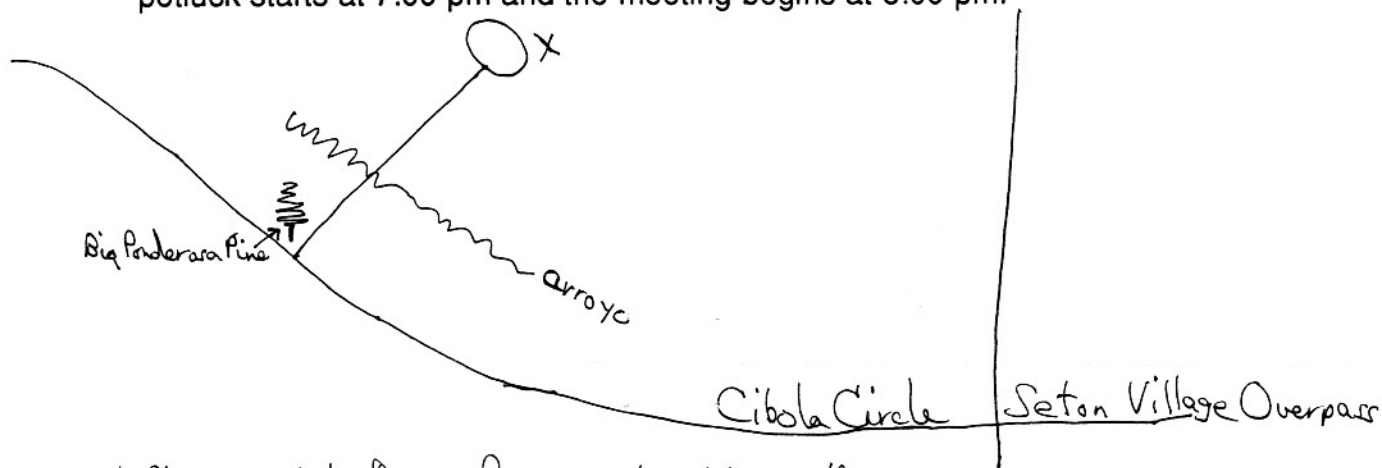


If You Love Your Independence, Thank a Vet!

Strider's Meeting - Tuesday, July 14

This month's meeting shall be held at Albert Reed's residence. His house number is Route 3, located on Cibola Drive, on the left side off of Old Las Vegas Hwy as you drive from Santa Fe, just before Ute Circle. His phone number is 983-3258. The potluck starts at 7:00 pm and the meeting begins at 8:00 pm.



Left on Cibola Drive from Old Las Vegas Highway. 1/4 mile down. Driveway on right next to Ponderosa Pine tree, only driveway that crosses arroyo. House not visible from road.

Messages from our viPresident

Strider's,

On Sunday morning, July 19th, we are handling the start/finish/timing/results for the city's 2ND ANNUAL HOT CHILI RUN. Could we have the same teams from the RUN AROUND with perhaps an extra person or two at the display board? Let's settle this at the next meeting.

Our newest member is QMCM Robert Brown who is Chief of the Boat (the highest ranking enlisted man) for a new attack submarine named the 'Santa Fe'. Robert is a runner and wished to belong to the club in the city for which his vessel is named. Although the 'Santa Fe' will not be christened and launched until December, Robert and the captain of the submarine will be in Santa Fe later this month on a PR trip to meet the mayor, etc. At that time he would like to meet and run with us if possible. Let welcome him!

JCP:dlh

U.S. Olympic Trials for Track and Field



TRACK

U.S. Olympic team

NEW ORLEANS — The top finishers in the U.S. Olympic track and field trials at Tad Gormley Stadium (race distances in meters unless noted; x denotes has not yet met Olympic qualifying standard):

