



# The Strider

Official Newsletter of the  
Sun Country Striders, Ltd.

Volumn 24, Number 2

April 2006

## President's Corner

By: Elisabeth Johnson-Lewis

### Mark Your Calendar!

May 20, 2006 has been the date selected by the Board of Directors for our annual membership meeting and dinner.

We will meet at the Dynasty Restaurant (*shown below*), 1210 El Paseo Road, Las Cruces at 6 P.M. The Dynasty is close to K Mart.

The Buffet is \$8.55 or \$9.75 with a drink. Members and non-members are welcome. We look forward to seeing you there. Please call Elisabeth at 521-7304 or email lizjohn@zianet.com to make a reservation by May 18th. You are always welcome to attend board meetings held the second Wednesday of every month at the Thomas Branigan Library at 6:30 P.M.

### Things to think about:

Do you want awards for our walks? If yes, in what form? Patches, pins or medals?

Are there any new places you would like to see Sun Country Striders walk?

Are current maps and directions easy to follow and understand?

Are you primarily interested in city or country walks?

Do you like historical information included?



At left, 85 year old **Bernita Stegall** is doing what she has been doing for almost 24 year, she is walking a volksmarch at "A" Mountain on 16 April 2006. Bernita reminds us that she was Member #9 when she joined the Sun Country Striders and one of only two original members remaining with the club. She fondly recalls other members who have since passed away and the good times they had walking together. Thank you Bernita for those 24 faithful years. We all wish you many, many more!



Above, (left to right) Tom Williams, Robert Macklin, Hugh Lewis and Jean Starr visit at the "A" Mountain Start-Finish Point.



Right, Barbara and David Baron as they prepare to start the "A" Mountain walk on 16 April 2006



Sun Country Striders, Ltd., P. O. Box 6787, Las Cruces, NM 88006-6787  
A member of the American Volkssport Association (AVA) in the  
International Federation of Popular Sports (IVV)





**Robert Macklin, with Randy Ranel behind, near the start of the "A" Mountain Volksmarch on 16 April 2006**

## **Congratulations, Robert!!**

The Bataan Memorial Death March was held March 26, 2006 at White Sands Missile Range. **Sun Country Striders' vice-president, Robert Macklin** completed the trek in third place for his division (MCivL 70-99) Finishers included 1325 males and 467 females. The event was founded by Army Maj. Ray Pickering in 1987. There were 134 marchers that year. Since then, thousands of military troops, National Guard members, reservists and civilians have trekked through 26 miles of unfriendly terrain to commemorate World War II's Bataan Death March. The march honors 70,000 American and Filipino troops who were forced to march 65 miles without food, water or medical attention to a railhead on their way to Japanese prison camps after surrendering on the Philippines' Bataan Peninsula in April 1942. ■

## **We Need Your Help!!**

By: Doyle Piland

The Sun Country Striders was founded in January 1982 and officially chartered by the American Volkssport Association in February 1982. The first volksmarch hosted was in May of 1982 in conjunction with National Physical Fitness Week. The club has been active for over 24 years. Counting the Event credits for our Year-Round Events, we have hosted 217 events. We started with our first

walk attracting 465 participants and in 1988 (I think) we had our highest participation of 517. For our last event at "A" Mountain on 15 & 16 April 2006, we had a total of 39 participants.

After a few years we had well over 100 memberships totaling almost 200 people, we now have 26 memberships with 36 total people.

As you can see, our club is not a healthy club. We desperately need each of you to pitch in and help us turn this trend around before the club has to disband for lack of interest. We need you to do some serious thinking about what Elisabeth had in her "Things to Think About" on page one. We need you to make a resolution to participate on a regular basis in the club's events. We need you to reach out and encourage others to participate. Bring your friends, children, grandchildren, and get them started. We certainly need younger people as members in our club. As a whole, our membership is a very senior group. We need everyone to make an effort to recruit younger families and individuals to invigorate our membership base.

If you have any ideas or want information, contact any of your club officers listed at right. ■

## **Asthma Walk**



The 5 km "Blow the Whistle on Asthma" walk was held on Saturday, March 11th at NMSU in Las Cruces. There was a tremendous crowd and a very festive atmosphere. Balloons decorated everybody and everything, while the band played on! Participants were awarded T-shirts and whistles and lots of food and water. Sun Country Striders were represented at the walk by (left to right), Capt. Walter Baker, Elisabeth Johnson-Lewis, Amelia Davis, (our team captain), Hugh Lewis and Bernita Stegal. The funds raised will help all the American Lung Association programs. ■

## **Board of Directors**

### **Elected members:**

Elisabeth Johnson-Lewis, President  
Phone: 505-521-7304  
E-mail: [lizjohn@zianet.com](mailto:lizjohn@zianet.com)

