



MILE MARKERS



September 1, 1987

Volume 9, Number 9

We Give You the run-around

PO Box 1818, Santa Fe, NM 87504

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"The interesting thing about the East and the West is they've got hill in the East, but they've got air in them." Melissa Lee, ultramarathoner who recently moved to Santa Fe.

September Meeting

The meeting will be on Tuesday, September 8, at Graydon and Cindy Anderson's home and will not be a "Pot Luck" but bring drinks and snacks to share from 7:30 to 8:00 when the meeting will begin. The Andersons live at 226 Mirramonte which is a street south of Alamo Drive 2 blocks from the intersection of Alamo Drive and St. Francis.

Two major events! First Graydon has agreed to give a short piano recital. He has been studying for a little over a year and no doubt needs the pressure of public performance to hone his talents. So come and lend you support to an aging runners fingers.

Second we have a speaker. Linda Schwartz, a massage specialist, will speak on the benefits of massage. She might even demonstrate on you. Linda should begin her talk about 8:00 pm barring extended encores.

Restaurant Revues

In that most runners eat, and many do so after running we are soliciting your opinions on local restaurants. How restaurants cope with serving large sweaty groups, the delivery time of the cinnamon roll, etc will hopefully be the focus.

If you can muster up the strength send a short revue to us and we will publish it. A copy will be mailed to the restaurant covered so this is a chance to express your praise or scorn.

Legends Cafe

Located in Loma Vista Shopping Center, next to Gardenswartz Sports.

Breakfast Monday through Saturday. 7:30 to 10:30.

Sample Prices:

Cheese Omelet w potatoes and toast.	\$3.15
Eggs with Bacon, potatoes and toast	\$4.65
Breakfast Burrito	\$4.65
Coffee	\$0.75

Two of us recently ate breakfast after running, mid-morning Saturday, at the Legend. We were seated immediately, as there were only a few table occupied at this normally prime breakfast time. Although the menu indicates breakfast is available through 10:30, the manager told us you can usually be served until about 11:30. The food and coffee were OK, nothing special but not bad either. They have only basic egg dishes, no pancakes or waffles, and no muffins or biscuits. Although I searched; an onion, garlic and banana omelet cannot be found on this menu. A passable cinnamon roll can be had for 95 cents. The cafe itself is pleasant, lots of light and tables well separated, but has no non-smoking area. Overall I would try it again if I were in that section of town, particularly if with a group that wanted a decent breakfast without waiting. However, Santa Fe has several breakfast places that are better.

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Welcome to new Strider members:

Carmen Burch
Ted Terry
Ed Heffern
Hillary Fuller

Notes from Kenny

Pikes Peak Survived

I did it! To all future Pikes Peak runners I must give a warning. No one ever tells you about the invisible vampires. These must be a secret small sect of vampires indigenous to the last three miles of the Pikes Peak ascent.

I escaped their bite till I only had two miles to the finish line. The victims are immediately drained of blood, sugar, energy and mental faculties. The rest of the race looked to me like the march of the living dead. All I remember are the heels of the slow, shuffling runner in front of me. The advertising people ought to look into placing tiny little ads there because I spent an hour looking in this one place. Yes, it took me an hour to run the last two miles!!

Back to the beginning of the race - it rained most of the night before and was cloudy, but not cold at the start. Actually the weather was perfect for the whole race. The rain had packed the sand on the trail so the trail was very good for running. I use that word facetiously.

There were approximately the limit of 1,500 runners. About twelve of these fools run the ascent and descent the next day, after doing the ascent Saturday with we reasonably sane people.

Not knowing what to expect in the way of a trail after the Dipsea, I was pleasantly surprised. The trail is very nice and wide enough to pass all the way. There are even some places a person such as myself can run. I got into a fast "Tim Conway jog" immediately. Remember how he used to walk when playing an old man? Now you get the picture.

Physically I felt great, the altitude didn't even bother me. I never once thought about eating something before the race and/or taking something along. Water was very plentiful and I took generously of that. The problem was I am used to eating early the night before races and never eating race-day morning. All the people I had consulted before the race are much faster, better runners than myself, so they finish sooner and apparently don't run out of glycogen. I believe this was my problem as I was really 'out of it' at the finish line.

