



MILE MARKERS



October 1, 1987

Volume 9, Number 10

We Give You the run-around

President: Dale Goering, 983-6616 Co-editors: John Arnold, 988-3061; Greg Ohlsen, 988-2091

PO Box 1818, Santa Fe, NM 87504

"One of the fascinations of the marathon is its uncertainty" . . . Paul Reese

October Meeting

The october meeting will be a pot luck dinner on Tuesday the 13th at Elaine Pinkerton's house. (983-9747) Pot luck begins at 7:00 p.m. with the general meeting to follow at 8:00 p.m. Elaine's house is at 899 Zia Road near the intersection of Zia and Old Santa Fe Trail. She has a hot tub and says that everyone is welcome to use it.



Tour of Albuquerque Marathon and Marathon relay.

The Santa Fe Striders wish to enter as many relay teams as possible. If you are not familiar with the relay arrangement it is four 5 mile legs and one 10K. Five persons to a team. As in the past few years we plan to throw all the interested peoples names into a hat and draw for teams. If you are interested and not already on my list please contact me (983-6616) as soon as possible so that the organization can proceed. The cost of the race is \$8.00 per person.

Dale Goering

Ed. Note: Dale has been organizing this event for several years now and it has become the source of the annual Strider group photo. He also personally finances everyone's entry so I am sure he would appreciate it if you could get the \$8.00 to him as soon as you can.

Fowl Day Run Set November 14

The seventh annual Have a Fowl Day Run is scheduled to begin at its usual starting point inside the baseball field near the Fort Marcy Sports Complex at 10 a.m. Saturday, November 24, regardless of the weather.

And that means race director John Arnold will once again be counting on Striders to volunteer to help on race day and by baking a few pumpkin pies to be awarded to finishers on a random basis.

Both "The New Mexican" and "Ogelvies" have agreed to sponsor the run for 1987, and this year's T-shirt will be a . . . surprise! (Trust me, you'll love it).

John says his biggest worry about this race is marking the course if it is buried by snow. Anyone out there got an idea of how to mark 3.1 miles of country so runners will know where to run?

As usual, this will be a donate-food-for-your-entry-fee event, and the Salvation Army will be the distributor of the \$3.00 worth of non-perishable food that it takes to enter the race. And also as usual, prizes will go to the first and last male and female to finish, and two luck people will receive a frozen turkey courtesy of "The New Mexican."

If you want to volunteer, or if you have any questions, call John Arnold in the evening at 988-3061.

Message therapy

Message therapist Linda Schwartz was our guest at the September meeting, and I was chosen for a demonstration of her techniques since I had the best looking legs in the room (attendance was sparse). I had run more than my usual mileage for three days in a row and felt like it; all the muscles in my legs were knotted and hard. While Linda worked on my calves and hamstrings, she fielded questions from the audience and talked in general about the special benefits of massage for runners. She said that overtraining can result in microscopic tears in the muscle fibers, which then form "adhesions" to adjacent fibers, preventing the fibers from sliding smoothly against each other, resulting in loss of flexibility. Massaging "across the grain" of the muscle fibers breaks the adhesions and restores range of motion. It sounds painful but it's not really; "uncomfortable" is closer to the truth. She found a few points in each muscle that were especially sensitive to pressure; after holding for a few seconds and releasing, a proportionally greater sense of relaxation was produced than would be felt from pressure in other areas. The sense of relaxation was more apparent after the massage than during; the rock hard sensation of the muscles in the back of my legs was gone. Since it was only a brief demonstration, I didn't get the full treatment, which would have included the muscles in the front of the legs as well. The real test came the next day when I went out for a run. Sure enough, my quads felt tight, while my calves and hamstrings felt smooth

and flexible. After 70 minutes of running, the difference was even more apparent. I've been convinced of the benefits of massage in improving flexibility. I'm building a massage table for my wife Cindy so she can help maintain my aging muscles at home.

For those desiring a appointment or more information about sports massage and/or injury treatment, Linda Schwartz can be reached at 988-2493.

Graydon Anderson



"Floyd? Bob down the street. Fine, thanks, and you? Good. Say, I was just jogging past your house. Did you folks buy a pit bull?"