Robert Macklin, Vice-President  
Phone: 505-524-8032  
E-mail: [macklin@zianet.com](mailto:macklin@zianet.com)

**Position Vacant**, Vice-President Trails  
Phone:  
E-mail:

Louis Bevacqua, Secretary  
Phone: 505-522-0411  
E-mail: [louis\\_bevacqua@blm.gov](mailto:louis_bevacqua@blm.gov)

Doyle Piland, Treasurer  
Phone: 505-523-7034  
E-mail: [dpiland@zianet.com](mailto:dpiland@zianet.com)

### **At-large members:**

Randy Ranel, Member  
Phone: 505-525-0495  
E-mail: [ranlinranel@zianet.com](mailto:ranlinranel@zianet.com)

Joanne Poulos, Member  
Phone: 505-522-3513  
E-mail: [watch4dog@zianet.com](mailto:watch4dog@zianet.com)

Hugh Lewis, Member  
Phone: 505-521-1240  
E-mail: [hughlewis1st@msn.com](mailto:hughlewis1st@msn.com)

## **The Sun Country Striders' schedule for the remainder of 2006:**

**Note:** There was an error on the schedule that most of you received on the blue and green YRE Brochures and other event Brochures. The event in May at Mayfield High School is on 13 & 14. Please make corrections to your copy so you will not be confused.

### **2006**

**May 13 & 14**, 8:00 AM to 4:00 PM ... Mayfield High School, Las Cruces, New Mexico walk.

**June - August**, HAVE A NICE SUMMER!

**Sep 9 & 10**, 8:00 AM to 4:00 PM ... Fairacres Elementary School, Las Cruces, NM walk.

**Oct 14 & 15**, 8:00 AM to 4:00 PM ... Fort Selden, Radium Springs, NM walk.

**Nov 18 & 19**, 8:00 AM to 4:00 PM ... Walk at Oñate High School, Las Cruces, New Mexico.

**Dec 16**, 5:00 PM ... Christmas Lights Guided Night Walk (5:30 - 8:00 PM), Trails West Clubhouse, 1450 Avenida de Mesilla, Mesilla, New Mexico.

**RECOGNITION & AWARDS**

The following information is from the February/March 2006 edition of the American Wanderer.

**IVV Event Awards**

30 Events: Hugh Lewis

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**“A” Mountain Walk**

Photos and information from the “A” Mountain walk are shown below and on page 4. If you didn’t make it, you missed out.

**Return to Mayfield**

On the previous page, it was mentioned that the Sun Country Striders’ first volksmarch was at Mayfield High School in May 1982. Well, 24 years later, we are returning to Mayfield and will be walking that same trail from 1982, with a minor exception. The part of the trail between Picacho Middle School and Mayfield has changed slightly because of the new Las Cruces Public Schools Athletic Field (Field of Dreams).

This trail goes from Mayfield a short distance to the outflow canal from the large flood control dam east of Interstate 25, to the Rio Grande. With the exception of a short loop along a paved road, the trail follows

the outflow canal to the river levee. Then it goes north on the levee for a while, then goes over to the river and follows a trail back along the river’s edge. After returning part-way along the outflow canal, the trail turns south along the bank of an irrigation canal to the area of Picacho. From there the course makes its way back around Picacho Middle School and the Field of Dreams back to Mayfield.

A very interesting, and relaxing trail with only about 3/4 mile of paved road. Support your club. Be sure to be there and bring someone to introduce to volksmarching. As the old saying goes, “be a, bring a friend.” Or, you can “make a friend, bring a stranger.”



Elisabeth Johnson-Lewis waits at the Start-Finish table for the first participant Saturday morning at the “A” Mountain Walk



Richard Johnson strides toward the Start-Finish table Saturday morning after completing the 10KM “A” Mountain Walk



Robert Hartley and friend approach the Start-Finish table Saturday morning after completing the 10KM “A” Mountain Walk



Mary Seagrove, President of the Amigo Amblers in El Paso, arrives to register for the 10KM “A” Mountain Walk on Saturday



Naomi Hinojosa, Charley Hollis, and Randy Stone (setting) after completing the 10KM "A" Mountain Walk Saturday morning



Bandit, the VolksDog, waits for mommy (Charley Hollis) to open the car door after completing the 10KM "A" Mountain Walk



Randy Ranel, behind Robert Macklin, and Linden Ranel emerge for the "wilderness" on the "A" Mountain Walk Sunday morning



The Start-Finish table for the "A" Mountain Walk Sunday morning as participants register and visit with each other



Elisabeth Johnson-Lewis and Hugh Lewis returning to the Start-Finish point after finishing the "A" Mountain Walk



Amelia Davis at the Start-Finish table after finishing the "A" Mountain Walk Sunday morning