



# MILE MARKERS



November 1, 1987

Volume 9, Number 10

*We Give You the run-around*

PO Box 1818, Santa Fe, NM 87504

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

"Everybody has to be somewhere." *Frank Gifford*

## November Meeting

The November meeting will be Tuesday, November 10, at 7:30 p.m. Bring your favorite dessert. Location: Kenny and Dale Goering's house. 8 p.m. business meeting. Call 983-6616 for directions or other information.

John Arnold will be discussing the upcoming "Have a Fowl Day Run". Also the annual Christmas dinner and election (selection?) of officers will be discussed. The date for the dinner is tentatively set for December 22. If you have any comments on the dinner come to the meeting and let Dale know. If you desire to secure or avoid nomination to an office - this is your meeting!

## Restaurant Review: Marc's Cafe

Location: Cuyamungue, next to Allsup's and across highway from Stone Co.

Hours: Tues - Sat 6:30 am till 2 pm

Sun - Sun 7 am till 2 pm

Marc's Cafe is a small, informal restaurant in a perfect location after an invigorating run along the Rio Grande from the Otowi Bridge. Greg, Dennis and I indulged ourselves there and all agreed we would gladly eat there again. A stack (3) of pancakes was \$2.00; breakfast burrito \$3.75; omelettes \$3.75. The most expensive breakfast on the menu was steak and eggs for \$5.00. Coffee, tea and milk were all 50 cents. Service was fast and friendly and on a Saturday morning at 10:30, we didn't wait for a table. The menu said they stopped serving breakfast at 11 am except on Sunday, but I suspect they may be flexible about this. I would highly recommend Marc's Cafe for its reasonable prices, good service and tasty food. (by Ellen S.)

## Hilton Head Triathlon

If you are looking for a good excuse to spend a few days enjoying the beach on the warm Atlantic Ocean, and can appreciate a superbly organized race as well as a high level of competition, I strongly recommend the U.S. Triathlon series triathlon on Hilton Head Island, South Carolina. The Hilton Head race is the final and championship race of the USTS series of 13 triathlons held across the country. To compete at Hilton Head, one must place in the top 10 within an age group or top 50 overall at one of the regional races, all of which are (approximately) a 1.5 K swim, 40 K bike, and 10K run. This usually means placing in the upper 5-50 %, depending on your age/sex category (which, for all but those unfortunate men in their 20s or 30s, is a reasonably attainable goal).

Having qualified at the USTS race in Denver (and Orange County, California, which due to a permit withdrawal turned out to be a poorly attended triathlon), and after months of training (swim 3 days, run 2 or 3 days and bike 1 or 2 days per week), my support crew (husband), cheering squad (2- and 4-year-old children) and I headed off for Hilton Head. The

best part was the few days before the race when I began my serious "tapering": eating lots and just enjoying the beach and the island.

With about 2000 entrants, the race was intensely competitive and exciting. After watching the "pros" start in the first waves, the rest of us "age-groupers" were inspired. The hardest part of the triathlon for me being the swim, this time I devoted all my concentration to it and it paid off with a swim time of 24 minutes--far from the leaders, but I was elated. The rest of the race contained lots of mini-battles with others in my age group (92 women in the 35-39 category!). The bike course was flat but windy. The run was flat with varied terrain including a mile on the beach sand. The weather was hot (with a 1 p.m. start), but aid stations were set up every 1/2 mile and most offered the option of being sprayed with a garden hose.



With the help of my cheering squad and the hundreds of volunteers offering encouragement on the course, I finished in 2:29:56 (24S, 1:15 B, 45 R and transition times), 13th in my age group. I couldn't have gone any faster, so I was happy with that. Overall, the race was well-organized, the course beautiful and the competition exciting. The quality of the race (combined with some high-quality beach bumming) make this event a worthy objective if you enjoy multi-sport training.

*Debbie Hathaway*

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### Flash!

