



The Strider

Official Newsletter of the
Sun Country Striders, Ltd.

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November 2003

President's Corner

By: Walter Baker

Needless to say, summer is over. The weather's cooling off reminds us of this. And, we're well into the second half of our 2003 Regular Events Walks. Since our last issue of The Strider, we have completed our 20-21 September Fairacres Elementary School Walk and our 18-19 October Sonoma Ranch Golf Course Walk. The weather was beautiful for both walks, the School Administration and Golf Course personnel were most cooperative and encouraging, and turnout for the School Walk was nice; turnout for the Golf Course Walk was very nice, almost twice the numbers of our previous Regular Events Walks. (The Golf Course Walk is going to get even better and will improve as construction is completed. The vistas and new homes were breathtaking. The Golf course Manager encourages our return as often as we might wish.) You all turning out in goodly numbers, along with the fine turnout of our El Paso Volksmarching friends help justify and reward the fine efforts put forth by Randy Rannels, Doyle Piland and Bob Macklin and support our desires to continue to conduct Regular Event Walks. Thanks, very much!!

Also, when Randy puts together a Duty List, or as the Navy would say, a Watch Bill, and can get 13 or 14 members from our small Club to agree to stand duty where ever needed, the Start/Finish or Check Points, Riding the Trail, or doing whatever might be asked of them, there is certainly to me a fine indication of our Club's viability. I was able to see many of you in the performance of your duties. I thank all of you very much

for your time and efforts! (I know many of you are volunteers for numerous organizations/causes because I see so many of you so often out there doing your wonderful volunteer work. But, it was a real and unexpected pleasure on Sunday morning, the 19th of October, sitting in the shade at the Golf Course Club House, to pick up my Newspaper in a free moment and to read, there on the front page, about the Cleanup of the Rio Grande that had taken place just the day before and to find mentioned the name of the lady/club member who I had just relieved at the Start/Finish Point Duty Station. According to the article, "with a garbage bag tucked into her shorts" she had spent that Saturday "morning picking up trash" along the River. Good on you, Liz Johnson! Thanks for your many volunteer efforts!)

We are gearing up for the last two Regular Events Walks of our 2003 Year. our 15-16 November Nutcracker Suite Walk in Anthony, New Mexico, and our 13 December Christmas Lights Guided Night Walk in Mesilla, New Mexico. Both of these Walks are great outings. The wide open spaces of the Anthony area (With Christmas Shopping opportunities, at least for me, in the vicinity of the Start/Finish Point) and the lovely Seasonal lights. The getting into the spirit of Christmas in Old Mesilla. (Note: The date change from 20 December to 13 December for the Christmas Lights Walk in Mesilla.) I would love to see you out on the Trails or perhaps manning one of our Duty Stations. As I've mentioned before, we stay monetarily solvent if you get out and Walk our Walks. we stay strong as a Club through membership participation. See you at the Walks!

About the Newsletter

For those who have Internet access, you can always take a look at the Newsletter in color by going to the club's website at URL <http://www.ava.org/clubs/sun/> and clicking on the "Club Newsletter" link on the left.

There would be a cost savings if members who can access the Newsletter on-line would agree to forgo the paper version and view it on-line instead.

If you would be willing to do this, please notify Doyle Piland at dpiland@zianet.com. We would appreciate that.

Board of Directors

Elected members:

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Volksmarch :

A Walk for Your Health

By: Randy Ranel, VP Trails

Unlike other, and expensive exercise Programs, Walking is for all people of all ages and abilities

Walking is one of the best health remedies for adding years to your life. In fact, walking is for everyone - old, young, infirmed, and healthy !

Inactivity is increasingly noted as a principal cause of disease and degeneration in adults. Walking is an easy and safe way to be active and alert your entire life.

Walking cannot change your genes or your basic body type, nor can it produce overnight wonders. But, it can, if followed regularly throughout your lifetime, help you improve what you have, change what is possible, and cope with what is not.

Walking every day is a way of living each day with new sights and sounds and ideas! Walking remains a truly wholistic approach for the body and mind to regain and maintain a healthy harmony for a better and longer life.

