

KEN MARTIN'S 2:09:34 PUTS HIM 2nd OVERALL IN NYC MARATHON.

Santa Fe Striders
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Mile Markers

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Interview with Ken Martin By Diana Best

It's around lunch time on a warm November afternoon in Santa Fe, and Ken Martin is waiting patiently, cradling a Mocha in a downtown coffee shop. On my arrival, I catch a side glimpse of this record breaking athlete, and move towards the table. We talk briefly about the day, and then move to a more secluded spot away from the ravages of nicotine. Half expecting him to be fresh from a ten miler, I noted that he was in his "Sunday Best" and contrary to being "fresh from a run," he told me he was actually "fresh from Church."

Ken is very relaxed as we talk, and more than willing to be interviewed, even though this must be the tenth interview in two weeks. He has recently started running again after a six day break following the New York City Marathon. I asked him when he first started thinking about New York, and he replied, "it was around July 1st." Having been through roughly three years of inconsistent training due to injury, "mono" and marriage related stress, he says that he now feels "very strong." Through the summer of this year he was averaging between 110 and 130 miles per week, and when I asked him about days off, he said, "I average a day off a month." Ken did not equivocate when he described himself as a "creature of habit." From July through October he chose an A.M. route and a P.M. route and stuck to it. The morning loop took him along Alameda, Upper Canyon and Cerro Gordo, and then in the afternoons he would frequent Gonzales and Valley Drive. He is not particularly fired up about hill training, and says he gets enough just running on a regular Santa Fe route! To simulate race conditions he will run a "20 miler" on his treadmill at home. Accompanied by the "Fine Young Cannibals" or "Talking Heads" on his CD player he

sails through the work out rhythmically!

As the day of the New York City Marathon was nearing, Ken explained that he was anxious to get going. He felt very good and had trained appropriately. Because of his 2:15 win at the Pittsburgh Marathon in May of this year, he was not an "invited runner" in the NYC Marathon. Although he believed in his heart that he could do very well, others did not share the same confidence in him. Finally, he approached the RRCA and asked if they could offer him a bonus incentive. Their reply really upset him. "We'll give you \$500 if you break 2:14." Finding this really insulting he told them to forget about the offer altogether. To compound matters Ken was the only athlete who did not sign the pre-race contract involving advertising on the race course. He maintained that the day before the race was "far too short notice to ask an athlete to do this." All in all, he admitted, "I really put myself out on a limb, so I felt that I really had to do well!"

While the majority of athletes tossed and turned in their beds, Ken was out until midnite eating pasta with friends on the eve of the race. His coach, obviously a wise man, confided in him, "When anxiety is high, economy is low," so Ken listened to that piece of advice!

His pre-race meal consisted of 400 calories of Exceed and two bananas. "I dozed off for awhile after eating before getting ready for the race." I had never seen or heard of such a relaxed athlete!

Ken peeled off warm clothes gradually from the start of the race. "My first mile was a slow 5:15." I gulped at the thought. He had organised water bottles every 4 miles. "I felt good most of the way, although I was tired at the 18 mile mark. I managed a sub-5 minute mile at mile 21." Although he ran a 5:30 going into the park (an uphill climb), he was not afraid of being caught. He could hear a constant rumbling of voices en route, and as Bordin closed the gap between them, he heard, "You've got fifty yards on him." Although

his lungs were burning and his legs throbbed and ached, he reached for the finish line in true hero form.

Post race activities were endless. The doping tent, (where urine testing is carried out), the Press tent and the recovery tent. I asked what he did for the remainder of the day, expecting him to say "What do you think - I slept!", I was way off course. He mused, "I went back to the hotel, and then to a cocktail party." Having not eaten much since the race, he proceeded to celebrate with a few beers, good company and late night pasta. He smiled, "I got three hours sleep that night!"

Of Santa Fe, Ken says that he will be staying for sure. "I like Santa Fe. I can melt into the city, and be treated like anyone else. Sometimes I wonder what the Indians must think when they see me pass by the Plaza twice each day, but no-one says anything." He has felt great since his arrival in Santa Fe almost a year ago. He is now looking towards the 1991 World Championships and to the 1992 Olympic Trials in Columbus, Ohio, in April, 1992. He feels that he has established in himself some great background training and says, "I feel hopeful," with regard to the Olympics. I know for sure that the "Spirit of Santa Fe" which so many have talked about, will be with him throughout his training, and that collectively, we will look on with very special interest to Ken Martin - the first American athlete since 1983 to break 2:10 in the marathon.

December Meeting/ Farolito Run



Our annual election and dinner meeting will be Wednesday, December 20, at The Guadalupe Cafe, 313 Guadalupe. Please feel free to gather about 6:30 pm; we will order from the regular menu about 7:00 pm. As I need to

give the restaurant a count, please call me at 989-7324 to let me know who is coming and how many. Thanks.

