



MILE MARKERS



We give you the run-around

August 7, 1986

Vol. 7, No 8

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

The next Strider meeting will be at Elaine Pinkerton's home on **Tuesday August 19**. Potluck to begin at 7:00 and the meeting to follow at 8:15. Her house is at 899 Zia Road (Near the corner of Zia and Old Santa Fe Trail. Phone: 983-9747 She says that her hot tub will be available for anyone inclined.

There is not a specific agenda for the meeting but the following items are floating anchorless:

Running Map: We need to get the basics decided upon. The size of the brochure, the number of courses, how much we are willing to spend, how many to print, color printing, smart ass remarks etc. Secondly I have been trying to encourage people to suggest specific courses and put a minimal effort into describing them. So far Jerry has had no need to hire extra help in reading the mail. Perhaps the meeting would be a nice place to bring your suggestions.

Hotline: John Arnold has acquired a telephone answering machine and says that he is willing to keep a current message on it. Do we want to use club money to have a phone line installed somewhere or does someone have a situation that might allow us to use an existent line?

Palace Ave Mile: There has been some talk in the past about sponsoring a mile run sometime in the fall, specifically a run down Palace Ave. A nice fast downhill run wherein people could break PRs and fool themselves. Are we serious? When? Just how much work would it really be?

Jerry Dorbin is trying to encourage an out-of-town run some time in the fall. There has been some mumbling about a group trip to San Diego. Long trips and long races require some lead time so a few San Diego races in October, November, and December have been included in the calendar. Jerry wants you to go somewhere with him so if this or some other trip interests you contact him (983-3282) and start firming up your plans. Jerry also recommends a group procession to the Deming Duck race which this year includes a 10K for humans.

Beginning with this newsletter there will be an occasional interview with local runners. Ellen Becker has graciously agreed to spearhead this project and begins with an interview of Lore Watt a Los Alamos runner who had the distinction of being last in the Run-around. Ellen also has agreed to help with the production of this newsletter which is greatly appreciated.

Notas del Presidente

Twas dreary and rainy that night in Hyde Park,
When señor Dorbin ran away in the dark.
On a short easy training run he had gone,
On the likes of a trail named Black Can-yon.
He huffed and he puffed to the top of the trail
Inching along with the speed of a snail.
Upon reaching the top, he made his mistake,
And took a turn which led down to the lake.
Little did he realize that in spite of past sneers,
He would be located by his jested orienteers.

There were real runners striding that night.
They had run ahead, leaving the snail out of sight.
A loop course finally had been decided upon
Without remembering that Dorbin always turned wrong.
The party was in full swing when suddenly around eight,
Mr. Houtman inquired "Isn't Dorbin quite late?"
Everyone stopped talking and there was nary a sound,
Until Tim wondered aloud "What circle Dorbin was running around?"

Most of the Striders then dispersed from the party
To look for old Jerry who was now quite tardy.
They searched all the places an intelligent person would walk,
But forgot that Jerry gets lost, walking around the block.
Another decision made, Search and Rescue was called.
The instructions were given "find the man who is bald."
Mary and Greg to Santa Fe Canyon were sent,
In case Dorbin fell downhill when his energy was spent.

Finally around Midnight Mary drove in.
With that disheveled Dorbin's apologies again.
It seems Jerry used his trail perfection,
To run out through the reservoir - the opposite direction.
So it was decided from that night and forever,
That the next group run that Dorbin gets clever,
His "friends" will insure that the party comes off.
By handcuffing Dorbin to the nearest horse trough.

