



# The Strider

Official Newsletter of the  
Sun Country Striders, Ltd.

Volume 22, Number 1

March 2004

## President's Corner

By: Walter Baker

We're looking into spring. We've had a bit of moisture lately...good for the crops and is certainly needed, but it holds back a bit on our walking. Gene Kelly's "Singing in the Rain" doesn't appeal to a great number of our walkers who anticipate warm, dry weather in Las Cruces. However, we do have more than our fair share of beautiful, warm, dry weather, so let's enjoy it by walking our trails and encouraging our friends and neighbors to join us.

With the 13-14 March Hosted Walk out at The Space Murals Museum we bring our Hosted Walks to completion and now start our Regular Weekend Walks (I like to call them our "Special" Walks). April's Walk will find us "Walking around "A" Mountain". May's Walk will find us enjoying the flowers, students and sights at NMSU as we walk the campus. I don't have a report on the success of our Hosted Walk at The Space Murals Museum, but I do feel good about the turnouts, both Club-wise and Community-wise in support of the walks originating at the Mesilla Valley Inn (January) and The Hilton (February). Thank you all! Now, let's get out and enjoy our upcoming Regular Walks.

We've been asked to participate/help plan or simply to support several other fund raising/attention awareness walks in the near future...a walk at the Chihuahuan Desert Nature Park, an Arthritis Walk, The March of Dimes (Walk America) Walk, and the Relay for Life. Even though these are not Volksmarches, we, being recognized as leaders in the realm of "Walking", are asked to

assist and participate. And, from my point of view, we, in assisting and participating not only are encouraging a prime objective of Volksmarching...getting people out into the fresh air, exercising, but we also gain recognition for our Club and our Sport. With the cooperation and support of your Board of Directors we have and will continue to have a walking supportive Club in Las Cruces and the area.

Needless to say, there has been no change since our last Newsletter regarding the viability of the Club. We're holding monthly meetings, following our annual schedule, submitting our paperwork and paying our bills on time, maintaining our membership and are monetarily solvent (\$1,700 in the bank). However, it is new officer time. Henrietta, heading up our Nominating Committee, is looking for volunteers to fill out the slate of Proposed Officers for the year 2004-2005. Elections will be upon us soon. So please, give some thought to taking upon yourself one of the Club's governing positions. Give Henrietta a call or when she calls you, think positive, and join the leadership of your Club. We've had a great team for some time now. But, why not some new, enthusiastic blood! Get on that Nominating Committee Slate!

I wish all of you the very best and every success. I look forward to seeing our Club continue to prosper! Fondly, Walt.

**new balance** 

**Official Shoe Sponsor** of the AVA and its member Clubs. Quality, comfortable walking shoes at reasonable prices.

## Starting Point 2004

(Available Now)

Get your guide to more than 1400 self-guided walking and biking trails throughout the USA, published by the American Volkssport Association.

Find Great Trails to do at your own pace, any day of the year.

Enjoy walks and bikes in national, state, and local parks and forests. Take in lovely countryside or charming small towns. Enjoy daily walking trails in your area. Visit destination attractions from coast to coast and enjoy seeing them afoot.

This book lists start points, addresses, driving directions, hours of operation, trail length and difficulty level, trail points of interest, host club and club contact numbers.

To get your copy, you can either ask for it at our April 17 & 18 walk at "A" Mountain, or by mail by sending a check to the club at P. O. Box 6787, Las Cruces, NM 88006-6787. There is a limited supply, so don't wait too long.

Cost is \$15.00 if you buy it at the event, or \$15.00 plus \$3.95 for USPS Priority Mail. Total \$18.95.



**Robert Macklin checks the sign-in sheet at the Space Murals Hosted Walk**



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)





- 225 Events Award: Linden Ranel
- 250 Events Award: Joy Macklin
- 250 Events Award: Linden Ranel
- 275 Events Award: Joy Macklin
- 275 Events Award: Linden Ranel
- 300 Events Award: Linden Ranel
- 325 Events Award: Linden Ranel
- 350 Events Award: Linden Ranel
- 550 Events Award: Doyle Piland
- 550 Events Award: Randy Ranel
- 575 Events Award: Randy Ranel
- 600 Events Award: Randy Ranel
- 650 Events Award: Randy Ranel
- 700 Events Award: Randy Ranel
- 750 Events Award: Randy Ranel



Donald, Lesa (left) and Denali Wislon with other family members walking the Space Murals alternate route.