For those of you who also want to whet your appetites with a short farolito run, let us start at 6:00 from in front of the restaurant. See you all there.

Discount Deadline for Dues nears!!

Strider dues for 1990 are now being graciously accepted in the amount of \$15.00. Please make checks payable to the Santa Fe Striders and send in along with the membership form on the newsletter. Members who fail to send in dues in a timely fashion (meaning by mid-January at the latest) will be purged from the mailing list, no longer be welcome at meetings or fun runs, can never again have a drink with Striders, and will have to run all races with their shoelaces tied together!!

The discount: what a laugh. That was just to get your attention-Please send in your dues now.

Corrida de Los Locos Saturday, Jan. 20-10am

"Lorenzo's Run"

This is a fairly exact 5 mile loop beginning at Ft. Marcy Rec center (front entrance to Park and Bishops Lodge Road at Artist Road). Go north on Bishops Lodge and turn right onto Valley Dr., it turns to dirt, merges with Vallecita after crossing arroyo, and later, after a hard left and two rights, becomes Gonzales Road. Mile 1 is at Vallecita and Paseo Del Sur. Mile 2 is at Gonzales and Hyde Park/Artist Road. Continue across on Gonzales to Lejano. Go left and follow it down and around several curves to a left on Armijo Ln, it's unmarked, but just beyond 2-story adobe on left with turret room and flowers/religious figures painted on the side, follow Armijo to Cerro Gordo, mile 3 is at 116 Armijo. Go right on Cerro Gordo to Palace, right again and down to Paseo De Peralta, mile 4 is at Rodriguez St., right on Paseo De Peralta to stoplight and right back to start. Or take right at stop sign before stoplight, up Otero Hill and left on Artist back down to start, if still felling your wheaties!

Course is pretty tough 2 miles up, nice 3 mile coast down, majority of run is on dirt.

Pat McCarty, Jack Lippincott, Lorenzo Garcia and others often use this as a lunchtime run, one or more of them run from Marcy Park at noon most weekdays.

Reflections on Faraway Races By: Diana Best

Ambivalence is the only way I can describe the feeling before an out of town race. Getting up at five or even four-thirty is painful, even in the summer and especially at the weekend. I ask myself as I lay in a daze in the quiet of the early morning, "What, if anything, will I get out of this?" and "Will I be a better person for it?" Finally, about twenty minutes before the absolute deadline for departure rolls around, I invariably decide that indeed I will be a better person for going. I rush around madly, cursing because I've lost my watch, my underwear and my running socks.

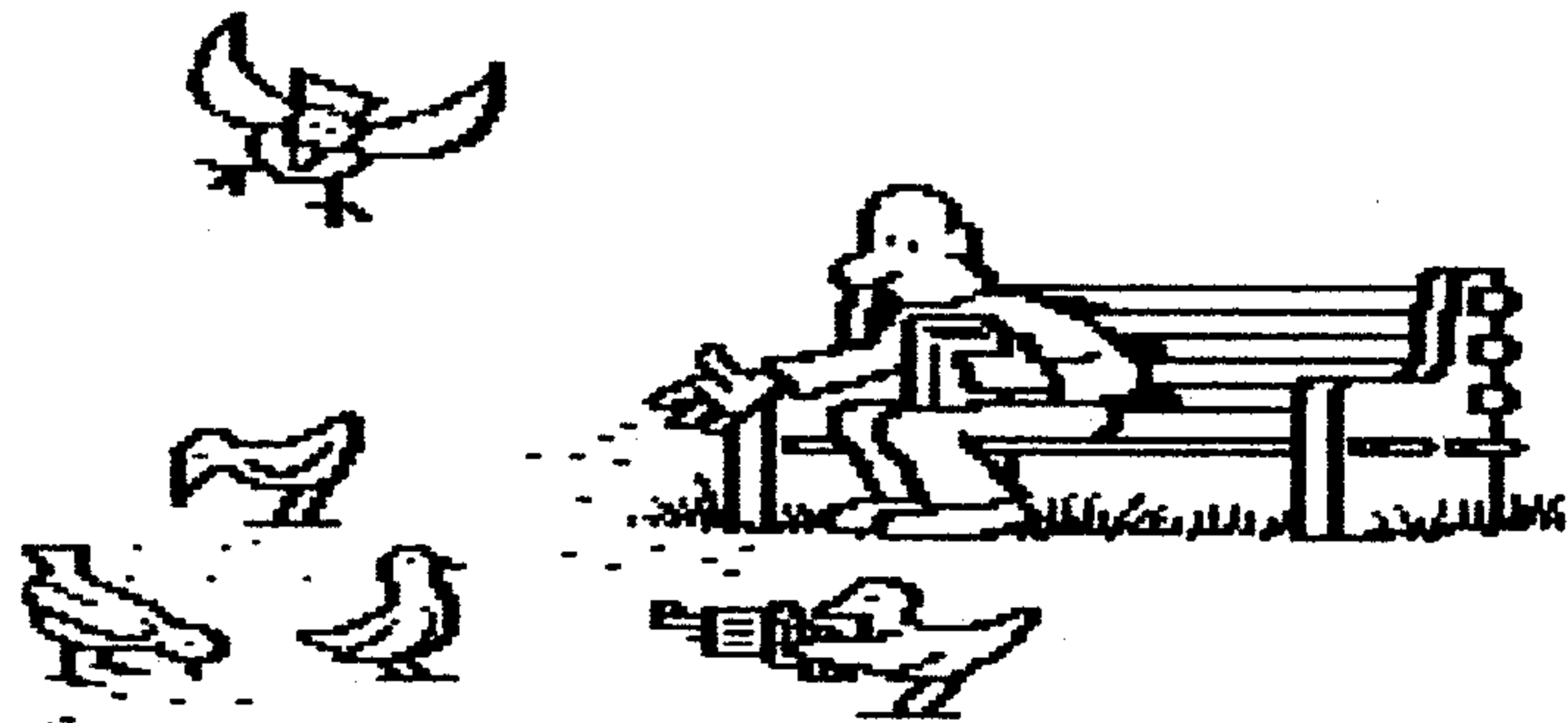
In the car, I'm uncomfortable. My tea slops around uncontrollably. I must have my tea. In the darkness, it drips menacingly down my NEW RUNNING ATTIRE. Meanwhile, Jim is raising his eyebrows and looking the other way, but still with his eyes on the highway.

