

Mile Markers



We give you the run around--Vol. 15, No. 7 Santa Fe Striders, P.O. Box 1818, Santa Fe, NM 87504

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Editor's Note: This issue of Mile Markers is a combined issue for July/August 1993 since I will be out of the country in late July and early August. Thanks for your cooperation and patience!

August Meeting

Date:

August 10, 1993

Time:

Potluck @ 7:00 pm

Business Meeting @ 8:00 pm

Place:

Date and Kenny Goering's those Rt. 3 Box 109K

983-6616

Additional Info: Follow Old Cas Vegos Huly about 3 miles past Rodeo. After the Nine Mile Road / Timber wick sign on right, make a left on Ute circle. It is the 2nd driving on the left.

Race Result/Membership News

Taos Half Marathon

The following Santa Fe Striders participated in this race:

Jody Visalli

1st woman overall

time: 1 hour 30 minutes

Chris Chavez 4th man overall/3rd in 30-39 age

group

time: 1 hour 26 minutes

Graydon Anderson time: 1 hour 48 minutes

5K Participants

June Dickinson 1st woman overall

time: 23:51

Jerry Dorbin 2nd, men's 60-69 age group

time: 26:41

Wheeler Park Mountain Run--11 Mile Race

John Pollak

1st, men's 40-49

10th, men's overall

time: 1 hour, 26 minutes, 14

seconds

Chris Chavez 8th, men's overall

1 hour, 21 minutes

El Gancho Triathion

Jody Visalli

1st woman overall

Jim Westmoreland

1st man overall

Western States 100

Aaron Goldman completed the Western States 100 Mile race in 29 hours, 44 minutes, 1 second. He finished 201 out of 205 who completed the race. 390 individuals started in the race.

Upcoming Races

Sat., July 17

Sylvia Pulliam Memorial 5K/10k Run 984-6863 Sun., July 18 Wings 4th Annual Wind Messenger & Po'pay

Foot Race 5K/10K Santa Clara Pueblo

982-6761

Sat., August 14 Making Strides for

Women's Cancer 5K/10K

Santa Fe 988-5548

Sun., Sept 12 10th Annual Lovelace

Duke City Marathon

Albuquerque 888-2448

Running Calendar

JULY

Wed., July 14, Santa Fe Striders 6:00 pm @ Plaza

Wed., July 21, Santa Fe Striders

6:00 pm @ Plaza

Wed., July 28, Santa Fe Striders 6:00 pm @ Plaza

AUGUST

Wed. August 4 Santa Fe Striders

6:00 pm @ Plaza

Wed., August 11 Santa Fe Striders

6:00 pm @ Plaza

Wed., August 18 Santa Fe Striders 6:00 pm @ Plaza

Wed August 25 Santa Fe Striders

Wed., August 25 Santa Fe Striders 6:00 pm @ Plaza

Bicycling the Santa Fe Trail

Elaine Coleman's new book *Bicycling the Santa Fe Trail: A Historic Adventure* is out. (By the way, Elaine writes under the name "Pinkerton.")

Last year, Elaine biked the Santa Fe Trail, which covers part of New Mexico, Colorado, Kansas and Missouri. Elaine's new book is a practical guide for making the journey and provides the reader with historical information.

On Mountain Running--

The Flip Side

By Jim Fisher

A few months ago, I submitted an article on mountain running. Some of the descriptions painted an idyllic picture. I expected some comments on this and I thought I should also give you the flip side.

In mountain running, the "pied piper" must also be paid. If one wishes to enjoy the freedom, quiet and solitude, there also comes a price to pay with the territory. For every sentence I wrote, there also comes an exact opposite. If I stood under my own private rainbow, it means that I just got through being petted by hail or drenched in a downpour. If I watched the sun come in from craggy peaks, then it was time to get myself down the trail before the my penlight batteries went out and left me wandering in the woods at night. Making the only tracks in the snow and up a mountain canyon is how I broke my arm one night many years ago. I have also done more than listen to gurgling creeks. Like many mountain runners, I have slipped and fallen on slimy logs. Besides tiny orchids growing on mountains, there are also briar patches and oak brush thickets. addition to smelling fir trees and fresh mountain air, runners also have to tromp through horse nuggets and cow pies. There may be no cars going 60 mph, but there are also no taxis, soda fountains, warm houses or extra dry sweat shirts nearby.

Things may not go as planned. Many mountain runners have trudged through hours when they were out of fuel and it was many miles back to the parking lot. Most back country trail runners have faced the choice between giardia and dehydration. All mountain runners have lost trails at one time or another and many have faced the prospect of spending a long winter night unprepared. I was once with a group of runners who faced a blizzard as we were turning back. Another time, I encounter what was supposed to be a small creek according to my map. It was three in the morning and the small creak turned out to be a ragging torrent, running 30 feet wide, waist deep, and hurling down the mountain at 20 miles an hour. Meanwhile it was five hours back up some very bad trail to retrace my steps.

Some times the grim reaper follows the unwary down trails. On April 3 this year, during the Collegiate Peal 50, a dear bolted down a hill and slammed into a runner. He survived the ordeal but suffered a cracked skull, four broken ribs and a punctured lung.

One day after a 100 miler, I was shuffling down a track through tumbleweed when my legs cycled through the air over a perturbed-looking rattler.

Closer to home, at least one other Strider I know has been chased off Lake Peak by Lightning.

Thus, the thing to keep in mind with mountain running is that there are no guarantees or safety nets. The back country runner must be responsible for his/her own safety. The trip can be good or bad. The runner is responsible for setting things in motion and either grinning for joy, or grinning and bearing it. After all this has been said and done, if you still want to come run the trails this summer, don't wait for me. Do it.

Club Contacts

President

John Pollak

983-2144

Vice President

Elaine Coleman

983-9747

Treasurer

Graydon Anderson

989-1633

Race Director

Sal DeBari

989-7704

Newsletter Editor

Danica Tutush

989-1819

Club Contributions

The following individuals submitted articles and/or information for this issue: Aaron Goldman, June Dickinson, Jim Fisher, and John Pollak. Thanks for your help!

Volunteers Needed

Last month, my home computer was basically fried when the power surge protector failed. Thus, I do not have access to a readily available computer-again.

If you can help me out next month by allowing me to use your computer, please give me a call at 989-1819. Also, if you have time to help with labeling or distribution, I would appreciate

the extra help. Thanks in advance for your cooperation!

Danica Tutush, editor

Mile Markers is an informational newsletter published for the members of the Santa Fe Striders. The deadline for the next issue is August 28, 1993. Please submit your articles, race results for other information to Danica Tutush, Rt. 10 Box 83-2, Santa Fe, NM 87501, or at 989-1819.

SANTA FE STRIDERS

Membership Application

Name:	
Address:	
City:	
State :	
Telephone:	

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees are \$7.50. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504.

Mile Markers

Santa Fe Striders
Post Office Box 1818
Santa Fe, New Mexico 87504







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