

MILE MARKERS

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504

January, 1991
Volume 13
Number 1

STRIDERS REMAIN ALIVE AND SOLVENT!! DONATING \$50 TO "EMPTY STOCKING FUND."
NO MEETING IN JANUARY. . . SEE YOU AT "LOS LOCOS"!

NEWLY RECRUITED HUMBLE LEADERS:

President -- John Pollak
Vice President -- Dave Sneesby
Treasurer -- Mike Guttman
Editor -- Jody Visalli
Race Director -- Position Open
Fun Run MasterMind -- Dave Sneesby

Saturday, the 19th, at 10:00. If you can help Dave Giles in any way, please let him know.

There is as yet no race director for the RunAround. It would reassure many of us if we could name someone by the February meeting.

MESSAGE FROM OUR PRESIDENT

Four years ago I began running seriously. Two and a half years ago I joined the Striders. I am a neophyte. Let there be no misunderstanding. Furthermore, I possess few administrative skills. Despite these handicaps I have accepted the presidency of this club for the next year. A casual and sober observer might ask, "Why?" There are two reasons. First, no one else seemed anxious to accept the position; secondly, I believe that I owe something to the sport that has contributed to my pleasure and health. Inasmuch as the Striders are the premier organization in Santa Fe for promoting running, I could not refuse. I anticipate a rewarding year, but I must also be prepared for possible disappointments. Please do not think too harshly of me should I falter or fail to match what you expect of me, and, above, please do not shy away from me when I approach you for help. All of you are the collective repository of the skills necessary for carrying on the work of the club.

There is no monthly meeting planned for January, but there is the Corrida de Los Locos on

Cordially,
John Carroll Pollak

HAPPY NEW YEAR, EVERYONE.
I guess I must have been under the influence of some strange mind-altering substance when I volunteered myself to be Editor. Or could it have been. . . . GUILT? I've enjoyed getting the newsletter for years and I guess it's time to give a little something back. So, I'm determined to just DO IT and ENJOY IT. Please send me your race results and upcoming events, especially if they're out-of-town. Anything you'd like to share regarding races (go ahead and toot your own horn!) or anything else will be most welcome and appreciated. Send me your serious or not-so-serious new year's resolutions, your personal ads, your running goals, etc. to use as fodder. If you have any suggestions or things you'd like to see here, let me know. Here's my name, address & phone no. right at your fingertips so you can't say you didn't know who to call:

Jody Visalli
2936 Bellamah Dr.
Santa Fe, NM 87505
(H) 471-6670
(W) 988-3261

NUDE WINTER FUN RUN

Only kidding. . . shoes and shirt required! And if you'd like to be assured of the right size shirt at the annual CORRIDA DE LOS LOCOS on Jan. 19, Dave asks that you please register before race day. This will greatly aid in figuring the number of shirts, donuts, etc. that will be needed. This event is for fun rather than profit, so your cooperation would be appreciated. Also, Dave needs volunteers to help at the race and especially to help with registration at 8:30 race morning of those who do not heed the above request. By popular demand, separate 50-59 and 60+ age groups have been added. Send in your entry today!

RACE RESULTS: (Who says this is the "off-season"?)

LYLE and JUDY AMER qualified for and participated in the Coors Lite Biathlon Championship in Phoenix, AZ on Nov. 11. Both did very well in their very competitive age group (35-39); Judy placed 3rd and Lyle placed 10th.

Speaking of biathloners, DALE GOERING and DAVE GILES went to Phoenix for the Phoenix Christmas Biathlon on Dec. 16. It consisted of a 5 Mile Run and 18 Mile Bike -- in a rainstorm. Dale, surprise, surprise, was first in his age-group (60+) with a 1:27; Dave was 3rd in his age-group (45-50) with a 1:20.

REECE TATUM ran the Dallas White Rock Marathon on 12/2/90 for a marathon PR of 3:11 despite monsoons the last six miles. Nicole did not accompany her dad on this one.