Usually, on entry to the race site, my enthusiasm is i enlivened. I've woken up and I'm ready to go. One drawback however. I'm DYING to go to the bathroom, and judging by the length of the "queue" to the porta-potties so is everyone else. My er usiasm wanes as my stomach expands.

Finally it's warm up time. I'm in the mood. Short, tall, newcomers and veterans alike, all with one thing in mind - to enjoy the day and the feeling of vitality within. To reach for a post race doughnut and feel you deserve it.

The race is off. "BANG" as if being shot from a cannon, people surge from the starting line. Ah yes, another race. Keep it up, push the pace. Yes, I know I can pass that person - go for it. Phew! The finish line is near. Great race. See you all at the next one!

Wednesday runs at the Plaza at 5:30pm!!



Race Results--

NYC Marathon:
Ken Martin 2nd overall 2:09:34
Russ Smith 3:13:29

Tulsa 15K
Mike Guttman 1:15:20
Tom Stow 59:00

Pecos Valley Roundup, Roswell
John Pollak 1st overall 20K 1:21
Jim Westmoreland 1st overall 10K 34:28
Diana Best 2nd overall 10K 45:51

Acoma Cross County 5K
Dale Goering 4th 40 and over
Kenny Goering 2nd 40 and over
June Dickinson 1st 40 and over

Clovis Half-Marathon
Ted Atkins 1:38:08

Albuquerque Turkey Runs
5K-
Cecil Smith 21:46 83rd
Justin Pollak 22:28 98th
There were 337 runners in 5K

Mile and half walk-
Elizabeth Atkins 26:18

10K-
Jim Westmoreland 3rd 30-39 34:55 7th
Ron Valdez 3rd 40-49 35:34 11th
John Pollak 38:19-PR 27th
Tom Stow 40:15 40th
Ted Atkins 42:07 57th
Diana Best 44:12-PR 87th
Patty Laine 56:40 239th
There were 269 runners in the 10K

St. George Marathon, St. George, Utah
George Croshaw 120th 17th 40-44 2:53:10
Ed Heffern 214th 44th 35-39 3:01:55

Race to End Hunger 8K
Ron Valdez 2nd overall 2nd 40-44 29:21
Ted Atkins (sorry Ted I lost your time)

Upcoming Races:

Dec 3 Jingle Bell Jog 5 & 10K
DLD School 822-0476
Dec 9 Reindeer Run 10K 2mi Walk/run
Jim Lilley 622-6298
Dec 10 11th Annual Holiday Half
Tucson, Az 602-744-6256
Dec 10 Fiesta Bowl 10K
Phoenix, Az 602-277-4333
Jan 1 Egg Nog Jog 4Mile loop 12noon
ABQ Gil's
Jan 13 East Valley Marathon Phoenix, Az
Jan 14 Houston Tenneco Marathon
Jan 21 20th Annual Tucson Marathon

87504
and mail to PO Box 1818, Santa Fe, NM
Enclose \$15.00 for annual dues. Make
checks payable to Santa Fe Striders

Telephone: -----

State: ----- Zip: -----

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Address: -----

Name: -----

Membership Application

Santa Fe Striders

Mile Markers

Santa Fe Striders
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Santa Fe, New Mexico 87504



Don't forget to call Cecil and tell him how many you have coming for the Farolito Run and Dinner meeting Wednesday, Dec 20.