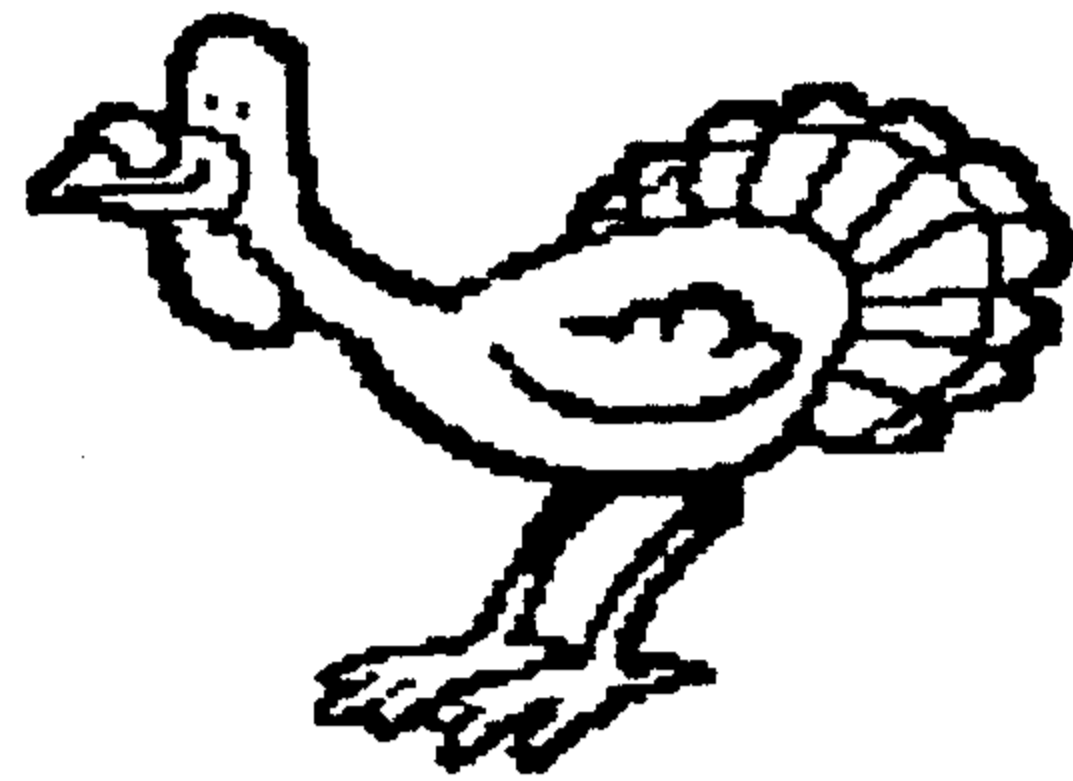


Santa Fe Striders
Post Office Box 1818
Santa Fe, NM 87504



Mile Markers

November, 1989
Volume 11, No. 11

From Our President:

Meeting:

There will be NO November meeting of the general membership. Look for the Christmas meeting next month.

However, the Board will meet Tuesday, November 14, at 7 pm. Dinner meeting but bring your own drinks. Board includes this year's officers, Past President, Newsletter Editor, and 1990 Runaround Directors. Place: Cecil's, 124 E. Lupita Road. Don't try to call before late afternoon for directions or whatever as I'll be flying home from a vacation that morning.

Membership Drive:

1990 is almost upon us. Therefore, you will be wanting to pay your 1990 Strider dues in the near future to avoid being purged and missing the monthly missives. Remember, dues for 1990 will increase to \$15. Make checks payable to the Santa Fe Striders; any excess dollars you'd like to throw in will be gladly accepted.

Club Files:

As some of you are aware, I have been trying to consolidate (meaning find) club records, a constitution, by-laws, and other important documents in order to build a small file to pass on to future officers. With the help of numerous members I now have our certificate of Incorporation, what looks like an original constitution, and early on by-laws. Are there any other items floating about that should be in one place?

I am curious about amendments to the Constitution and/or By-laws that

were officially passed. Since I have been a member (not long) and according to a couple of long term members, the Striders have traditionally elected officers at the December Farolito Run/Meeting just before Christmas, and there have usually been near monthly meetings for dinner even if little business was conducted. The official papers I now have state that quarterly meetings will be held and the election will be in March. When/how did the change happen?? HELP!!

Cecil

Fowl Day Run

John Arnold is moving and will be unable to direct this fun event and worthy cause. However, the race is on under the direction of Mike Guttman.