Men
 100—Dennis Mitchell, 26, Gainesville, Fla.; Mark Witherspoon, 28, Houston; Leroy Burrell, 25, Houston.
 200—Michael Johnson, 24, Waco, Texas; Mike Marsh, 24, Houston; Michael Bates, 22, Tucson, Ariz.
 400—Danny Everett, 25, Santa Monica, Calif.; Steve Lewis, 23, Santa Monica, Calif.; Quincy Watts, 22, Inglewood, Calif.
 800—Johnny Gray, 32, Santa Monica, Calif.; Mark Everett, 23, Gainesville, Fla.; Tony Parrilla, 20, Knoxville, Tenn.
 1,500—Jim Spivey, 32, Glen Ellyn, Ill.; Steve Holman, 22, Washington; Terrance Herrington, 25, Central, S.C.
 3,000 Steeplechase—Brian Diemer, 30, Kentwood, Mich.; Mark Croghan, 24, Hilliard, Ohio; Danny Lopez, 23, Springfield, Ore.
 5,000—John Trautmann, 24, Washington; Bob Kennedy, 21, Bloomington, Ind.; xJohn Gregorek, 32, Seekonk, Mass.
 10,000—Todd Williams, 23, Knoxville, Tenn.; xKen Martin, 33, Albuquerque, N.M.; Aaron Ramirez, 27, Albuquerque, N.M.
 Marathon—Steve Spence, 30, Chambersburg, Pa.; Ed Eyestone, 31, Layton, Utah; Bob Kempainen, 26, Minnetonka, Minn.
 110 Hurdles—Jack Pierce, 29, Marlton, N.J.; Tony Dees, 28, Tampa, Fla.; Arthur Blake, 25, Haines City, Fla.
 400 Hurdles—Kevin Young, 25, Los Angeles; David Patrick, 32, Pflugerville, Texas; Clinton Neal, 23, Dallas.
 20-Kilometer Walk—Allen James, 28, Mission Viejo, Calif.; Gary Morgan, 32, Clarkston, Mich.; Jonathan Matthews, 35, Palo Alto, Calif.
 50-Kilometer Walk—Carl Schueler, 36, Colorado Springs, Colo.; Herman Nelson, 30, Seattle; Marco Evoniuk, 34, San Francisco.
 400 Relay—Dennis Mitchell, 26, Gainesville, Fla.; Mark Witherspoon, 28, Houston; Leroy Burrell, 25, Houston; Mike Marsh, 24, Houston; James Jett, 25, Oakland, Calif.; James Trapp, 21, Clemson, S.C.
 1,600 Relay—Danny Everett, 25, Santa Monica, Calif.; Steve Lewis, 23, Santa Monica, Calif.; Quincy Watts, 22, Inglewood, Calif.; Andrew Valiron, 27, Bloomfield, N.J.; Burch Reynolds, 28, Columbus, Ohio; Darnell Hall, 20, Brenham, Texas; Chip Jenkins, 28, Villanova, Pa.
 High Jump—Hollis Conway, 25, Lafayette,

Race Results

May 9th - Jemez Mother's Day Run

Omission correction - Jim Westmoreland was the overall men's winner.

June 6th - Santa Fe Runaround

Santa Fe Run-Around

Results from Saturday's 14th Annual Santa Fe Runaround 10-kilometer road race, including results of the Run-Around's first 5-K run:

10 kilometers
Women
Open Division
 Overall winner — Dagny Scott, 45 minutes, 36 seconds.
Masters
 Winner — Barbara Severs, 48:37.
19 and under
 1. Justin Fox Young, 48:27; 2. Megan Pranger, 48:41.
20-29
 1. Leslie Nichols, 47:20; 2. Caroline Spaeth, 48:15; 3. Deborah Lawrence, 52:19.
30-39
 1. Beth Davenport, 52:34; 2. Cathy Morlock, 54:53; 3. Anna Walker, 55:38.
40-49
 1. Chalouy Jermance, 52:50; 2. Anne Pedersen, 53:42; 3. Pamela Bowman, 55:59.
50-59
 1. Sue Robles, 50:25; 2. Joan Trebilock, 58:16.

Men
Open
 Overall winner — Peter Brett, 33:05.
Masters
 Winner — Jerry Martinez, 35:33.
19 and under
 1. Ben Silversmith, 36:40; 2. Carlos Tzartie, 39:44; 3. Orlando Yazzie, 47:52.
20-29
 1. Walter Roybal, 39:29; 2. Greg Pirk, 45:15; 3. Craig Kallsen, 47:36.
30-39
 1. Senovio Leo Torres, 36:31; 2. David Sandoval, 38:40; 3. Christian Little, 41:20.
40-49
 1. Mike Williamson, 39:36; 2. Ed Heffern, 40:46; 3. George Crowshaw, 41:09.
50-59
 1. Bill Trebilock, 41:44; 2. Robert Werner, 44:38; 3. Bill Briggs, 45:02.
60 and over
 1. Reuben Vigil, 46:19; 2. Jerry Dorbin, 54:14; 3. Otto Foyt, 56:31.