DIANA BEST and JIM WESTMORELAND were

in Phoenix for the Fiesta Bowl 10K. There were approximately 1800 runners on the fairly hilly course. Jim was 11th overall, 1st in 35-39 age-group, with a time of 33:28. Diana was 13th woman overall, 3rd in her 35-39 age-group, with a time of 42:37.

TURKEY TROT 5-K (Thanksgiving Day)
DIANA BEST 20:32 (2nd, 35-39)
JIM WESTMORELAND 16:00 (1st, 35-39)

TURKEY TROT 10-K
JOHN POLLAK 38:16
DALE GOERING 41:59
JUNE DICKINSON 46:??
JERRY DORBIN 1:02 (after falling over kids at the start)
CHARLIE FOX-YOUNG ??
JUSTINE FOX-YOUNG ??

(I know there were others, but I know not who you are. . . .)

JINGLE BELL JOG 10-K (Dec. 1)
TED ATKINS 41:54

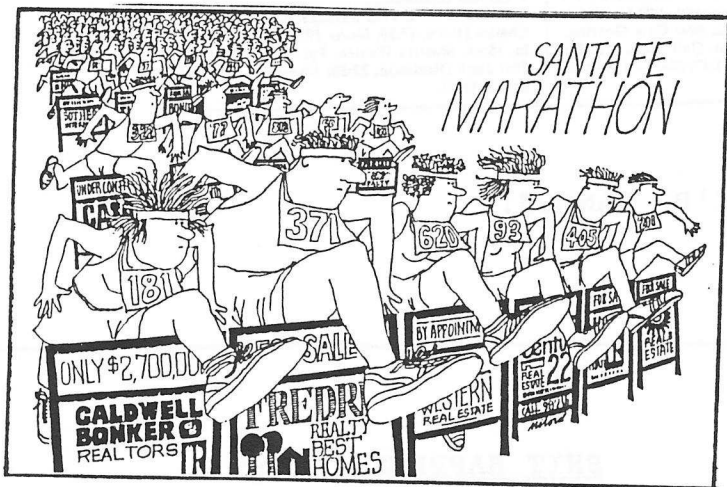
REINDEER RUN (Roswell, 12/8)
JOHN POLLACK ran a PR of 37:17 in the 10K after a neck-to-neck race to the finish. He was 4th overall.

JINGLE BELL RUN FOR ARTHRITIS
(Dec. 15)

What started out as a 10K ended up being a 4.8 miler as runners were directed off of Tingley Dr. way too early. It snowballed into a near-fiasco when the error was corrected and the 2nd half of the pack did the complete course. Those attending with bells on their shoes: TED ATKINS, JODY VISALLI, CHARLIE & JUSTINE FOX-YOUNG, LYLE & JUDY AMER.

Old news is still interesting news: On Oct. 21, OTTO FOYT and JERRY DORBIN & SON all ran the Athens Marathon (that's Greece, not Georgia or Ohio!). It was the original course of the 1896 Olympics,

Starting in Marathon and ending in the Olympic Stadium. It was a tough, mostly uphill run, with the modern day handicaps of smog, traffic and jet-lag thrown in. Otto and Jerry finished close together with 4:39 and 4:40 respectively; Jerry's son ran a 3:45.



 Excerpt from A Fool's Progress, by Edward Abbey:

She bought the uniform: the Nike shoes, the flimsy erotic Adidas track shorts, the heavy-duty reinforced breast sling, the long-billed sunshade, the AM/FM Walkman radio headset, and commenced to laboring up and down the streets with Eric Clapton and James Taylor bawling in her ears, the jogger's look of smug pain and spiritual fortitude on her face. Favoring her sore foot, she gulped the dust and grime and noxious gases of the passing motor traffic.

"Conserve energy," I pleaded.
 "Running is wasteful. All joggers should be chained to treadmills and compelled, under whiplash, to generate electricity."

ug off."

"I'll buy you a new ax. A maul. Wedges. A sledgehammer. We need more firewood. More rocks for the garden wall."