Right after I had a banana, orange and a coke, I was fine. I felt very well and was able to run the next day - and enjoy champagne, thanks to Chris. Also thanks to the many many well wishes from lots of wonderful folks. I never would have made it without the good strong thoughts and an Indian prayer from Eleanor. Runners are great people.

I had thought four hours and a half would do it and I finished in four hours and twenty seven minutes. Good for third place in the old ladies. All of this torture for a triple crown prize of a season pass to ski at Keystone.

When I don't even ski!!!

K e n n y

+RECENT RESULTS+

COCHITI TRIATHLON—James Lackey, 5th man 30-39, 2:45:16; Jody Visalli, only Strider individual winner, 1st woman, 40-49, 3:05:52; Debbie Hathaway, 4th woman 30-39, 3:09:30; Phil Pannabecker, 17th man 40-49, 3:28:43; Dave Sneesby, 18th man 40-49, 3:29:27; Debbie Wielgusz, 9th woman 30-39, 3:50:02; Leo Hosenfeld, 7th man 50-and-up, 3:58.

LOBO RUN 5K—Ernie Casados, 17:10; Dave Giles, 2nd man 45-49, 19:12; Natalie Casados, 2nd woman 10-14, p.r. 23:18; John Arnold, 24:30.

PIKE'S PEAK ASCENT—Chris Chavez, 3:04; George Croshaw, 3:05; Randy Bartell, 3:11; Dale Goering, 2nd man 55-59, 3:13; Mike Rivera, 3:18; Robert Werner, 3:32; Tim Burrell, 3:34; Moo Thorpe, 3:36; Marc Talbert, 3:40; Maureen Burrell, 4:18; Kenny Goering, 3rd woman 50-54, 4:27.

JEMEZ PUEBLO MINI-MARATHON (13 miles)—Mary Nichols, 1st woman overall, 1:29:09; Dave Sneesby, 1st man 40-49, 1:30:32; Ted Atkins, p.r. 1:40:03; John Gundzik, 3rd man 50-59, 1:52:27; Vivian Reinikainen, 2nd woman 40-49, 1:54:50.

JEMEZ PUEBLO 5K—Jerry Dorbin, 2nd man 50-59, 22:52; June Dickinson, 1st masters woman and 2nd woman overall, 23:04; Jerry Sneesby, 1st boy 10-13, 23:25; Cathy Morlock, 1st woman 30-39, altitude p.r. 25:07.

GLORIETA BALDY MT. RUN—Ed Heffern, 2nd overall, 1:42:19; Rocky Kimball, 5th overall, 1:51:46; Dave Gregory, 2:14; Gerry Allen, 2:18.

CHICAGO TRIATHLON—Jackie Marr, 1st woman 45-49, 2:37.

MAGIC MILE—Mary Nichols, 1st woman overall, p.r. 5:37; Alvaro Gallegos, 1st man 55-59, 6:15; Diana Best, 1st woman 30-34, 6:29; June Dickinson, 1st woman 50-54, 6:32; Jerry Dorbin, 2nd man 55-59, 6:40; Natalie Casados, 2nd girl, 11-14, 6:59.

SANTA FE WOMEN'S RUN 5K—Mary Nichols, 1st masters woman, p.r. 19:37; Rita Torres, 20:49; Debbie Hathaway, 3rd woman 35-39, 21:10; Shirley Lynn, 3rd woman 30-34, 22:52; Diana Best, 4th woman 30-34, 22:55; June Dickinson, 1st woman 50-54, 23:06; Donna Berg, 23:20; Natalie Casados, 2nd girl 11-14, p.r. 23:39; Kenny Goering, 2nd woman 50-54, 24:20; Sandi Macias, 25:10; Kathy Rivera, 26:08; Elaine Pinkerton, 26:27; Sue Rush, p.r. 28:09; Chris Kassube, 1st woman 55-59, 31:04; Cheryl Alters Jamison, 34:10.

