

# Mile Markers

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The monthly newsletter of the *Santa Fe Striders*

## It's C-c-c-c-c-cold out there!

*Tim and Rose Alton sent us this "diary" of Andrew Lucero, a former Espanolan who now lives in Duluth, Minnesota. Makes you happy to be running in New Mexico in the winter!*

Thursday, February 3, 1989

• 5:01 am - The alarm goes off and I press the snooze for another nine minutes of rest.

• 5:10 am - Alarm goes off again; I turn it off and get up. I grab my underwear and head for the powder room. The dogs wake up and are ready to go for their run too.

• 5:20 am - I go downstairs and turn the lights on and stoke the fire. I put on my jogging shorts and shirt, turn on the patio light to check the temperature: It's minus 29 degrees and a 14-mile-per-hour wind out of the northwest. That makes a minus 68 degree wind chill. I have to force the dogs outside and they wish they could stand on one leg once outside. I will have to put all my clothes on today. I put on my heavy-duty, knee-high socks, tennis shoes, three complete jogging suits, a full-face mask, a wool stocking hat, mittens and a bright orange reflecting vest.

• 5:30 am - I go to the door, and the dogs, who usually look forward to running with me, are at the door, switching feet and wondering what has taken me so long to let them back in. I open the door, they come flying in and right back upstairs to their still-warm beds. I head out and immediately realize how cold it is.

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## From the President

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The February pot luck and meeting was at John Arnold's home on Valentine's Day. Several people showed up, stuffed themselves before we discussed business, and were generally genial for the meeting.

Michael Gorospe stopped by for a short time to encourage Striders to participate in the Santa Fe Indian School March 4 Run.

By far the most discussion centered on the RunAround: quality versus quantity; a service to runners versus economic reality; and fees, sponsors and organization. This is what we decided:

- Each race organizational position will have a back up. Race Director Dave Boyer will be backed up by Vice-President Russ Smith. Dave will have a list of jobs at the March meeting and someone will be selected for each job, and then a backup will "volunteer." Dave Sneesby did volunteer to help with publicity.

- A motion to add a fun walk was defeated. As the permit for the RunAround is usually applied for prior to the February meeting, a decision to add to or change the event would have to be made much earlier - probably in the autumn - and a race director committed then. (These days, we commit them after the race!)

- Entry fees: \$8 for all runners; \$14 with membership for last half of the year; \$10 race day and no membership available.

- Other ideas: Get posters/ads in the hotels, check on free passes to museum for runners with a number, ask larger organizations (Miller, Coke, Pepsi) to be sponsor.

I received a note from Don Lowrie requesting contact with walkers. He will be out of town until mid-March, but would love to hear from other walkers in the Striders. Give him a call at 473-7849 if you're interested in walking.

*Cecil J. Smith*

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*"Now some men just give up living, and die little by little, piece by piece. Some men come home and wash up, and go racing in the streets."*

*Bruce Springsteen*

# March Meeting

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The March meeting is at Elaine Pinkerton's house, 899 East Zia, just off Old Santa Fe Trail. Potluck at 7 pm, followed by the business meeting. Call Elaine at 983-9747 if you need directions.

## Recent Results

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### Masters Runners Unlimited Seventh Annual Winter Runaround

#### Five Mile Results

June Dickinson, winner!, 39:58; George Croshaw, second overall, 30:28; Dale Goering, 33:51; Jerry Dorbin, 40:41; Kenny Goering, 44:15.

#### 2.5 Mile Results

Leroy Ramirez was third overall in a time of 16:03.

## Santa Fe Striders

### 1989 Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Enclose \$10 annual dues. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504

# Valentines, ah... Valentines

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On Saturday, February 18, 11 couples agreed their “mental state (was) of no consequence,” and participated along with three unattached runners in the Valentines Couples Fun Run. Whether runners are pessimistic or conservative may be unknown, but only four couples estimated times on the optimistic side of their actual running time.



And, as THE PRIZE was to be awarded to the couple which ran a time nearest their estimate, the finish line echoed with remarks (to be kind) such as “David, you lied! You ran 30 seconds a mile faster than you said you would.” (As this particular couple was only off 12.4 seconds per mile overall, Mary must really have been loafing.)

With a late change to their estimated time, John Gundzik and Vivian Reinikainer moved from what would have been sixth place into the winners’ circle - only 16 seconds off their estimate. Remarkable, as all runners wore no watches. They graciously posed in THE PRIZE - a custom designed T-shirt for two. Pictures will be available at the March Striders meeting.