Time: 9:00 am, Saturday, Nov. 18

Place: Ft. Marcy Park

Route: 5K in those fun, sandy arroyos.

Entry: Non-perishable food for the Salvation Army to distribute \$5 worth per entry.

Prizes: Turkeys, pies baked by Striders, \$, and more.

For those members that are TAC card carriers there is a cross country race November 12, 1989, at Sky City, Acoma Pueblo. Course is on flat area, hills, sand, gravel and ancient trails. Distance is 5K. In Open, Sub-masters and Masters divisions--5 men 20-29, 30-39, 40-49, 50-59. 3 women 20-29, 30-39, 40-49, 50-59. For more information, call Kathy Fones at the TAC office, 255-0299.

The following was copied from The Complete Marathoner published by Runners World.

The Magic Six Exercises
By George Sheehan, MD

1. The first stretching exercise is the wall pushup for the calf muscles. Stand flat-footed about three feet from the wall. Lean in until it hurts, keeping the knees locked, the legs straight and the feet flat. Count "one elephant, two elephants," etc. Hold for 10 elephants. Relax. Repeat for one minute.

2. The second is the hamstring stretch. Put your straight leg with knee locked on a footstool, later a chair, finally a table as you improve. Keep the other leg straight with knee locked. Bring your head toward the knee of the extended leg until it hurts. Hold for 10 elephants. Relax. Repeat for one minute, then do the same exercise with the other leg.

3. The final stretching exercise is the backover for the hamstrings and low back. Lie on the floor. Bring straight legs over your head and try to touch the floor with your toes until it hurts. Hold for 10 elephants. Relax by bringing your knees to your ears for 10 elephants. Repeat stretch and relax periods for one minute.

4. The first strengthening exercise is for the shin muscles. Sit on a table with the legs hanging down. Put a 3-5 pound weight over the toes. Flex foot at ankle. Hold for six elephants. Relax. Repeat for one minute then do the same with the other leg.

5. The second is for the quadriceps (thigh muscles). Assume the same position with the weight. This time, straighten the leg, locking the knee. Hold for six elephants. Relax. Repeat for one minute then do the same with the other leg.

6. The final exercise is the bent-leg situp. Lie on the floor with your knees bent and your feet close to your buttocks. Come to a sitting position. Lie back. Repeat until you can't do any more or have reached 20.

It takes a little over six minutes to do the Magic Six. Done before and after running, this means just 12 minutes a day to keep you in muscle balance.

The Collapse-point Theory
By Ken Young

Nowhere else in running is the racing so closely linked to training investment as in marathoning. The difference between

finishing and not finishing, or between a four-hour and a three-hour marathon is most often found in the runner's daily, weekly, and monthly mileage totals. Training mileage over the previous 8 weeks sets the limit of how far one can hold a fast pace. That limit is about three times the daily average. After that point, the pace slows drastically, and the runner may even have to stop. Statistics show that 80% or more of the marathoners haven't "collapse-proofed" themselves in the previous eight weeks with 500 or more miles of training. Without that kind of preparation, collapse is likely. Perhaps this explains the "20-mile mystique" that marathoners talk about.

Here's what happens. Say you've been training 40-50 miles a week, a common figure among the marathoners. The collapse came between 18 and 20 miles, and the endless miles now stretch out in front of you, the last six seeming longer than the first 20 though you're running two minutes a mile slower than before. "It's a rare person with the fortitude and mind control to force himself to finish a marathon when not properly trained for it. Even highly trained persons undergo much soul-searching and must dig deeply into their bag of tricks to endure those last six miles. Because they are prepared, most trained marathoners finish. Rarely does an unprepared person make it past 20 miles."

Young suggests that a bare minimum of training for surviving a marathon "without endangering your health, without subjecting yourself to undue suffering, to finish with a feeling of personal satisfaction and accomplishment" is 40 miles per week for at least eight weeks. The last 6-8 miles won't be a stroll in the park after this preparation, but you can probably grind them out.

Figures indicate that anyone wanting to break three hours should exceed Ken Young's collapse-point standard: 60-plus miles per week for at least eight weeks. This should reduce the chances of drastic slowdowns in the late miles.

RRCA Issues Women's Running Guidelines

1. Carry Identification.
2. Carry a quarter for a phone call.
3. Run with a partner.
4. Write down or leave word of the direction of your run.
5. Run in familiar areas. Alter your route pattern.
6. Always stay alert.
7. Avoid unpopulated areas, deserted streets and overgrown trails.
8. Don't wear headsets.
9. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
10. Run against traffic.
11. Wear reflective material after dark.
12. Use your intuition about a person or an area, avoid if you're unsure
13. Carry a whistle or other noisemaker.
14. CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary.

