



Mile Markers



We Give You the Run-Around

September 2001

Volume 23, No. 9.

P.O. Box 1818, Santa Fe, NM 87504

Feature Event

Up and Running 5K Run/Walk and 1K Kids on Saturday, September 22, sponsored by **The Running Hub**. See the calendar for details.

Run-Ride-Picnic

organized and hosted by Dale & Kenny Goering
Sunday, October 7, 8:30a

General Rules of Run & Ride Event

A team consists of two participants and one Mountain bike. One member runs while the other rides. Team members plan their own strategy. Team members reverse their roles as often as they like-or not at all. The object of the competition is to get both participants and the bike across the line as fast as possible. Times will be recorded as soon as the last person and bike crosses the finish line.

Transportation back to the start line will be provided. Transportation help may be needed. Please call if you could help. Water will be provided at the start, at Vista Grande in Eldorado and at the finish line.

Solos are welcome-runners or bikers. We may be able to pair you up and form a team. In case of inclement weather, the event will be rescheduled. No entry fee and no awards. This is a low key fun only event.

The Start

Start at Rabbit Road & the Railroad tracks. The course runs from Rabbit Road to highway 285 along the Rails to
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Come One, Come All!

Club Meetings Held on Second Tuesday of Each Month at 7pm

On the 11th, the Striders Meeting will be graciously hosted by **Jodi Medell** at **The Running Hub** at **333 Montezuma #6**. The phone number is **820-2523**.

The Swim, Bike and Run of an Ironman

by Mick Kappler

Preamble

I attempted but did not finish an Ironman event in '98. Dehydration literally immobilized me after 11 hours and was humbled by my inability. I wanted to go back to try it again. I trained more than ever and augmented my routine with salt tablets to maintain electrolytes and stay hydrated. The effect of elevation training (7,000 ft, Santa Fe, NM) was expected benefit my aerobic capacity at the event (1,000 ft). My goal was to finish and my approach was to go slow until close to the end. Veterans advise patience and note that unexpected challenges are part of the day.

Ironman Canada

Penticton, British Columbia

Sunday, August 26, 2001, 7am

Air Temperature: *about 60 degrees*

Water Temperature: *68 degrees*

Swim: *2.4 miles (3,800 meters)*

Time: *1 hr 25 min (2:15/100m)*

Place: *1637*

A world record number of athletes (1985) take the plunge. The sea of arm and leg soup inevitably lead to some hitting, kicking and crawling of one another. I try to stay relaxed. About an hour into the swim I become disoriented, presumably from a slightly anaerobic pace. I roll onto my back and take several deep breaths, regain my bearing and easily approach shore. I splash out of the water expecting a slower time than in '98, but I'm 10 minutes faster - a good sign.

Transition #1: *Swim to Bike*

Time: *2 min 33 sec*

Keep it simple. Two event volunteers pull my wetsuit

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off like Christmas wrapping. I grab the sweat cap and socks from bag #806 and drop the wetsuit, goggles and swim cap. I jog through the park as I put on the cap, sit at the curb to pull on the socks, mount the hydropack and helmet, then jog with my lightweight bike to the entrance the bike course.

Bike: 112 miles

Time: 6 hrs 16 min (17.9 mph)

Place: 1025

Dozens of cyclists stream up Main St. amidst hundreds of spectators. A few blocks from transition I make a tactical mistake. I'm in an aerodynamic position which is fast but not good for quick turns and braking. I'm passing on the left as a slow cyclist is making adjustments and swerves left, clipping my front wheel. I'm on the ground. The roar of the crowd is hushed by an empathetic "Ohhh!". Damage assessment: elbow scrap, hip bruise, gear shifters bent, aerobar arm holder loose. Spectators rush to my side but they can't help unless I disqualify myself. I announce "I'm okay", remount the bike and the cheering resumes.

The McLean Creek set of hills at 10 miles is a small challenge in an otherwise easy first 40 miles. As I crest a hill the back tire becomes soft. I repeatedly call out "flat!" to warn others as I slow down. At the bottom of the hill is a supply van from the local bike shop. Although I was prepared to change the tire, I yield to the professionals from the Bike Barn. They pull a tack from the tire and state "Dozens of cyclists are flattening on tacks. It seems like the course has been sabotaged." Within minutes, I'm on my way. There are numerous cyclists with a flat throughout the early miles without the means to change the tire. The Bike Barn will be busy.