Thanks to Elaine Pinkerton’s donation of a copy of her book, *Santa Fe on Foot*, a second prize could be awarded. It was claimed by Jary and Bill Earl. In third place (and receiving a most valued thanks for coming) were Susan Rush and Greg Ohlsen.

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## News from Vienna

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Aaron Goldman writes to Jerry Dorbin:

“Ran a 39:15 10-k and wound up third in the 50+ group and got a nice sweater. Then I won the prize in the drawing - a toilet seat! Have not run in very many races in the past two months but I’m still in good shape and run about 10 miles a day.”

Aaron is a former Strider from Los Alamos now living in Vienna and working for the International Atomic Energy Agency.

I pull my mittens off a bit to put my thumbs in with my other fingers and make a fist inside my mittens. As I come around the house, the wind now in my face, I feel my breath, part of which is flowing past my eyes through the small slit left between the face mask and stocking hat, condensing and freezing on my eyelashes and the fiber of my headgear. I begin walking briskly, before my feet start to cool and as soon as I get to the road I start running immediately to generate heat.

- Plus 0.0 Miles - I am headed west and the wind is in my face, from the right. With my running, the wind chill is probably minus 80 degrees and I have to blink my eyes frequently and even close them to keep them from freezing. The wind blows right through my mask and it is quite cold. The super-cold snow screeches beneath my feet.

- Plus 0.4 Miles - My pace now has stretched out and I have reached a slightly open area in the trees. The full force of the wind is forming a veil of ice in the opening of my face mask and my visibility is slightly restricted. It doesn't really matter all that much because it's completely dark at this hour, but with my eyes fully adapted by this time, I can see with surprising detail (the snow reflects the little light quite well). My face mask is now getting frozen over and the wind cannot penetrate as easily. My outer shell (soft nylon) is as stiff as aluminum foil and crackles with each step. I feel cool, but comfortable.

- Plus 0.8 Miles - I turn to the south, the wind from my back, and it's as though a heater was turned on. I am on the blacktop going at a steady pace, with the air cold and dense. I feel very good. My hands begin to warm as well as everything else.

- Plus 1.8 Miles - I pull a 180 on the road (northbound) and back into the wind again. Almost immediately any bits of moisture collected on the face mask and eyelashes freezes. My upper eyelashes, now thick with ice, freeze to the lower lashes as well as the face mask. As they freeze, I squint very hard for a temporary thaw to allow me to blink normally. so much ice has formed on my mask that I don't even feel the cold. Very little wind can even get into my eyes. I feel warm and comfortable all over.

- Plus 2.8 Miles - I turn east downwind again and things feel very warm because I have only 0.8 of a mile to go. I lengthen my pace for the home stretch. I now put my mittens on properly with no fear of getting cold any more.

- Plus 3.6 Miles - I am back to my driveway and I quit running, feeling very good as usual. I head into the house, remove my hat that is partially covered with ice. I have to wait about a minute because my beard is frozen to my face mask and it needs to thaw. The outer shell (jogging suit) has water droplets frozen onto it which are now melting. I remove my reflecting vest and have to wait to remove the outer shell because the zipper is still frozen. I put my hand on it and it soon thaws. I proceed to remove the remainder of my three jogging suits and complete the rest of my morning workout.

Now you might say that I am just another crazed runner, transplanted from the Southwest and a running addict. You might say that I am just a crazy New Mexican. But, if the truth were known, I am driven by the promise of menudo for breakfast and escarot for dessert!

# Upcoming Races

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## *Saturday, March 4*

Santa Fe Indian School March Run, Santa Fe 10 am at the SFIS campus. A 5-k cross country course. \$5 entry fee. 988-6339 for details.

Centennial Run, Albuquerque. 11 am at the UNM track, featuring runs at these distances: quarter mile, half mile, one mile and two mile. \$4 before race day; \$5 on race day. 277-4347.

## *Sunday, March 5*

Low O2 Challenge, Red River. 10 am. A bike, run and ski event. The bike portion is 14 miles, the run is 4.3 miles and the skiing is a 10-k. \$25 per person. 754-2374.

Run for the Blue, Albuquerque. 9 am. A 5-k, 10-k and two-mile walk start in front of the police station between third and fifth. \$8 per-entry; \$10 race day.

## *Saturday, March 11*

Pecos Valley Stampede, Roswell. 8:30 am at Roswell YMCA. A two-mile walk, two-mile run, 10-k and half-marathon. \$10. 622-1668 or 622-54210.

## *Saturday, March 18*

Shamrock Shuffle, Santa Fe. See elsewhere in this newsletter.

