



Mile Markers



We Give You the Run-Around

May 1998 Volume 20, No. 5.

P.O. Box 1818, Santa Fe, NM 87504

Striders May Protest Anti-Kenyan Policies

Race and Racing

The spectacular successes of male Kenyan runners has produced a backlash in the U.S., with some race officials around the country changing the rules to reduce the impact of the Africans.

A 15K race in Jacksonville, Fla., called the Gate River Run, now awards prize money only to Americans. The Pittsburgh Marathon does the same.

This year's Bolder Boulder initially planned to limit Kenya and other foreign countries to three runners apiece, while allowin an unlimited number of Americans. Race officials backtracked on their plan after accusations of racism.

Some American runners and race officials argue that the Kenyans' successes are depriving American runners of earning a living and thereby reaching their potential

"It's pointless for me to run on the pro circuit," said Mike Mykytok, a 27-year-old runner from New Jersey who is a top U.S. 10K runner. "With all the Kenyans, I could set a personal best time, and still place 12th and win \$200."

Craig Masback, executive director of USA Track and Field, said that "We're not limiting opportunities for foreigners but creating opportunities for Americans."

Among those on the other side of this national debate are the Kenyans themselves. Some have said the efforts to limit their impact is racist, violates the spirit of competition and amounts to an admission by U.S. sports officials that American runners can't compete successfully against runners from Kenya.

Don Kardong, president of the Road Runners Clubs of America -- to which the Santa Fe Striders belong -- said that "What we really need to be doing is going to the root of the problem, which is how to develop top American runners."

Alberto Salazar, the three-time winner of the New York City Marathon, wrote in a newspaper article that the U. S. needs to "invigorate running at the grass roots."

Salazar recalled that as a runner he had welcomed the chance to compete against world-record holders from Kenya such as Henry Rono.

The Striders Step In...

A number of Striders believe that it is unfair and unsportsmanlike, among other things, to change the usual rules of open competition in norder to limit the success of Kenyan runners.

At the May meeting of the club, a proposal will be made to write a letter to the Road Runners Club of America, and to ts publication "Footnotes," expressing our opposition to the anti-Kenyan policies taken by some race officials.

May Meeting May 12th....

The meeting will be held on Tuesday, May 12th -- the second Tuesday of the month, as usual. A potluck will begin at 7pm, and the business meeting at 8, at the home of John and Nancy Pollak, 144 Pine St., off West Alameda across from the Feed Bin, the last house on the left. Their number is 983-2144.

Other topics for the meeting include the final planning for the upcoming Santa Fe Run-Around.

-Tom Day.

Doubtless when the Striders' political might is felt the running world will again be safe for speed demons of all stripes, and perhaps the Kenyans will flock to the friendly and safe haven of Santa Fe to lead our Wednesday runs! -ed.

RACE CALENDAR

May 1998

- 2 **Shiprock Marathon / Relay, Half-Marathon**
Walk, Shiprock,NM, Shirley Lowe - 598-0117 or Charlene Sanders - 368-6306
- 2 **Spring River Race For The Zoo 10K/2**
Mile Walk, Roswell,NM,624-8830
- 3 **Run For The Zoo 10K/5K,1/2 Mile**
Walk,Alb.,NM, Anna Reade,764-6280
- 3 **Seeds of Awareness 5k/10k Run**
SF Rape Crisis run, 988-1951
- 9 **Bandelier Marathon, Ultra Mar., Relays,**
Los Alamos,NM, Rene Lecaie, 672-0816
- 16 **Saturday In The Park 5K, 1/**
2&1Mile,Alamogordo,NM, 439-4142
- 17 **Run For The Ditches 5/10K,Run/**
Walk,Alb.,NM, 345-1100
- 17 **Golden Corral Half Marathon, 5K Run/**
Walk, Alb., NM - Ruben Gallegos, 891-9640
- 23 **Fort Bayard Run, 8/2 Miles,5K Walk, Fort**
Bayard,NM , 538-2740
- 23 **Devil's Throne Run (not race), Cerrillos,**
Masters Runners, 271-2746.
- 25 **Bolder Boulder 10K**
303-444-RACE, www.bolderboulder.com
- 31 **Avon Womens 5K Series, Alb., NM -Ruben**
Gallegos, 891-9640

