



MILE MARKERS



July 1, 1987

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President: Dale Goering, 988-6616 Co-editors: John Arnold, 988-3061; Greg Ohlsen, 988-2091

We Give You the run-around
PO Box 1818, Santa Fe, NM 87504

"Evil deeds do not prosper; the slow man catches up with the swift" ... Homer

The Meeting

This month's meeting is a picnic to thank the volunteers of the successful ninth annual Santa Fe Run-Around, and to celebrate the passage into summer, 1987. It is to begin at 6:30 p.m. on Tuesday, July 7, and it will be at the picnic area of the Park Plaza housing complex off Rodeo Road. (See the accompanying map for directions.) Run-Around director Dave Boyer will give a complete report on this year's race. The Striders will furnish the refreshments, and those who attend are asked to bring a pot luck dish and plates, napkins and utensils for their own group.

Where the hell is the JUNE NEWSLETTER?

We have actually had a few comments about people not receiving their newsletter. I take some perverse pleasure in knowing some of you miss scanning this insightful masterpiece for words of wisdom and of course those titillating spelling and grammatical errors. Take heart. If you are reading this your mailing label was not purged into electronic oblivion but rather you were victim of a move fundamental problem. I just did not get around to it!

Apart from that bottom line the other reason is that without a meeting there wasn't really very much news. So, without harping, I would like to remind (apologies to the newly joined members) everyone that this newsletter is put together by volunteers who could really use some input from the general membership. Write us a letter. Tell us how fast you are, or slow, or what your favorite shoe size is. Let's have some discussion on the merits of this whole running business. What is the best restaurant after a 10 miler? Have you found a new run with some interesting scenery. How do you cope with the "burn out" when you must turn and walk (not run) away upon hearing talk of "PR's", or someones overly honed theory on the value of speed-

Running Beyond Reason

"You're nuts!" he observed with disgust and my response was to accuse him of wanting to thwart my plans...a regimented training program for a marathon ten weeks down the line. I was inflexibly adhering to a certain eight-mile route, pre-measured and to be run at a certain pace. He felt like going up another road for a change. As I thought about the reality of it I saw that you almost need to have a "nut-like" singlemindedness to successfully train for a marathon race. We call it a challenge, an adventure, a trip into the unknown of our own selves, and it is all that and more, but you have to be very stubborn to get there. You have to go "beyond reason"

A reasonable runner listens to his body and doesn't get insistent about things such as running farther than his body says he can...But what does the body know about places it has never been? Does your body know that you can run with your arms when your legs are done for? A marathoner-in-training may wake up several mornings with very sore upper arms and shoulders, and not realize just how much he has trained those arms and shoulders to carry him along beyond the point where the legs have given their all. That is what a marathon is, using each part of the body in concert and to EXTREME.

What do you do when you really can't run another step? You stop, but you feel embarrassed to be walking so you continue a sort of survival shuffle in a very economical stride, hoping you won't be recognized. Now you have found a very low-energy stride and it can be honed to carry you ten miles beyond your previous limits! You can even use it to rest "on the run" and even to recover some, if you are stubborn enough to have been there before and made it a part of your arsenal.

These experiences are well beyond the realm of "listening to your body". You can't get to these places unless you believe that no pain no gain is true. You have to be a little bit nuts.

work. Do you think, as I do, that the running boom has peaked and there are fewer people entering races especially in the younger age groups?

Also photographs are appreciated. They need not be of glorious moments crossing the finish line!

Body Fat - Just what is it?

Up until about a year ago I thought I was pretty clear about what fat really was. After all it is hard not to feel you know that which has been such a loyal companion through the years. Now it seems that being fat is not so straight forward as many people, particularly runners, seem to find it necessary to be pinched, dunked in water and have electric currents pulsed through their bodies to discover the absence or presence of this esoteric quality called fatness.

I am quite confused about what is really being measured in these tests. Is it ratio of your fat cells to everything else or is it a ratio between fat and muscle or ?? Does the same fat percentage mean the same thing to all people? (Those of us with feather light bones and organs that no doubt bias the ratio)

Can you be fit and have lots of it? Can slender people (I love this concept) secretly be storing 30% or so of their svelt selves as sculptured lard?

Does anyone know what this all really means?

Running Beyond Reason

Teaching your body to run on your own stored fat instead of the glycogen stored in your muscles from what you ate yesterday is a painful but rewarding process. The pain is not terrible, but the rewards are of a higher magnitude. What seemed impossible becomes "do-able", and the difference between a marathon of 26.2 miles and a 10K race is just a matter of one taking more time than the other.