A certain Masters woman runner, notoriously hesitant to fly the "wild blue yonder," intrepidly set out for a weekend adventure in distant Sioux Falls, South Dakota! Saturday, September 26th, she boarded a 727 in Albuquerque at 8:15 a.m. and by noon or so (the very same day) arrived safe and sound in Sioux Falls and proceeded to eat lunch like the cool jet setter she'd like to be.

The Holiday Inn had a room at the top (9 stories up!) with a view which our fearless adventurer was able to enjoy standing almost close to the window. Traveling unescorted and making all her own arrangements, the events of the day had a very satisfying and successful feeling. Early to bed at 9:30, she fell asleep quickly after the exciting adventures of the day.

The next morning, after a wake-up call by an automatic voice of some highly efficient servant, our seasoned traveler dressed carefully for a warm one (65° at the start--80°+ at the finish) and sallied forth at 7:30 to run the 7th Annual Sioux Falls Marathon.

Having failed miserably in San Francisco in July trying to run a sub-three hour marathon and going too fast for the first half, caution was in order, and a "training pace" of 7:00 minutes per mile prevailed. Three hours, 8 minutes

and 36 seconds was what it took to come in sixth woman, first Masters and \$400 richer, in the most perfectly organized marathon she had seen out of five previously run.

This marathon was small and rich (\$10,000 in prize money). There was "age-graded" money

instead of age-group money. This is figured on the basis of how close you get to a pre-determined goal for your age. This goal, called a target time, is based on the American top five marathoners averaged times in your age group. For a 40-year old female, that is 2:48, and I was 20 minutes away from that, closer than anyone else was to theirs. Awards were made in descending order to the ten runners closest to their targets. There was also the traditional overall placemoney which ranged from \$2,000 to \$200 for the first five runners of each sex.

This marathon was fun! The elevation is 1,400 feet, the course is flat, there is both rural and suburban environment, bike trails, parks, river crossings and a shopping mall; there is one nasty hill at 19 miles, but it's only a quarter mile long. The finish chute was like an assembly line...first someone takes your number tag, then someone puts a medal around your neck, then someone puts a space blanket on you, then someone tapes it shut for you, then someone puts a big glass of cold water in your hand. There were free hot dogs and beer and fruit and spring water, and the awards ceremony was at noon. I can't recommend this marathon more highly; keep it in mind for next September.

Keep up the pace.

*Mary Nichols*



**FIRE AND WATER AT DUKE CITY**

It should have been my best marathon. All the indicators were there: good time at Pike's Peak, PR at the Old Santa Fe Run, consistent 880's at sub-3 minutes, felt great at the start. Knowing how I go through water I took water at every aid station plus 18 ounces of Recharge delivered by my wife, Ida, at three points on the course. But, by mile 24 I was fried. Dehydration sent me to the hospital rather than the finish line.

For two days before the race I had a touch of a stomach flu. Mostly just a lot of stomach gas, but I was dehydrating despite efforts to keep my fluid intake up. I drank like a fish all day Saturday, hoping that I was staying ahead of the dehydration curve. Lunch on Saturday was my final meal before the race to give the old gastrointestinal system a break. (It has been known to get a bit unruly in a long race.)

The morning of the race I felt great. Stopping the intake of solid food 18 hours earlier had calmed my stomach. Going to bed at 8 p.m. the night before had ensured a clear head. I felt tuned-up and ready to break the 3-hour barrier.

Through the first 10 miles I couldn't have been happier. All the interval training seemed to be paying off in the form of effortless miles right at a 6:30 pace. At mile 12, Ida met my partner, Bob "Mountain Man" Werner, and me with the first bottle of Recharge. The fructose was really a boost and the next 6 miles went very smoothly. Bob and I were just cruising, talking about the last 10K of the race, hoping the wall would not come too early.