5 kilometers
Women
Open
 Overall winner — Heather Case, 20:36.
Masters
 Winner — Rebecca Chavez, 24:47.
19 and under
 1. Jessica Chavez, 22:09; 2. Melissa Halusewa, 35:43; 3. Tammie Carden, 47:06.
20-29
 1. Christina Lujan, 21:43; 2. Laura Stottz, 23:29; 3. Susanna Gonzales, 25:44.
30-39
 1. Mary Downey, 21:23; 2. Diana Hardy, 22:31; 3. Lisa Veitch, 24:01.
40-49
 1. Jary Earl, 26:13; 2. Sharon Woods, 26:20; 3. Paula Birmingham, 27:05.
50-59
 1. Carol Haller, 30:33; 2. Lorraine Serna, 32:48; 3. Marge Navarro, 47:10.
60 and over
 1. Lucille Comer, 47:10.

Men
Open
 Overall winner — Leon Serna, 17:38.
Masters
 Winner — Ron Valdez, 18:26.
19 and under
 1. Roman Chavez, 19:12; 2. Javier Read, 19:23; 3. Carlos Gonzales, 19:33.
20-29
 1. Robert Boutin, 19:28; 2. Greg Hoover, 19:56; 3. Steve Mier, 22:46.
30-39
 1. Ron Henry, 19:29; 2. Danny Anaya, 19:41; 3. Taber Houser, 20:35.
40-49
 1. Leroy Ramirez, 21:08; 2. Alfredo Rey, 21:12; 3. Mark Blakeslee, 21:45.
50-59
 1. Dave Giles, 20:42; 2. David Bowman, 24:48; 3. Jeffrey Collins, 25:18.
60 and over
 1. R.J. Bootzin, 25:08; 2. Bill Greaves, 26:42.

June 14th - Taos Half Marathon

John Pollak ran a great time of 1:24:10. He ranked 3rd overall, 1st in 40's.

July 4th - Las Vegas 10k

10K run

John Pollack	- 38:01	Diana Hardy	- 42:35 2nd woman (got passed)
Stan Grochowski	- 39:28	Dale Goering	- 43:09 what!?!?
David Giles	- 39:51	Vivian Reinikainen	- 48:11
Mary Uhl	- 42:14 1st woman	June Dickinson	- 48:31

5k run - David Sandoval - 16:50

Congratulations to all of us!!

Largest U.S. Road Races in '91

Race	Dist	Finishers
Lilac Bloomsday Run	12k	55793
Bay To Breakers	12k	47962
Peachtree Roadrace	10k	41576
Crescent City Classic	10k	30503
Bolder Boulder	10k	29311
Great Aloha Run	8.2 mile	26802
New York City	Marathon	25797
Bix (Davenport, IA)	7 mile	18124
Austin Capitol Run	10k	16027
Manuf. Hanover (NYC)	3.5 mile	14823
Los Angeles	Marathon	14531

- back side -

Excerpt from June Dickinson on Milkman Triathlon
June 6th 500 M swim/20K bike/5K run

Thank you, Lady!

Milkman Triathlon, Dexter, NM

As Jeff Banger (55:56) of Los Alamos and Mary Uhl (1:05.54) of Santa Fe were rolling to individual victories in the Milkman Triathlon, I was still riding the bike into a strong headwind over the rolling farmland around Dexter. To say nothing of Jody Visalli who was finishing 8th woman overall, first master and, of course, age group winner in the amazing time of 1:11:34. Over 320 soloists made up a record field for this Rocky Mountain Championship, a qualifying event for the National Sprint Championships.

