



MILE MARKERS



April 1, 1987

Volume 8, Number 4

We Give You the run-around
PO Box 1818, Santa Fe, NM 87504

President: Dale Goering, 988-6616 Co-editors: John Arnold, 988-3061; Greg Ohlsen, 988-2091

"He (or she) who limps is still walking." - Stanislaw Lec

Jack Medina, a fitness consultant for the Los Alamos Wellness Center and president of Comprehensive Fitness, will discuss "Fact and Fantasy: Exercise and Nutrition" at our monthly meeting which begins at 7:30 p.m. Tuesday April 14 in the Conference Room of the State Land Office, 310 Old Santa Fe Trail.

Mr. Medina is a former high school football and gymnastics coach and he also coached gymnastics at California State University Northridge. He is a dynamic speaker and his success formula for fitness should prove interesting to everyone.

ALBUQUERQUE MASTERS CHALLENGE SANTA FE'S OLDSTERS

Members of the Albuquerque Masters Running Club have challenged their counterparts in the Santa Fe Striders to a 2.5-mile and 5-mile run at the St. John's track on Saturday April 25. The first male and female finisher in each distance will receive an award, and everyone who participates is invited to join in a dinner at a local restaurant following the races.

Master is a euphemism for old timers, that is, runners who've lived to 40 years or beyond. The informal races begin at 3 p.m. and everyone is encouraged to attend. If you're too young to run, or too old to run, you can still help out with the timer. See you there!

NEWSLETTER DEADLINE

The deadline for submission of material for the newsletter is the 25th of the month preceding publication. Submit your material to either John Arnold or Greg Ohlsen.

RUN-AROUND UPDATE

Plans for the June 6 RUN-AROUND are progressing nicely. Sponsors have been lined up and the applications printed. This year the sponsors again are **ALPINE SPORTS, SUNWEST BANK** and the **PLAZA ORE HOUSE**. All members should mention how much we appreciate their help when you do business with them. Applications are available from **ALPINE SPORTS**, Greg, Jerry, or Dave Boyer. Here is the list of major jobs and those in charge. Each would appreciate additional help:

Registration - Jary Weller	983-9762
Race course - Dale Goering	983-6616
Prizes and Plaza Refreshments -	
Jerry Dorbin	983-3282
Split Timers -Greg Ohlsen	988-2091
Aid Station - Mary Nichols	471-2806
Data Entry/Results Book -	
George Croshaw	471-4317

We still need a race treasurer and help on publicity. Call Dave at 471-4905 (home) or 827-5812 (office).

Storage Locker

The Striders have rented a storage unit at the Secur-it storage units at 1414 Maclovio Street (behind Tony's Pizza on Cerrillos Rd.). If any of you have Strider equipment of any kind, we want to consolidate it in the storage unit. We are trying to inventory everything and keep it all in one location. If you need any of the equipment, you will need to see one of the officers as we have a combination lock on the door. Please sign the clip board when you remove any articles so we can find them.

Notes from Kenny

Wellness is a personal responsibility. We cannot abuse our bodies and minds for years, then expect to go to a doctor, get a pill, and feel well immediately. Your lifestyle is very important in determining your state of health. Your lifestyle is in your hands and you are in complete control. The most important factor over which you have no control, and should be very aware of, is your genetic inheritance. Thank your parents if they and you enjoy good health.

Your diet, exercise and habits are your choice. Be aware of you body — check how your body responds to changes in your lifestyle. Try using positive attitudes and thoughts to get the results you want. It is as important to exercise the muscle between your ears as the rest of your body muscles.

George Sheehan, M.D.: *"If decreases in the body's functions are due to non-use and not to aging, is it unreasonable to suggest that our mental and psychological and spiritual capabilities deteriorate the same way?"*

Eat right. Cut down on fats, eggs, milk products and meats that have cholesterol, but be aware that some plant products also have a high fat content, even though it is not cholesterol. Try lowering your overall fat consumption, increase complex carbohydrates, reduce sugar and salt consumption.

Water is absolutely critical. Our bodies are 90% water, the brain 75% water. Water cools the body, aids in digestion and elimination. It also is used in the circulation of nutrients to the cells. Drink lots of water.