At mile 18, however, something cracked. To say that I

hit THE WALL doesn't capture the sensation. This was Chernobyl, the New York Blackout, the Great San Francisco Earthquake, the Night of the Living Dead...you get the idea. Cataclysm. I saw my wife 25 yards ahead at about the 18-mile point, holding out the second set of Recharge bottles, but I just couldn't put on any sort of kick. Bob surged ahead, took his bottle, and kept going. I was slowing down and cramping at the same time. I grabbed the bottle of Recharge like it was a magic elixir, hoping for an energy infusion. It didn't work. Bob was now almost out of sight, runners we had passed before started to pass me, but I just had no energy at all.

At mile 22, my wife again had a bottle of Recharge for me. She took one look at me and demanded to know if I was alright. I lied, insisting I was fine. By this time I had stopped sweating completely and the Recharge had no effect.

By mile 24 I was going so slowly that some of the walkers were almost staying up with me. All I wanted to do was finish. All of my leg muscles were completely cramped, but I thought I could at least crawl to the finish line. Then, as a trio of girls in the walking race turned to cheer me on, I just stopped. The race at that point travels down the middle of Rio Grande Boulevard and I just stood in the street, holding my head. The girls took me to the side of the street where a course worker called for medical help on the corner pay phone.

An Air Force medic was the first to arrive. By the time he got to me I was on the pavement, fading fast. The ambulance got there soon after. The paramedics took my pulse, blood pressure, gave me some oxygen, and

slapped a saline solution IV into me in quick succession.

By the time we got to the hospital, most of the first liter of saline solution was gone. Over the next hour another liter of saline solution was administered to me and I started to feel a lot better.

Unfortunately, the word of my untimely departure from the course did not make it back to the finish line. Ida saw Bob come in and waited another 40 minutes for me, making inquiries at the timers stand and trying to find out where I was. Then she decided to walk the last mile of the course, hoping to pick me up. When I did not appear, she drove the last four miles.

No one knew what had happened to me. The course worker who had called for medical help either did not pass the information on to the race officials or they did not pay attention.

Finally, after I had recovered enough to speak coherently, I asked the nurses to call our hotel and leave a message. Ida got the message when she went back to the hotel to start calling all the hospitals in Albuquerque.

Three hours in the marathon was the goal. It was reduced to ashes by a body drained of coolant and badly overheating. I guess that's what marathoning is all about.

Maybe next year.

*Randy Bartell*



### Notes from Kenny

A plethora of items I have read--no connection, just things you can think about while moving on down the road.

New Mexico's high altitude and proximity to the equator gives us a higher level of ultraviolet radiation. This is believed to be a major factor contributing to skin damage. Be aware of this even in the winter. Wear sunscreen.

To maintain your body weight, multiply the number of pounds you weigh by 15 calories. This number is the average numbers of calories expended in one day by a moderately active person of your weight.

The average American consumes about 6 to 18 grams of salt daily (one to two teaspoons). Your body actually requires only 0.5 grams or 0.20 grams of sodium each day.

A warm cap is very important in cold weather, since a great deal of body heat is lost from the head.

The best endurance performances are always attained on a high carbohydrate diet; average performance on a typical mixed diet; and worst performances on a high fat diet. Eat adequate protein and get ample rest.

Obesity is being overfat, not just overweight. Your lean body weight consists of muscles, bones, and organs. Fat is fat.

Total cholesterol is not as important as the LDL, HDL, and the triglycerides. You want LDL and triglyceride counts low and HDL high.

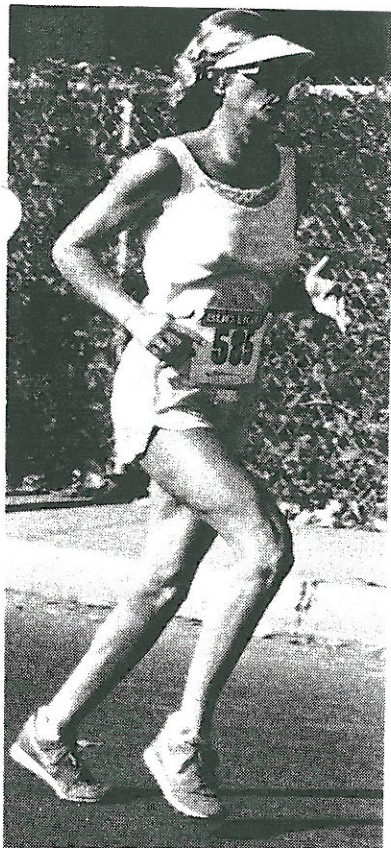
It takes 1.5 miles to burn off a 12-ounce beer. Two miles to burn a handful of peanuts. You need lots of water. Fifty to sixty percent of the adult body weight is water.