HAVE A FOWL DAY RUN

**5K CROSS COUNTRY
NOVEMBER 14, 1987**

**When?
Where?
What?**

10 am, Saturday, November 14, 1987

Magers Field/Fort Marcy Sports Complex

**A 5K Cross Country run over
an ungroomed course**

Why?

**No entry fee! Runners are asked to bring
\$3 worth of non-perishable food for the
Salvation Army (for use to needy families
at Yuletide)**

1st 100 finishers will receive a FREE GIFT!

Sponsored by

**The New
Mexican**

and



of Santa Fe

**Hot cider and cold water
at finish — First and last
male and female
receive an award.
Prizes randomly awarded.**

**An effort of the
Santa Fe Striders,
John Arnold,
Race Director.**

=RECENT RESULTS=

- DUKE CITY MARATHON—Chris Chavez, 3:31:15; Ed Heffern, 7th man 35-39, 3:09:51; Lou Marjon, sixth man 40-44, 3:10:11; Bob Werner, second man 45-49, 3:06:57; Pat Whelan, 4:00:22; John Gundzik, 4:07:54.
- DUKE CITY HALF-MARATHON—Reece Tatum, 1:29:51; Mike Rivera, 8th man 35-39, 1:22:26; Jimmy Macias, 9th man 35-39, 1:22:27; George Croshaw, 4th man 40-44, 1:19:22; Sean McCormick, 5th man, 40-44, 1:19:26; Jack Lippincott, 7th man 40-44, 1:21:33; Dennis Cooper, 1:25:52; Buddy Roybal, 1:36; Douglas Drexel, 1:39:56; Leo Hosenfeld, 1:42:20; Dale Goering, 1st man 55-59, 1:27:35; Diana Best, 2:06:28; Sandi Macias, 1:50:56; Kathy Rivera, 2:07:32; Kay Harlan, 2:13:18; Lilli Marjon, 1st woman 60-64, 2:09:49.
- DUKE CITY 5K—Jay Lippincott, age 11, 36:41; Peter Lippincott, age 7, 36:42; Mark Hosenfeld, 42:24; Peter Hosenfeld, 23:58; Matt McCarty, 23:40; Danny Anaya, 1st man 30-34, 17:13; Ron Valdez, 2nd man 35-39, 16:32; Tim Alton, 22:00; Pat McCarty, 4th man 40-44, 17:26; Cliff Hawley, 21:17; Chuck Merritt, 21:35; Pat Olachea, 29:49; Natalie Casados, 3rd woman 0-13, p.r. of 22:11; Melinda Olachea, 30:02; Rose Alton, 30:12; June Dickinson, 1st woman 50-54, 21:53; and 5K Walkers: Barbara Hosenfeld, 42:55; Gail McCarty, 44:50; and Kathryn Lippincott 49:02.
- SIOUX FALLS, S.D. MARATHON—Mary Nichols, 1st woman masters and sixth woman overall in 3:08:36.
- HILLS OF OKLAHOMA TRIATHLON—Jim Lackey, 4th man 35-39 and 32nd overall of 265, in 2:23:36 (1,500 meter swim, 40-kilometer bike and 10K run).
- IMOGENE PASS MOUNTAIN RUN—Pat Whelan, 3:29; Jody Visalli, 3:30; Mary Nichols (with a cold) 4:30.
- CAROL CADDY DAY 5K (Los Alamos)—Natalie Casados, 1st girl 11-13, 25:03.
- COLORADO ROAD-RACING TRIPLE CROWN (based on overall performances in three specified major races during the summer)—Kenny Goering, 1st woman aged 50-54; Dale Goering, 1st man aged 55-59.
- PECOS RIVER RUN 5K—Ron Valdez, 1st overall, 17:42; Dave Giles, 1st man 40-49, 19:30; John Arnold, 26:01; Elaine Pinkerton, 1st woman 40-49, 26:16; Valeria Gregory, 31:20.
- PECOS RIVER RUN 10K—Ed Heffern, 2nd overall in out-and-back p.r. of 36:47; George Croshaw, 3rd overall, 37:34; Diana Best, 1st woman 30-39, 47:42; June Dickinson, 1st woman masters 48:13.
- OLD SANTA FE TRAIL 10K—Leo Torres, 4th overall, 35:07; Ed Heffern, 37:30; George Croshaw, 4th man 40-49, 38:00; Jack Lippincott, 38:29; Mike Rivera, 38:38; Chris Chavez, p.r. 38:56; Randy Bartell, 39:25; Bob Werner, 39:33; Jimmy Macias, 39:34; Dale Goering, 3rd man 50-59, 41:34; Leroy Ramirez, 42:38; Jody Visalli, 3rd woman overall and 1st woman 40-49, 42:57; Pat Lucero, 43:40; Debbie Hathaway, 1st woman 30-39, 43:58; Reece Tatum pushing baby in streamlined stroller, 44:25; Leo Gurule, 45:00; Pat Whelan, 45:12; Ted Atkins, p.r. 45:32; Buddy Roybal, 46:02; Drexell Douglas, 46:18; Tom Day, 46:27; Diana Best, p.r. 47:42; Mark Rael, 48:52; Kenny Goering, 1st woman 50-59, 52:20; Sandi Macias, 53:20; and Susan Rush, 59:01.
- OLD SANTA FE TRAIL 5K—Ron Valdez, 10th overall and 4th man 30-39, 17:25; Jim Westmoreland, 17:48; Danny Anaya, 17:52; Ernie Casados, 18:17; Jack Lippincott, 2nd man 40-49, 18:30; Catherine Ducay (Quintana), 1st woman overall in 19:12; Dave Sneesby, 3rd man 40-49, 19:28; Albert Gonzales, 21:03; Buddy Roybal, 21:30; Cliff Hawley, 22:16; Cecil Smith, 22:18; Mike Harris, 22:24; Zack Shandler, age 16, 22:39; Chuck Merritt, 22:45; Larry Shandler, 22:46; Jerry Dorbin, 23:06; Dave Otto, 23:08; June Dickinson, 1st woman 50-59, 23:11; Jerry Sneesby, p.r. of 23:13; Natalie Casados, 1st girl 13-and-under, 24:01; Matt McCarty, age 11, 24:01; Vivian Reinikainen, 3rd woman 40-49, 24:30; Kenny Goering, 2nd woman 50-59, 24:54; Ted Atkins, 25:20; Peter Hosenfeld, age 15, 25:30; Cliff Rees, 25:39; Kathy Rivera, 26:01; Debbie Wielgusz, 26:04; Pat Olachea, 31:07; Melinda Olachea, 31:22; and Mark Hosenfeld, age 10, 33:20.