Betty SheBoop

Letters

Dear Striders,

After 15 years & just becoming a Santa Fe Strider I have moved to New York. I hope anyone from Santa Fe interested in races such as the 1/2 marathon will feel free to get in touch with me - please let the Striders know there is a friend in the Apple:

*Ricewater c/o Gold
150 Parkway North #50
Yonkers, NY 10704*

*914-237-9627 (home)
212-302-7240 (work)*

Running in the humidity and lower altitude is as challenging as the Camino _____. It takes daily practice and tuning. I'm glad for both the Santa Fe and New York running experiences.

Claire Ricewasser

=C O M I N G E V E N T S=

- * JULY 3—Fourth of July Midnight Run, 11:45 p.m., UNM campus. Registration and start near corner of Central and Monte Vista. Campus construction has slightly altered this year's course. Info, Gil's Runners' Shoe World, 268-6300.
- * JULY 4—Fourth of July Fiesta, Tome' Plaza, about 25 miles south of Albuquerque on Hwy 47. Five-miler, 7 a.m. Five-year age groups. \$7 before July 3; \$9 race day. Club has application forms. Mail to Charley Sanchez, Box 1181, Los Lunas, 87031.
- * JULY 4—Smokey the Bear 10K, 8 a.m., Capitan. Buses leave for starting point of point-to-point downhill course at 7:30. Five-year age groups; long-sleeve T-shirts. Running shoe awards to first three overall male and females; medals to first three, each age group. Also award for largest family turnout. \$8 pre-race-day; \$10 race day. Info, Paul Whitman, 257-4900.
- * JULY 5—Washington Pass Classic 5K & 10K, Chuska Mts., 60 miles north of Gallup. This 10K is the only New Mexico race besides Run-Around listed among top 100 10Ks in U. S. T-shirts, cash awards to top three M&F, trophies and medals to top 15 overall M&F, trophies and medals through five to seven places in 10K age groups; top three in 5K age groups. Team competition, etc. Info, Tony Romero, 722-2484.
- JULY 8—Trek for Life and Breath, American Lung Association 50-mile Pecos Wilderness fund-raising hike.
- * JULY 11—Los Alamos High-Altitude Mini-Marathon 5K and 20K, 7:30 a.m. from Civic Center. Five-year age groups. Entry fees \$9 for 5K or \$10 for 20K before July 6th. Fees \$15, either distance, July 7-8-9; \$25 either distance, July 10 or 11. Reduced entry fees for family groups in 5K. Info, John Sarracino, evenings, 662-9133.
- JULY 18—Kendall Mountain 13-miler, Silverton, Colo.
- JULY 18—Women's Distance Festival 5K, Albuquerque Road Runners
- * JULY 25—Raton Summer Run 5-Mile and 10-Mile, 8 a.m. from 101 North Second Street (slight change from previous years' starting point). Pre-reg. \$7; after July 17, \$9. Cash prizes include \$225 each to both first man and first woman, 5M and 10M. Ten-year age groups. Swimming and showers for entrants and their families at Raton Muni swimmingpool after the races. T-shirts to first 500 runners. Chamber of Commerce, P. O. Box 1211, Raton 87740.
- JULY 25—Shining Season 5K, 10K and Half Marathon (usually from UNM football stadium). Duke City Dashers, Albuquerque.
- JULY 26—Dinosaur Run 8K, Albuquerque. Info, 247-2381.
- * AUG. 1—Old San Miguel Fiesta 10K, 8:30 a.m., Socorro. Postal deadline July 30th. From San Miguel Church through Socorro Plaza past New Mexico Tech campus and back to church. Ten-year age groups. T-shirts; refreshments. \$7 early entry; \$8 race day. Refreshments, etc. Info, Andy or Patricia Vaiza, 835-1620.
- AUG. 2—La Luz Trail Run, 9 miles from La Luz Campground off Tramway Blvd., to Sandia Crest. The perfect Pike's Peak prep. NMTAC, Albuquerque.
- * AUG. 8—7th annual Santa Fe Women's Run 5K, 8 a.m. from the Plaza. Five-year age groups. \$100 cash first prize, each age group, after age 19; awards through three places in each age group with more than five entrants. \$8 through Aug. 7; \$10 race day. Endurance Sports, Inc., P. O. Box 2421, Santa Fe. Info, 983-3680.
- * AUG. 8—St. Joseph's Parish 10K, 8 a.m., Raton. \$8 till July 31; \$10 thereafter. Start St. Joseph's Church; finish Romero Park. Entry and packet pick-up till 7:45 a.m. T-shirts to first 500; refreshments, etc.
- AUG. 9—Magic Mile. Timed age-group mile runs along Central Ave., Albuquerque. No additional info at press time.
- * AUG. 15—Pike's Peak Ascent. Strider entry form desk (Dorbin's office) has details, fees, addresses.
- AUG. 16—Pike's Peak Round-trip.
- * AUG. 30—Third annual Cochiti Triathlon and team triathlon, 8 a.m., Tetilla Peak Recreation Area, Cochiti Lake. Info and entry forms also available at Fort Marcy Rec Complex.
- SEPT. 7—Presumed date of Ninth almost annual Old Santa Fe Trail Run 5K & 10K from City Hall. No info out yet.

