son, Justin, helped with the registration and timed the finishers; Diana Hardy, who kindly set aside her plans to run the race in order to help direct the runners and walkers; Jim Westmoreland, who with Diana brought the T-shirts given away to participants (Jim was sorry there weren't more participants since he stores them at his house); Dave Sneesby, who was emcee before the start of the race; and Jim Fisher, who brought a couple of glass figurines from the Big Tesuque Run, which were given to the middle-of-the-pack runners. Also, thanks to anyone else I forgot to mention.

Winners of the post-race random drawing won prizes contributed by Elaine Coleman; Diego's Cafe; Garcia Street Books; DeVargas Mall Center; San Francisco Street Bar and Grill; and Dale Goering. A large number of water bottles were given out in the drawing.

The Salvation Army heated up cider, hauled away the food, and provided what respectability there was to the event. Kitchen Fresh Bakery made the doughnuts that went with the cider.

The energy bars that were given to the participants, along with T-shirts, weren't as tasty as they could have been. But you can't have everything.

--Tom Day, Race Director

A Note from the Club President

Dear Striders,

Thank you for your confidence in me to lead the club these last few years and for your support in my attempt to do so. For two reasons, I will not enumerate the individuals whose stellar contributions made those years so enjoyable and easy. The first is obvious--I might neglect someone. The second is that this newsletter could not contain them all. Thank you.

--John Carroll Pollak

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

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!

Santa Fean knocks off three-time champ for USATF title

Dagny Scott of Santa Fe has been named the winner of the 1994 state U.S.A. Track & Field Grand Prix, a series that included 10 races held throughout New Mexico.



Don Jones
Sole man

In the final series tally, Scott defeated three-time defending champ Lavina Barber of Zuni State USATF executive director Kathy Jones said the men's open winner is not yet determined, but that Steve Cathcart of Las Vegas is the apparent leader. Masters winners also aren't determined.

The series victory means Scott, 32, will receive an expenses-paid trip to the Runner's Den Classic next February in Phoenix. That event features runs of five and 10 kilometers or, for the nonmetric minded, 3.1 and 6.2 miles, respectively.

For Scott, news editor at *The New Mexican*, 1994 began inauspiciously because she was nursing a torn ligament in her left knee that she'd injured training on hills. Her prospects for serious competition were dim.

But she managed to get back into racing form by April, a fact she proved in winning the Albuquerque 5-K in Albuquerque in 18 minutes, 48 seconds. She credits her return to coach Bill Reifsnyder, a world-class runner who heads Team Endurance out of Albuquerque.

"Bill really helped me a lot," Scott explained. "He took me on and got me healthy. He sent me to the best doctors and we talked

about my progress every day. He walked me through the whole healing process. A lot of people think coaches push you hard all the time, but he actually held me back. He helped me be smart."

Scott, due to her injury, missed the start of the year, but in May she was second in the Carrizillo Devil's Throne 15-Kilometer (9.3 miles). A month later in Albuquerque she placed fifth in the Run and Roll for Rehab 5-K.

Although Scott failed to score series points in the tortuous 9-mile La Luz Trail Run in early August, she did finish ninth among women in her first attempt at mountain running.

Then in September, Scott was third in the 10-K at the Old Santa Fe Trail Run. She was second in the 5-K at the Corrida de Tros in early October and a few weeks later won the State Championship 5-K race in Las Cruces, which was also a series race. At the Pecos Valley 20-K in Roswell on Nov. 5, she won easily.

Scott also did well in non-Grand Prix events, picking up victories in the Santa Fe Run-around 5-K and in the 10-K at the Sylvia Pulliam Memorial Run.

"It was hard on me when I couldn't run for those six months over the winter," Scott said. "For a while, there was a big question if I'd ever run again. I was glad to be out on the roads again."

While in high school in Deerfield, Ill., Scott ran cross country and track. Then she was a walk-on at Northwestern University, but after a season, she gave up running. At the time, she thought it was for good.

"I stopped cold and was even smoking two packs of cigarettes a day for awhile," she said. "I didn't do anything athletic." Almost ten years passed before the running bug bit Scott again.

"I had a desk job and I was bored and frustrated," Scott said. "I was kind of a slug so I started running just to be active. Then the first race I entered, I won. That got me hooked on running again and each year since I've gotten more serious about it."

Scott doesn't see herself giving up the sport again. "I like the way running makes you feel," Scott said. "I'm certainly not the most talented runner out there but I like pushing myself to the limit."

"Probably the coolest thing about running is that it's something you can do forever. You can compete against others or only yourself."