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=COMING EVENTS=

- REMEMBER, WEDNESDAY NIGHT FUN RUNS TIME CHANGES TO 5:30 P.M. ON LAST WEDNESDAY OF OCTOBER (28th).
- OCT. 11—9th Annual Corrida de Taos 5K at 8 a.m., 10K at 8:30 a.m. from Kit Carson Park, Taos. Striders have entry forms and complete information. Mail Box 2245, Taos, N. M. 87571.
- OCT. 11—Psychology Clinic 5K, 9 a.m. from UNM Psych Clinic, Las Lomas N.E. \$10, including race-day morning. Entry or additional info from Gil's Runners' Shoe World, 268-6300.
- OCT. 13 (a Tuesday)—One-Hour-Run in Los Alamos (how many laps can you run in one hour), 5:45 p.m. from Sullivan Field. Bring someone to count laps if possible. Aaron Goldman 662-9257.
- OCT. 17—Girl Scout 5K, 9:45 a.m. from Chaparral Girl Scout Service Center, 5th & Tijeras N.W., Albuquerque; \$7 early; \$9 race day. Gil's, 268-6300.
- OCT. 18—18th Annual Tour of Albuquerque Marathon and five-person marathon relay. Relay starts at 7:10 a.m., Marathon at 7:15 from Paseo del Norte (formerly Los Angeles Blvd. N. E., just west of Tramway Blvd., to San Gabriel Park on the river, west end of Mountain Road N.W. Striders will enter several relay teams. Call Dale Goering, 983-6616. Club has entry forms for indiv. and relay; or write or call Gil's Runners' Shoe World, Albuquerque.
- OCT. 25—Menaul School 4-Mile Run, 8 a.m. from Ramada Inn at corner of Menaul Blvd., and Louisiana N.E., Albuquerque to campus. \$6; \$7 race day; T-shirts to first 100 entrants. Gil's.
- OCT. 31—Albuquerque Halloween Run 5-Mile, starts at dusk from UNM north golf course. Prizes to best costumes. \$8 ahead of time by mail or at Gil's, or \$10 race-day evening.