Most runners are very aware of their body weight. We should be more aware of the lean body mass and not our scale weight. The body fat percent is the thing to watch. Muscle tissue weighs more than fat tissue. The lean body mass is what burns up the calories, and exercise builds body mass or muscle. Bodies respond to lowered caloric consumption by using up the muscle tissue instead of the fat tissue, making fat percentage go up.

So up the exercise, don't cut down the right calories. What you are doing by exercising is increasing the little enzymes in the mitochondria in the muscle cells and those little suckers use up the calories like crazy!

Kenny

Recent Results

Mayor's Cup 15K

Mary Nichols, 1st woman master, 4th overall	1:06
Tim Alton	1:07
Buddy Roybal	1:09
Jody Visali, 2nd woman 40-44	1:10
Jerry Dorbin, 2nd man 55-59	1:20
John Arnold	1:24

Mayor's Cup 5K

Jerry Sneesby 13 p.r.	24:05
Chris Kassube, 2nd woman 55-59	31:04

Canyonlands Half Marathon

Greg Ohlsen	1:28:30
Mary Nichols, 3rd master-4th overall	1:33:45
Jerry Dorbin	1:49:03

Former members Raye Johnson of Santa Fe (now living in California) and Ruben Vigil of Albuquerque have placed well in several recent national events. Raye was second woman aged 60-64 in the World Masters competition at Paramount, California, in 48:16, and second woman in her age group at the Las Vegas, Nevada marathon, with a 4:15. Ruben, probably still wearing his warmups and stereo, was first man, 60, in the Guadalajara Half Marathon in 1:24, and ran the Los Angeles Marathon, March 1, in 3:19

Calendar of Events

- April 11 **Fourth Annual Jog Your Mind Library Run 5K**, 9:00 am from Stanford NE (east side of UNM North Golf course) to City Library, downtown. Gil's Runners' Shoe World. \$7.00
- * April 12 **Bill Recinos Memorial 10K** 10:00 am, and 5K Fun Run 9:00 am. Kit Carson Park (Zoo area) Albuquerque. Runners' clinic previous day and packet pickup available previous evening. Special rate at the Albuquerque Hilton. Invited runners include Hussein, Sandoval, Aragon and 1986 Runner of the Year Arturo Barrios. Steve Scott rumored to be coming. Information: Roger Fragua 275-1155
- * April 18 **Gathering of Nations 5K and 10K** 9:00 am University Arena, Albuquerque. \$8.00 if mailed by 4/11 or \$10.00 race day. Course described as "varied terrain." Five-year age groups. Plaques, medals; T-shirts to first 200 entrants. Drawings, Indian arts and crafts, etc. Al Waquie Indian runners, 831-0119; Eulynda Toledo, 345-3285 or Gil's 268-6300
- April 25 **St. Vincent Hospital Fun Run** 10:00 am 5 miles and 1.7 miles (as a kick-off to the Health Fair de Santa Fe). 5 miler starts at Botulph Rd and St. Michails and goes to Villa Linda Mall (site of the health fair) 1.7 miler starts at Rodeo Plaza and goes to the mall. Really nice T-shirts and only \$5.00.
- April 25 **Masters Runners Unlimited Santa Fe Day.** 3:00 pm. Timed 2.5 and 5 mile runs from St. John's College track; age groups (beginning with 40) Followed by social and dinner. Ineligible-aged Striders urged to contact Kenny or Dale Goering at 983-6616 to offer assistance with timing or running part of the occasion.
- April 25 **Spring Light 5K.** UNM Albuquerque
- April 26 **St. Catherine's Spring 5K and 10K** 9:00 am \$8.00 T-shirts and awards; ten-year age groups.
- April 26 **Raven Fun Run 4-Mile** 9:00 am in shopping center parking lot off North 4th and Grecian Way, Albuquerque. \$7 no age division \$100 to first male and first female. Drawings.
- April 26 **Harper Memorial 5K** Albuquerque Academy Rough cross-country course. Information 821-1155
- April 26 **Mesilla Valley Track Club Bud Lite Triathlon** Information Floyd Ransom 523-0903 Las Cruces
- May 3 **Third annual Gardenswartz Runners' Pentathlon** 8:00 am Milne Stadium, Albuquerque. Men and women, five-year age groups, 200, 400, 800, 1600, and 3200 meters for medals and patches. Entrants must run all events to earn awards. No fee for TAC members; \$6 all others. Mail deadline April 30, then no entries accepted until race day at \$9.
- May 3 **Clean Air Volcano Run 5K and 10K** Albuquerque Gil's
- May 9 **Jemez Pueblo 10K** Steve Gachupin.
- May 16 **Corrida De Los Niños** Two age groups. Santa Fe Indian School. Dave Giles race director. Call him to volunteer your help. 982-8139
- * May 17 **Quemazon Ascent** 10:00 am Ten-mile mountain race from Sullivan Field in Los Alamos. West to Quemazon Trail, Pipeline Road and Guaje Canyon Trail. Aid stations at 4 and 7 miles. \$10.00 by mail to Endurance Sports, Box 2421, Santa Fe, or in person at Sun Mountain Sports, Los Alamos. T-shirts to first 100. \$15.00 race day
- May 25 **KRSN High Altitude Bandelier Marathon**, 50-mile relay and ultra marathon. 6:30 am from Nazarene Church parking lot, White Rock. Entry fees \$6.00 per person for relay, \$8.00 for marathon and \$10.00 for ultra. Male and female, age groups; ERG, water and vaseline at aid stations every three miles. Refreshments at finish. All marathon finishers receive special pin and all 50-miler finishers custom medal in addition to place-winner awards. Packet pickup at the Sports Bag, Los Alamos 1:00 to 5:00 pm May 23 or at starting area 6:00 to 6:30 race day. Information: Aaron Goldman 662-9257
- * June 6 **NINTH ANNUAL SANTA FE RUN-AROUND 10K** 8:00 am from the Plaza. Dave boyer, 471-4905, race director. (Listed wrong last month!)
- * July 19 **San Francisco Marathon** \$20 by July 1 \$30 thereafter. 300 foot elevation loss. Call 988-2091 for entry form and/or if you want to train for it.
- * Aug 30 **Third annual Cochiti Triathlon** and team triathlon. 8:00 am Tetilla Peak Recreation Area, Cochiti Lake. \$30 individuals, \$55 teams. Information: Cathy Quintana, Fort Marcy Recreation Complex.

