



# Mile Markers



*We Give You the Run-Around*

August 1996 Vol. 18, No. 8

P.O. Box 1818, Santa Fe, N.M. 87504

## PERSONAL WORST

### YEE HA, NEW EXPERIENCES IN PAIN

Personal Nightmare by Jim Fisher

Runners are not necessarily smarter than the rest of the population. We all know of marathon stories, some of them personal, where long distance runners have convinced themselves that they were fine, not dehydrated, and did some extremely stupid things. Well, I know of at least one ultra runner who did the same, except that he doubled the mileage and the stupidity. Why? I don't know. I guess we could call it bad judgment and consider that I'm lucky to still be alive to run more of those things.

My personal worst was my first formal ultra, an on the road 50 miler. In the spring of 1990, while under the influence of several other long distance endorphin addicts, I decided to run my first ultra, just to see if I could run 50 miles once in this lifetime. Does that sound like most beginning marathoners we know? I chose the BB50 because it was right here in my own back yard. Error. You are supposed to chose an easy first, not one of the hardest possible. The BB50 is a double 25 mile loop; starting in White Rock, going west and up hill and up hill and up hill past Bandelier, over the humps across the back of the labs, down thru the labs and back to White Rock. This is all on hard surfaced roads open to the direct sun.

I did a few things right. Since my longest training runs had only been 20-25 miles, I didn't know if I could finish 50 miles. So I called the run director and asked if I could run the full marathon first. This marathon occurs at the same time and adds an extra mile at the end of the first loop. That way if I had to drop out in the second loop I would still have something to show for the day. Since my girl friend was out of town, I asked Bryce, a loose acquaintance

from work, if he would peddle his bike around with me the second loop. The run director didn't care if I had a crew or pacer. Incidentally, Bryce was also the son of a medical doctor.

The day in May came and it dawned bright and clear as we lined up. I guess this was better than a hail storm or a blizzard but I'm not sure the distinction was significant. The temperature quickly shot past 80 and probably into the 90's, but for the first loop I was running a mere marathon so I didn't notice. I did notice another runner who insisted on

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### MID-WEEK RUN

Stephanie Best, a miler who spent many summers in Santa Fe, occasionally has run with Striders and others on Wednesday nights. This year, she had a spectacular indoor track season. Among her winning races was the Mobil championship mile that wraps up the indoor season.

Need we say more? Wednesday runs begin at 6 p.m. from the Plaza, across from the clock by the Palace of the Governors. There are a variety of courses and, thankfully, a variety of paces.

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running in the dirt and gravel down the side of the road rather than out on the hard flat surface where you could get a good purchase. I scratched my head, how curious, I wonder why he's doing that? I was to find out in another 10 or 20 miles. I finished the first 25 in 3:45 and the marathon a few minutes later. As it turns out, an excellent time for me for that extremely hilly course. Of course I was extremely bummed out since I had just set my marathon PW. I was also not feeling very good, as in three shades of green.

The run management insisted on taking our weights before they let us continue. I had lost 10 pounds; of water! Since my body weight was only 120 pounds to start, this is not very good. I don't know what a person's blood volume is, but I do know 10 pounds of water is almost 5 quarts! Why the run management decided to let me continue, I don't know. I was starting to feel so bad that I was looking for excuses not to continue. Oh, Hi Bryce, I really appreciate you leaving work early and coming all the way up here to help me, but I really don't know if I can go more than another two or three miles. So it was, as we started the second loop.