NOV. 8—Animal Humane Society 4-Mile Run for people and dog on leashes (one on one end, one on the other; or people without dogs). 9 a.m. \$8 early or \$10 race day, corner of Paseo del Norte and Barstow N.E., Albuquerque. Info, Gil's.

NOV. 14—7th annual Have a Fowl Day Run, 8 a.m. from west parking lot, Fort Marcy complex baseball field; 5K. Our annual club collector for Salvation Army holiday baskets for needy families. Enter or held race director lay it out and put it on. John Arnold, 827-5760 or 983-3061.

NOV. 15—World Runners Run for Hunger 5-Mile or 8K, Albuquerque. \$4 for children 12 or under; \$8 for adults; \$10 race-day. Info, Gil's.

NOV. 15—Baylor Pass Mountain Run, Las Cruces

NOV. 26—Turkey Day 10-Mile and 4-Mile runs, Albuquerque. More info next mo. or from Sun Sports, 11200 Montgomery N.E. or 6001 San Mateo N.E., or call 294-5760.

THE 10 FASTEST MARATHONS IN THE WORLD as of 1st July 1987

compiled by Henryk Paskal, Poland,
Association of International Marathons
Newsletter, number 38, August 1987

Event	Av of Top 10 Times
1 Chicago Marathon	2:08:50.3
S. Jones GBR	2:07:13 1985
S. Jones GBR	2:08:05 1984
Robleh DJI	2:08:08 1985
Seko JPN	2:08:27 1986
De Castella AUS	2:08:48 1985
Lopes POR	2:09:06 1984
De Castella AUS	2:09:09 1984
Nzau KEN	2:09:45 1983
H. Jones GBR	2:09:45 1983
Poli ITA	2:09:57 1985

2 Rotterman Marathon	2:09:10.1
Lopes POR	2:07:12 1985
De Castella AUS	2:08:37 1983
Lopes POR	2:08:39 1983
Mekonen ETH	2:09:08 1986
Densimo ETH	2:09:09 1986
R.Gomez MEX	2:09:25 1983
Graham GBR	2:09:28 1981
Parmentr BRL	2:09:57 1983
Graham GBR	2:09:58 1985
Salazar USA	2:10:08 1983

3 Tokyo Marathon	2:09:11.1
Ikangaa TAN	2:08:10 1986
Densimo ETH	2:08:29 1986
Seko JPN	2:08:38 1983
Mekonen ETH	2:08:39 1986
Nakayama JPN	2:08:43 1986
T.Soh JPN	2:08:55 1983
R.Gomez MEX	2:09:12 1983
Taniguchi JPN	2:10:06 1987
Heilmann GDR	2:10:27 1986
S.Soh JPN	2:10:32 1985

4 Fukuoka Marathon	2:09:14.8
De Castella AUS	2:08:18 1981
Seko JPN	2:08:52 1983
Ikangaa TAN	2:08:55 1983

S.Soh JPN	2:09:11 1983
T.Soh JPN	2:09:17 1983
Salazar USA	2:09:21 1983
Ito JPN	2:09:35 1983
Clayton AUS	2:09:37 1967
Ito JPN	2:09:37 1981
Seko JPN	2:09:45 1980