Tim

Lake Katherine Run

The run to Lake Katherine via Spirit Lake is one of the most rewarding summer runs in the area. Although it is not the easiest course around with a little adjustment of pace it is accessible to most every ability. The run starts at the Ski Basin parking lot and goes up the Windsor trail. The first part is quite steep and you are running through a densely wooded area. After about 1/2 of a mile you will come to a saddle and the running becomes easier. (When you are climbing your way back out it becomes clear why it is easier!) From the saddle the trail follows the contour for several miles across Rio Nambé and several other streams until you come to Puerto Nambé which is open country where you can see Santa Fe Baldy to the left and a steep climb in front of you. The trail forks a little way up this climb and the left fork goes straight to Lake Katherine and the right goes to Spirit. We ran the Spirit trail which will eventually run back into the Windsor trail at which point you turn left (North) and prepare for a final steep climb to Lake Katherine. Along this part of the trail there is a marshy area strewn with boulders that harbors one of the most beautiful collections of wildflowers I have ever seen. After Katherine you continue on the same trail in the same direction until you cross the saddle and intersect Windsor trail at the fork you took to Spirit Lake. From here you backtrack to where you started at the Ski Basin parking lot.

The run is estimated at about 15 miles with the elevation changing between about 10,000 feet at the lowest to 11,742 at Lake Katherine. We did it leisurely in 5 hours, running about 3/4 of the time, walking the steep parts, and eating lunch.

You should take some waterproof gear, water, snacks, and topo maps of the area (Cowles & Aspen Basi USGS). The trails are excellent and log free for the most part. Remember the weather can turn very nasty quickly!



MEMBERS AND SCENES from Los Alamos Mini-Marathon and Cochiti Triathlon, shot by staff photographer June Dickinson. Across the top (reading right to left) club sweep in men, 40-44, Los Alamos 20K, Pat McCarty, Sean McCormick and George Croshaw. Other shots include former Strider Charlie Young, now of Albuquerque and Dale Goering (winner, men 55-59) in the 20K; Danny Anaya, who finally joined, on his bicycle at the triathlon; Kimball the Rock in the 20K; and getting in the swim at Cochiti Lake, where a group from the club directed the finish line and member Catherine Quintana was director. More than 500 persons entered as individuals or team participants. Most Strider Mini placings listed on results page here.

+COMING EVENTS+

- Aug. 9—Sixth Annual Santa Fe Women's Run 5K, 8 a.m., from Lincoln Ave., up Alameda and Canyon Rd. to Cristo Rey and back, finishing on the Plaza. \$7; \$8 race day. T-shirts to first 300 entrants.
- Aug. 9—Old San Miguel Mission 10K, 8 a.m., Socorro. Call Patricia, 835-3988.
- Aug. 10—13th Annual Las Manuelitas 15-mile Relay, teams of three runners each, north of Vegas to Storrie Lake State Park. 8:30 a.m., from state road west of Sapello; \$8 per runner after Aug. 4. Club has forms.
- Aug. 10—Fourth annual Magic Mile, starting times by age categories, 7 a.m. to 8:30 a.m. \$5 by Aug. 8, \$7 race day. Trophies to overall fastest open and masters. Park Av. area, Albuquerque. Pete Dowrey, 821-3322. Awards; drawings.
- Aug. 17—Gallup Indian Ceremonial 12K, 8 a.m., Red Rock State Park. \$10. Registration at race site. Awards. Info, Alice at 836-3896.
- Aug. 23—DEMING DUCK RACE 10K, 8:30 a.m. Registration starts 7:30, Deming Tourist Info Center, 800 E. Pine. Forms, Richard McInturff, 1107 Santa Catalina, Deming, 88030.
- Aug. 23—Pike's Peak Ascent, 13.4 miles with 7,600-foot ascent, 7 a.m., Manitou Springs, Colo. \$17 through Aug. 17; \$19 thereafter. Info, (303) 590-7771.
- Aug. 24—Pike's Peak Round Trip. For those who can go both ways!
- Aug. 31—Jemez Pueblo 5K & 10K, 8:30 a.m., north of San Ysidro. Pueblo pottery awards; drawings for native arts & crafts.
- Aug. 31—Fourth annual Sunrise 3-Mile, 7 a.m., UNM north golf course. \$5, \$6 race day. Register UNM Leisure Services, Johnson Gym, Albuquerque.
- Sept. 1—Old Santa Fe Trail Run 5K & 10K, staged by Fiesta Council. Details and entry forms should be out soon.
- Sept. 6—Imogene Pass Run, Ouray, Colo.
- Sept. 7—Eighth annual Corrida de Taos, 5K at 8 a.m., 10K at 8:30 from Kit Carson Park. \$4 without t-shirt, \$8 with t-shirt. Register Gil's Runners Shoe World in Albuquerque, or mail to Bruce Gomez, Box 2245, Taos, 87571.
- Sept 28—Duke City Marathon, Half Marathon, 10K, Albuquerque. Sun Sports.
- Oct. 5—Run to Radio Towers, Aspen Vista Mountain Run. Finish Line
- Oct. 5—Sandia Mts. 80K relay, four-person teams, Albuquerque. (Gil's)
- Oct. 5—San Diego Zoo 70th Birthday 10K, 7:30 a.m., Balboa Park
- Oct. 12—M Mt. 9-Miler, Socorro; chk with Eric, Kathy Pearce.
- Oct. 12—Leukemia Society 10K, across Coronado Bridge, San Diego; 7:45 a.m., Race-day registration.
- Oct. 26—Bonita Half Marathon & 5K, 7 a.m., Plaza Bonita, San Diego. Race-day registration.
- Dec. 13—Holiday Bowl Heart of San Diego Marathon & 10K; no race-day registration.

