



Mile Markers



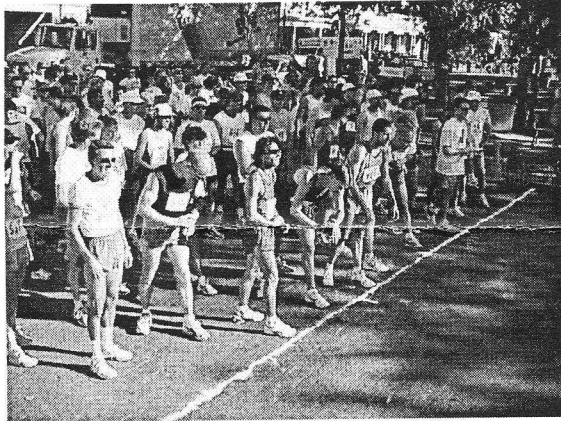
We Give You the Run-Around

July 1999 Volume 21, No. 7.

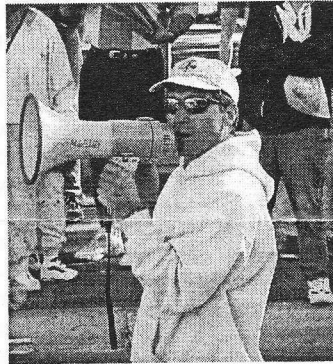
P.O. Box 1818, Santa Fe, NM 87504

21st Annual Striders Run-Around on the Santa Fe Plaza

A fine day and a crowd of keen runners and volunteers swept along the 21st running of the Striders biggest event of the year, the Santa Fe Run-Around. In cooperation with the City of Santa Fe Parks and Recreation Dept., plus the police and fire departments, and with the assistance of several generous sponsors and several juicy and sweet watermelons, the Striders again brought this 5k/10k event to downtown Santa Fe to the delight of its participants.



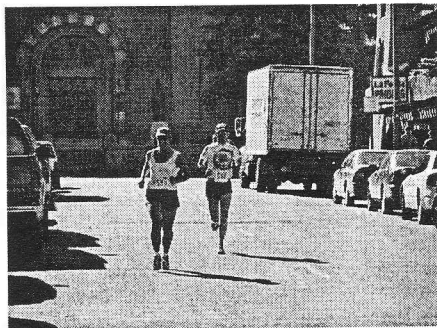
Runners toe the line facing east on San Francisco



Race director Richard Curry issues instructions.



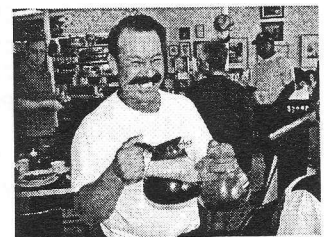
"Are there any hills?"



Striding to the finish.



The ultimate reward: huevos rancheros at the Palace Cafe.



"¿Mas cafe, amigo?"

The men's 10k winner was Dave Finnegan, a 42 year old cancer survivor, who finished in 37:27. The women's 10k winner was Josie Edwards-Scott, in 38:17. The men's 5k winner was Rudy Martinez in 17:36, and the women's 5k winner was Inez Archuleta, in 20:50. Congratulations to the runners, congratulations and thanks to the volunteers, especially first time race director Richard Curry, who did a great job, and didn't embarass himself like a certain former race director who denies everything, so just forget I mentioned it.

RACE CALENDAR

>>> July <<<

Jul 3: 4th Of July Midnight Run- 4.3 Miles, UNM Campus, Alb., NM- Gil's, 505-268-6300
Jul 3: Caballo Mountain Run, 26.5 Miles, Los Alamos, NM - 505-662-5959
Jul 3: 3rd Annual Alien Chase 10/5K, Run/Walk, Roswell, NM-Roswell Runners Club- 505-627-5507
Jul 3: Freedom Days Triathlon, Farmington, NM. 1.5K swim/10K run/40K bike. Debbie, 800-448-1240.
Jul 4: 4th Annual Fleet Feet Freedom 8K, 3K FunRun, Kid's K, Alb., NM- John, 505-299-8922
Jul 4: Independence Day Run 8K 1 Mile, Las Cruces, NM- 505-524-7824
Jul 4: Silver City Downtown 5K, Run/Walk, Silver City, NM - Grant County Striders, 505-388-2325
Jul 4: Lizard Fun Run, 4 and 2 mile races, 1 mile Kid's race, Lovington, NM- Nancy Moore, 505-396-5311
Jul 4: Fiesta Run 10K, Las Vegas, NM - T. Winston - 505-425-8035
Jul 10: Bastille Day 8K Run/Walk, Las Cruces, NM- Don Shepan - 505-524-7824
Jul 11: Dino Dash 5/10K, 1 Mile, 5k /walk, Alb., NM- 505-841-2839
Jul 17: ARR's 13th Annual Women's Distance Festival 5K, Alb., NM-Kennalee - 505-294-7545
Jul 17: 20th Annual Little Beaver 5 Mile & Youth 2 Mile Run / Walk, Dulce, NM - Merlin Tafoya Sr.
Jul 505: 759-3242 ext. 295
Jul 18: Po'pay Run, 5K & 1 Mile Run, Pojoaque Pueblo, NM - 505-852-4265 ext. 31
Jul 18: Wings Of The SW Wind Messenger 5/10K, 1 Mile, Santa Clara, NM- 505-982-6761
Jul 24: Zuni Fitness Series 1/2 Marathon, 5K, 2 Mile youth Run/Walk - Zuni, NM - Roger Jensen 505-782-2665
Jul 24: Mormon Pioneer 5K, Las Cruces, NM - Karl Wood - 505-522-1433
Jul 25: Pojoaque Pueblo Butterfly Run, 5K/10K, 455-WELL.
Jul 25: Las Vegas Triathlon, 1.5K Swim/40K Bike/10K Run. David Lovelady, 425-3854 for more