The ascent to Richter Pass (2,000 ft) seems easy and I continue to patiently reserve my energy. The rolling hills and valley flat miles that follow stream by like the wind. I'm continuously drinking from the hydropack, refueling with water and passing others now. Confidence builds because I feel strong where I began to fade in '98. My heart rate remains low. The temperature rises into the 90's. At mile 76, I drop the hydropack for another one. I'm drinking about a quart every 20 min and am well hydrated. I stop to urinate many times, a good sign. The arm holder that I need for relaxing in the aerodynamic position continues to wiggle loose. I've been calling at aid stations without luck for tools for miles. Finally, I find a Bike Barn van, and the arm holder that was about to fall off is tighten.

The ascent to Yellow Lake (2,500 ft) is 20 miles long and presents the steepest climb of the day. I've been

riding deep in my aerobic heart rate zone (130-135 beats/min) all day and decide to increase my effort (145 beats/min). I'm exhilarated to proceed through the same climb that seemed extremely difficult in '98. I pass hundreds of riders that seem to be barely moving. The crowd thinks near the peak at mile 100 and my strength is recognized by emphatic cheering. The descent adds gravity to my energy and results in speed near 50 mph. I roll across Penticton thinking "Why has noone passed me in the last 35 miles?" I unstrap my feet from the shoes and prepare to relinquish the bike.

Transition #2: Bike to Run

Time: 1 min 55 sec

Keep it simple. An event volunteer catches my bike. I jog through the park and grab a white cap and running shoes from bag #806. I drop the hydropack and helmet and sit to lace the shoes. I'm excited to start the run, my forte.

Run: 26.2 miles (Marathon)

Time: 3 hrs 53 min

Place: 176

At the park, the crowd is huge and loud. The announcer calls my name as I leave the park. Adrenaline is in the air. I relax into my pace of 8 1/2 min/mile. Within minutes my stomach becomes unsettled from my bouncy stride and nausea becomes an issue. I can push through pain but nausea often slows me down. Over the next couple miles I drink cola at the aid stations, and the nausea disappears.

The world champion is leading the event and passes me going the other way. I questioned whether I would finish the bike before the event was won. My secret goal was to be on the run with the best in the world, even if I was 20 miles behind them. A mile down the road I get a mental boost as I run by the place where I was immobilized in '98.

I reach the halfway point in the run, enjoying the scenery and downhills. My heartrate continues to be low (140-145 beats/min) as it has been all day. The climbing through miles 13 to 16 take some energy and my pace drops to 9+ min/mile. I begin to struggle to 20 miles as I work through the most difficult part of the day. I walk through the aid stations, taking additional fluids and keeping my head cool with water.

The hamstrings are tightening, especially the left one, but it's not serious. I have enough energy to complete the event and I'm smiling alot more as I return to a faster pace through the final 10 kilometers of town. I've passed hundreds of runners and only a few have gone by me.

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Although others don't concern me, passing others seem to feel better than getting passed.

The last mile of Ironman Canada is spectacular. It's an out and back loop along Lake Shore Drive filled with frenzied spectators. They make you feel like the world champion winning the race. In all my marathons, the last mile is often the toughest, but not today. I stride through hundreds of spectators, arms outreached trying to touch me, and complete the Ironman.

Total Time: 11 hrs 38 min

Overall Place: 493 of 1985

Age Group Place: 99 of 311

Postamble

Unlike my previous attempt in '98, where I could move in the end, I was in fairly good shape at this point. I walked around the park, ate food, drank fluids, and got a message and hot tub. As the sun began to set I went out for a soup, steak and seafood dinner. I returned to the finish line to be part of the crowd cheering the athletes in the final hours of the event.

Mick has been a Strider and newsletter editor since moving to Santa Fe in 1999. He works for Daylight Chemical Information Systems (<http://www.daylight.com>) as a computational chemist and for Complexica, Inc. (<http://www.complexica.com>) as a consultant. He's registered for Ironman Canada 2002.