UPCOMING EVENTS:

- Jan. 12 Color Country 1/2 Marathon
 St. George, UT. Leisure Svcs Staff, 86 So. Main St., St. George, UT 84770.
- Jan. 13 Taos Mountain Stampede (3K, 5K & 10K -- at Amole Canyon). Taos Mtn Outfitters, 758-9292; Entry forms at Gardenswartz.
- Jan. 19 Corrida De Los Locos (4.6 Mile Run). A winter favorite. Dave Giles, 986-8481. Entry attached.
- Jan. 20 Tatum Ranch Biathlon, Phoenix, AZ. 4 M Run/16M Bike. (602) 949-1633.
- Jan. 20 Tucson Marathon and Relay. (602) 299-6731.
- Jan. 26 ARR Phoenix 13.5 Mile Trail Run, Arizona Road Racers/Ken Hopes (602) 954-8341.
- Feb. 2 Las Vegas (NV) Marathon. Fast course and good masters' prize money. Jody has entry form if anyone's interested.
- Feb. 16 Mt. Taylor Quadrathlon Run, bike, ski, snowshoe from Grants to top of Mt. Taylor and back. Can be solo, pairs or team. Entries at Gardenswartz.

"Drop Dead."

I dropped the subject. The euphoria of running wore off after she'd dropped five pounds and gained a shin splint and two bulging calf muscles.

**Journal/Lovelace
Duke City
Marathon, Half
Marathon & 5K**

A trend of major marathons—except a few biggies like Boston and New York—is the additions of runs and walks at an array of distances for every member of the family. Duke City has thus been a trendsetter, with its marathon, half marathon, 20K walk, 5K run and 5K walk. On a cool, drizzly and windy morning, thousands took part.

In the most competitive event, the half marathon, two world-class local training partners decided not to “duke” it out in high-altitude Duke City.

Buddies Aaron Ramirez and Bill Reifsnyder planned to tie from the start and did just that with a fast dual tune-up for bigger fall races. Timekeepers faithfully recorded that Reifsnyder crossed first, one second ahead of 1990 Goodwill Games 10,000 competitor Ramirez, although the pair privately divided their \$1,000/\$500 winnings at \$750 apiece.

Coloradoan Libbie Johnson and Taos’ Janine Aiello weren’t as chummy. Marathoner Aiello led until a half-mile remained, then the quicker Johnson flashed by and never stopped to ask for companionship.

At the other distances: Hometown Ken Wilson twice broke away from pursuers to edge Alvin Begay by 11 seconds in the marathon. Welshwoman-turned-Colorado resident Kathryn Evans took the women’s marathon prize by besting first-timer Magi Ezzard. Lawrence Concho finished thinking he’d placed second in the 5K, not knowing that Milfred Tewawina had run unregistered due to arriving late from Arizona. And Claudin Trendwell, second in the two previous Duke City 5Ks, finally finished second to none.

Albuquerque, NM (September 23)

Marathon:	
1. Ken Wilson.....	2:27:25
2. Alvin Begay.....	2:27:36
Women:	
1. Kathryn Evans.....	2:52:07
2. Magi Ezzard.....	2:55:04
Masters Men: Bob Manzares, 2:35:06; Masters Women: Jody Visalli, 3:17:08.	
Half Marathon:	
1. Bill Reifsnyder.....	1:05:32

Sorry, No Ties

2. Aaron Ramirez.....	1:05:33
Women:	
1. Libbie Johnson.....	1:17:37
2. Janine Aiello.....	1:18:04
Masters Men: John Bednarski, 1:09:53; 50-59: Dathan Hughes, 1:22:30; 60+: Dale Goering, 1:28:59; Masters Women: Gail Scott, 1:27:25; 50-59: Sandra Kiddy, 1:31:47; 60+: Lilli Marjon, 2:13:15.	