"Exercise to lost weight. Run to lower your blood pressure. Bicycle to reduce your cholesterol. Swim to increase your cardiac function. Play tennis to help your breathing. Golf so you'll sell more clients. Do calisthenics to clear your brain. All these things are good. But beyond all this, fitness is the discovery of who you are." ---Dr. George Sheehan, M.D.

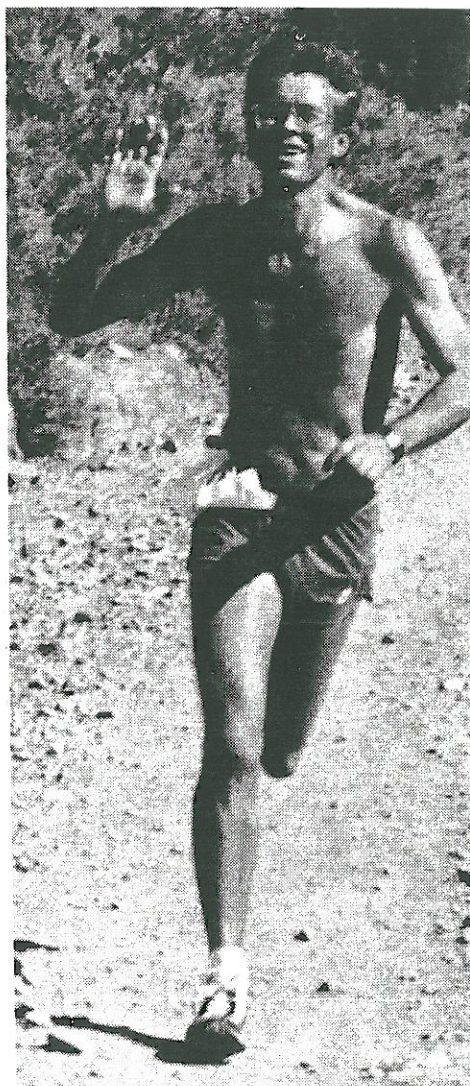
I understand the Sandia Crossing is worse than Pike's Peak. Well, I plan to do the next race at sea level. Dale and I are off to Melbourne, Australia for the World Masters Games--4,700 entries from 51 nations: 2,426 from Australia; 447 from New Zealand; 380 from United States; 262 from West Germany; and 158 from Great Britain. 3,629 male entrants and 1,031 women. Fifty entrants are over 80, 6 are over 90, and 2 over 95! Carlos Lopes has entered, Al Oerter, Alain Mimoun, Tracy Smith, Ron Bell, and Ester Rot, sole survivor of the 1972 Munich tragedy.