Pikes Peak Ascent

by Joslyn Garcia

Well, it was quite an event!!! There were a few things that were very different from what I expected. One was that when you're in the second starting group (wave) which I was in, almost everyone walks at about mile three. This made it very very challenging to pass people going up the narrow trail. I have to say that when I started getting to about 13,000 feet in elevation I started to feel the elevation to the point of almost barfing each time I tried to do my little running shuffle. So, I ended up joining the ranks of the walkers. One of whom I had previously passed while I was still running, at that point passed me. So, with my continued attempts to do some little shuffling/run, and trying not to barf I made it to the top. The cheers of the volunteers, the intensity of the walkers/runners as we reached the top was overwhelming.

I completed the race, made it to the top: 14,110 feet and placed almost in the middle of the total runners/walkers of the second wave and didn't come in last.

I'm happy!!! Will I do it again? I don't think so. I'll be moving on to the next new physical challenges whatever they may be.

>>> Race Calendar <<<

9/9 On the Run Productions NM Marathon
345-4274 (Charles)

9/9 6a New Mexico Marathon
345-4274

9/15 7th Annual Eldorado 5K Run/Walk
and One Mile Fun Run
466-6443 Pajojaka@aol.com (Trish)

9/16 Greyhound Rescue Run 10K, 5K & 2M
Walk
268-6300 (Gil's)

9/16 Rancho Viejo 10K, 5K, 5K Walk,
100m Kids
Santa Fe
256-3625 <http://www.tgrande.com>

9/16 Governor Johnson's Run 10K
Cloudcroft
687-2133 (Marsha)

9/16 Avon Global Women;s Circuit 10K &
5K
294-7545 (Victor)

9/22 8a Up and Running 5K Run/Walk and
9:30a 1K Kids
Sponsored by The Running Hub
333 Montezuma #6 (next to Paper Tiger)
Santa Fe
820-2523 santafejode@yahoo.com (Jodi)
<http://www.runsantafe.com>

9/22 Run for Diabetes 10M & 5K
899-1487 (Patrice)

9/30 Children's Hospital Duke City Marathon, 1/2
Marathon, Relays & 5K Run/Walk
Albuquerque
880-1414

9/30 Corrales Harvest Festival 10K, 5K & 5K Walk
268-6300 (Gil's)

10/13 9a Big Tesuque
(ca. 11.6M up/down Aspen Vista/Summit)
466-3837 pgkmfant@aol.com (Peter)

11/17 Fowl Day 5K
Salvation Army Donation Drive
Fort Marcy Park
438-4463 mick@daylight.com (Mick)
<http://www.daylight.com/~jj/striders>

12/9 Tucson Marathon
<http://www.tucsonmarathon.com>

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Trails bike path. (Approximately 11.2 miles) Course along the tracks can be rough & rocky-Caution is advised. Check In-Release forms to be signed between 8-8:15. No pre-event sign up necessary, but a call to 954-4384 would be helpful so adequate transportation can be provided. Finish-Highway 285 and the Railroad tracks.

The Picnic

Editors note: no rules for picnic.

A picnic is planned at the Goering residence at 34 Ute Circle. Participants are asked to bring a pot luck or picnic lunch to share & enjoy after the event. A charcoal grill will be available. Drinks will be furnished. Show up for the picnic if you do not want to run or ride. Please call 954-4384 and let me know how many teams to expect and for additional information.

Prize Money offered in Raton

There will be a half marathon in Raton Sept 15, 7:30a, Ripley Park. Entry is \$30 'til Sept. 14, \$35 race day. No web site. Phone 877-684-2055

Open	Masters
M/F	M/F
1st \$500	\$500
2nd \$175	\$175
3rd \$100	\$100
4th \$ 65	\$ 65
5th \$ 35	\$ 35

Editors note: Each year, Striders remark how fun it is to be part of the Goering event. It's a wonderful opportunity to get to know your fellow Striders.

Big Tesuque 2001

11.6 Mile Trail Run
Saturday, October 13, 2001, 9 am
Santa Fe, NM

Sponsored by: Santa Fe Striders, San Francisco Street Bar and Grill, Santa Fe Screen Printers, Alpine Sports, Outside Magazine, Rocky Mountain EMS, and Souder, Miller & Associates

Entry Fee: \$15.00 for all registrations received before race day, \$20.00 day of race. Checks payable to: Big Tesuque Run

Registration & Information: Peter Fant or Kathy Mastoras, 3 Moya Loop, Santa Fe, NM 87508, (505) 473-9211 (W), 466-3837 (H), (505) 471-6675 FAX PGKMFant@aol.com or, register at Alpine Sports.

