



Mile Markers



We Give You the Run-Around

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

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SANTA FE RUN-AROUND RETURNS TO PLAZA

CITY, STRIDERS WILL CO-SPONSOR RACE

The Santa Fe Run-Around, the flagship race of the Striders and a fixture in the capital city since the late 1970s, will be back this year where it belongs--on the Plaza.

For the past three years, the summer race has been held on Rabbit Road, in the county. The Striders moved the race there to escape city fees for police assistance. The fees had reached \$900.

Moving the race to the county allowed the event to survive. The Run-Around continued to be successful, despite the difficulty of the course--downhill for the first half, uphill for the second.

The Striders' first choice of location, however, has remained the Plaza. This year, thanks in great part to the efforts of Danica Tutush Girard, the race director, and John Pollak, the club president, the race will start and finish at the Plaza.

Much of the credit for bringing the race back to the Plaza also goes to the administration at City Hall, which has agreed to co-sponsor the race.

Along with the city government's co-sponsorship of the race goes a waiver of the fees and an immense amount of help from City Hall.

Negotiations are still continuing over what exact tasks will fall to City Hall and to the Striders. But city officials have discussed providing the porto-potties, helping with food and refreshments, helping with the cost of T-shirts and doing what

they can to get publicity for the race.

The waiver of the fees was made official with the signature of Isaac Pino, the city manager, whom many may know from various races. Ike has been a runner for years and took part in this year's Corrida de Los Locos. →

JUNE'S RUN IN APRIL

The 6th annual La Bajada Run, a strictly-for-fun run that starts near the village of La Bajada and climbs up and then up some more, will be held this year on April 30, at 10 a.m. A map included in this newsletter gives directions and June Dickinson's phone for information. The view from the top, and the easy running along the plateau, are well worth the climb. A picnic follows the run. This is a no-fuss run, without application, fee or finish times.

City officials are expected to attend the April Striders' meeting to discuss the race. Among the officials who have played a major role in the new relationship between the Striders and the city administration are Bill Rougement, the director of parks and recreation, and Silver Ortega, of the Ft. Marcy-Mager's Field complex.

David Sandoval, a runner who takes part (and always finishes near the front) in Santa Fe area races, also helped set up discussions between the Striders and the city officials.

City Hall doesn't want to get involved in the finances of the race, and any money over and above costs of the race will belong to the club. The Striders are strapped for cash these days, and a successful Run-Around would help us pay for such things as the newsletter, races like the Fowl Day run which cost the club money, and various other expenses.

The Striders have agreed to help with some city races, including the Sylvia Pulliam summer run and the La Tierra Torture bike race. In the past, the Striders (mainly John, Nancy and Justin Pollak) have managed the finish line for such city events and the club has been paid for it. As part of the Run-Around agreement, we'll help out gratis with these races.

Striders officers are:

President, John Pollak,
983-2144

Vice president, Elaine Coleman,
983-9747

Treasurer, Graydon Anderson,
989-1633

Newsletter editor, Tom
Day, 473-3159

This year's Run-Around will include both a 5-K and a 10-K run. The old route, which includes Alameda, Camino del Monte Sol, Garcia, Corrales, Old Santa Fe Trail and Camino Cabra--and then back to the Plaza--will be used for the 10K, Danica has announced. The race has a climb of 300 feet.

The 5-K will follow the same route as the 10K until the Alameda/Palace intersection, when the 5-K runners will continue to go straight while the 10-K runners turn right. The 5-K runners will go up Camino Cabra to a turn-around.

Signs and volunteers will help direct runners at the Palace/Alameda intersection.

Starting time for the races will be 8 a.m.

When negotiations with the city administration are completed, flyers and T-shirts will be designed. The club plans to publicize the event as widely as possible, with the general theme of "We're Back on the Plaza!" or something along those lines.



I think I'll join the Striders

VETS RUN FOWL DAY COURSE

On a cold December-like day in late March, the Striders pulled down a cool \$250 from an organization of veterinary dermatologists who came to town for a convention and wanted to include a run.

A group of hardy club members steered 19 runners and a good many more walkers along a 4-kilometer course that followed, with some deviations, the Fowl Day course.

The run was held at 6 p.m. on Saturday, March 25, the first day of this spring's cold spell. Fortunately, all the runners, and walkers, finished before dark, though it was touch and go for awhile. The course was well marked--much better marked than the Fowl Day Run itself, with hand-lettered signs and lime--and no one got lost.

Early in the race, participants noticed they were running in sand. One runner asked, while leaving the first stretch of arroyo, if the "crick" part of the race were over.