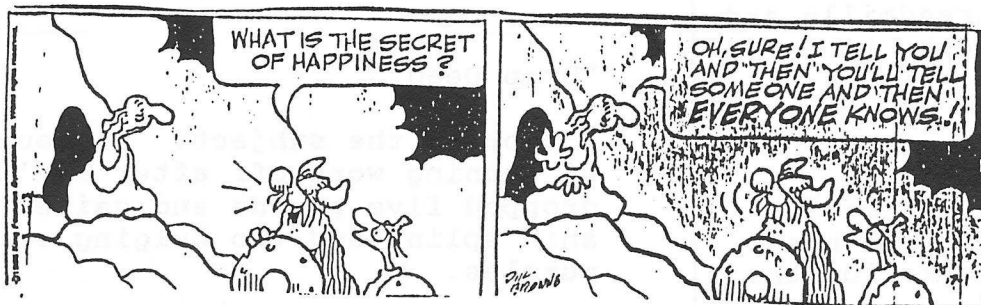
5K:	
1. Lawrence Concho.....	15:32
Women:	
1. Claudia Trendwell.....	18:02
Masters Men: David Salazar, 16:36; 50+: Charles Harris, 17:39; Under 19: Phillip Castillo, 15:46; Masters Women: Pat Weiss, 20:35; 50+: June Dickinson, 22:39; Under 19: Elena Lopez, 19:52.	

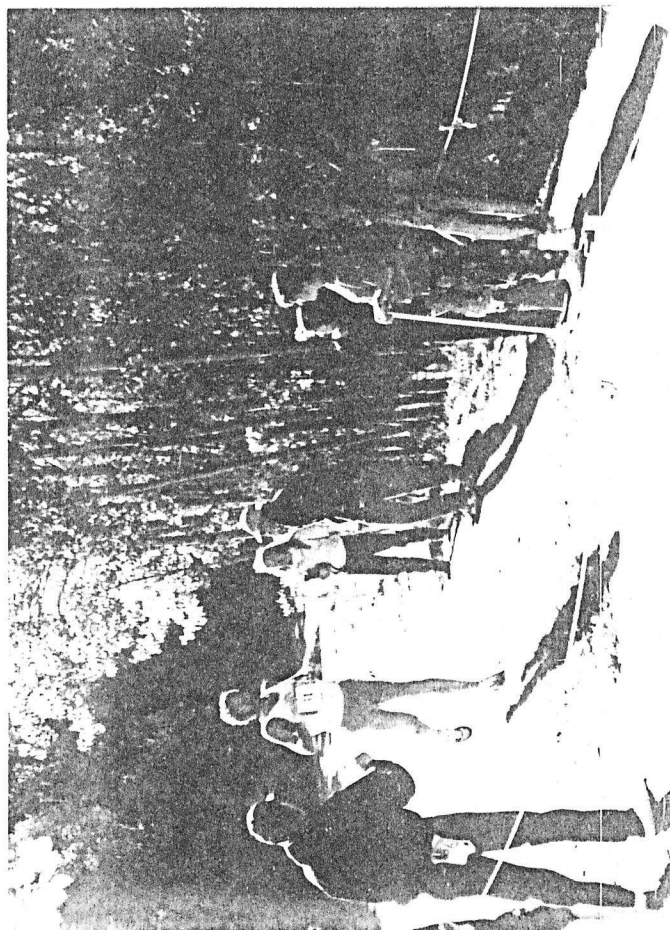
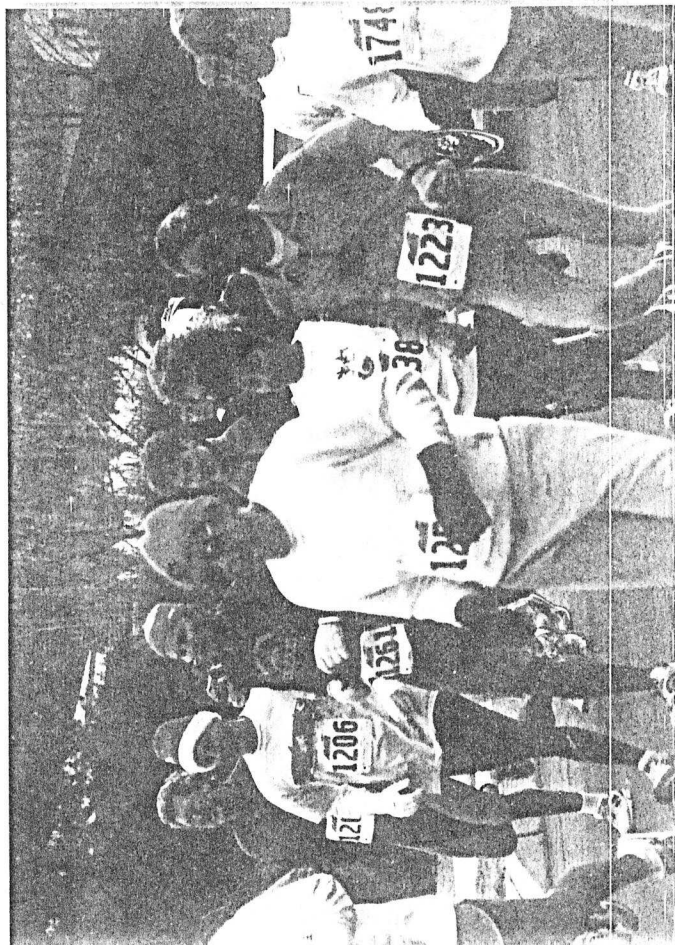
WE'RE FAMOUS!