*Kenny*





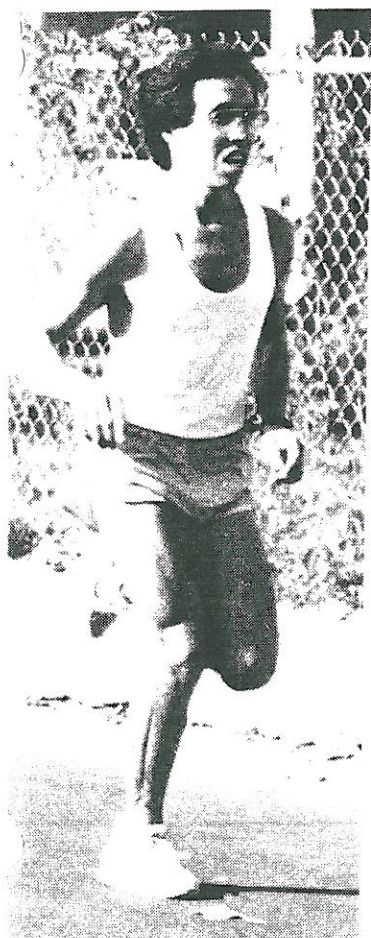
Fast-Charging  
JODY VISALLI



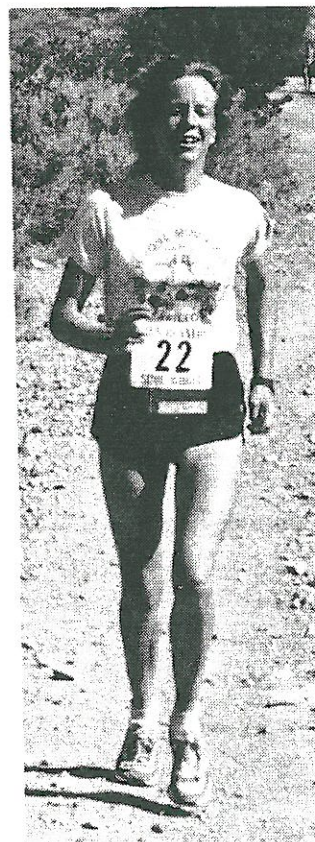
OUR VICE  
LEADER  
A study  
in  
contrasts



OUR LEADER



ERNIE CASADOS  
Famous youth  
coach

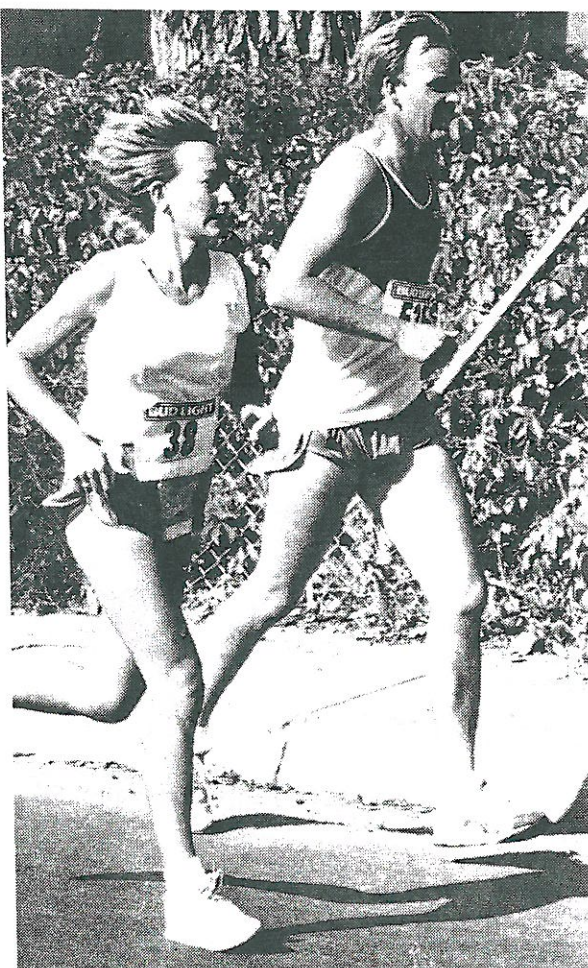


MARY NICHOLS  
Taking it all  
in stride

Striderfotos  
By JUNE  
DICKINSON



A  
DAY  
AT  
THE  
RACES



DIANA BEST and MIKE HARRIS  
Who's setting the pace?

ED HEFFERN  
Most improved  
for '86?



AL GALLEGOS  
Paring it down  
the hard way



REECE TATUM  
Top speed while  
pushing Nicole

GEORGE CROSHAW  
"Quick, Danny,  
where's the  
portapotty?"





