



MILE MARKERS



September 5, 1986

Vol. 7, No 9

We give you the run-around
P.O. Box 1818, Santa Fe, NM 87504

The September meeting will be at Dale and Kenny Goering's house on Tuesday September 16. Potluck starting at 7:00 with the meeting to follow at 8:15. Call Dale or Kenny for directions if you don't know how to get there: 983-6616

At the last meeting we chaotically discussed whether or not the Striders wanted to put on a one mile race, "The Palace Avenue Mile". Although opinions ran strong about the nature of the race no leader surfaced and I suspect that the idea is dead at least for the year. The Striders have been or will be involved with five different runs this year and adding one without cutting some other commitment may well be more than we want to do. Nonetheless the discussion continues and the possibility of scheduling it for the fall of 1987 seems possible. Bring you opinions.

It was also decided that we would purchase a private phone line and leave a tape recorded message regarding upcoming races, Strider membership, fun runs, etc. It was decided that this would begin concurrently with the publication of the running map which would contain the telephone number. The running map project needs a director to get things rolling. We have the basic layout and printing decided on but need someone to apply pressure. If you are interested in helping in any way call John Arnold at 988-3061

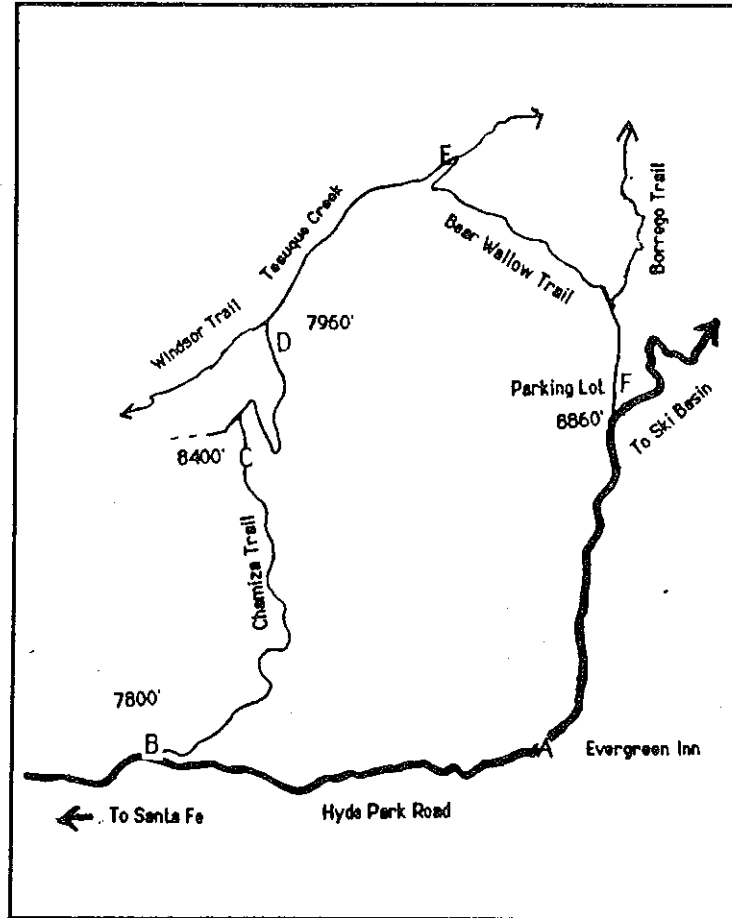
Dale Goering is organizer of the month with plans for a group effort at the "Tour of Albuquerque Marathon and marathon relay" as well as a trip to the "Heart of San Diego Marathon and 10 K". Dale wants to gather as many people as possible for the "Tour of Albuquerque - Relay" (approximately 5 miles each) and put names in a hat to decide what the teams will consist of. He organized the event last year and became so embroiled in the effort that he arrived somewhat late at his leg. Let him know if you are interested and/or willing.

Currently Dale, Kenny, and Jerry Dorbin are planning to go to the San Diego race and have or will soon have entry blanks. Their daughter "Darcy", who lives in San Diego, might be able to make some arrangements for accomodations. Again let them know if you are interested.

Evergreen Run

A completely legal run that can end with a leisurely (although sometimes a bit too leisurely) breakfast at the Evergreen Inn. If you run the entire loop the distance is a little under eight miles. If you can arrange to go up in two cars you can leave one at the top, the other at the bottom, and limit the run to the trails making it approximately a five mile run.