* means someone in club has supply of entry forms for indicated race

-R E C E N T R E S U L T S-

TAOS MARATHON—Aaron Goldman, 3rd overall, 3:20. MARATHON RELAY—Mary Nichols—Greg Ohlsen—Jary Weller—Bill Earl—Jody Visallii, 1st coed masters team, 3:24.

LA TIERRA BIATHLON—Debby Hathaway, 4th woman overall. Brad Davidson, 1:23.

LA TIERRA COED TEAM—Sean McCormick with Liz Evans, 1st open team, 1:12; Jody Visallii with John Lopez, 2nd masters team, 1:20:07; Tom and Donna Berg, 3rd masters team, 1:20:51.

DIPSEA 7.1-MILE SCRAMBLE (Marin County)—Kenny and Dale Goering; Dennis Cooper. "We all finished," said Dale of the handicapped age-group event which starts with 671 steps up a steep hill, this year in the rain.

DEVIL'S THIRONE 15K—Lou Marjon, 58:04; Pat McCarty, 59:32; George Croshaw, 1:01:04; Robert Werner, 1:02:11; Tim Burrell, 1:03:14; Randy Bartell, 1:05:15; Mary Nichols, First Woman overall, 1:05:29; Dave Sneesby, 1:07:18; Reece Tatum, 1:10:57; Jody Visallii, 2nd woman 40-49, 1:11:02; Dave Boyer, 1:33:14 on an injured foot.

CERRILLOS 5K—Ron Valdez, 1st man 30-39, 18:34; Danny Anaya, 2nd man 30-39, 18:35; Sean McCormick, 1st man 40-49, 19:36; Ernest Casados, 3rd man 30-39, 19:36; Ed Heffern, 19:37; Leroy Ramirez, 21:11 on heel spurs; Matt McCarty, aged 10, 24:58.4; June Dickinson, 1st woman 50-59, 24:58.9; Chuck Merritt, 25:57; Jerry Dorbin, 1st man 50-59, 26:00; Dianna Best, 26:40; Maureen and Basseball Burrell, 28:25.

NM MASTERS TRACK MEET—June Dickinson, 1st woman 50-54, 200 meters, 33:55; 1st woman 50-54, 400 meters, 78:17; 1st woman 50-54, 1,500 meters, 6:17.

ORANGE COUNTY (Calif.) BIATHLON (6.7-mile run & .75-mile swim)—Debby Hathaway, 1st woman 35-39 in 1:17. Qualifies for national medium course bi at Hilton Head later in year. Did p.r. 43:30 at 10K point of run.

MILKMAN TRIATHLON (Dexter, N.M.)—Jackie Marr, 1st woman 40-44, 1:13; Debby Hathaway, 1st woman 35-39, 1:15. Both qualified for national short-course at Boca Raton in Nov.

GARDEN OF THE GODS 10-MILE (Colorado Springs)—2,500 runners. Dale Goering, 1st man 55-59, 1:09; Greg Ohlsen, 1:13; Kenny Goering, 1st woman 50-54, 1:26; Ellen Stelling, 1:35.

BEARMAN MEMORIAL 5-MILE (no age groups; Albuquerque)—Member times we caught: Mike Rivera, 29:55; Jimmy Macias, 30:40; Reece Tatum pushing baby Nicole in pram, 33:26; Ted Atkins, 34:40; Jerry Dorbin, 37:29; and Kathy Rivera, 44:19.

NINTH ANNUAL SANTA FE RUN-AROUND 10K—Dave Boyer, race director. 309 entrants. Good representation from the Valley. 20-to-30 members competed, including many who joined club with race entry. Strider place-winners: Leo Torres, 3rd man 30-39, 35:28.7; George Croshaw, 3rd man 40-49, 38:14; Les Buchanan, 2nd man 50-59, 44:47.4; Fred Turner, 3rd man 50, 45:04; Rita Torres, 3rd woman 20-29, 45:03.9; Jody Visallii, 1st woman 40-49, 42:38; and Gwen Wardwell, 2nd woman 50-59, 1:04:24.3.