LORE WATT

Picture this scene: You're coming into the home stretch of the infamous Santa Fe Runaround. You've tackled Garcia Street, the Old Santa Fe Trail, and grueling Camino de la Cruz Blanca. You're hot, tired, thirsty, and your muscles ache. But you know you can cruise from here on in: you're in the final downhill stretch from the top of Camino Cabra to the Plaza. Suddenly you meet oncoming cars, and as you enter Alameda Street you are barraged by traffic. You try to run on the dirt to avoid the onslaught, but there are too many pedestrians to dodge. You continue running amidst the traffic, but there is no more a sense that you are in a race. The police have disappeared. You even spot racers walking home who have finished. You continue onto Cathedral Street, very hot and confused. Your only consolation is that the finish line is imminent, you can soon stop and be greeted by the cheering crowd. You reach the Plaza and --- there is no finish line! There is no evidence that you have just completed a race.

Sound like a nightmare? That's pretty much how it felt to Lore Watt, 59, of Los Alamos, the official last-place finisher in the 1986 Runaround. As Lore tells it, the first 4 miles of the race were wonderful. Police control was top-notch, she never saw a car, and all the volunteer Striders along the way were friendly and helpful. As she trudged up Garcia Street she yielded her last-place position to another woman, with whom she exchanged a few words about the difficulty of that particular hill. Lore remained in front of the other woman, and never saw her again. Did this woman drop out due to fatigue, or pain, or boredom, or because she encountered the same confusion as Lore in the final stretch? Or was she a Turkey? Her disappearance remains one of the unsolved mysteries of this year's race.

But back to Lore. As she turned onto Camino de la Cruz Blanca, she spoke words of thanks and appreciation to the policemen posted there. At the top of this hill she was about to begin the descent down Camino Cabra when a police car drove alongside her and the policeman called out, "You'll be all right now, won't you?" Lore replied that she would, expecting that he was planning to stop at the next intersection and wait. Instead he turned around and left. And that's where the nightmare began.

Lore works as the Los Alamos correspondent for the Albuquerque Journal. Previous to this she worked as free-lance reporter for radio station KRSN. In that capacity she did frequent commentaries about running, races, and other "individual" sports. Lore did a series of talks aimed at inexperienced or non-runners who were hoping to enter an upcoming 5K race. She led the listeners through a sensible program, beginning with walking and working toward the goal of being able to finish the race. The program was very successful and received an overwhelmingly positive response.

The program Lore advocated on the air was, in fact, similar to the one she herself followed six years ago when she first began running. She was 53 and wanted to enter the Los Alamos Triathlon. This is an event geared toward ordinary folks rather than super-athletes. It consists of a 10-mile bike ride, a 3-mile run, and a 200-yard swim. All entrants compete in each event at the same time; the next event is not begun until all have finished the previous one and had an opportunity for a short rest. At the completion of all the events, each individual's times are added up and the winners are declared. Participants vary in age from 7 to 72.