If you begin at Evergreen Inn (A) start by running down Hyde Park Road about 1-1/2 miles to (B). There is a parking area here, and a road that goes a little ways into the forest before dead ending. There is a sign at the trailhead that says "Trail 183 -- Big Tesuque 2-3/4 miles". The section between (B) & (C) is the steepest part of the run but in 20 minutes or so you will reach the top of the ridge (C). Another trail comes in from the left here but you cross the ridge and continue downhill to (D) where the Chamiza Trail intersects the Windsor trail and Tesuque Creek where you turn right. There is reputedly another sign here with directions to Bishops Lodge, Hyde Park, and the Ski Basin but if you turn correctly you probably will not see it. Continue upstream toward the ski basin along Tesuque creek. You will have to cross the stream once before you get to (E) and then cross back at the intersection



of Winsor Trail and Bear Wallow trail. There are logs to cross the creek in both places and the trail is fairly obvious. At point E there is a lonely pole in the ground that is signless. This is your clue to be looking to the right (across the creek) for the beginning of Bear Wallow trail. The sign here says Hyde State Park 1-1/2 miles". From here it is uphill to the highway but it is not unbearably steep. A little ways up the trail there is a sharp switchback that you need to take and avoid the branch trail that appears to follow the river. Remember this part should all be uphill. Once you arrive back at the highway it is a rather steep 1 1/2 miles down the road to the Evergreen Inn.

This run is very accessible and if you enjoy running forest trails you should try it. The loop has been run in about 70 minutes by the very dedicated but an hour and a half is probably a reasonable time to allow. Evergreen Inn does not open until 9:00 am on the weekends and it is advantageous to arrive there before they get too busy. Ask for the cinnamon rolls. They won't have them but ask anyway.

The USGS maps you might carry are the "Aspen Basin" and "McClure Reservoir" The section between (B) and (C) does not seem to correspond to the Chamiza Trail shown on the USGS map. But the trail is obvious once you start.

Recent Results



STAFF PHOTOGRAPHER June Dickinson wins the 50-54 age group at the 1986 Santa Fe Women's Run. Four months after arthroscopy, she's faster than ever.

9th ALMOST ANNUAL OLD SANTA FE TRAIL RUN 10K—Lou Marjon, 1st man, 40-49, 36:18; George Croshaw, 2nd 40-49, 37:42; Rocky Kimball, 37:56; Pat McCarty, 38:24; Jack Lippincott, 38:26; Mike Rivera, 38:37; Russ Smith, 39:22; Dennis Cooper, 41:16; Dave Sneesby, 41:39; Dale Goering, 2nd, man, 50-59, 41:57; Bill Harker, 42:08; Catherine Quintana, 3rd woman, overall, and 1st, 30-39, 42:15; Phil Pannbecker, 42:17; Randy Bartell, 42:21; Mary Nichols, 1st woman, 40-49 and 4th, overall, in 42:24; Aaron Goldman, 3rd man, 50-59, 43:08; Jody Visalli, 2nd woman, 30-39, 44:46; Buddy Roybal, 44:52.87; Mike Harris, 45:06; Fred Turner, 45:21; Greg Ohlsen, 45:39; Tom Day, 46:48; Cliff Hawley, 46:57; Larry Shandler, 47:00; Cecil Smith, 46:50; Donna Berg, 2nd woman, 40-49, 47:41; Cal Hooker, 49:37; Drexel Douglas, 49:54; Tom Berg, 53:12; and Cecille Spall, 1:02:01. Kenny Goering, 50-59, 51:37

OSFT 5K—Arturo Rodriguez, 2nd man, 30-39 and 4th, overall, in 17:19; Ron Valdez, 17:47; McCarty, 1st man, 40-49, 17:48; Danny Anaya, 18:10; Jack Lippincott, 2nd man, 40-49, 18:11; Ernie Casados, 18:20; Dave Giles, 19:33; Goering, 3rd man, 50-59, 19:36; Quintana, 1st woman overall, 19:47; Leroy Ramirez, 20:15; Goldman, 20:17; Tim Alton, 20:21; Brad Davidson (of Hathaway), 20:37 in his first race ever; Cecil Smith, 20:49; Jimmy Macias, 20:52; Debbie Hathaway, p. r. 21:07; Roybal, 21:11; Dave Otto, 21:48; Mel Richkind, 22:21; Glory Reiley, 22:24; June Dickinson, 1st, women 50-59, 22:55; Jerry Dorbin, 23:47; Kenny Goering, 2nd woman, 50-59, 24:37; Jan Hickman, 24:41; Debi Wielgusz, 24:45; Elaine Pinkerton, 24:50; Sandy Macias, 25:01; John Arnold, 25:38; Derek Wurst, aged 11, 26:35.3; Jerry Sneesby, aged 12, 27:17; and Lilli Marjon, 1st woman, 60-and-up, 27:29.

LOS ALAMOS MINI-TRIATHLON—Debbie Hathaway, 1st woman, overall, in the running leg, in a then-p.r. 5K of 21:21.