* Entry blanks available: Call Jerry Dorbin 983-3282

Gil Duran

Gil Duran is a familiar figure to most New Mexico runners. His store, Gil's Runnershoe World, was the first of its kind in New Mexico, and it remains the area's only "pure" retail establishment for runners. On any given day Gil can be found watching a runner try out shoes in the parking lot; selecting a heel cup or insert prescribed by a local doctor; helping a new runner find the right shoe; chatting with a well-known competitor about an upcoming race; or giving advice about proper training, diet, and running routes. In addition to maintaining his store, Gil gives generously of his time and money in the sponsorship of a number of races, both local and out-of-town, including The Clean Air Volcano Run, The Library Run, The Cerrillos Road Race, The Fourth of July Midnight Run, The La Luz Trail Run, The Corrida De Taos, The Old Santa Fe Trail Run, The Carrie Tingley Run, and the Tour of Albuquerque Marathon. When asked about his initiation into running, Gil, a Santa Fe native, tells a story common to many runners.

GIL DURAN: I moved to Albuquerque in 1968 to take a job with a local engineering company. At the time I was a little overweight, smoked a little, and had just been informed by my doctor that my blood pressure was slightly elevated. I started jogging and soon moved into competing. In 1972 I ran my first marathon, the Tour of Albuquerque Marathon.

MILE MARKERS: What was the running community like in those days?

GD: It was small, close-knit group, very informal. There were only thirty to forty runners in all of Albuquerque. There were no road races to speak of then. Races were all on the mesas outside of town. We'd call each other, get together, and set one up. Entry fees were fifty cents. Spouses would come along and time the races with a stop watch.

MM: How did the store come about?

GD: As I got more serious about running, I wanted to be involved in every aspect of the sport. It became a dream of mine to open my own store. In 1980, we hocked the house, went to the bank, took out a loan, and opened the store. It has been a success from day one. Since I was well known in the running community, it was a matter of friends supporting friends. It was really the only place where runners could come and find what they needed. Also, the timing was perfect. There was a tremendous increase in running popularity, with a lot more publicity about the sport.



MM: How important are shoes in terms of overall running performance and injury prevention?