5 Boston Marathon	2:09:17.9
De Castella AUS	2:07:51 1986
Salazar USA	2:08:52 1982
Beardsley USA	2:08:54 1982
Meyer USA	2:09:00 1983
Seko JPN	2:09:26 1981
Rodgers USA	2:09:27 1979
Tabb USA	2:09:31 1983
Rodgers USA	2:09:55 1975
Durden USA	2:09:57 1983
Mendoza USA	2:10:06 1983

6 London Marathon	2:09:24.7
S.Jones GBR	2:08:16 1985
Spedding GBR	2:08:33 1985
Hutton GBR	2:09:16 1985
Herle FRG	2:09:23 1985
H.Jones GBR	2:09:24 1982
Gratton GBR	2:09:43 1983
Jorgensen DEN	2:09:43 1985
Taniguchi JPN	2:09:50 1987
Spedding GBR	2:09:57 1984
Seko JPN	2:10:02 1986

7 Hiroshima Marathon	2:09:42.3
Salah DJI	2:08:09 1985
Nakayama JPN	2:08:15 1985
Robleh DJI	2:08:26 1985
Heilmann GDR	2:09:03 1985
Mekonen ETH	2:09:05 1985
Pizzolato ITA	2:10:23 1985
Charmarke DJI	2:10:33 1985
T.Soh JPN	2:11:01 1985

Magnani ITA	2:11:02 1985
Ikangaa TAN	2:11:06 1985

8 Beijing Marathon	2:09:53.2
Kodama JPN	2:07:35 1986
Ito JPN	2:07:57 1986
Ikangaa TAN	2:08:39 1986
Shahanga TAN	2:09:39 1986
S.Soh JPN	2:10:23 1985
T.Soh JPN	2:10:23 1985
H.Jones GBR	2:10:36 1985
Smith GBR	2:10:39 1986
Nishi JPN	2:11:10 1986
Kristensen DEN	2:11:51 1985

9 New York City Marathon	2:09:58.7
Dixon NZL	2:08:59 1983
Smith GBR	2:09:08 1983
Salazar USA	2:09:29 1982
R.Gomez MEX	2:09:33 1982
Salazar USA	2:09:41 1980
Rodgers USA	2:10:10 1976
R.Gomez MEX	2:10:13 1980
Tabb USA	2:10:46 1983
Tuttle USA	2:10:51 1983
Graham GBR	2:10:57 1983

10 Montreal Marathon	2:10:56.9
Cierpinski GDR	2:09:55 1976
Balcha ETH	2:10:03 1983
Mekonen ETH	2:10:31 1986
Shorter USA	2:10:46 1976
Balcha ETH	2:11:11 1981
Lismont BEL	2:11:13 1976
Kardong USA	2:11:16 1976
Cannon GBR	2:11:22 1980
Balcha ETH	2:11:35 1979
Henry AUS	2:11:37 1980

Note: The Montreal listing includes performances in
the 1976 Olympic Marathon.

THE LARGEST ULTRAS WORLDWIDE

by Andy Milroy in The International Association of Ultrarunners Newsletter

The Comrades Marathon, South Africa	88.7km/55.1 mi	9,653 finishers - 1986
Two Oceans, South Africa	56km/34.7 mi	4,578 finishers - 1986
Biel/Bienne, Switzerland	100km	3,892 starters - 1985
Faenza, Italy	100km	2,650 starters - 1986
Torhout, Belgium	100km	2,255 starters - 1986
Milo Korkie, South Africa	56km/34.7 mi	2,098 finishers - 1986
Millau, France	100km	1,072 finishers - 1986

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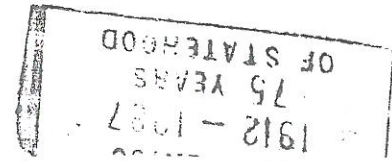
Santa Fe

P.O. Box 1803

Dorbin

Jerry

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504



SANTA FE STRIDERS

1987 Membership Application

Name _____
Address _____
City _____ State _____ Zip _____
Telephone (Home) _____ (Work) _____

Enclose \$10 dues and receive the newsletter through 1988.
Members not renewing by Feb 1, 1988 will be purged from the
mailing list. Make checks payable to Santa Fe Striders and mail to:
PO Box 1818, Santa Fe, NM 87504

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