PIKE'S PEAK ASCENT—Rocky Kimball, 22nd overall of about 1,000 men, in 2:50:32; Ed Heffern, 2:58:48; Dale Goering, 1st man, 55-59, 3:08:57; George Croshaw, 3:15:40; Tim Burrell, 3:21; Mike Rivera, 3:34; Leo Hosenfeld, 3:46; and Maureen Burrell, 3:54.

AMERICA'S FINEST CITY Half Marathon (San Diego)—Sean McCormick, 1:19; Catherine Quintana, 15th overall of about 2,400 women, 1:25.

MANUELITAS 15-MILE RELAY—Danny Anaya-Ernie Casados-Arturo Rodriguez, 1st, men 30-39, and 3rd overall team in 1:27:38; Greg Ohlsen-Ellen Stelling-Dale Goering, 1st coed team 30-39, in 1:50:23; Dede Collins-Bill Earl-Dennis Cooper, 3rd coed team 40-49, 1:50:29; Carol Robinson-Mary Nichols-Kenny Goering, 1st women's team overall, 1:56:45.

MAGIC MILE—Sean McCormick, 1st masters, 5:04; Ron Valdez, 5:09 after having to pull up sharply because of a crossing car; Lou Marjon, 2nd, men 40-44, after briefly taking a wrong turn, 5:14; Al Gallegos, 1st man, 55-59, 6:11; Jackie Marr, 2nd woman masters and 1st, 40-44, 6:32; June Dickinson, 1st woman 50-54, 6:39; Jerry Dorbin, 3rd man 55-59, 6:43; and Lilli Marjon, 1st woman 60-65, 8:19.

SANTA FE WOMEN'S RUN—Catherine Quintana, 5th overall and 2nd, 30-34, 18:56; Mary Nichols, 11th overall and 1st 40-44, 19:39, p.r.; Debby Hathaway, 21:28, p.r.; Josie Wurst, 21:58; Margie Wurst, 22:27; June Dickinson, 1st, 50-54, 22:39, p.r.; Kenny Goering, 2nd, 50-54, 23:58; Debi Wielgusz, 24:18; Elaine Pinkerton, 25:25; Linda Austin-Martin, 25:48; Sandy Macias, 26:32; Nell Wurst, aged 42, ran a 32:59 in her first race ever.

+COMING EVENTS+

- Sept. 6—Imogene Pass Run. 18 miles, Ouray to Telluride, Colo. 8:30 a.m. T-shirts, awards; \$15.
- Sept. 7—8th Annual Corrida de Taos, 5K at 8 a.m., 10K at 8:30. \$8 with T-shirt; \$4 without. Register at Gil's in Albuquerque or by mail to Bruce Gomez, P.O. Box 2245, Taos, 87571. Club has entry forms.
- Sept 13—Mayor's Friendship Run; two-nation 10K, 8 a.m. (which time zone) from Juarez Soccer Stadium. Info, Rueben, (915) 532-8981.
- Sept 13—Lobo Track Program 10K, 7 a.m., 5K, 8:15 a.m.; 2nd & Tijeras NW, Albuquerque. \$7 through Sept. 8, \$10 thereafter. Trophies, T-shirts; cash prizes to first three, men and women, each distance. Benefits UNM track stadium.
- Sept 14—A Shining Season Half-Marathon & 5K, 8 a.m., UNM FB stadium. Trophies, medals. \$4.
- Sept 20—Los Alamos Women's Run, 5K, 9 a.m., Piñon Park, White Rock. Special 'women's gift' to all entrants. Register 8 to 8:45 a.m., race day, or by mail. \$5 through Sept. 13, \$6 thereafter. Info, Beth Pattillo 662-3433 or 662-8061.
- Sept 21—5th annual Carrie Tingley Hospital 5K and 10K, 8 a.m., Tiguex Park, Mountain Road (north edge of Old Town), Albuquerque. \$8; no race-day registration. Trophies, etc.
- Sept 28—Duke City Marathon, half-marathon and 5K, Albuquerque. 7 am. Frank Shorter making personal appearances in Albuquerque in connection with. Info, Sun Sports, 294-5760.
- Sept 28—Vaquero Days Run in the Country 10K, 8:30 a.m., Mayfield High School parking lot, Las Cruces. Register 7:45 a.m. Info, Art, 523-0893. Mesilla Valley T-C.
- Oct. 5—Sandia Run-Around 80K relay for four-person teams, east side Coronado Airport, Albuquerque. Sponsored by New Mexico T-C. Info, Gil's Runner's Shoe World. C A N C E L L E D
- Oct. 5—Run to the Radio Towers mountain run, 8 a.m. from Aspen Vista parking area. Info, Finish Line Sports.
- Oct. 12—M Mountain Run, Socorro. Tim Burrell has Eric and Cathy Pearce's home phone number, sources for info.
- Oct. 12—Fiesta del Sol Run, Albuquerque. (Check with Albuquerque stores)
- Oct. 19—Tour of Albuquerque Marathon & marathon Relay (Info, Gil's). Last year, Striders entered several teams composed by random drawings; Dale Goering, supervisor.
- Oct. 26—Epstein Halloween Run 5K & 10K, Albuquerque.
- FOWL DAY—John Arnold should be setting date soon. Watch for it, to enter or assist in race conduct.
- Dec. 13—Holiday Bowl-Heart of San Diego Marathon and 10K. Four to six club members have already expressed interest in group jaunt. Goerings will have entry blanks. Get in touch with them or Dorbin if interested.