>>> August <<<

Aug 1: La Luz Trail Run 9.2m, Alb. - Roger, 878-9134 (www.ARoadRun.org/~runner/laluz.html)
Aug 7: Summer Fun 5/10K, Las Cruces, NM- 505-524-7824
Aug 7: Corrida de Penasco Half-Marathon, Penasco, NM - 505-758-1836
Aug 7: Roadrunner Triathlon, White Sands, 5k run/30k bike/400m swim, 678-3373

Aug 8: Hot Chile Run 5/10K, Santa Fe, NM- David Soveranez, 505-473-7228
Aug 8: Children's Hospital 5K Run/Walk, 1 Mile Run, Alb., NM- 505-256-3625
Aug 8: Carrabba's 5K & 10K, Inline Skate, Alb., NM - 505-256-3625
Aug 8: Three Peaks Mountain Run, 18.7 Miles, Santa Fe, NM - 505-455-0259
Aug 13: Bulldawg 100 Mile & Relay, Las Cruces, NM- 505-647-0258
Aug 15: Giant / Inter-Tribal Indian Ceremonial Half Marathon, 5K run, 5K fun run/walk, Gallup, NM -Leslie, 505-863-1134, Brenda, 505-863-1118
Aug 15: Socorro Triathlon, 5k run/20k bike/800m swim, 835-0424.
Aug 21: Great American People 2 Mile 5/10K Run/Walk, Deming, NM - 800-848-4955
Aug 21: Fox Trot 5/10K, 2 Mile, Alamogordo, NM- 505-439-4142
Aug 21: Los Alamos Triathlon, 20k bike/400m swim/5k run, 662-8173.
Aug 22: ABWA Run For Education 5/10K Run/Walk, Alb., NM- Karen Owen, 505-344-7124
Aug 22: Greyhound Rescue Run 5K/10K Runs & 2 Mile Walk, Alb., NM - Gil- 505-268-6300
Aug 22: Steven Gachupin 1/2 Marathon & 5K, Jemez, NM - 505-834-7592
Aug 22: Wings of America/Wind Messenger 5K CrossCountry Race, Santa Fe, NM- Aug 505:982-6761
Aug 28: Zuni Fitness 25 Miles, 5-Person Relay, Zuni, NM-505-782-2665
Aug 28: Santa Fe Community College Fun-D-Run For Wellness 10K/5K, 1 & 1/2 Mile Run/Walk, Santa Fe, NM - 505-428-1291
Aug 28: Carlesbad Triathlon, 500m swim/16 mile bike/5k run, 887-2894.

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

New Run: Pojoaque Wellness Center Butterfly Run

The Pojoaque Pueblo is opening a new wellness center (Thank you gamblers!) and is celebrating by inviting runners across New Mexico to join them for their first ever Butterfly Run 5k and 10k. This is an "all terrain" event. on Sunday, July 25th, at the Pojoaque Pueblo, one mile off hwy. 285 past the Cities of Gold Casino. (www.tgrande.com)

Ya Shoulda Been There!

or

STRIDER summer soiree features sinfully scrumptious sweets

On the pleasantly cool, slightly rainy afternoon of June 13th, several dozen Santa Fe Striders gathered in the Zia Road back yard of longtime member Elaine Coleman to celebrate another successful Run-Around.

Chef Kern rustled up hamburgers and hot dogs, healthful salads abounded, and vice-president Beth Rauch brought a special treat for the children, a candy-stuffed "pinata." Beth also brought one of the more memorable side dishes, a melt-in-your mouth shortbread. Barb Dutrow brought bars so yummy that people were hinting for the recipe.

Both Beth and Barb agreed to share their secrets with readers of Mile Markers (see below).

-Elaine Coleman.

Beth's Shortbread

3 sticks butter (room temperature)

1 c confectioner's sugar

3 c flour

1/2 tsp salt

1 tsp vanilla

Blend butter and sugar till creamy. Add to the rest of ingredients and mix well. Roll dough into a ball and wrap it in waxed paper. Refrigerate for about 45 minutes. After time is up, let dough sit for just long enough to spread easily. Put in a 9x11-in. pan. Preheat oven. Bake at 325 degrees for 20 minutes.