Bryce took to his crew, nursing, role instantly. Jim, I'm going to be a drug pusher; Here Drink Some Water! Yes, Thank You Bryce, cough, choke, spit. I'd better see if I can squeeze out a few drops of urine. Yee Ha, new experiences in pain. What did you say the pH of straight lactic acid was? Within the next 6 miles my legs stopped doing anything that you could pretend was running. Bryce really didn't need his bicycle. Being into biology, he contented himself with looking at the flowers on the side of the road while I walked and shuffled along. Ah, an aid station, Gag. The water had been in the sun as long as I had. Speaking of the sun; did you know that every square inch of your body is covered with skin, including your ankles where your high top socks slide down, and under your arms where your singlet flops loose. But Bryce, I can't put on any more sun block, I'll throw up if I breath that smell any longer. I found out that shuffling along in the dirt, although uneven, was a lot softer than the pavement. Tired legs can feel a rock under 14 pairs of running shoes. In the last ten miles I was so dehydrated and my throat so parched that I could not swallow. I would try to drink but only have to spit it out again. I did manage to get two tablespoons of

water, maybe, into my body during the last ten miles. The 47 mile aid station, three miles and another hour to go. Politely step behind the van and see if I can still pee. That is not supposed to be Coke-a-Cola colored. Oh well, don't tell Bryce. He might do something radical, like pull me out of the race. Another half mile. My stomach finally convinces the body that it is time to throw up, not that there is anything in it. After 9 hours and 25 minutes of being in the sun, I shuffle into the shade at the finish line. Thank you for the medal, what do you mean the church building with the water cooler is locked? Maybe a warm Coke-a-Cola will help, Barf.

The ground was reeling, sort of like drunks experience, or was the table I was sitting on just wobbly. How come my body is throbbing? My heart is not supposed to pound in my ears, it doesn't have any liquid to work with. Bruce, another runner who had ridden up with me, can you drive a stick shift? Please take me home. Better yet to my girl friend's mother's house. Hi Pauline, can I lie down in your guest bedroom for a few hours, just in case things get really out of control. Thank You, Goodnight.

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(If you think you haven't had a Personal Worst run or race, you're just kidding yourself.

It's time to face reality, so consider writing up your worst experience and sending it to Mile Markers, 2260 Calle de Arce, Santa Fe 87505. There's nothing like seeing your very own disaster in print.)

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ON THE JOB

Strider officers are  
Danica Tutush Girard,  
president, 989-1819  
John Pollak, vice president,  
983-2144  
Jim Hannan, treasurer, 986-  
0218  
Tom Day, newsletter editor,  
473-3159

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## Want to improve your running? Try being a race volunteer!

One of the things I enjoy most about running is racing. If you're like me, you probably have your favorites that you attend annually. In fact, I associate many of my favorite races with the coming of the seasons. As the aspen change, I think of running the Corrida de Taos. As the first snowfall draws near, I associate it with the Corrida de los Locos. And as for spring and summer, I could go on and on--we have so many, fun local races from which to choose!

However, the biggest insight on racing that I have had as race director for the Santa Fe Run-Around for the last two years is that these events wouldn't be possible without the help of others. For each race you attend, there are many volunteers pulling it together, whether it means mailing flyers or handing you a cup of water. The tasks that take place behind the scenes and on race day are numerous!

If you have not volunteered at a race before, I am encouraging you to do it, whether it's a Strider or other event. It's definitely worth it. You'll appreciate the events you attend that much more. Even just volunteering once will give you a whole new perspective on racing and running. Try it and see for yourself!

If you have volunteered before, I think I can speak on behalf of all runners and racers when I say **THANK YOU!!** We couldn't have been able to do it without you!

--Danica Tutush Girard

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UPCOMING RACES

Aug. 11, 8 a.m., Hot Chile Run, also known as the Sylvia M. Pulliam Memorial, Salvador Perez Park, Santa Fe. 5 and 10K, 984-6725.

Aug. 11, Lamy Run, 7 miles. Meet at Lamy at 9:30 a.m.; runners will be taken to the starting point 7 miles up the track tracks. A picnic will follow. This event is sponsored by Master Runners Unlimited of Albuquerque, and Striders are especially invited.

Aug. 17, International Green Chile Run for Safety, 5K, 2-mile walk, Gil's, 268-6300.

Aug. 25, Steve Gachupin 1/2 marathon, 5K, Jemez Pueblo, 834-7392.

Aug. 31, Eldorado Run for the Gold, 5K, 1-mile fun run.

Sept. 2, Santa Fe Trail Run, 5 and 10K, 2-mile walk, Gil's, 268-6300. This popular race is sponsored by the Santa Fe Fiesta Council.