June 1998

- 6 **Nightingale Classic 5/10K,5/1 Mile Walk,**
Alb.,NM , Helen, 898-8634
- 6 **Santa Fe Runaround 5/10K,Santa Fe,NM,**
Jeremy Yang, 988-5474
- 7 **Taos Marathon/Relay,1/2 Mar.,5KRun/**
Walk,Bruce Gomez, 776-1860
- 13 **La Luz Friendship Run,1/2 Mar,4.4/1 Mile**
Run/Walk, La Luz,NM ,Larry, 437-3510
- 13 **MADD Run For Your Life 5K, Los**
Alamos,NM, Ted Williams,672-1639
- 21 **Wheeler Peak 11 Miles, Red River, NM -**
800-348-6444
- 27 **Los Alamos Mini Marathon 5/20K,Los**
Alamos,NM,Robert Reedy, 672-9519

July 1998

- 3 **4th of July Midnight Run 4 miles, Alb.,**
Gil's, 268-6300
- 4 **Fleet Feet Freedom 8k, 3k walk Alb., 299-**
8922.
- 7 **UNM Twilight Meet all-comers**
track&field, 925-5014.
- 12 **Dino Dash 5k/10k/1mi, 841-2839.**
- 14 **UNM Twilight Meet all-comers**
track&field, 925-5014.
- 19 **Burn Lake Triathlon 541-2554.**

Recommended

The Santa Fe Run-Around is the Striders biggest race of the year, and all Striders, all runners and walkers of all abilities, races, creeds etc. are encouraged to attend. This year we celebrate the **20th Annual Run-Around on Saturday, June 6th**. There is a new tank top design by Shirley Van Slooten. After the race on June 6th is the **Santa-Fe to Lamy Rail-Trail Celebration** including music, food, train rides and festivities all along the trail, so it will be quite a day in Santa Fe. Preparations for the race are proceeding well but volunteers will be working hard this month to make it all happen. A special prize drawing for the volunteers will be held this year, in addition to shirts and refreshments for all volunteers. The city has been very cooperative in co-sponsoring the race and waiving permit fees. We are all looking forward to a great event.

MORE VOLUNTEERS ARE NEEDED -- HELP! *Volunteers are needed to ensure we have a safe and good race.*

Entry and volunteer forms are included in this newsletter.

August 1998

- 2 **La Luz Mtn. Run 9 miles, 865-8612.**
- 5-9 **State Sr. Olympics 9 miles, 865-8612.**
- 8 **Carrabbas 5k/10k/10k inline skate TCR, 256-**
3625.
- 23 **Steve Gauchpin 1/2mar/5k, 834-7592.**
- 29 **SFCC Run for Wellness 5k/15k/1.5mi walk,**
428-1291.
- 30 **Western Regional USATF 15k/5k Racewalk**
898-9510.

September 1998

- 6 **Governor's 10K, Cloudcroft, 682-2894.**
- 7 **Santa Fe Trail Run, 5/10K, Gil's, 268-6300.**
- 12 **Westside Trotters Run for Diabetes,**
5k&10mi, 899-1487.
- 13 **Run for the Robert Taylor, 823-9260.**
- 19 **Memory 3k walk/5k run for Alzheimers, Edee**
Snider, 266-4473.
- 20 **Belen Noon Optimists Run for Non-Violence,**
5/10k, 864-7283.
- 20 **Greyhound Rescue Run, 5/10k, 2mi walk,**
Gil's, 268-6300.
- 27 **Duke City Marathon, 1/2 mar, relays, 5k, 890-**
1018..

*Corrections? Additions? Recommendations?
Send 'em in! -ed.*

Date _____

Volunteer Form



The 20th Annual Santa Fe Run-Around

presented by the Santa Fe Striders
and City of Santa Fe Parks and Recreation Dept.

10K Run/5K Run/5K Fun Walk
Saturday, June 6th, 1998 at 8:00 AM
Santa Fe's Historic Plaza

Volunteers needed!

If you would like to volunteer to help officiate the race please complete this form, send it in, and be a registered volunteer. All volunteers will receive a free shirt (commemorative and original design tank top), refreshments, and be entered in a special prize drawing.

Mail this form to:

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504

Questions?

Contact Jeremy at 505-988-5474 or jj@daylight.com

1998 Santa Fe Run-Around Volunteer Form

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

SHIRT SIZE (circle one): S M L XL

**Thank You
Volunteers!**

In consideration of the acceptance of my volunteering to assist with this race, I release all sponsors, workers, and race volunteers of liability for any injury incurred. I confirm that I am physically healthy and am abiding by any doctor's orders regarding physical activity. I understand that this race is for fun, that the weather may be bad, and safety and fun are much more important than aggressive competition.