Jay Benson Tri Well Attended

The 22nd Annual Jay Benson Triathlon was held on the Kirtland Air Force Base in Albuquerque on Sunday, May 16. This event consisted of a 3 mile run, 20k bike, and 400m pool swim. There were 359 entrants. Thanks to the race directors, Barry Field and Chuck Hall, and many volunteers, plus the cooperation of the AFB, this was a very well organized and enjoyable event. Before the start, Gov. Gary Johnson issued a proclamation making May 16th "Barry Field Day" in New Mexico, in honor of Barry's longtime efforts on behalf of multi-sports: he runs the NM TriClub, edits the newsletter and website, and organizes races and workouts. When the city of Santa Fe discontinued the Cochiti Triathlon a few years back, he helped the Las Vegas Triathlon to come about and take its place on the calendar. After reading the proclamation in his speedo, the governor proceeded to the line to take part in the race. Several Striders participated (sorry if I forgot anyone): Peter Fant, Kathy Mastoras, Caryl Acuna, Jeremy Yang.

Barb's Bars

1/2 c butter, melted

1/2 c peanut butter

Add:

1 1/2 c sugar

beat 2 eggs

2 tsp vanilla

add 1 cup flour

1 tsp baking powder

Mix all of the above, then add 6 oz chocolate chips.

Stir well. Spread in 8-in. by 8-in. greased pan. Preheat oven.

Bake at 350 degrees for 25 or 30 minutes.

Stopping in the Woods After a Spring Snow

He never stops for me to close or to smell the roses,
and I am far too slow to closer follow.

He made an arrow of his urine in the snow
to mark the way I was supposed to go.

His trail shoe imprint tread soon led me into tow.

I might lose this footsteps thread; he was the running leader.

The spring trees were sprouting leaves; one longs to linger to consider cedar;
and, as for me, I stayed behind to rest and ponderosas.

-Mike Sutin

Shoe Drive Continues!

Bring your used running shoes to the July or August meetings! We'll be shipping them to the St. Labrae Catholic Indian School in Ashland, Montana. The kids there really appreciated the shoes we sent in the winter, and will need more for the upcoming cross country season.

-Kris Kern.

TRACK WORKOUTS moved to 6:00pm for the Summer

Track workouts have been pushed back to 6:00pm so more people can make it from work (without breaking the speed limit). We'll probably go back to 5:30 when the evenings get too dark.

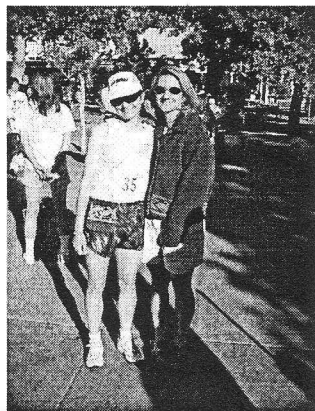
FROM CALCUTTA WITH LOVE...

YOU'RE INVITED: Thursday, July 20, 4:30pm. Reading, booksigning and reception at St. John's College Library, Ault-Evers Room (upstairs)

Elaine Coleman (who writes as Elaine Pinkerton) will be reading portions of From Calcutta With Love, her work in progress. The book has been described as a World War II *Passage to India*. Romance, long distance... war front to home front.

This memoir comprises letters exchanged between Lt. Richard Leonard Beard (Elaine's father) clinical psychologist at the 142nd General Hospital in Calcutta, India and his lifetime sweetheart, Reva Leona, who was standing by and making do in Findlay, Ohio.

For more information, call Elaine at 983-9747 or St. John's College at 984-6041.



Run-Around morning on the Plaza brings a smile to Patty Danforth and Beth Rauch.

July Striders Meeting

The July meeting will be held at Dale and Kenny Goering's house, on Tuesday, July 13th, at 7pm as usual. Dale and Kenny Goering's house is in Hondo Hills, go 3 miles past Rodeo on Old Las Vegas Highway., left onto Ute Circle across from 9 Mile Road, 2nd driveway on the left. Their number is 983-6616.

Join the Striders email list. Send requests to jj@daylight.com.

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 WORKOUTS

Track workouts are at Santa Fe High School, starting at 6:00pm, Tuesdays. Come one, come all, and bring a workout for us to try!

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 419 E. Palace Ave., SFNM 87501, or email jj@daylight.com.

1999 Striders officers:

Kris Kern, president, 661-6293
kernkt@gat.com
Beth Rauch, vice president, 466-2729
rauchbeth@aol.com
Kathy Mastoras, treasurer, 466-3837
pgkmfant@aol.com
Jeremy Yang, newsletter editor, 341-9526
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 _____

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



Diana Hardy & Jim Westmoreland
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Santa Fe, NM 87505