Money Topics

By: Doyle Piland, Treasurer

As the club's treasurer, it is my duty to keep track of and safeguard the club's money, pay the club's obligations, make monthly financial reports to the board, and annual financial reports to the American Volkssport Association.

But, I also feel that it is my responsibility to insure the future financial viability of the club. To that end, I have a few remarks.

First, a little background is in order. The club was founded in early 1981 and held its first event in May of that same year. We had 476 participants. For several years, we had between 400 and 500 participants per event, except for the December walk, which attracted around 250 to 300. The highest was 517. Then, in the late 80s/early 90s participation began to decline. It continued that decline until a few years ago, when things leveled out for the club's events to some-

where between 50 and 100 participants. It should be noted that this trend was prevalent throughout the American Volkssport Association as well.

Our saving grace? Year-Round events. Without the monies received from the YREs, we would go broke. The YREs have relatively small cost to sanction and operate, meaning that the revenue from these is mostly profit. While the YREs show some profit, our regular weekend events actually show a loss. There is the cost of sanction fee, printing a brochure for each, mailing the brochure, as well as other miscellaneous costs, which exceeds the revenue generated by the small turnout.

The club needs your help! There are several ways that members can help. You can recruit new members and new participants. Remember the old saying, "be a friend - bring a friend" or "make a friend - bring a stranger." In the case of several members, you can bring yourself. Unfortunately, we do have several members who never seem to be able to make our club's events.

The Amigo Amblers in El Paso, the Santa Fe club, and the two clubs in Albuquerque no longer sponsor regular weekend

events. They only have YREs. Our club is the only one in this whole area with regular events. We want to keep it that way. To do this, we need YOUR help. Set aside the time to come out and support YOUR club.

new balance 

Did You Know?

❖ New Balance is the Official Shoe Sponsor of the AVA and the Sun Country Striders. They have comfortable, affordable waking shoes.

❖ New Balance provides a gift certificate for a free pair of shoes for each of our events. The winner is determined by a Start Card Drawing after each event. The winner need not be present to win. Free shoes were won by Derrill Rothermich at the September walk and by Robert Macklin at the October Walk.

❖ New Balance provides free gifts for all participants who want them at each event.



Club member Carol Gaines, who is our Club Historian and an At-Large member of the board of directors, works at the Start-Finish table registering participant Elizabeth Ortega for the September walk at Fairacres Elementary School. Note that Carol is sitting in the warm morning sun.

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

2004

Jan 10 & 11, 8:00 - 11:00 AM ... Best Western Mesilla Valley Inn - Hosted Year-Round Walk.

Feb 7 & 8, 8:00 - 11:00 AM ... Las Cruces Hilton - Hosted Year-Round Walk.

Mar 13 & 14, 8:00 - 11:00 AM ... Space Murals Museum - Hosted Year-Round Walk.

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.

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 Nutcracker Suite in Anthony, 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.

Amigo Amblers

YRE Group Walk

Put the 4th Saturday of each month on your calendar. That is when the Amigo Amblers in El Paso host a group walk at one of their three Year-Round events. After the walk, most everyone gets together for lunch at a nearby restaurant. So, this is a real nice way to get your exercise and meet new friends or renew old acquaintances. If you would like to be notified of the location of these events, contact Doyle Piland at dpiland@zianet.com or phone 505-523-7034.



From left to right, Club President, Walter Baker, Secretary, Louis Bevaqua, and VP Trails, Randy Ranelis await participants at the Fairacres Start-Finish point. Note that after things warmed up, this smart group moved the tables into the shaded area at the entrance to the school.



Club members Eileen Roberts, on the left, and Elisabeth Johnson wait in the shade at the Start-Finish table for participants to register and for those returning from the walk at the September event at Fairacres Elementary School.



Photos from our October walk at Sanoma Ranch Golf Course.

← Once again Carol Gaines is at the Start-Finish point. Wishing for some warm morning sun.

Louis Bevacqua works the Check Point. Getting their Start Cards stamped is Randy Stone and Charly Hollis, along with Bandit, from El Paso. →

Part of the view along the walking route through Sanoma Ranch Golf Course and Community. ↓