Age Groups: Men and Women 19 & Under, 20-29, 30-39, 40-49, 50-59, 60 +

Race Description: Race starts about 13 miles up Hyde Park Road (towards ski basin) at Aspen Vista Trail Head. Course is out and back and follows forest service road 5.8 miles up to radio towers at summit (top of ski area). Starting elevation is 10,000', summit is 12,003'. (see www.SkiSantaFe.com for information on the mountain and on Santa Fe in general)

Registration Form - Big Tesuque 2001
(please print and complete entire form)

Name _____ Age _____ MF _____
 Address _____
 City _____ State _____ Zip _____
 e-mail address _____
 T-shirt size (Circle One) S M L XL

Waiver must be signed: Both my heirs and myself hereby waive and release all rights and claims for damages that I may incur against the organizers and sponsors of the Big Tesuque Trail Run. I authorize the organizers and support personnel to obtain and administer medical aid in the event of its necessity. I am doing this of my own free will and because I think it will be a fun thing to do. I realize that mountain and/or trail running has inherent risks but those are the risks I am willing to take.

Signature of Participant _____

Signature of Parent if under 18 _____

*****SEPTMBER 15, 2001*****

ELDORADO 5K RUN/WALK AND 1 MILE FUN RUN

FUNDS RAISED WILL BE USED FOR ELDORADO ELEMENTARY'S NEW TRACK AND LIBRARY

An ECIA Sponsored Event

\$10.00 REGISTRATION FEE INCLUDES T-SHIRT*REFRESHMENTS*DOOR PRIZES*FIRST AID*WATER AT HALFWAY POINTS

DO NOT MAIL CHECKS AFTER SEPTEMBER 10, 2001.

NO LATE REGISTRATION FEE!!

AWARDS TO OVERALL MALE/FEMALE RUNNER IN 5K! 7 AGE GROUPS

AWARDS TO TOP 3 WALKERS!

AWARDS TO TOP 3 GIRLS AND BOYS IN EACH GRADE!

EVERY CHILD RECEIVES RIBBON!

BRING THE WHOLE FAMILY! COURSE BEGINS AND ENDS AT ELDORADO ELEMENTARY! PERFECT FOR CHILDREN AND FIRST TIME RUNNERS/WALKERS! STROLLERS AND WHEELCHAIRS WELCOME! **PLEASE NO BICYCLES, ROLLER SKATES/BLADES, SCOOTERS OR PETS!**

Pre-Registration: Before September 10, 2001*Packet Pick-Up and Race Day

Registration begins 6:00 a.m.

5K Run/Walk: 7:30 a.m.

1 Mile Fun Run: 8:30 a.m.

Race Results And Awards: *Approximately* 10:00 a.m.

DOOR PRIZES: Approximately 11:00 a.m. - MUST BE PRESENT TO WIN
FOR INFORMATION CALL TRISH SHAIN - 466-6443

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I will participate in the: 5K Run____ 5KWalk____ 1 Mile Fun Run____
Age on Race Day:____ Grade on Race Day____ Male____ Female____