The runners and walkers were quite friendly, and it turned out that they had come to Santa Fe for their annual meeting from as far away as Australia and France.

The run coincided with the late innings of a high school baseball game, at Mager's Field, which ended with the temperature at 32, according to the paper.

APRIL MEETING

The Striders' April meeting will be held at 7 p.m. (potluck) and about 8 p.m. (business meeting) on Tuesday, April 11, at the home of Dave and Lydia Sneesby, 2004 Hopi Rd. The Sneebys live in Casa Alegre, but if you need directions, call them at 988-7410.

UPCOMING RACES

April 22, Chimayo Relay Run from Chimayo to Los Alamos. Part of the 13th annual Pilgrimage for Peace, this is a 7-leg, 28-mile run. Call 344-7810 or 247-1107.

April 23, Spring Turquoise Trail half-marathon, 5K run and walk. Charles Otero, 345-4274.

April 29, 5th annual walk and run (a one-mile walk and 5 and 10 K runs), sponsored by Al Waquie United Indian Runners. Race is at SIPI campus, and entry fee is \$12 pre-registered and \$15 on race day. Joe Sutton, 831-7214; Gil's Runner's World in Albuquerque may also have information.

April 29, Bandelier Marathon, 50-miler, 50-mile relay and marathon relay. Gardenswartz is carrying entry forms; information also available from Rene LeClaire, 662-5215, between 9 a.m. and 10 p.m.

May 6, Summer biathlon, Los Alamos, Barbara Stallings, 662-7211.

May 7, Run for the Zoo, 5 and 10K, 1 mile, Gwen Poe, 247-1533.

GREAT SCOTT

Dagny Scott won the Phoenix Runner's Den 5K on February 5. She was the first woman overall and finished in a time of 18:31.

Scott won the all-expense paid trip, courtesy of U.S. Track and Field, for winning the New Mexico Grand Prix Series.

ON CHOOSING A PLACE TO DINE

a poem

Fun? A run? Even the potent are spent,
The impaired in pain. Others went
To strut egos in vain, and were lapped.

But whether terrapin or rabbit
After the midweek habit tongues
Are both sucking and strapped.

Only the venue is on the table
(our guests must now wait)
Strong personalities discord, can't mediate.
If only a plan were to help these sapped.

Two roads diverged in the wood, and we,
Many of we choose mediocrity,
Accept the slights, plates mundane,
The path worn by tourists of boodle
Who can't tell a sop' from a strudel.

But wait! (Is there class in this club?)
A lonely voice tries to save the day.
The flock is parried to befitting grub
But chaste pallets decry this use of his noodle.

Grudging trudgers assent. Still
They kick the savant;
Then relish the service, the food,
The vivre of the haunt.

These risk-takers delight, stuff their face.
But come next miercoles
Will again seek the sloths, the routine,
The Plaza's mean cuisine.

Anonymous

POETRY IN MOTION

(dedicated to Graydon Anderson)

Cried Ben Hur, as he charged in his chariot,
"I had hoped to be first to the Marriott.
Though I find I'm behind
To St. John the Divined,
I'm up cubits on Judas Iscariot."

--jbd

ALL IN A DAY'S JOG

I was taking my usual morning run out Bishop's Lodge Road when I was passed by a long white convertible going in the opposite direction being driven by a middle aged man with a younger very attractive long-haired blonde woman beside him. I heard the car brake and then back up. I thought it was one of the usual requests for help in finding Bishop's Lodge or the ski area road or the road to Taos and I stopped running as the car came alongside.

The woman was as attractive close-up as she had appeared to be in passing. "I'll give you \$25.00 for that T-shirt," she said. I was wearing a watermelon/purple shirt that I had acquired for running in some race some time in the past. I guess she liked the color.

My response was, "Thanks, but it's not for sale. I'd have to run home without a shirt if I sold it." Actually, that wasn't such a terrible prospect, but for some reason I was a little annoyed. She

then said, "I'll give you \$50.00." For reasons I am not sure of, since the T-shirt was worth at most a tenth of the offered amount, I said, "Nope. Sorry."

She then turned to the driver and said, "Give me a hundred dollars." "For a T-shirt?" he responded with evident alarm. She simply

repeated, "Give me a hundred dollars." He reached into his pocket, pulled out what I could see was a fairly thick wad, and handed her a bill from the top. She handed it to me, and I could see that it was a hundred dollar bill.

My first thought was that the appropriate thing to do would be to say, "If you want it that much, please accept it as a gift" and to pull it off and hand it to her. However, I did not say that. I pulled off my T-shirt, took the hundred dollar bill, and handed her the shirt. I then resumed my morning jog.