SHIT HAPPENS COLUMN

On Dec. 21 at about 6 p.m. I was going home with Jesse when our car got stuck on some ice at Siringo and Llano Sts. I got out of the car to give it a push and got mowed down by a pickup truck who had jumped the sidewalk to avoid having to wait in traffic. I immediately knew something was wrong with my chest as it was very difficult to breathe. X-rays showed a partially collapsed lung -- they inserted a tube to pump it back up and after two days the lung stayed inflated by itself and I was released. Now I'm recuperating -- pretty stiff and sore, but I should be good as new in a few weeks. I'm both pissed and grateful at the same time. It could have been much worse! My biggest lament, of course, is that I can't run!!

Jody







4.6 MILE RUN

Open to Runners of All Abilities

SATURDAY MORNING, JANUARY 19, 1990 - SNOW OR SHINE

Sponsored by Tom's Sports and the Santa Fe Striders

TIME: 10:00 a.m. Sharp

START & FINISH: Casa Solana/Frank Ortiz Park (near City Dump)
4.6 Mile Run -- Electronically Timed

AWARDS: Trophies to first male and female finishers
Ribbons to first five finishers in each age group

LONG-SLEEVED CUSTOM T-SHIRT TO ALL FINISHERS!!

AGE GROUPS: Male and Female
19 and under
20 - 29
30 - 39
40 - 49
50 and over

ENTRY FEE: \$10 by mail in advance; \$12 Race Day

RACE DAY REGISTRATION: 9:00 a.m. to 9:45 a.m.

PRE-REGISTRATION WILL BE MUCH APPRECIATED BY RACE COORDINATORS AND WILL GUARANTEE THAT YOU RECEIVE A T-SHIRT IN YOUR SIZE.

For more information call David Giles at 986-8481

ENTRY FORM

IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY, I RELEASE ALL SPONSORS, WORKERS, AND RACE VOLUNTEERS OF LIABILITY FOR ANY INJURY INCURRED. I CONFIRM THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN THIS EVENT.

Name _____ Age _____ Sex _____ Phone _____
 Address _____ City _____ State _____ Zip _____
 Signature _____ T-shirt Size: (S) (M) (L) (XL)
 (Parent if under 18)

Make checks payable to: CORRIDA DE LOS LOCOS

Mail to: CORRIDA DE LOS LOCOS
c/o IYC
P.O. Box 426
Santa Fe, NM 87501-0426

Enclose \$15.00 for annual dues. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504

Telephone: -----

State: ----- Zip: -----

City: -----

Address: -----

Name: -----

Membership Application

Santa Fe Striders

Mile Markers

Santa Fe Striders
Post Office Box 1818
Santa Fe, New Mexico 87504