Last Name:_____ First Name:_____

Address:_____ Ph. No.:_____

Medical Problems:_____

T-Shirt Size: (Circle One) Child M Adult S M L XL

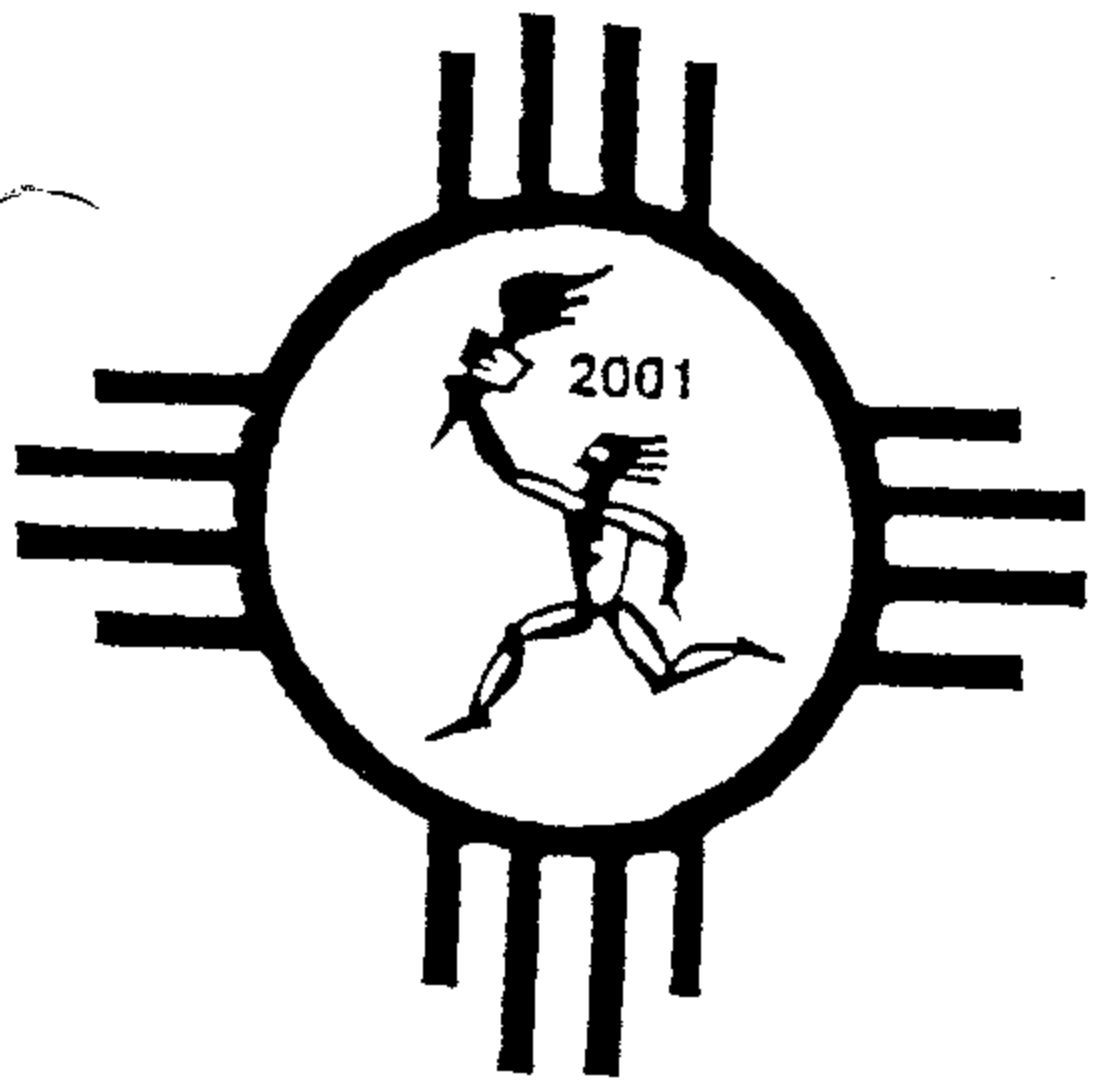
CHECKS PAYABLE TO: ELDORADO RUN/WALK. RETURN TO: 26 Moya Loop, Santa Fe, NM, 87505

WAIVER: I understand and assume all responsibility for any injury or accident which may occur during my participation in the ELDORADO RUN/WALK//1 MILE FUN RUN. By my signature, I waive and release all event organizers and sponsors from any and all liability because of my participation in this event.