-- Saul Cohen

FREE FORM LIMERICK

By Graydon Anderson

There once was a young man from Bombay
 who entered a race of ten miles.
 But so poorly he'd trained,
 And the weather-it snowed.
 Just to finish, it took him all morning.

(Editor's note: Clever folks will figure out the above puzzle, you might call it, right away.)

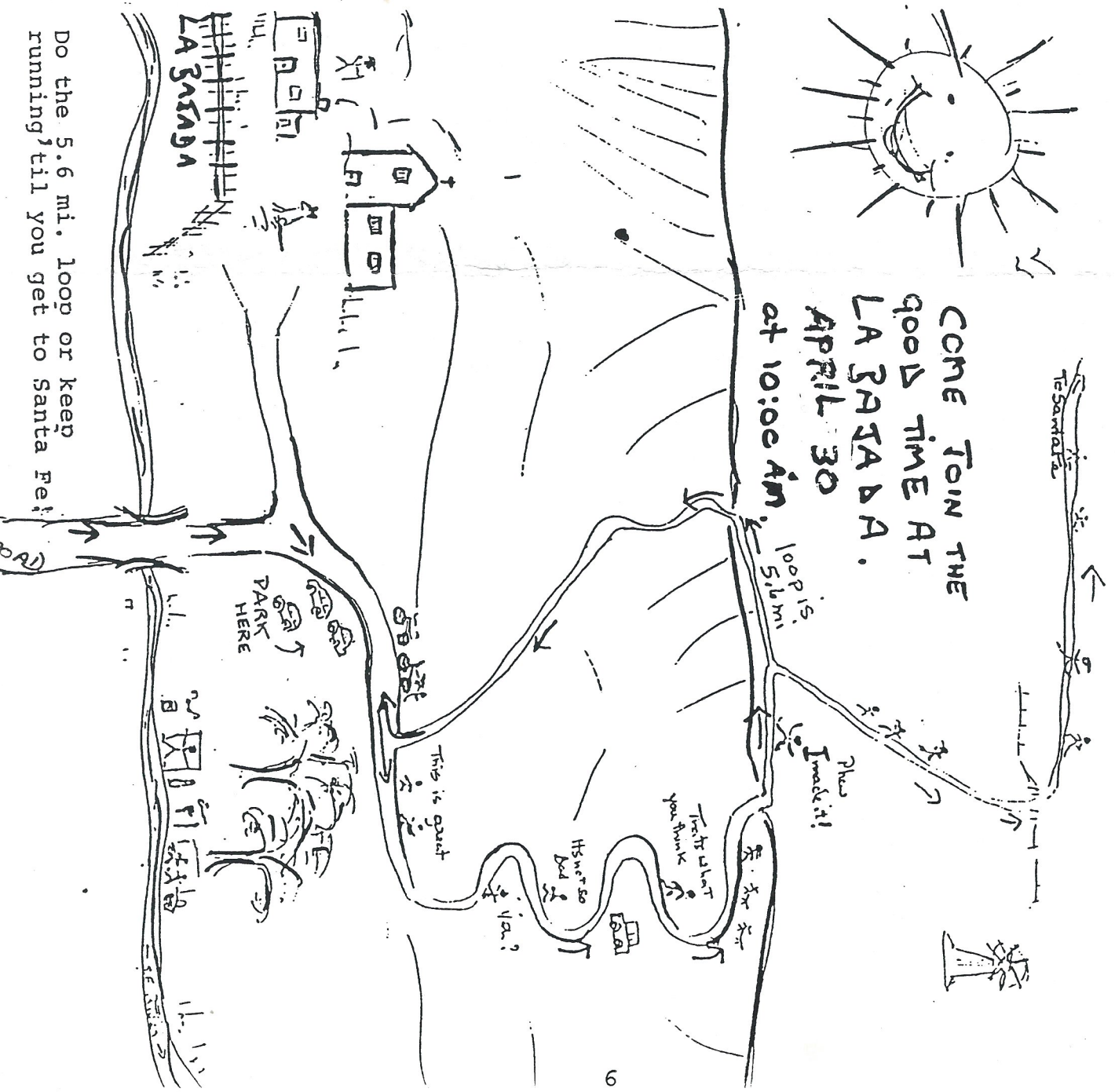
6th ANNUAL LA BAJADA RUN

Sunday, April **30** 10:00 am

YES, it's on again!

Meet at LA BAJADA at 10:00 a.m.
It's 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.





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.