## =RECENT RESULTS=

NATIONAL TRIATHLON CHAMPIONSHIPS (1-Mile swim, 25-Mile bike ride and 10K run)—Debbie Hathaway, 14th woman of 92 overall in 2:29:56.

MONTEZUMA 10K in a VERY high wind—Ron Valdez, 3rd overall, 39:10; Dave Giles, 1st man 45-over, 45:23; June Dickinson, 3rd woman overall and 1st woman 45-over, 53:47; Vivian Reinikainen, 2nd woman 45-and-over, 54:19; John Gundzik, 56:33; John Arnold, 58:01; October Arnold, 1st dog 5-and-up, 58:01; Elaine Pinkerton, 4th woman 45-and-over, 59:03.

SKY CITY 3,000-METER CROSS COUNTRY—Natalie Casados, 3rd girl 10-12, p.r. 12:28.

TOUR of ALBUQUERQUE MARATHON—Chris Chavez, 3:25:43.

T-O-A FIVE-PERSON RELAY—George Croshaw-Ernie Casados-Shirley Lynn-Danny Anaya, 1st co-ed team with Danny running last two legs, 2:39:24; June Dickinson-Reece Tatum-Maureen & Tim Burrell-Mary Nichols, 3rd co-ed team with three females, 2:59:02; Elaine Pinkerton-Mike Rivera-Dale Goering-Ellen Stelling-Sean McCormick, 3:02:57; Kenny Goering-Judy Kimball-Jimmy Macias-Ted Atkins-Jody Visalli, 3:08:40; and Sue Rush-Jerry Dorbin-Greg Ohlsen-Chris Kassube-Ed Heffern, 3:29:57.

ST. GEORGE, UTAH, MARATHON—Jerry Dorbin, 3:39:59.

CORRIDA de TAOS 5K—Ron Valdez, 2nd man overall, 17:19; Danny Anaya, 3rd man overall, 17:39; Sean McCormick 5th overall and 1st man 40, 18:03; Leo Torres, 6th overall, 18:42; Mary Nichols, 1st woman overall, 20:00; Jackie Marr, 2nd woman overall 21:24; Leo Hosenfeld, 1st man 50-59, 21:27; Cliff Hawley, 21:39; Cecil Smith, 21:51; Diana Best, 2nd woman 30-39, p.r. 22:26; June Dickinson, 1st woman 50-59, 23:13; Jerry Dorbin, 2nd man 50-59, 23:49; John Moses, 24:12; Cathy Morlock, 24:25 (altitude p.r.); Ellen Stelling, 28:02; Greg Ohlsen, 28:02.

CORRIDA de TAOS 10K (several members took a wrong turn and wound up with no legal time on poorly-marshalled course)—Leo Torres, 6th man overall, 38:24; Bob Werner, 2nd man 40-49, 38:57; Ted Atkins, 2nd man 20-29, p.r. 44:34; Al Gallegos, 2nd man 50-59, 46:00; Glory Reilly, 6th woman overall, 46:14; Duane Marr, 48:19; Vivian Reinikainen, 2nd woman 40-49, 48:26; Kenny Goering, 1st woman 50-59, 49:12; Elizabeth Atkins, 50:30; John Gundzik, 50:51.

JOHN BAKER MEMORIAL 3,000-METER CROSS-COUNTRY—Natalie Casados, 3rd girl 10-11 in a then p.r. of 14:54.

RUN to the RADIO TOWERS—Chris Chavez, 3rd overall in 1:23:34; Ed Heffern, 4th overall, 1:23:38; Pat McCarty, 9th overall, 1:25:42; Catherine (Quintana) Ducaj, 1st woman, and 13th runner overall of 123 in new women's record of 1:29:07; Moo Thorpe, 3rd woman overall, 1:40:50; June Dickinson, 1st woman 50-up, 2:01:01.