GD: Very important. A lot of people have been cured of knee pain, shin splints, etc., just from changing to a more appropriate shoe. You get a guy who wants to start running. He has a friend who's experienced, an accomplished competitor, say, and this veteran recommends a certain shoe. It's probably lightweight and inadequate for a beginner or for anyone with biomechanical problems. But the novice looks up to his friend and wants the shoe; after all, it works well for him.

MM: So there really is no such thing as one specific shoe that will meet the needs of most runners, a sort of universal shoe. Nike advertises the Pegasus Plus with the caption, "It still takes all comers. "

GD: No, there really isn't such a shoe. Every runner is different in terms of build, strength, flexibility, and biomechanical weaknesses.

MM: When a runner comes in for a new pair of shoes, how do you go about finding the right one?

GD: The wear pattern on the old shoes tell a lot, say, whether or not the person pronates or supinates. I watch how the person stands, how he or she walks. I ask about specific problems the person might have, any known weaknesses or abnormalities. I have all runners try the shoes out by

running around outside in the parking lot.

But the shoes aren't the only important factor in a runner's overall health. Injuries are caused mainly by stress, by a combination of a lot of different factors. Maybe the person is overtraining. Maybe he or she has increased mileage too quickly, or added speedwork too soon. Maybe the diet is not right. Maybe the person is anemic. Diet is very important. The runner needs a lot of fruits and vegetables. Bananas are a good supply of potassium, which is lost in sweat and needs to be replaced.

MM: So proper training involves more than just setting up a running schedule and wearing good shoes. It sounds like you provide your customers with a lot more than correct fitting of shoes.

GD: Yes, particularly with new runners, we try to give help in all important areas to get them off to a good start and prevent unnecessary injury. There's a lot of misinformation out there. Even experienced runners have a lot of misguided ideas, and they pass them along to beginners. I'm amazed at how many runners don't know the biggies of their own sport, say, Sebastian Coe or Ron Daws. It's a good idea to read one of the running magazines available. They contain a lot of information about all areas of the sport -- nutrition, training, stretching.

The key to success in running -- in anything -- is stress adaptation. It's important to train properly, to train for the specific race or the specific conditions the runner will encounter. I get people who say, "I always run on dirt," thinking they avoid a lot of shock and pounding. But if you run road races, you have to train some on concrete. Otherwise it will be too great a shock to the body when it's forced to run the race on a harder surface. If a guy is planning to run La Luz [the La Luz Trail Run, a 9-mile mountain run up a steep trail] and he only trains on flat terrain, he's in for trouble, and probably for injury, when he goes to run the race. You have to train specifically for the race you're planning to run.

We're all creatures of habit. A lot of runners always run the same route, the same pace, at the same time. I tell them, vary your route. Drive outside of town sometimes for a change. Vary your pace. Do speedwork; do hillwork; alternate hard and easy days; go somewhere different. This is the key to avoiding boredom and burnout, and to avoid-

ing injury as well.

MM: What about your own running? It sounds as if you don't have much time to participate in the sport you love.

GD: [Laughing] It's true, I work a seven-day-week, but I love it. Since I love it, it's easy, and I don't mind the extra hours, coming in early, staying late, working weekends. It's not a chore if you're completely involved and love what you do. I'm a lot more relaxed and happier now than I was before I opened the store.

I mostly run alone. I'm real self-motivated, so I don't need others to get me out there and get me going. Some people run better with others. I haven't competed in two or three years and I miss that. I'm always putting races on and so I never get a chance to run in them. I plan to do more racing myself, though, in the future.

MM: What are your own favorite races?

GD: I prefer longer races, the 10-milers, 15K, 20K, and, of course, the marathon. I like mountain runs. My favorite is probably the La Luz Trail Run. The Fourth of July Midnight Run is the most social and fun run. After that race people party until three or four in the morning.

MM: Runners are finally getting the respect and compensation they deserve. But now we have a growing field of elite runners, many of whom enter small-town races. Is this crowding out the casual runners or discouraging them from competing?

GD: On the contrary, it encourages them. The biggies provide inspiration for the regular guys. You can participate in your sport alongside the greats.

MM: Yes, it's true, you'll never play tennis with Martina Navratilova, but you can run in a race with Joan Benoit Samuelson.