LA LUZ TRAIL RUN—Chris Chavez, 1:36:12; George Croshaw, 1:41:18; Robert Werner, 1:42; Danny Anaya, 1:42:48; Randy Bartell, 1:48:27; Dale Goering, 4th man 50-59, 1:50:36; June Dickinson, 1st woman 50-59, 2:10:09; Pat Whelan, 2:10:21; Diana Best, 2:17:54; Leo Hosenfeld, 2:18.

=COMING EVENTS=

- * SEPT 7—10th almost annual Old Santa Fe Trail Run. 5K at 7:45 a.m., 10K at 9:15, Lincoln & Marcy Sts. Labor Day weekend registration in City Hall council chambers, \$8. No race-day registration. Packet pickup with registration or race-day morning. Nambeware medals to first three, each ten-year age group and awards to overall winners. T-shirts to first 800 entrants.

- * SEPT 13—Ninth annual Shining Season 5K & Half Marathon, 8 a.m., University Stadium, Albuquerque. Pre-reg. \$8 at Gil's, Sun Sports or Gardenswartz thru 5 p.m., Sept. 10; race day reg. \$8, 7 to 7:30 a.m. at stadium. \$1 discount for TAC members. Ten-year age groups. T-shirts to 1st 250 entrants. Duke City Dashers, Box 30161, Albuquerque 87190.

- SEPT 20—33rd Balboa 8-Mile, 7 a.m., Balboa Park, San Diego.
Info, Bob Parkinson, San Diego Track Club (619) 280-1138

- * SEPT 27—Duke City Marathon 7:30 a.m. 5K and Half Marathon at 7 a.m. Entry forms in Albuquerque running stores or info call 291-9250.

- * SEPT 27—Sioux Falls (S.D.) Marathon, 8 a.m. \$10,000 in prizes based on age-group standards. Also 5K and five-person relay. Mary Nichols has info.

- * OCT. 3—11th annual St. George (Utah) Marathon. Point-to-point TAC-certified downhill course with 3,000-foot drop.
Info St. George Leisure Services, 86 South Main, 84770

- * OCT. 3—Pecos Valley Roundup 20K, 8 a.m. and 10K, 8:45 a.m., Roswell. Registration deadline for early reg., Sept. 29. \$8 with \$1.00 discount to TAC members. Race-day, 6:45 to 8:15 at City Parks & Rec office, 1101 W. Fourth (start & finish point). Ten-year age groups (to 50+)

- * OCT. 10—October Run 10K, 10 a.m., Cahoon Park, Roswell. \$6 early; \$7 after Oct. 5. Ten-year age groups (to 60+)

- * OCT. 11—Humboldt Redwoods Marathon, 9 a.m., Dyersville Bridge on the Avenue of the Giants, Calif. Out-and-back thru the tall timber.

- NOV. 7—San Diego 10K. Info, Kathy Loper, (619) 437-4556
- NOV. 8—Newly combined 24th Mission Bay/10th Heart of San Diego Marathon. Kathy Loper (619) 437-4667

- NOV. 14—7th Annual Have A Fowl Day Run of approximately 5K on north side of town from Ft. Marcy baseball parking lot. John Arnold, permanent race director. Food-gatherer for holiday contributions to the needy. Buy one or be one. Call John at 827-5760 to volunteer assistance.

* Where indicated, someone in club has entry forms

NEW YORK ROAD RUNNERS CLUB/NYC MARATHON® COUNTDOWN TRAINING TIPS



by Bob Glover

MILEAGE: Novice marathoners and "casual" marathoners generally build to a peak of 40-50 miles per week which they hold for at least 6-8 weeks, then taper down over the last 2-3 weeks prior to race day. Veteran marathoners should build to 50-70 miles per week prior to tapering over the last 2-3 weeks.

LONG RUNS: Novice marathoners gradually build up the long runs and complete at least three runs of 18-20 miles prior to the marathon. Do not attempt to run long every weekend. Plan to do your long runs well in advance so you can get them in every other weekend. Veteran marathoners

should run "long" every other weekend or 2 of every three over the last three months prior to the race. They should attempt to get in at least 6 runs of 20-22 miles. No marathon runner should attempt a long run that will take longer than 3½ hours. The result would be severe fatigue and vulnerability to injury. Save the "tearing down" that comes with runs longer than 20 miles for the marathon itself. The last long run should be 2-3 weeks in advance of the marathon.