Among those cheering on Pojoaque senior Ronald Roybal



Dagny Scott

when he won the championship Nov. 12 in the Class AAA cross country meet in Gallup was his cousin Michael Burgyone, who is now a sophomore at New Mexico State University.

Like his cousin, Burgyone is a pretty good runner. As a Pojoaque High junior in 1992, he was second in the 800 at the state meet. He was state champ a year later. His best time over two laps as an Elk was 1:56.79.

Burgyone didn't run for New Mexico State as a freshman, opting instead to concentrate on his studies in sports medicine and get the feel of college life.

"I'd run competitively since the eighth grade and I wanted to

take a break," Burgyone said. "But I was sure I'd get back to running because I love it."

This fall, Burgyone joined New Mexico State's cross country team along with cousin Phillip Roybal, the brother of 1994 state harrier champ Ronald.

At the Big West Conference meet last month in Logan, Utah, Burgyone was the first Aggie to finish placing 27th with a time of 27:31 over the 4.96-mile course. Finishing immediately behind him was Eric Morgan, a former Santa Fe High Demon. Phillip Roybal missed the meet because of an injury.

Burgyone, in the upcoming outdoor track season, is looking to run the 800 in 1:50. He'll also run the 1,500 meters and a leg on the 4x400 relay.

"Running in college is a good time, but it's not as fun as it was in high school," Burgyone said. "At Pojoaque, we were like a family. Everyone runs for themselves in college."

□□□

Santa Fe-based Wings of America will take a team of seven boys and four girls to the Footlocker Western Regional Cross Country Championships on Dec. 3 in Fresno, Calif.

The runners will compete against top high school runners from the 12 states in the Western Region. The first eight finishers in both the boys and girls races will qualify for the Footlocker

Nationals in San Diego on Dec. 10.

Gallup High School's Brandon Leslie, the two-time state Class AAAA cross country champ, will lead the boys team. Other boys team members are Alfred Murphy, Vernon Yazzie, Jaysson Lang of Gallup; Laguna-Acoma High's Sheldon Cheromiah and Jason Mooney; and Bryan Kee of Window Rock High in Fort Defiance, Ariz.

The girls team is made up of Valencia Tilden of Gallup, Grants Darlene Salvador, Terri Kelewood of Ganado (Ariz.) High and Bennie Ridgley of Riverton (Wyo.) High.

Gallup High cross country mentor Curtis Williams and Alice Kinlichee of Shiprock High will coach the two teams.

Wings of America, an American Indian youth development running program that serves the entire country, also will send five regional teams to the USATF cross country meet Dec. 4 in Portland, Ore.

□□□

Brendan Maas, the brother of sub-4-minute miler Dan Maas, finished fourth last month in the Cherry Street Mile in Tulsa with a personal best of 4:49.

Maas is a ninth-grader at Desert Academy at Santa Fe. He also has run the 400 in 54 seconds and the 800 in 2:10.

Soleman is going on hiatus for the winter. He's scheduled to return in the spring.