I had been talking of doing a triathlon for quite some time and having finally acquired my long awaited bike, Jody persuaded me that the Milkman would be a perfect one for a first. "But I haven't been swimming or biking for months", I wailed, wanting more time to prepare myself for such an event. "Oh! you'll be fine just take it easy", said Jody, and so I entered. I went to the pool twice that week and likewise rode my new bike doing one practice with a running transition. That alone was enough to ask for my money back. So the day before the race we headed down the long, hot road to Dexter arriving at Lake Van where we were to camp for the night. Unlike the murky waters of Cochiti the water was relatively clear and debris free with a sandy bottom. We plunged in, a perfect temperature cooled us off and gave me a bit more confidence for the swimming leg. We then ate our spaghetti and when the sun went down turned in for an early night. Up early to the hum of competitors getting themselves ready for a 9 o'clock start, I took a spin round the lake and have to admit being somewhat intimidated by so many professional looking athletes. As race time drew near my apprehension increased inspite of being in the familiar company of Jody, Vivian, Judy Amer, Lynn Pickard and others as we waited for our wave of the swim to start. "Why am I doing this", I kept asking myself? As the gun went off I still hadn't come up with a good answer but nevertheless I did have a strategy for the race. Start at the back of the swim to avoid all flailing arms and legs, get a feel for the transitions and take my time so I would not end up an exhausted wreck and never want to do another.

I wasn't last out of the water which was the first plus, I took far too long at the first transition (got to work on that) and as I was zooming (for me) along on the bike I passed John Gundzik fixing a flat - thank you John you were about the only person I did pass. Trying to get a feel for using the gears efficiently and freaking out on the downhill on skinny tires (where was my trusty mountain bike?) were other unexpected thrills I was experiencing. Screeching to a halt after the bike ride I downed some Ultra Fuel and as I already had on my running shoes was off in a flash. This time the transition did not feel quite so bad and after about half a mile I began picking off some runners. Perhaps I should stick to running I thought. no, I was enjoying myself too much. By this time it was getting pretty hot but thanks to an exceptionally well organized event there were several water stations on the 5K course so that kept me going. I crossed the finished line feeling very elated and I had accomplished all the things I had set out to do and I think I got hooked!

Other results from our area include:

<u>Women</u>	35-39	Judy Amer	1st	1:17.16	
	40-44	Lynn Pickard	3rd	1:23.15	
	45-49	Jody Visalli	1st	1:11.34	8th woman overall
		Jackie Marr	2nd	1:14.22	
		Vivien "Rain-again"	5th	1:23.28	
	55-59	Moi	1st	1:40.17	
<u>Men</u>	35-39	Lyle Amer	2nd	59:46	9th overall
	40-44	Jim Lackey	2nd	1:04.30	
	55-59	John Gundzik	4th	(you will have to teach me how to fix flats so fast!)	

June D.

Letter from Laurie Abrams

June 11, 1992

To all the Santa Fe Striders -

I meant to write you all much sooner than this, but the time has just seemed to fly by. I wanted you to know that I really appreciated the kindness you showed me during my visit to Santa Fe in April. It really helped to have such a nice group of people to train with! I was especially touched with the letter that you all signed. I had it framed.

My training has still been going well. I did a triathlon the end of May and placed 2nd and did the Alaska Women's Run (3500 runners) and got 21st overall. I have been very pleased with my progress. My marathon is next week and I am going to rest up real good this time. I have begun to cut back my mileage and have been doing some mile repeats on the track. I will let you know how it goes.....

The weather has been wonderful up here the past few weeks. Beautiful, sunny days not a cloud in the sky (New Mexicans don't appreciate the sun as much as Alaskans!) The temperature has been hanging around 65-70°f, pretty nice.

The invitation still stands for any of you who would like to visit Alaska. Not only is the 'hotel' free, but I have a father-in-law who has a plane and loves to take people out fishing. The best time to come is in May or June. Just let me know!

My address is:

3100 W. 35th Ave.
Anchorage AK 99517

1-(907)-243-2049

Well, I hope you are all having a great summer. I'm sure I will see you again soon!

Sincerely,
Laurie Abrams

P.S. 6/21/92

This letter was delayed in mailing and now I have already done the marathon I was training for. I did a 3:24:05. It was a fun race!

Congratulations lady, you did quite an improvement! And this time you rested.

SANTA FE STRIDERS

Membership Application

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.