The following chart from *The Competitive Runner's Handbook* details a sample mileage and long run schedule for novice and casual marathoners:

THE FIRST-TIME MARATHON FOUR-MONTH TRAINING SCHEDULE
(from a 25-mile-a-week base)

WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	TOTAL MILEAGE
1	Off	4	4	4	4	3	6	25
2	Off	4	5	4	4	3	8	28
3	Off	4	5	4	5	2	10	30
4	Off	4	6	4	5	4	10	33
5	Off	4	6	5	6	4	12	37
6	Off	4	6	4	5	4	14	37
7	Off	4	6	4	6	4	16	40
8	Off	6	6	4	6	6	12	40
9	Off	4	6	4	4	4	18	40
10	Off	6	6	4	6	6	14	42
11	Off	4	6	4	6	5	20	45
12	Off	6	6	5	8	6	14	45
13	Off	5	6	4	6	6	18	45
14	Off	4	6	6	6	4	14	40
15	Off	6	6	5	4	10	4	35
16 RaceWeek	Off	4	6	4	Off	2	RaceDay Marathon	16+ Race

Note: When you race you may need to adjust your daily and weekly mileage downward. Do not attempt to combine long runs and races on the same day or weekend.

SPEEDWORK: Novices benefit from some speed work because it will help them improve running form and mental discipline. Ease into these workouts and only complete one a week unless you are being monitored by a qualified coach. Sample workouts would be: 4-6 repeats up a 200 yard hill at 10K race pace; 6 repeats of 880 yards at 5K-10K race pace with a 3 minute recovery; 4 repeats of one mile at 10K race pace with a 3 minute recovery.

Experienced marathoners need to improve their speed and 10K times in order to be able to zip through a marathon at a pace that is faster than their normal daily training pace. They should start with one speed workout a week and later build to two. Sample workouts include: 6-10 repeats of a 200-400 yard hill at 10K pace or faster; 6-8 repeats of 880 yards at 5K race pace or faster; 4-5 repeats of one mile at 10K race pace or faster. For further information on speed training consult *The Competitive Runner's Handbook* (available at the NYRR) or attend the NYRR Speed Training Classes which emphasize marathon training.

RACES: Novice marathoners should run some races of 10K-25K to learn how to handle pacing, fluid replacement, etc. Do not run these all out, but rather as long training runs. Veteran marathoners should pick some long races (10 miles—½ marathon) in August and September to build strength and find one long race (10 miles—½ marathon) and one short race (5 miles—10K) to run hard in the last 3-8 weeks

prior to the marathon in order to test your fitness level and predict your marathon time. Race at least once a month, but not more than two times per month. Do not race the weekend before the marathon. If you do the Computer Run, do it as a fun run the week before. If you do the 25K Tune Up, don't go all out over the tough hills in Central Park.

RUNNING EQUIVALENTS: You can minimize the wear and tear on your body by replacing up to 20% of your mileage with biking or swimming. Do these activities at a pace that will get your heart rate in your training range and count how many miles you would have run during the alternative training as "running equivalent mileage."

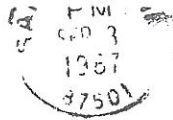
INJURY: Do not attempt to train if you are favoring an injury. Seek advice from a sports medicine expert who is familiar with runners and all their complaints and aches. Replace running with biking or swimming if possible while you recover. If an injury is threatening your health as you approach the marathon, note that you can cancel your spot and be guaranteed entry for next year's marathon. Consult the Marathon Instruction brochure for cancellation deadlines.

BOOKS: You can purchase *The Competitive Runners Handbook* by Bob Glover (with complete marathon training guidelines) at the New York Road Runners Club, 9 East 89th St., or use the order blank on either the *color Activewear brochure* or *NYRR Running Classes flyer*.

Fun Runs now begin at 6:00 pm on the plaza every Wednesday!

Pass this membership application around !	
Enclose \$10 annual dues. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504	
Name _____	Telephone (Home) _____
Address _____	City _____
State _____	(Work) _____
Zip _____	
1987 Membership Application	
SANTA FE STRIDERS	

**Santa Fe Striders
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