Signature: _____

Parental

Signature: _____

(if under 18).

Date: _____

Cerrillos Run Revived by Masters Runners Unlimited of Albuquerque

Runners nostalgic for the crushing hills, steady winds and hot sun of the Cerrillos Devil's Throne course have gotten some good news from Masters Runners Unlimited of Albuquerque.

The masters club is planning a fun run on the course used for 20 years by Gil Duran, of Gil's Runnershoe World, for the annual Devil's Throne race.

Gil sponsored the 5K and 15K races as a memorial to his grandfather, who was killed in a Madrid mine explosion in 1932. After last year's race, however, Gil announced that 20 years was enough. Residents of Cerrillos, where the races began, complained that runners parked their cars in front of local businesses and that a runner had used someone's yard as a porta-potty.

Members of Masters Runners, feeling the event was too good to lose, have scheduled a run -- not a race -- at 9:15am on Saturday, May 23rd. The Albuquerque club has invited Striders to join in the run.

Runners may run the 5K course, the 15K course or any other distance that strikes their fancy. Master Runners Unlimited will supply water.

Runners may bring food for a picnic after the run. Some Strider suggested that the run should start along the railroad tracks, instead of in town, and that runners might want to park near the tracks. These suggestions have been passed along to the Albuquerque club.

For more information, runners may call Bill Baldwin of Masters Runners at 271-2746.

-Tom Day.

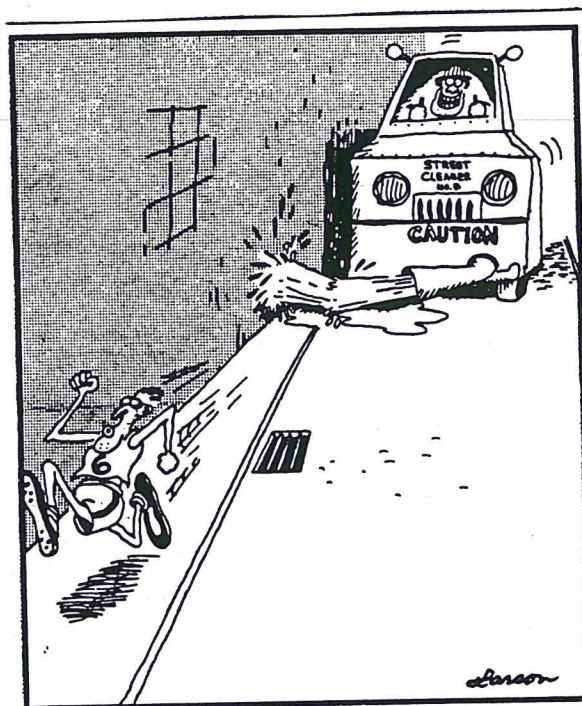
May Meeting

At the Pollack's on May 12th --SEE COVER STORY.

Potluck begins at 7pm, followed by motions, agendas, votes, decisions, etc.

Join the Striders! Annual membership costs only \$15 (\$7.50 after 7/1) and includes:

- Discount on Strider race entry fees
- Monthly newsletter
- That warm feeling of belonging
- Did I mention the discounts?
- That's about it.



WEEKLY RUNS

Striders, guests, and other random runners continue to meet at 6pm on Wednesdays at Lincoln and Palace, across from the Plaza clock, for a 5-mile or so run. Everyone is welcome.

TRACK!

Track workouts are on Tuesdays at 5:30pm at the Santa Fe High School track. After a 15 min warmup we run 400s, 600s, 800s, etc. in various combinations, interspersed with loud wheezing and occasional cursing. All abilities are welcome to share in this self abuse!

Express Yourself!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to the Mile Markers editorial offices, c/o Jeremy Yang, at 1729 1/2 Agua Fria, SFNM, 87501, or email to jj@daylight.com.

1998 Striders officers:

Tom Day, president, 473-3159
Danica Tutush Girard, vice president, 989-1819
DTGirard@aol.com
Suzanne Garney, treasurer, 473-9073
Suzanne_Garney@erim-int.org
Jeremy Yang, newsletter editor, 988-5474
JJ@daylight.com

Santa Fe Striders Club Membership Application and Waiver



Name: _____

☐ Renewal
☐ New member

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

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 PO Box 1818, Santa Fe, NM 87504.

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 of carelessness on the part of the persons named in this waiver.

Signature Date

Parent's Signature if under 18 yrs. Date

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Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



Diana Hardy & Jim Westmoreland
2363 Camino Carlos Rey
Santa Fe, NM 87505