TV-Turnoff Network, formerly TV-Free America, is a nonprofit organization that encourages children and adults to watch much less television in order to promote healthier lives and communities.

Founded in 1994, TV-Turnoff Network is dedicated to the belief that we all have the power to determine the role that television plays in our own lives. Rather than waiting for others to make "better" TV, we can turn it off and reclaim time for our families, our friends, and for ourselves.

Our April 17 & 18 walk at "A" Mountain will be an early start for TV-TURNOFF week. In cooperation with the Las Cruces Public School System and Mrs. Ellen Saige, we are pleased to offer the "A" Mountain Walk as a way to "walk away" from your TV. Come on out and walk 5 Kms. (3 miles) with your children or grandchildren in the foothills of "A" Mountain. See you there !! Make sure all your family, neighbors, and friends know about this and encourage them to come out and enjoy the peace and quiet of the desert in the "A" Mountain area. If you need more event brochures for those who might be interested, just contact Walter Baker at the phone number or e-mail address to the right.

**IVV Distance Awards**

- 500 KM Award: Elisabeth Johnson
- 4,000 KM Award: Joy Macklin
- 4,000 KM Award: Linden Ranel
- 4,500 KM Award: Linden Ranel
- 5,000 KM Award: Linden Ranel
- 5,500 KM Award: Linden Ranel
- 25,000 KM Award: Robert Macklin
- 30,000 KM Award: Randy Ranel
- 35,000 KM Award: Randy Ranel



Doyle Piland preparing to enter the IVV stamp in his record books after walking the Space Murals course.



Randy Ranel (left) and Robert Macklin at the Space Murals Hosted Walk

**Board of Directors**

**Elected members:**

Walter Baker, President  
Phone: 505-525-3990  
E-mail: [baker@newmexico.usa.com](mailto:baker@newmexico.usa.com)

Henrietta C. Vargas, Vice-President  
Phone: 505-524-1041  
E-mail: [queta\\_69@hotmail.com](mailto:queta_69@hotmail.com)

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

Louis Bevacqua, Secretary  
Phone: 505-522-0411  
E-mail: None

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

**At-large members:**

Carol Gaines, Member  
Phone: 505-524-4203  
E-mail: None

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

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

**RECOGNITION & AWARDS**

The following information is from the February/March 2004 edition of the American Wanderer.

**IVV Event Awards**

- 50 Events Award: Elisabeth Johnson
- 200 Events Award: Linden Ranel



Jim Ficklin (left) Robert Macklin, and Doyle Piland at the Space Murals Walk

Below is a listing of our **UPCOMING EVENTS** for the remainder of 2003 and for all of next year. Mark your calendar and be sure to participate in all these events.

## 2004

**Apr 17 & 18**, 8:00 - 4:00 PM ... Tortugas ("A") Mountain, Las Cruces, New Mexico walk.

**May 22 & 23**, 8:00 AM to 4:00 PM ... New Mexico State University walk.

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

**Sep 11 & 12**, 8:00 AM to 4:00 PM ... Alameda Elementary School, Las Cruces, NM walk.

**Oct 16 & 17**, 8:00 AM to 4:00 PM ... Fort Selden, Radium Springs, NM walk.

**Nov 20 & 21**, 8:00 AM to 4:00 PM ... Walk at the La Viña Winery in La Union, New Mexico.

**Dec 18**, 5:00 PM ... Christmas Lights Guided Night Walk (5:30 - 8:00 PM), Trails West Clubhouse, 1450 Avenida de Mesilla, Mesilla, New Mexico.