GD: Yes, everybody runs for different reasons, but running is very social. The social aspect draws large crowds. I've known of a lot of marriages that happened as a result of the couple meeting at a race.

MM: What about the future of running? There seems to be a bit of a backlash at this time, with

dire predictions from the medical community that running will permanently damage our bodies, that mileage should be kept to a minimum, in short, that running is dangerous and medically unsound.

GD: I think that most medical studies show that running is beneficial, that it does extend your life. At least it improves the quality of life. I'm a lot happier now than I was before I started running. And as I get older, I get injured less. I guess I'm getting smarter.

The general population is out of shape. You go to any mall, you'll see a guy who's typical of hundreds: big belly, cigarette hanging out of his mouth. He never exercises, his job is sedentary. He's a prime candidate for a heart attack. He's got no energy, no drive. He can't be happy.

Exercise gives you more vitality, makes you stronger and more energetic. If you look good, you'll feel good; if you feel good, you'll look good. It's important to balance your life.

Interview by Ellen Becker

Free, to a loving home: Two pair of Brooks Chicago men's racing flats in a smallish 9 1/2. Low Mileage, curve-lasted, with some crude customizing of the arch and insole. Call Jerry Dorbin at 982-1904 or 983-3282.

Race of the Century

An interesting wager which could pertain to the future of this running club was overheard at the Ore House after a Wednesday night run. Jerry Dorbin was heard talking (heckling?) with John Arnold on the upcoming "Jog Your Mind - Library Run". The stakes : If Jerry wins John buys dinner. If John wins Jerry agrees to leave town.



Santa Fe Run-Around

Selected by "Running Times" as one of the top 100 10K races in the USA

8 am Saturday June 6, 1987

The *Santa Fe Striders* present the
Ninth Annual 10K SANTA FE RUN-AROUND

Start and finish on the PLAZA.
Chimayo weavings to the top three finishers in each age group, men and women.
T Shirts to the first 300 entrants.
Age groups: (19 & under, 20-29, 30-39, 40-49, 50-59, 60 & Over).
No Packet pick up before race day.
Race-day registration begins on the Plaza at 6:45 am.
See below for SPECIAL PRE-RACE ENTRY OFFER.
Make checks payable to "Santa Fe Run-Around".

Forms may be
dropped off at:
Alpine Sports
121 Sandoval.

Pick up race kits
on race day beginning
at 6:45 one the Plaza

SUCH A DEAL FOR EARLY APPLICANTS: ONLY \$12 for race entry & Membership in the Santa Fe Striders through the end of 1987. (Annual dues normally \$10) Special DOES NOT apply to race day entrants and applies only to first-time applicants.

Questions: 471-4905

Entry Blank

We give you the Run-Around

Please mark option
 \$6 Strider Member
 \$8 Non-Member
 \$12 Entry & Strider Membership
 \$10 Everyone on race day

Mail Form To:
 Santa Fe Run-Around
 P.O. Box 1818
 Santa Fe, NM 87504

Name Last First

Address Street

 City State Zip

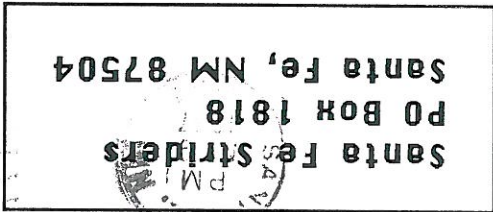
Age (on race day) Sex (Hanes 100% Cotton) T-Shirt s m l xl

Phone Occupation

Waiver: The undersigned hereby acknowledges that he or she is of good enough health to run in a 10 Kilometer race in Santa Fe on a summer day; and irrevocably absolves the City of Santa Fe, The Santa Fe Striders and all sponsors from responsibility for any injury or illness suffered as a result of running in the Santa Fe Run-Around.

Signature (If a minor, parent or guardian must sign) _____

Santa Fe NM 87504
P.O. Box 1803
Jerry Dorbin



SANTA FE STRIDERS

1987 Membership Application

Name _____
Address _____
City _____ State _____ Zip _____
Telephone (Home) _____ (Work) _____

Enclose \$10 annual dues. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504

Pass this membership application around !

Fun Runs now begin at 6:00 pm on the plaza every Wednesday!