RUN-AROUND NOTES

The results books have been mailed, which closes out the 1986 Run-Around. Although Ellen Stelling, the race treasurer, will have a final financial report, it appears we just about broke even this year, perhaps even finished in the black. I would like to thank everyone who helped with the race this year, as it could not be done without you. I would also like to thank the Club for the Alpine Sports gift certificate. I appreciate it very much.

For those who have not been involved with the Run-Around, I should point out that not only does it take many volunteers on race day, it requires a lot of time from various people before and after the race. Although there are too many people who work on race day to list them all, I want to recognize those people who spent that extra time this year and in past years, particularly the four years I have been associated with the event.

Jary Weller-Jary has been responsible for registration, probably the most time consuming and complicated job of the entire race, for the past four years. She has done it exceptionally well.

Ellen Stelling-Ellen has been race treasurer the past four years, in addition to taking on other jobs.

Bill Earl-Bill was in charge of the finish line this year, and has done other jobs the past four years.

Mary Nichols-Mary has been responsible for the aid stations the past four years and personally hauls the water to the aid station.

Jerry Dorbin-Jerry has done almost everything regarding the race these last four years, particularly with press and sponsor relations. He also arranges for and carries the mineral water.

Greg Ohlson-Greg designed and had the entry form printed this year. He has always been responsible for getting tables in years past, but we let him off the hook this year.

Dede Collins-Dede has been involved with and worked on the race since it's beginning, and has shared her knowledge on all facets with all of us. She did most of the data entry this year.

Tim Burrell-Tim has done various things in past years, but was responsible for marking the course beginning at 5am race day, and also the night before the race, remeasuring the portion of the course that was covered by fresh asphalt.

Dave Boyer-Measured the course more than once in addition to helping on race day.

Dave Sneesby-Acted as assistant race director, measured the course, responsible for split timers.

Demi Malnar-Designed and prepared the award tags the past two years.

Mark Brennand-Picked up and returned tables and chairs to Santa Fe Prep.

Special thanks are also due to those people who helped with the bulk mailing of the entry blanks and with the packet preparation.

I thought the race went particularly well this year. That is due to the people listed above and the people who worked on race day. All of them deserve a "thank-you", not only from me, but from the club and all of the runners who participate in the race. Speaking for me, thanks to each of you.

Dennis R. Cooper, 1986 race director

FOOTSORE

The cold morning air pricks my senses and starts me,
I'm good for ten miles if an ambulance carts me,
I'm out for a run on the edges of space;
I've got to get set for the next goldurned race.

My pharynx was frozen assaulting the peaks
And once there, the hawks set upon me with beaks;
My tendons grow tender while running amok.
I've blistered my bunions; I can't even walk.

My heels hurt like hell when I rise in the morn
And sometimes I wonder, O why was I born?
I must have been one of the world's lowest orphans.
So where, s'il vous plait, the elusive endorphines?

My bone spurs would make a prize cock apprehensive,
But purple toenails have created a pensive
Disinclination to boast of my fate.
Calorification has led to lost weight.

The calcium crust that festoons my calcaneus
Sends stabbing pains from my teeth to my cranium;
Results of this program are anthropomorphine,
So why can't I form the endearing endorphine?

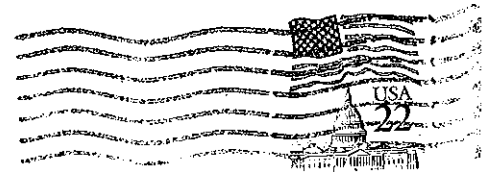
I'm hurting from downhill, there's aches in my back,
My stomach is having a Big Mac Attack.
I'm fresh out of beer and my brow is on fire.
If you felt like I do you'd prob'ly retire.

What can I do to relieve all the pain of it?
All I can say is, I hear the refrain of it,
Treating my muscles with everything nice.
Sugar and spice? Aspirin and ice!

My fractures are stressed and my knees are in wraps,
My kid's in the band room, practicing Taps.
If I were a horse they would goose me with morphine.
Given that case, where's the mythic endorphine?

--Jerry Dorbin
Santa Fe,
August, 1986

**Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87501**



**Jerry Dorbin
PO Box 1803
Santa Fe, NM**

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