Here's a case in point:

In the latter part of September, Mara Taub, a Santa Fe runner, found herself confronted with potentially dangerous harassment from a motorist. What she did about it might help others.

Mara was running near Larragoite Park, near Agua Fria Street, when a man in a red Toyota pickup truck began following her. He stopped the truck in her path, and she had to run around it. For about six blocks the man continued the harassment, Mara recalls. "He would catch up and turn around and come back." The man spoke to her several times, saying Hi and Good morning. That wasn't the scary part—it was the man's following her in the truck.

The man left after Mara shouted, "I've got your license and I'm going to report you." She then stopped at a nearby friend's home and called the police. The first phone call and the first visit by a policeman after her call were frustrating.

The police were more interested in getting information about Mara than they were in the man in the truck, she recalls. Angry, but determined, she called her supervisor and talked to Captain Vince Nasca, who took her case seriously, especially after finding

that the pickup truck was registered to a non-existent address. The police, still on the same day as the incident, found the man through motor vehicle records, and they paid him a visit. Later, Mara decided not to file a complaint against the man, although the police asked if she wanted to. She felt it was enough that the police had "intimidated" the man.

In the month since the incident, Mara hasn't seen the red pickup on her running route, although she still keeps a wary eye out for it. One of the lessons she's learned from the incident? "Get the license number!"

Tom Day

Wednesday runs at the Plaza start at 5:30pm starting Nov 1st, drinks at about 6:20 or so.

The Corrida de Taos

10K Race:

Jim Westmoreland 2nd 30-39 34:56
Jim Fisher 39:22
John Pollack 3rd 40-49 39:23
Lorenzo Garcia 39:38
Pat Lecero 39:57
Charles Young 39:53
Mary Platts 1st overall 40:42
Ted Adkins 41:12
Dale Goering 2nd 50-59 41:36
Diana Best 3rd 30-39 45:56
Justine Fox-Young 1st 14&under 46:01
Mike Guttman 46:10
Cecil Smith unofficial 45:32
Donna Berg 1st 40-49 46:41
Patty Visel 1st 20-29 46:47

5K Race:

Jim Westmoreland 1st 30-39 16:55
Sean McCormick 1st 40-49 18:22
Lorenzo Garcia 3rd 40-49 18:32
Tim Burrell 18:23
Gale Goering 2nd 50-59 20:21
Cecil Smith 3rd 50-59 21:00
Vivian Reinikainen 1st 40-49 23:45
June Dickinson 1st 50-59 23:52
John Gundzick 24:23
Jackie Atkins 39:28

Upcoming Races:

Nov 4 Pecos Valley Roundup
20K, 10K, 2M
Steve Glover 623-9312

Nov 11 Have a Fowl Day 5K
Santa Fe Striders
John Arnold

Nov 11 Race to End Hunger 8K
9am ABQ La Cueva High School
Long Sleeve shirts \$10

Nov 12 Stone Lions 20.4M 8am
Los Alamos 662-2397

Nov 18 El Tour De Tucson VII
Bicycling Event 109, 75, 50, 25M
\$15 Info: 602-745-2033

Nov 19 Atomic City Turkey Trot
2.8 Miles Stan at 662-5347

Nov 19 Nizhoni Striders (Gallup)
Turkey Trot 5K & 1 Mile
Gretchen Wilken 863-3409

Nov 19 17th Annual Turkey Trot
Tucson, Az 8K \$9 by 11/9

Nov 23 Albuquerque Turkey Trot
5 & 10K Gils 268-6300

Nov 23 Turkey Run & Racewalk
5 & 10K Col Bruhnke 266-1672

Dec 3 Jingle Bell Jog 5 & 10K
DLD School 822-0476

Dec 9 Reindeer Run 10K 2Mi Walk/run
Jim Lilley 622-6298

Dec 10 11th Annual Holiday Half
Tucson, Az 13.1Mi 602-744-6256

Jan 14 Houston Tenneco Marathon
\$17 by 12/22

Jan 21 20th Annual Tucson Marathon

Do you have a running route that you would like to share with the rest of the club? If so, please send in brief instructions for the course, name, if any, parking, if there is any and where, and any other comments about the course. I'll try to publish one a month in the newsletter.