AUGUST

SUNDAY

JULY 1992						
S	M	T	W	T	F	S
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29	30	31				

SEPTEMBER 1992						
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27	28	29	30			

TUESDAY

WEDNESDAY

THURSDAY

2 La Luz Trail Run 9 miles Tony Vigil 1-265-8298	3	4	5 Striders' Weekly Run Meet @ Plaza, 6:00pm	6	7	8 14th Annual George town to Idaho Springs Half Marathon-9:00am (303) 741-3587	9 Flat Top Floogie 6-7 mile race 7:30am Montrose CO Gary Whitlock (303) 249-6718
9 Big J Enterprises Duathlon Championship 3 mile R / 18 mile B / 3 mile R 8:00am - Tri. Fee Membership \$10. Indiv. \$28 / Team Barry Field 1-262-0565	10	11	12 Diana Hadis BD	13 Full Moon	14 Jim Fisher (B) →	15 Roadrunner Triathlon 5K R / 10 mile B / 400M swim White Sands Missile Range Mandy Clark 1-678-5949	16 Hatcher Pass Alaska Road Relay 100 miles / 10 person team Summer Fun Run: 10K, 5K, 1 mile Las Cruces 1-524-7824
16 Jim Westmeads BD Manualito's Relay 16 mile Ted Tan 42-1717	17	18	19	20	21	22 Tenth Annual Zuni Fitness Series 8:00am 2.5 mile Relay - 5 people 5 mile Youth Relay - 5 people 6 mile Relay - 3 people Zuni Wellness Center 1-782-2665	23 Pike's Peak Ascent 13.4 miles 7:00 am Manitou Springs, CO (719) 473-2625 Stay up there until tomorrow!
23 Pike's Peak Marathon Manitou Springs, CO (719) 473-2625 Come down from yesterday's ascent!	24 Fat Tire Classic Jeff Ferguson 1-842-6767 Shaping Up for Success 5K, 10K, 1 mile Rose Hodge 1-844-4203	25	26	27	28	29 Rocky Mt. Century 100 mile / 50 mile Team Evergreen Bike Club (303) 674-6048, CO \$22 - member \$26 - non-member	
30 Hell of the East bike ride Danny Hernandez 1-255-5981 (Ride to Sandia Crest on Backside!)		31 Miner Triathlon 4 mile R / 18 mile B / 300 M swim El Paso Mike Mahoney (915) 747-5268					

JULY

SUNDAY

JULY 1992						
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AUGUST 1992						
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30	31					

TUESDAY

WEDNESDAY

THURSDAY

5 Crawfish Crawl SK Greg Hebert 1-889-2704	6	7	8 Striders' Weekly Run Meet @ Plaza, 6:00pm	9	10 4th Annual Mt. Ranier to the Pacific 160 mile	11 Independence Day Run 8K & 1 mile Las Cruces 1-526-0513	12 Fieria Run SK & 10K Las Vegas Bob Read 1-425-8034
12 Snakebite Classic Triathlon 5K run / 10 mile bike / 400M swim Mike Coton / Nan Wintersteller (915) 542-3340, EL PASO	13 Dino Dash VII 5K, 10K & 1 mile walk David Hafner 1-842-8837	14 Striders Meeting @ Albert Reeds 983-3258 off Cibola Dr. off Las Vegas Hwy 7:00 pm - potluck 8:00 pm - meeting	15 Full Moon	16	17 Tour de Las Alamos - 3 day bike ride	18 1992 Washington State Relay Championship (206) 782-6547	19 Tazs Fun Run 4 mile & 1 mile walk Deborah 1-758-4160
19 Sylvia M. Pulliam Hot Chile Run 5K & 10K - 7:30am Salvador Perez 984-6864	20 ABWA Run for Education 5K, 10K run, 5K walk, 5K relay Ulreala Garduno 1-268-5298	21	22 Dale Goenig's BD!	23	24 20th Annual Zuni Fitness Series 15K run / 5K run 2 mile Youth run 2 mile Fitness Walk/Run Aerobics Workout Zuni Wellness Center 1-782-2665	25 Las Alamos Credit Union Mini-Marathon 5K & 20K run/walk Gil Butler 662-6670	26 Burn Lake Triathlon 880 yds swim / 28 mile bike / 5.5 mile run James Rivera 1-526-0513 Las Cruces
26 Cibola National Forest 5K & 10K Karen or Jerome 1-762-4450	27 Cochiti Triathlon 15K swim / 10K bike / 10K run Silver Ortega / Catherine Duca 984-6725	28	29	30	31		

Mile Markers

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

July '92 Issue