Sept. 15, Big Tesuque Run, 11.6 miles. Starts at Aspen Vista, goes to the top, then back down. Jim Fisher, 455-0259.

Sept. 29, Duke City Marathon, half-marathon, 5K run and walk, 20K walk, relay, 890-1018.

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AUGUST MEETING

This event has been canceled due to vacations by a number of Striders. The September meeting will be held on the second Tuesday of September. Details will be given in the September newsletter.

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## NEWS ABOUT UPCOMING RACES

### DEAR SANTA FE STRIDERS:

Please join us in Eldorado to support our second annual run! We're located: North I-25, first exit past Old Pecos Trail is exit #290. Stay to the right on 285. Quickly you will pass Eldorado's first entrance, then the Country Store will be on the left, and about 1/2 mile further on the right is the second entrance and turn there. Follow Vista Grande about 1 mile and the school and starting line is on the left. We'll also have signs marking your way. It's less than 15 minutes out side of Santa Fe. The run will be on the dirt roads.

Following the 5 K there will be a 1 mile run mainly for kids, and then a raffle. I will have maps of the area with measured runs so you can explore some of Eldorado while waiting for the raffle. There will be prizes for top 3 in each age group men / women plus great raffle prizes which will include many restaurant meal. Bring your kids. There will be prizes Gold, Silver and Bronze for each grade.

The T - shirts look great!

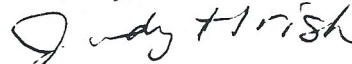
After the race we'll have refreshments from Coke, bagel's from the New York Bagel Shop, Tacos from Taco Bell and fresh fruit.

There will be massages before and after the run.

All money raised will be used to maintain the track we built last year and to build an exercise station course around the track.

Please join us!!!

Sincerely,



Judy Winnegar and  
Trish Shain  
Fellow Santa Fe Striders

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### BIG TESUQUE RUN A Word From The Run Director

The Big Tesuque Run is coming up again on September 15. I want to make a personal invitation to all our local area club members; **Please Come**. Those of us who get together every Wednesday have noticed that we have not seen many of your smiling faces in a long time; not at the Wednesday fun runs, monthly meetings, or even at other local area races. We miss you and would like to know what is going on in your lives. So come join us on the mountain in September, either as participants or to help work the event.

As run director, I would like to see this event turn into a real club get together, before everyone goes their own way for the fall. It would also be nice if you brought a friend, an athlete from another endeavor. It would be nice if the local area runners, mountain bikers, and triathletes got to know each other. I suggest you bring a beefy triathlete that you want to humiliate, since they just tried to drown me in 69 degree water in Storrie Lake this last weekend (another life threatening personal worst). Besides your presence, I would like to ask that you contribute to our club family and mountain party by bringing an appropriate door prize.

Jim Fisher



### CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Santa Fe Striders Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENTS' SIGNATURE if under 18 yrs. DATE

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State : \_\_\_\_\_ Zip: \_\_\_\_\_

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.

WALKERS AT RUN-AROUND

Some walkers have felt left out of the Santa Fe Run-Around, the Striders' flagship race. They say they haven't received times when they finish and in general don't get the same attention that runners receive.

How to rectify this oversight was discussed at the July club meeting. Several suggestions were made, and Strider members will be checking out other races to see what place walkers have in those events, so that if the Run-Around continues to solicit walkers they will feel welcome.

Another note on business taken up at the July meeting: The Striders, in return for receiving help from City Hall at the Run-Around and other

events, agreed to help the city at several functions. One of these is the upcoming Sylvia Pulliam Run.

In connection with race help, Striders might note the article in this newsletter by Danica Tutush Girard, the Striders' president, on volunteering. Helping at races really does give people another slant on running.

A final note from the July business meeting: The club plans to design a home page on the World Wide Web. The page could include notices of races, such as the Santa Fe Run-Around, the sparkling T-shirt design (by Shirley Van Slooten) for that race, and Strider application forms.

*Mile Markers*

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