=COMING EVENTS=

- NOV. 7—West Mesa 8K, 8 a.m., Star Heights Rec Center, Rio Rancho. \$8 race day. Rio Rancho Road Runners.
- NOV. 8—Humane Society 4-Mile Run, with or without pets (must be on leash). 10 a.m. from corner of Paseo del Norte and Barstow N.E., Albuq. (about a half-mile east of Wyoming). \$10 race day. Gil's Runners' Shoe World.
- \* NOV. 14—HAVE A FOWL DAY RUN 5K. Our fall fixture for food for the needy. 10 a.m. from Fort Marcy Rec Complex baseball field. Bring \$3 or more worth of non-perishable food to Salvation Army collectors to enter or work on race. John Arnold, race director. Drawings include pumpkin pies.
- NOV. 15—World Runners 8K, 9 a.m., San Mateo & San Diego NE, Albuq. \$8 through Nov. 10, \$10 thereafter. Children 12-and-under, \$4. Carrie McGill, 242-6326.
- \* NOV. 21—17th annual Baylor Pass Mt. Run, 10 a.m. in the Organ Mountains, east of Las Cruces. \$8 until Nov. 18; then \$10 (registration 8:45 to 9:45 a.m., race day). Pottery trophies to overall and age-group winners, rosettes to places two through 5. Climbs 1,900 feet in first four miles, then descends two miles to Aguirre Springs. Info Ed Apodaca, 523-2963, or Dick Bagby, 522-6368
- \* NOV. 28—TAC Western Sectional Masters 5K. \$5 plus TAC card. Lower Woodland Park, Seattle, Wash. (206) 483-8166.
- DEC. 5—Winter Sun 10K, 10 a.m., Moab Golf Course, Moab, Utah. Info, (801) 259-5006.
- DEC. 5—Pueblo River Trail Marathon, Pueblo, Colo. For info call (303) 545-6326.
- \* DEC. 6—Dallas White Rock Lake Marathon, Dallas, Tex. Entry forms supposed to be coming to Striders.
- DEC. 6—World Veterans' Games, Melbourne, Australia, Kenny and Dale entered in 5K and 10K, age group.
- DEC. 12—First annual Holiday Bowl Marathon & 10K, 7 a.m., Balboa Park, San Diego. Info at In Motion, (619) 483-9501. Mike Rivera, Jimmy Macias and others from club going.
- DEC. 31—The Runner/New York Road Runners Club New Year's Eve 5-Mile run from Central Park. Midnight.

\* Club has entry forms or info



October 14, 1987 - The Tortoise and the Hare

I ran out to see the first snow today  
At Noon time is when I go out to play  
I ran along the Old Taos Highway  
About the real mileage, I cannot say  
But it was a bright, sunshiny day.

Aspen, Baldy, and Lake were capped  
Tesuque and Mosca were jack frosty zapped  
My friend was pretty slow and he got lapped  
I ran fast, while he just napped.  
Only one winner between us was tapped.

RUNNING TO THE TOWERS AT 52 (2)

At twelve thousand feet up in the sky  
It's hard to develop a runner's high.

RUNNING TO THE TOWERS AT 52 (1)

Up and down the aspen glen  
Two point zero three point ten  
I am one of the real men.  
Can pain be dispelled by zen?  
Heal O' balm of endorphen  
Oh bring me my aspiren.

This surely is not heaven - -  
And no awards are given  
For placing eight and seven.

Moises C. De Baca (member)  
(nom de plume)



87504

NM

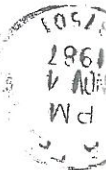
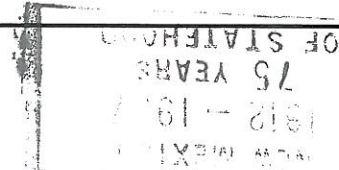
Santa Fe

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 annual dues. Make checks  
payable to Santa Fe Striders and mail to  
PO Box 1818, Santa Fe, NM 87504

Pass this membership application around !

*Fun Runs now begin on the plaza Wednesdays at 5:30 pm!*