## 2005

**Jan 8 & 9**, 8:00 - 11:00 AM ... Best Western Mesilla Valley Inn - Hosted Year-Round Walk.

**Feb 12 & 13**, 8:00 - 11:00 AM ... Las Cruces Hilton - Hosted Year-Round Walk.

**Mar 12 & 13**, 8:00 - 11:00 AM ... Space Murals Museum - Hosted Year-Round Walk.



**Elisabeth Johnson working at the check point at our November walk.**

*The following is a list of few more of the current AVA Special Events. If you are interested in participating in these activities, please contact the Point, of Contact for each event:*

### National Heritage Event

The National Heritage Special Event has two phases; the original program where you walk 10 sanctioned walks on sites administered by the National Parks Services or National Cemetery, and the '10 More' phase is where you do 10 additional sanctioned walks on any Federal Government site. The original phase has a patch award, while the '10 More' phase has a bar patch that goes under the main award. National Heritage continues to attract an average of 18 per month to this great program and will continue as long as there is interest. POC: Victor J. Shaff, 6575 Dolphin Circle East, Florissant, MO 63033-4756; 314-741-0924; email: victorjan@juno.com.

### Route 66

The program is set up for the participant to complete a sanctioned walk in each state along the path of Route 66. (Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona and California) A special event book is available for participant to register a walk in each state along the route. Upon completion of the required number of events, the participant will receive a special award recognizing this accomplishment. This Special Event started January 1, 2001 and ends December 31, 2005. Cost is \$6. POC: Elaine Samus, 4710 Tortuga Trail, Wichita Falls, TX76309; email esamus@prodigy.net.

### Original 13 State

Due to popular demand, the Original 13 State Program has been extended to December 31, 2005. Participate in any sanctioned event in the original 13 States (Delaware, Pennsylvania, New Jersey, Georgia, Connecticut, Massachusetts, Maryland, South Carolina, New Hampshire, Virginia, New York, North Carolina and Rhode Island) between June 1999 and December 31, 2005. A special book is required to place event stamps in each of the states. Upon completion, the book should be returned and a patch depicting the Original 13 star flag, with each state imprinted in the stripes in the order of

their acceptance in to the Union, will be issued. If you would like to participate, send \$6 to the POC. There are also t-shirts available for \$10 (includes shipping). Shirts are available in small, medium, large, x-large and xx-large. It is a white shirt, with lettering "Walk the Original 13 States" and a circle with all the states outlined and the Minute Man in the center. POC: Joan Lampart, c/o Liberty Bell Wanderers, 2124 Barley Drive, Quakertown, PA 18951, 215-529-5686; email: j.mlampart@aol.com.

### Golden Heritage

Walk through any of California's parks, forests, visitor centers and museums as part of IVV/AVA sanctioned events. You must walk four separate walks in northern, central and southern California for a total of 12 events. A special book is required to log your 12 events. The program started January 1, 2002 and ends December 31, 2005. POC: Roberta Murray, California Heritage Program, PO Box 142, Auburn, CA 95604, 503-888-9145; email: the4rs@pacbel.net.

### Lewis & Clark Expedition

Program started January 2003 to commemorate the exploration journey of Lewis and Clark. Many special events are planned. Contact POC for more information. POC: Jim and Norma Jones, 1404 Vicksburg Drive, Belleville, Illinois 62221-5790, 618-234-8309; email: jimandnorma87@intertek.net.

### Civil War Battlefields

The York White Rose Wanderers has a list of walks, which qualify for this program on their web site <http://www.ava.org/clubs/york> (with additions added throughout the program). For those without web site access you can request a list by U.S. mail to Barbara Peiffer, PO Box 274, Dover, PA 17315. Email: bpeifferc@blazenet.net. These walks include Civil War Battlefields and Sites of Significance during the Civil War era. In order to complete the program, you must walk in 15 different Civil War sites. A special booklet is required to record the sanction stamps. When the booklet is completed it can be returned for an award patch. POC: Barb Peiffer, York White Rose Wanderers, PO Box 7686, York, PA 17404-0683; email YWRW@hotmail.com.

**new balance** 



Robert Macklin and Ken Pineau walk along the alternate trail at the Space Murals Hosted walk on the 14th of March. The Prime trail was closed due to construction.



Barbara Garcia along the trail at the Space Murals Walk



Two participants starting their walk at the Space Murals Hosted Walk