Prior to this, Lore had never been able to run more than half a block. She slowly worked up to being able to run the distance in the triathlon. A year after beginning her running program, she did enter and finish the event. She has since competed in many races, and despite obstacles like broken limbs, plantar fasciitis, out-of-town guests, and a busy job, she remains committed to running. She finds that her five to six runs per week keep her in good shape, give her increased energy, and contribute to her skill as a reporter on the subject of running. It is also fun; Lore is a member of the Atomic City Road Runners, a club which attracts members of diverse ages and abilities and which seems to offer even more social occasions than the Striders! (More on this club in next month's newsletter.)

The lack of an accurate finish time was especially frustrating to Lore because she entered the Runaround specifically to begin training for the upcoming Los Alamos Mini-Marathon 20K, a distance she had not previously tackled. It was important for her to know her time and place. Rather than swallow her disappointment and go home, she stayed and talked with police and Striders. Police told her that the Striders had informed them that there was no one left running, that they could pack up and leave. Strider President Tim Burrell told her that when the ambulance reached the Plaza, the Striders assumed the race to be finished, as the ambulance usually follows the last runner.

Lore wrote a letter to Mayor Sam Pick about her experience, telling him that she had not received the protection she felt that she was entitled to, that the police needed to provide protection to all runners in a race. As over \$800 was spent by the Striders for police protection, Lore felt that she was entitled to \$1.32 refund for the protection she did not receive for the final third of the race ($\$800 \div 219 \text{ runners} \div 3 = \1.32). Her letter was forwarded to the Chief of Police, who said that race organizers had told the police that no further protection was needed.

Lore did receive her \$1.32. She also received a Chimayo blanket for placing first in her age group. She wrote a gracious reply to the Mayor, and as far as she is concerned, the matter is ended.

While races tend to be organized by the fastest runners -- those who are usually at the front of the pack -- it is the ones in the middle and the back who support the race and who make it possible for the race to even exist. "it is these runners who need the most protection as they will most likely be more prone to injury, accidents, and confusion than the well-trained athletes at the front of the pack," says Lore. In the case of the Runaround she feels that the last two miles of the race are the most dangerous, with little visibility on the winding hills and the exhaustion of the runner to contend with. It is precisely here that police protection stopped and traffic intervened.

Lore bears no malice toward the Striders. Indeed, she thought the race was wonderfully well-organized, with an efficient sign-up and registration, a beautiful course, and very friendly helpers along the course. She did feel an extra water station would be helpful. She was directed to the one there was by "a very friendly Strider who went out of her way to help." (our illustrious Mary Nichols?), and would have had to quit at that point were it not for the drink she received.

Lore's experience serves to point out the need for better communication between race organizers and police, and for clear-cut guidelines for all concerning the extent of protection needed by police. (At \$8 per entry fee and 219 runners, about half of all money taken in went to pay the police.) Perhaps in the future, Striders need to be more diligent in clarifying what is needed and getting this across to all involved.

As for Lore, she did go on to run in the Los Alamos Mini-Marathon, surpassing her goal of three hours with a finish time of 2 : 42 :14. Congratulations Lore.

Interview by Ellen Becker

+RECENT RESULTS+

LA LUZ TRAIL RUN—George Croshaw, 5th, men 40-49, 1:39; Dale Goering, 1st, men 50-59, 1:41; Leo Hosenfeld, 5th, men 50-59, 1:58.

