



Mile Markers



We Give You the Run-Around

October 2001 Volume 23, No. 10.

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

Feature Event

Big Tesuque 2001

11.6 Mile Trail Run

Saturday, October 13, 2001, 9 am

Santa Fe, NM

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 entry form inside for details.

Eco-Challenge, New Zealand, Oct 21-Nov 2

Follow the 2001 Eco-Challenge on <http://www.ecochallenge.com>. Two teams will have S.F. Striders members. **Carl Gable** will be racing on REI-Salomon, **Jan** and **Kim Bear** will be racing on team Stryker.

Come One, Come All! Club Meetings Held on Second Tuesday of Each Month at 7pm

On the 9th, the Striders Meeting will be graciously hosted by **Joslyn & Bob Garcia** at **8 Spirit Run Pl** in Rancho Viejo. The phone number is **474-0772**.

Perspectives

by Ted Freedman

On September 9th I competed in my first Half Ironman Triathlon. It took place in Aurora Colorado. It was an awesome experience for me as an athlete and as a person who thoroughly enjoys being immersed in the moment of physical and emotional challenges. Some people might say, due to my advancing age (52) that I am going through a mid-life crisis. I tell them that was years ago. Actually I am just having a second athletic childhood! I am having fun and meeting lots of great folks. My wife has even started competing in triathlon.

The Half Ironman distance is a 1.2 mile open water swim, 56 mile bike and a half marathon run, 13.1 miles. Now Colorado is known for strange and ever changing weather. So it was not surprising, although most unnerving when the night before the race the temperature dropped into the 30,s and it snowed above 7500 feet. Aurora is at 5100 feet. So it didn,t snow in town, but it sure was cold that night. It rained all Saturday and into the evening.

On race day at the Aurora Reservoir, the lake temperature dropped from 70 degrees to 58 degrees. The air temperature was 42 degrees on race day morning. You could see your breath. We thought about getting into the water to get warm. Now this kind of weather would challenge a veteran of this distance. Being naive was a bit of a blessing. We all had much con-

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versation as to what to wear out of the water, (in the water wet suits for sure) and don't worry about the run, cause by the time you are running it will be warm. Friends from Albuquerque and Santa Fe were up there with me (also competing) so during dinner on Saturday night we joked about the weather and clothing and such stuff. One of my friends commented when he looked at my transition area „Ted, looks like you brought your whole closet with you. I did, and I also purchased some head gear to keep my head warm during the bike. Because the lake temperature dropped so much, the race director shortened the swim by about half. So, even though officially the swim was a little less, I still feel like I had a Half Ironman experience. My time was 5:17:26.

I was so excited to get going that I never felt or noticed how cold the water was. I was wearing a full wet suit, and that might have had something to do with my comfort. But on exiting the lake I did notice that my hands and feet were really cold. The bike was long and hilly and windy. Lots of folks passed me. I was happy to rack my bike and get on with the run. The run was great. I felt strong and inspired by all the competitors. The run was an out and back along the lake, so people were coming and going.

Crossing the finish line was an amazing experience for me. My wife was cheering and taking pictures. People I didn't even know were cheering for me. I finished my first Half Ironman feeling good, and feeling quite alive.

Two days later in the city of my birth and where I spent the first 18 years of my life, a tragic event of untold horror unfolded before our nation and the worlds eyes. This attack on my sensibilities and our land has changed the way I look at many things now. I still want to train, compete, and help others reach their athletic goals. I teach elementary physical education at a local public elementary school. Helping kids build their self-esteem and self-confidence

through sport and movement takes on an even greater significance for me now. I feel fortunate to be working with kids, and trying to inspire them through my actions and a nurturing environment where they can all succeed and grow. Sometimes through sports, whether it is running, dancing, biking, skating or just watching a 6 year old learn to skip or jump rope, inner growth takes place and sometimes dreams are born and new paths are realized.

I am only feeling the ripple effect of the tragedy of September 11. I am one of the lucky ones. I can still train and play and hug my wife. For the past few weeks, I have been doing these everyday things with the people who were at ground zero in mind.

Remembering Sal

Long-time Strider, Sal de Bari died on August 22, 2001, after courageously fighting cancer for the past 6 years. He was 46. He was a good athlete; a kind, caring and positive spirit, and will be greatly missed.



Cowboy Poetry

**“How do you get by when it rains on the cattle?”
The city slicker asks the cowboy riding by.
“I fan out my duster,” he blusters from the saddle;
“That keeps the horse and the horse’s ass dry.”**

§

Lighten Down

**I get too hungry for dinner at eight;
I get frenetic when my sugar is low.
Don’t tout light beer when my dinner is late;
Sell me something rolled in dough.
Don’t, in fact, advocate *anything* light;
The very sound of “healthy” makes me sicken.
I want all the calories I can bite,
Stuffed in a high-fat, free-range chicken.
Call up the clinic; yell for a hearse;
Order me a pony keg of that Fat Tire.
I don’t want anything light but verse
And, “Come on, baby, light my fire!”**

– Jerry Dorbin

Ouch!



Big Tesuque 2001 11.6 Mile Trail Run, Saturday, October 13, 2001, 9am, 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 <http://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

>>> Race Calendar <<<

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

10/13 Bean Fiesta Run 5K & 10K
Moriarty
384-5039 (Colleen)

10/14 Run for Carol Monet 5K
Rio Rancho
891-9640

10/14 Bosque run 5K & 10K Walk, 1K
Kids
256-3625 (<http://www.tgrande.com>)

10/14 Ojo Encino All-comers XCountry
Cuba
731-2333 (Mary Lou)

10/20 Ryan's Run 5K & 2M Walk
842-8960 (Sandy)

11/4 Run for Adoption 15K, 5K Run/Walk
268-6300 (Gil's)

11/11 NM USATF Junior Olympics and
Open & Masters Championships
Rio Rancho HS
865-8612 (Kathy)

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

11/22 Albuquerque Turkey 5K & 10K, 2M
Walk
268-6300 (Gil's)

11/22 TCR Thanksgiving Day 5K Run/
Walk, 1K Kids
256-3625 (<http://www.tgrande.com>)

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

To Marilyn Bane

(weightlifter and Jessie walker)
by Mike Sutin

Over orange barrels we will bound
at the Santa Fe 10-K Run-Around.
Our hearts and feet will gently pound
while winners stride without a sound.

So, when I die, don't bury me
in a long pine box on the lone prairie,
but build with my bones a high speed-bump
to slow the cars with a thump, thump, thump.

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, car-
toons, 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: _____

- Renewal
- New member
- Jersey

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

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

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Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