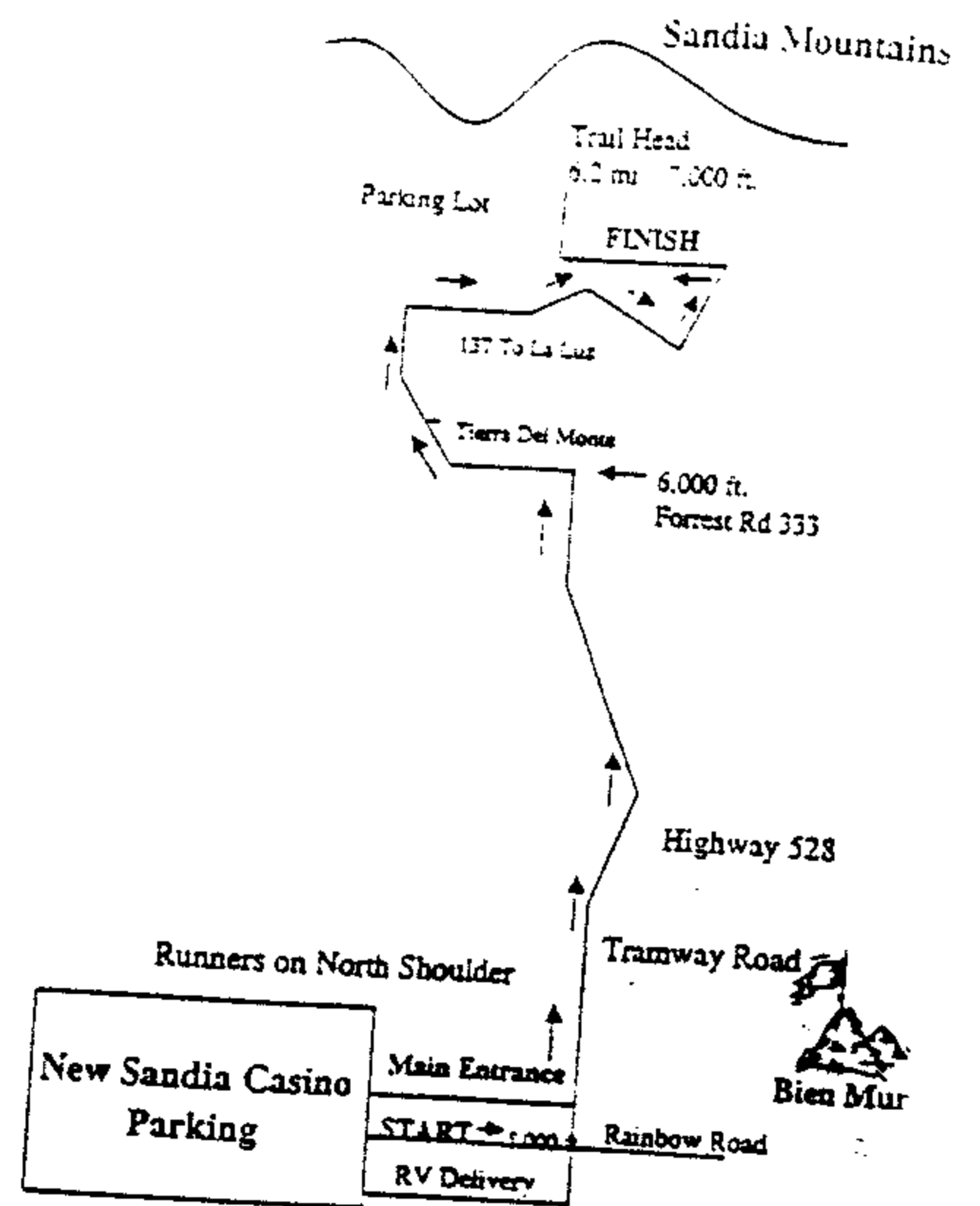
SIGNATURE:_____ DATE:_____

PARENT SIGNATURE IF UNDER 18:_____ DATE:_____

USATF



On The Run Promotions
Presents
Sandia 10k Challenge
6.2 miles
Tough course 2,000 ft. climb
Great La Luz Preparation Run



- ❖ No vehicles will be allowed at La Luz Trail head parking lot
- ❖ Reserved for buses and officials only
- ❖ Spectators will have to take buses leaving casino at 6:30 am
- ❖ Buses will bring spectators and runners back to casino parking lot after race is completed

⇒ Please mark number of spectators taking bus:

- ❖ Entry fee is \$16 by July 2nd
- ❖ Entry fee is \$20 until packet pick-up
- ❖ Packet pick-up will be held at the Sandia Casino from 10:00 am to 2:00 pm on Saturday, July 14th
- ❖ Out of town runners may pick-up packet at race site at 6:00 am

⇒ Mark predicted time:

Circle T-shirt size	S	M	L	XL	Circle:	Female	Male
⇒ Age:							
Gold T-shirt	Men: under 1 hour				Women:	1:10	
Silver T-shirt	Men: under 1:30				Women:	1:40	
Bronze	Men: over 1:30				Women:	over 1:40	

Mail entry form to: **New Mexico Marathon**
2308 Headingly NW, Albuquerque, NM 87107 / Call: (505) 345-4274

WAIVER

In consideration of your accepting my entry and intending to be legally bound and to legally bind my heirs, executors and administrators. I do hereby release and discharge the New Mexico Marathon Committee, any and all sponsors and their respective officers, agents and employees from any and all liability for illness, injuries and damages I may suffer arising out of or resulting from my participation in this event, New Mexico Marathon, regardless of any negligence on their part. I also understand that my name and/or pictures may be used for publicity and/or promotional purposes without any obligations or liability to me. I hereby certify that I am over eighteen years of age or have consent of my parent or legal guardian.