UPCOMING RACES:

- Sept 2-10th Annual Coloradoan Run 5K, 10K
8am \$14 Info 303-493-4675
- Sept 4-Old Santa Fe Trail Run 5K, 10K no
no race day registration \$8
- Sept 4-19th Annual Saguaro Nat'l Monument
Run Tucson, Az 8mi Info-744-6256
- Sept 4-5K, 10K in Trinidad, Co \$8 7:30 am
Info 719-846-2234
- Sept 10- Nizhoni Striders (Gallup)
No Guts No Glory 20K
Gretchen Wilken 863-3409
- Sept 24- Duke City 5K, Half and full
Marathon
- Sept 24-2nd Annual Sri Chinmoy Masters
Track and Field 50 and Over only
UC-Irvine, Ca Entries by Sept 14
Longest run is 3000M
More info 213-838-4746
- Sept 24-11th Annual Bud Light Stadium Run
Handicap start, free ticket to
the Running Redbirds game, finish
inside Busch Stadium. All this for
only \$6 by Sept 14. You have to
find your own way to St. Louis, Mo

RACE-TIME COMPARISON AND PREDICTOR CHART

5 KM	10 KM	10 MI	HALF MARATHON	MARATHON
14:00	29:00	48:20	1:02:30	2:15:00
14:15	29:30	49:10	1:03:45	2:17:30
14:30	30:00	50:00	1:05:00	2:20:00
14:45	30:30	50:50	1:06:15	2:22:30
15:00	31:00	51:40	1:07:30	2:25:00
15:15	31:30	52:30	1:08:45	2:27:30
15:30	32:00	53:20	1:10:00	2:30:00
15:45	32:30	54:10	1:11:15	2:32:30
16:00	33:00	55:00	1:12:30	2:35:00
16:15	33:30	55:50	1:13:45	2:37:30
16:30	34:00	56:40	1:15:00	2:40:00
16:45	34:30	57:30	1:16:15	2:42:30
17:00	35:00	58:20	1:17:30	2:45:00
17:15	35:30	59:10	1:18:45	2:47:30
17:30	36:00	60:00	1:20:00	2:50:00
17:45	36:30	60:50	1:21:15	2:52:30
18:00	37:00	61:40	1:22:30	2:55:00
18:15	37:30	62:30	1:23:45	2:57:30
18:30	38:00	63:20	1:25:00	3:00:00
18:45	38:30	64:10	1:26:15	3:02:30
19:00	39:00	65:00	1:27:30	3:05:00
19:15	39:30	65:50	1:28:45	3:07:30
19:30	40:00	66:40	1:30:00	3:10:00
19:45	40:30	67:30	1:31:15	3:12:30
20:00	41:00	68:20	1:32:30	3:15:00
20:15	41:30	69:10	1:33:45	3:17:30
20:30	42:00	70:00	1:35:00	3:20:00
20:45	42:30	70:50	1:36:15	3:22:30
21:00	43:00	71:40	1:37:30	3:25:00
21:15	43:30	72:30	1:38:45	3:27:30
21:30	44:00	73:20	1:40:00	3:30:00
21:45	44:30	74:10	1:41:15	3:32:30
22:00	45:00	75:00	1:42:30	3:35:00
22:15	45:30	75:50	1:43:45	3:37:30
22:30	46:00	76:40	1:45:00	3:40:00
22:45	46:30	77:30	1:46:15	3:42:30
23:00	47:00	78:20	1:47:30	3:45:00
23:15	47:30	79:10	1:48:45	3:47:30
23:30	48:00	80:00	1:50:00	3:50:00
23:45	48:30	80:50	1:51:15	3:52:30
24:00	49:00	81:40	1:52:30	3:55:00
24:15	49:30	82:30	1:53:45	3:57:30
24:30	50:00	83:20	1:55:00	4:00:00
24:45	50:30	84:10	1:56:15	4:02:30
25:00	51:00	85:00	1:57:30	4:05:00
25:15	51:30	85:50	1:58:45	4:07:30
25:30	52:00	86:40	2:00:00	4:10:00
25:45	52:30	87:30	2:01:15	4:12:30
26:00	53:00	88:20	2:02:30	4:15:00
26:15	53:30	89:10	2:03:45	4:17:30
26:30	54:00	90:00	2:05:00	4:20:00

Note: To predict your marathon time from your half-marathon time, multiply it by 2 and add 10 minutes. The predicted marathon times based on the 10 km and half-marathon times may be inaccurate (slower) by as much as five minutes for women.

Enclose \$15.00 for annual dues. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504

Telephone: -----

State: ----- Zip: -----

City: -----

Address: -----

Name: -----

Membership Application

Santa Fe Striders

Mile Markers

Santa Fe Striders
Post Office Box 1818
Santa Fe, New Mexico 87504