Jon Alexander
701 Airport Road
Santa Fe, NM 87501

Graydon Anderson
941 Calle Mejia Apt 1004
Santa Fe, NM 87501

Kim & Jan Bear
#10 Calle Medico
Santa Fe, NM 87501

Donna Berg
Rt 1 Box 171A
Santa Fe, NM 87501

Tom Berkes
Rt 2 Box 307K
Santa Fe, NM 87505

Robert Bernstein
2085 Placita de Vida
Santa Fe, NM 87505

QMCM Robert Brown
64 Magnolia Drive
Groton, CT 06340

Kristi Carlson
843 Rio Vista
Santa Fe, NM 87501

Saul Cohen
Rt 4 Box 1A
Santa Fe, NM 87501

Elaine Coleman
899 Zia Road
Santa Fe, NM 87505

George Croshaw
2923 Plaza Azul
Santa Fe, NM 87505

Rebecca S. Davis
PO Box 802
Los Alamos, NM 87544

Tom Day
2260 Calle De Arce
Santa Fe, NM 87505

Salvatore De Bari
307 Artist Road Apt 1A
Santa Fe, NM 87501

June Dickinson
608 Calle de Valdes
Santa Fe, NM 87501

Bill & Jary Earl
1015 Calle Largo
Santa Fe, NM 87501

Eric Erb
1220 Montgomery Blvd, NE
Albuquerque, NM 87111

Jim Fisher
Rt 11 Box 210X #130
Santa Fe, NM 87501

Kathy Fones, NM TAC
31 Sandhill Road
Los Lunas, NM 87031

Otto Foyt
369 Montezuma
Ste 332
Santa Fe, NM 87501

Bob French
PO Box 16060
Santa Fe, NM 87506

Michael Hurlocker
PO Box 2857
Santa Fe, NM 87504

Carl Gable
RR 10 Box 88-CD
Santa Fe, NM 87501

Gil's Runners
Shoe World
3515 Lomas Boulevard NE
Albuquerque, NM 87106

Donna Tutush Girard
Rt 10 Box 83-2
Santa Fe, NM 87501

Kenny & Dale Goering
RT 3 Box 109K
Santa Fe, NM 87505

Aaron Goldman
4723 Sandia
Los Alamos, NM 87544

Stanley Grochowski
3920 N 10th Street
Tacoma, WA 98406

Michael Guttman
516 Velarde Street
Santa Fe, NM 87501

Jim Hannan
151 E. Barcelona Road
Santa Fe, NM 87501

Craig Heacock
133 Cerro Gordo
Santa Fe, NM 87501

Nancy Hobbs, RRCA
PO Box 38235
Colorado Springs, CO
80937

David & Kathy Howe
176 Lansdowne Crescent
Carlisle CA3 9ER UK

Chalouy Jermance
1896 Quemado
Santa Fe, NM 87505

Sports Editor
Journal North
320 Galisteo
Santa Fe, NM 87501

Chris Kassube
210 Camino Encantado
Santa Fe, NM 87501

Steve & Nancy Koehler
1876 Camino de Pabulo
Santa Fe, NM 87505-5610

Jack Lippincott
12327 Perthshire
Houston, TX 77024-4102

Shirley Lynn
PO Box 22623
Santa Fe, NM 87502-2623

Paul J. Maudlin
28 Apache Ridge Road
Santa Fe, NM 87505

Dora Epler
Masters Runners Unlimited
4901 San Mateo Lane, NE #35
Albuquerque, NM 87176

Catherine Mexal
PO Box 805
Silver City, NM
88062-0805

Cathy & John & Moses
Morlock
Rt 10 Box 83-B
Santa Fe, NM 87501

Sports Editor -
New Mexican
PO Box 2048
Santa Fe, NM 87504

Lynn Packard
PO Box 2423
Santa Fe, NM 87504-2423

Phil Pannabecker
1950 Kiva Road
Santa Fe, NM 87501

Mary Platts
2542 Camino Alfredo
Santa Fe, NM 87505

John Carroll Pollak
144 Pine Street
Santa Fe, NM 87501

Chester Rail
10613 Calle de Elena NW
Corrales, NM 87048

Vivian Reinikinen
644 E. Barcelona
Santa Fe, 87001

Albuquerque Roadrunners
PO Box 20011
Albuquerque, NM 87154

Tina Rousselot
PO Box 219
Tesuque, NM 87574

Paul & Dagny Scott
PO Box 2602
Santa Fe, NM 87504

Stephen W. Seitz
2819 Vereda Oriente
Santa Fe, NM 87505

Barbara Severs
3 Montana Court
Santa Fe, NM 87505

Russell C. Smith
8 Calle Zanate
Santa Fe, NM 87501

William Sneeberger
2020 Calle Larca Apt. 43
Santa Fe, NM 87505

Dave & Lydia Sneesby
2004 Hopi Road
Santa Fe, NM 87501

Ellen Stelling
Greg Ohlsen
Rt 19 Box 123S
Santa Fe, NM 87505

Tom & Fanci Stow
6543 West View Drive
Riverside, CA 92506-5389

Tom Tiano, Tom's Sports
1514 Rodeo Road
Santa Fe, NM 87505

Gwen Wardwell
945 Camino de Chelly
Santa Fe, NM 87501

Wink-Daniel Winkert
922 Lopez St.
Santa FE, NM 87501

Robert Werner
1116 Paseo Barranca
Santa Fe, NM 87501-1007

Jim Westmoreland
2363 Camino Carlos Rey
Santa Fe, NM 87505

Jeremy Yang
2076 Placita de Quedo
Santa Fe, NM 87505

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.)

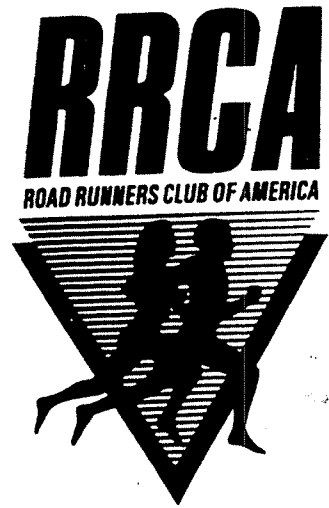
You will receive a year-long subscription to our newsletter, *Mile Markers*, which includes announcements of monthly potluck-meetings, upcoming races, times and places of our own race participants, editorials, reviews and much more. If you have running tips or anecdotes you'd like to share, *Mile Markers* 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.