(Apologies to club members for the following incomplete info on the Los Alamos Mini Marathon. Member turnout was so big—and precise data on first computer turnouts so brief—it was hard to be as complete as for smaller races. Our 40-year-olds continued their domination of their age group in northern New Mexico races by sweeping the top three places in the men's 20K, and taking first, third and fourth in the men's 5K. Here are as many times and place-winnings as we caught:)

LOS ALAMOS MINI MARATHON—20K: Pat McCarty, 1st man 40-44, 1:17:55; Sean McCormick, 2nd, 1:19:37; George Croshaw, 3rd, 1:19:44; Ed Heffern, 3rd man 35-39, 1:21:17; Aaron Goldman, 1st man 50-54, 1:26:42; Dale Goering, 1st man 55-59, 1:27:33; Bill Earl, 1:35:11; Buddy Roybal, Bill Harker in there somewhere; Jody Visalli, 1st woman 35-39, 1:36:34; Rocky Kimball and Mike Rivera, 8th & 10th respectively in men, 35-39, around 1:24; Tim Alton, 1:37 in men, 35-39; Dave Boyer, 1:51:10; Jay Stimmel, men 30 and Pat Olachea, men 40, right there chuggin'. Mary Nichols, 3rd woman, 40-44, 1:30:09; Kenny Goering, 1st woman, 50-54, 1:51. Dennis Cooper 9th of about 30 in men 40, time unavailable. 5K—Lou Marjon, 1st man 40, 17:10; Ron Valdez, 3rd man 35, 17:50; Jack Lippincott, 3rd man 40, 18:08; David Casados, 4th 'forties, 19:17; Jackie Marr, 1st woman, 40-44, 21:14; Donna Berg, 2nd woman 40-44, 23:01; June Dickinson, 1st woman, 50-54, 23:58; Jerry Dorbin, 24:02; Ed Hinerman, 24:16; Elaine Pinkerton, 4th, W40, in about 25:50; and Tony Pinkerton, about 26 minutes in men, 10-14. Jimmy Macias, in his first race in a year, 8th among 50 men aged 35-39, in about 19 minutes.

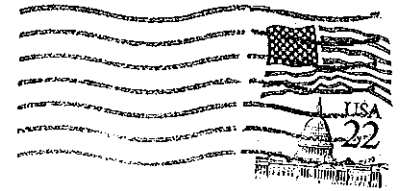
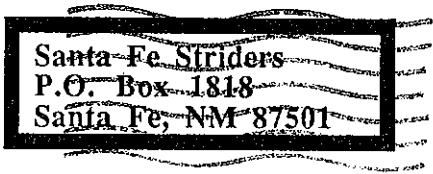
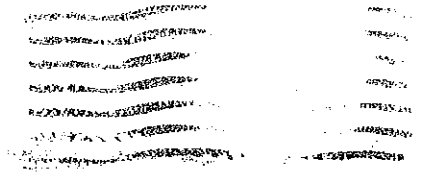
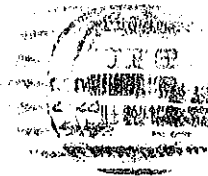
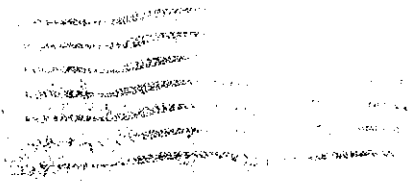
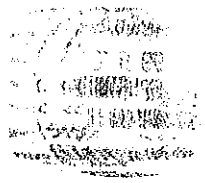
RATON SUMMER RUN—10-Mile: Mary Nichols, 1st woman, overall, in 1:11:22. 5-Mile: Jerry Dorbin, 4th man, 55-59, 41:15.

WOMEN'S DISTANCE FESTIVAL 5K—June Dickinson, 1st woman 50-and-up, 22:58, p.r.; Jan Evans, 5th woman, 25-29, 24:15.

TAC NATIONAL MASTERS PENTATHLON, Shippensburg, Pa.—Bill Forsyth, charter Strider now living in Albuquerque, 1st overall, competing in the sub-masters 35-39 group. He turned 40 just after the competition.

LAS VEGAS FIESTA 10K—Mary Nichols, 1st woman overall in 39:28; Debi Wielgusz, 2nd woman, 47:43. 5K—Ron Valdez, 1st man, 30-39, 17:20.

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