ADOBE DAYS TRIATHLON, Belen (8.8-mile canoe, 19-mile bike ride and 3.25-mile run)—Brad Davidson, 1st overall individual. Mary Nichols, member of 2nd place coed team with p.r. 20:15 in run. Team's time, 2:21.

FORT WORTH FOUR-MILER—David Dorbin, p.r. 29:56.

CONSTELLATION RUN 10K (Baltimore)—Catherine Quintana, 2nd woman 30-39, 39:20.

AGENT TRUETT ROWE 5K, Albuquerque—Sean McCormick, 2nd overall and 2nd man 40-49, 17:19; Dave Giles, 19:48. TRUETT ROWE 10K—Dave Platts, 1st law officer (in his capacity as a member of Los Alamos police auxiliary), 43:16; Jerry Dorbin, 47:14.

BANDELIER MARATHON—Senovio (Leo) Torres, 1st overall, 2:42:29.

BANDELIER HIGH-ALTITUDE 50-MILE ULTRA MARATHON—Gerry Allen, 3rd man 50-and-over, 9:37:31. BANDELIER 50-MILE RELAY—George Croshaw and Rocky Kimball with Richard Werner and Charley Young, 4th men's team, 5:36:17; Dennis Cooper, Mary Nichols, Dale Goering and Greg Ohlsen, 3rd coed team, 6:07:25; and Mary, 1st place trophy on second leg women, 12.5-mile p.r. of 1:24:53.

RONNIE RUN (Española) 5K—Danny Anaya, 1st man 26-30, 18:18; Sean McCormick, 1st man 41-45, 18:20; Leo Torres, 1st man 31-35, 18:30; Pat Lucero, 3rd man 31-35, 19:55.2; Aaron Goldman, 1st man 51-55, 20:52; Richard Roybal, 21:02; Reece Tatum, 21:33; Alvaro Gallegos, 2nd man 56-60, 22:36; Ted Atkins, 22:39; Jan Hickman, 3rd woman overall and 1st woman 36-40, 23:12; Jerry Dorbin, 3rd man 56-60, 23:58. RONNIE RUN ONE-MILE—Jesse Hickman, age 9, 8:08.

RUN FOR THE ZOO (State TAC 10K Championship)—Mary Nichols, 1st woman masters, 41:48; Jody Visallii, 2nd woman 40-44, p.r. 42:30; Kathy Rivera, 54:55. MEN—Lou Marjon, 36:04; George Croshaw, 37:09; Mike Rivera, 38:28; Dennis Cooper, 39:16; Jimmy Macias, 39:35; Greg Ohlsen, 40:11; Frank Williams, 41:45; Jerry Dorbin, 2nd man 55-59, 47:31; Dirk Houtman, running with his sister visiting from Baltimore, 51:28.

STATE AA TRACK MEET—Stuart Day, member of Santa Fe Prep 1st place medley relay team in new State AA record of 3:39.3.

AGAWAM, Mass. TWILIGHT 5-MILE—June Dickinson, 2nd woman 50-54, 36:30.

JEMEZ PUEBLO 10K—Mary Nichols, 1st masters woman, 43:06; Dale Goering, 1st man 50-59 in 44:30, after falling, injuring knee, getting up and rejoining race; Pete Richards, 2nd man 50, 45:00; Kenny Goering, 1st woman 50-59, 50:00. JEMEZ 5K—Dave Giles, 2nd man 40-49, 20:24; Leo Gurule, 21:13; Jerry Dorbin, 3rd man 50-59, 23:26.

DESERT STAR BIATHLON—Ted Serr finished two minutes behind men, 55-59, winner. California.

WHISKEY ROW (Prescott, Ariz.) 10K—Les Buchanan, 1st man 50-54, 44:05.

PAPER CHASE LAWYERS' 3-MILE (Albuquerque)—Dan Cron, 4th overall in p.r. 17:07.

INDIANAPOLIS 500 HALF MARATHON—John Arnold, 2:15 in 85° heat and 92% humidity.

DENTON, Tex. SPRING FLING 10K—David Dorbin, p.r. 46:32.

NM RUNNERS' PENTATHLON—Mary Nichols, 1st masters woman; June Dickinson, 1st woman 50-54; Raye Johnson, now of Nevada, 1st woman 60-64; Bill Forsyth, now of Albuquerque, 2nd man 40-44; Dale Goering, 3rd man 55-59. Mary set new meet age-group records in 200 meters (33.22), 400 (1:14.3), and 1,600 (6:07.07). June set new age-group records in 200 (33.79), and 1,600 meters (6:57.49).

Jerry Dorbin
P.O. Box 1803
Santa Fe NM 87504

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504

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1987 Membership Application

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Enclose \$10 annual dues. Make checks
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Pass this membership application around !

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CF %*