Signature: _____
(Parent or guardian's signature if under eighteen)

Running for the Generations

September 3rd - 7th, 2001

Farmington to Springstead, New Mexico

Let me introduce myself. My name is Edison Eskeets, from Springstead, New Mexico. I am the Executive Director of Wings of America, an outstanding Native Youth Development Program based in Santa Fe.

Wings' scheduled eight programs for the year 2001. We have grown in reputation of our commitment to serving Indian communities across the country. Our programs are designed to address teenage suicide, alcoholism, high school dropout rate and various forms of abuse. Wings uses running as a catalyst to empower American Indian and Alaskan Native youth to take pride in themselves and their cultural identity, leading to increased self-esteem, health and wellness, leadership and hope, balance and harmony.

My administrative role to Wings is to serve our Native communities with the best youth development programs in preparation of the next generation of Indian leaders. However, Wings is in need of your financial support and I have made a personal commitment to undertake a fundraising run of 112 miles from Farmington to Springstead, New Mexico. I am hoping that our fellow people will join in pledging money for this run and all proceeds will go to Wings of America.

Anyone wishing to pledge money can call the Wings office in Santa Fe at 505-982-6761 or submit the following form. Pledges are a tax deductible donation to the Wings of America.

Name: (please print)

Address:

City/State/ZIP:

Telephone:

Per mile:

_____ .25 cents

_____ .50 cents

_____ 1.00 dollar

\$_____ straight donation

Wings of America is a program of the 501(c)(3) nonprofit corporation, The Earth Circle Foundation. Contributions are deductible to the full extent of the law.

For more information, contact:

Anne Wheelock Gonzales

Associate Director

Wings of America

1601 Cerrillos Road

Santa Fe, NM 87505

Phone: 505-982-6761

Fax: 505-989-8995

Last Run Up Camino Cabra

by Mike Sutin

There's simply too much Strider pressure
to rhapsodize each run in rhyme.
There ought to be a prose refresher;
our ancestors dragged tails through slime,
and so we haul ass up this hill;
our legs are doomed as up-hill kill.
The reasons for this run are many,
but right now, I can't think of any.
The Robert says this run is fun
and no one but ourselves have won.

Cyber Information

Looking for running information on-line? See our website at <http://www.daylight.com/~jj/striders> or <http://www.racegate.com> for all kinds of goodies.

Don't Forget Track

Track workouts continue to build speed on the newly paved track at the Santa Fe High School on Tuesdays at 6p. Nothing is required, except for shoes and ambition. Hope to see you there!

Weekly Workouts

Striders, guests, and other random runners meet at **6pm** on **Wednesdays** at Lincoln and Palace, across from the **Plaza clock**, for a 5-mile or so run. Also, track workouts begin at **6pm** on **Tuesdays** at the **Santa Fe High School**. Everyone is welcome.

Express Yourself!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to the Mile Markers editorial offices, c/o Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email mick@daylight.com.

2001 Striders Officers

Eric Peters, President, 466-2460

RunAdventr@aol.com

Kris Kern, Vice President, 661-6293

kernkt@gat.com

Diana Hardy & Jim Westmoreland, Treasurers, 438-8602

hardy_diana@seo.state.nm.us

Mick Kappler, newsletter editor, 438-4463

mick@daylight.com

Santa Fe Striders Club Membership Application and Waiver



Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

- Renewal
- New member
- Jersey

Enclose \$15.00 for annual membership fees. Add \$10 for the Santa Fe Striders new race jersey (Women and Men sizes S, M, L and XL). 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 PO Box 1818, Santa Fe, NM 87504.

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 of carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent's Signature if under 18 yrs. _____ Date _____

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