Canyonlands, Moab, Utah. 9:30 am for a five-mile run; 10 am for the half-marathon. Rim Rock Roadrunners, \$12 entry.

Oklahoma Women's and Master's Classic, Tulsa, Oklahoma. 9 am, Mohawk Park, 8-k, \$6.

First annual Bosque Farms, Bosque Farms. 8 am for 5-k and one-mile run/walk. Registration fees vary depending on T-shirt or not. 869-9104.

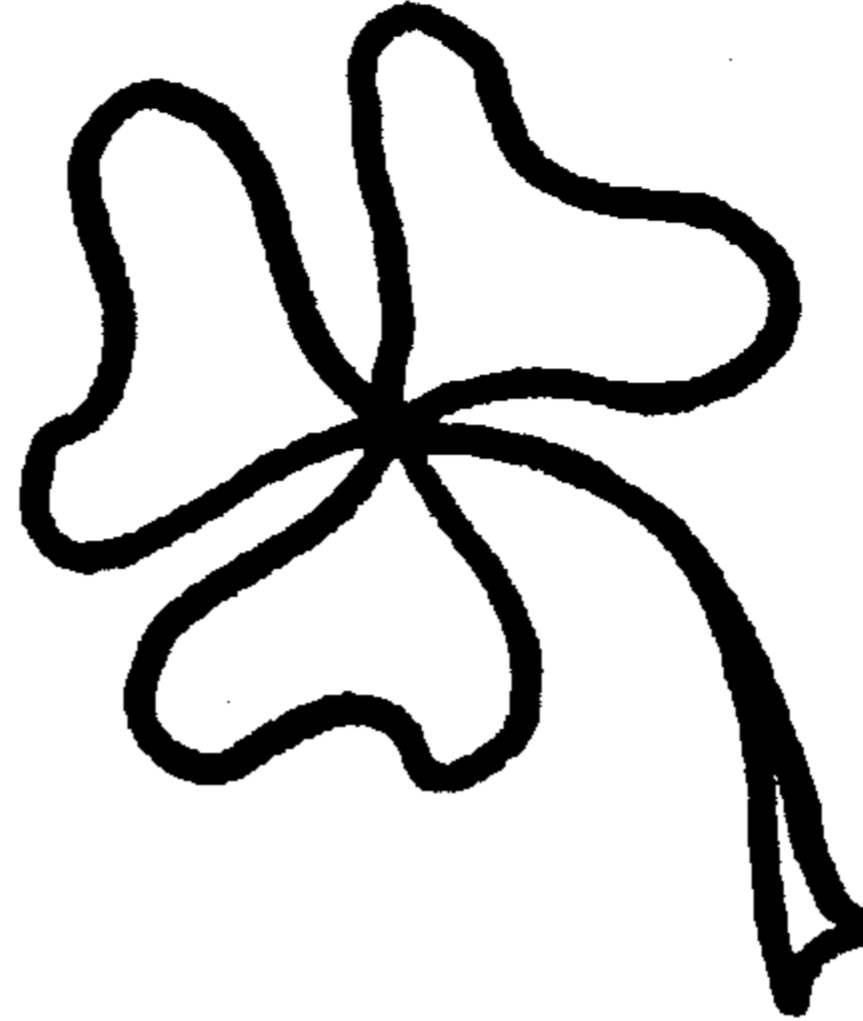
Starting in April, Charles Thorn will have a list of tough mountain runs. If you are interested, send him a SASE for more information. Charles Thorn, 4501 B Ridgeway, Los Alamos, 87544. 622-2397 (h) or 622-0724 (w).

# RACE OF THE MONTH

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Susan O'Rush has accepted the challenge for the March version of the Dave Sneesby theme run, and she's created the Shamrock Shuffle, a five-mile run along each of Santa Fe's numerous streets with an Irish name.

The race begins on McKenzie Street at 9 O'Clock a.m. on Saturday, March 18. Look for the green balloons: That's the starting point. Look at a Santa Fe map to find McKenzie Street.



Here's the Irish-only street name route:

Down McKenzie and a left on Griffin then a right on O'Paseo de Peralta. From there it's a left on O'Santa Fe Trail up to East O'Coronado, where runners turn left and proceed to Gildersleeve (running past your favorite newsletter O'editor's house). It's right on Gildersleeve, left on O'Buena Vista, right on O'Galisteo, right on O'Paseo de Peralta and return to Griffin and a finish on McKenzie.

Overall male and female winners will receive... a bar of Irish Spring soap!

See you Saturday the 18th, and be sure to wear something O'Green.

