



MARCH, 1991

VOL. 13, NO. 3

We Give You the Run-Around

P.O. Box 1818, Santa Fe, N.M. 87501

THE MARCH MEETING WILL BE A POTLUCK AT DAVE SNEESBY'S, 2004 HOPI RD., AT 7:00 P.M. ON TUESDAY, MARCH 12. COME ENJOY GOOD FOOD, GOOD COMPANY, AND HELP WITH THE PLANNING OF THE RUN-AROUND.

SANTA FE RUN-AROUND

The Run-Around is tentatively set for Sat., June 1. We are still in need of a race director. Jim Westmoreland has volunteered to do such preliminary work as contacting the Police and reserving the Plaza, but will not be able to be director again this year.

The possibility of adding a 5K is being discussed. It would bring a lot more entries, but would also cost a lot more in awards, finish line logistics, etc. We are looking for a fourth sponsor (Sunwest Bank, Vincent's and San Francisco Street Bar & Grill are usually our big sponsors) to help with financing the 5K.

NOTE FROM THE PRES.

Runners who train consistently fascinate me. How do they do it? The past two months have forced me to admit something that I've suspected but did not want to confess....I'm a "fair-weather" runner. To be sure, if I have a specific goal that requires me to train through inclement weather, then I will do so. Otherwise, I find it surprisingly easy to put off running and even to endure the inevitable self-incriminations. Now, the recent warm spell leaves me without an excuse, and the racing season is looming. I'll see you on the road!

JCP

TAC RACE CALENDAR FOR 1991 IS NOW
AVAILABLE. I MADE COPIES IF ANYONE
WANTS ONE.

Jody

PAY OR BE PURGED!

I hate to get nasty, but I must remind you that if you haven't paid your 1991 dues, this is your last free newsletter. You know that \$15 will otherwise only be wasted on instantaneous gratification, whereas the newsletter will provide you with wit, wisdom and inside scoops for the entire year. Besides, we need the money.

UPCOMING EVENTS:

- **Mar.2 Run Day For Kids
To benefit the Coalition for Children. 5K Run, 1M Walk, 100 yd. dash for kids. Milne Stadium by Roosevelt Park in Albq.
- Mar.3 Tiger Run 5 & 8K, Los Lunas, John Townsend, 865-7273.
- **Mar.16 Canyonlands 1/2 Marathon
in Moab, UT. Entry forms available.
- Mar.17 Reece Tatum's Terrible Ten Fun Run: see details pg. 4
- Mar. 23 June's La Bajada Fun Run
See details pg. 6
- **Mar.24 Tierra Encantada Biathlon,
near Los Lunas. 18 mi bike, 4 mi. run. Team or individual. 299-3437.
- Apr. 6 Bosque Farms Fun Run, Rick Cole 869-6027
- **Apr.13 1st Annual Al Waquie Run
5K, 10K, 1 Mi Walk. SIPI on Coors, Albq. 888-3479.

Upcoming Events (cont.)

****Apr. 20** Gathering of Nations, at the PIT, UNM, Albq. 5K and 10K and 1M walk. 255-8478.

Apr. 21 Run for Health 5 & 10K
Gil's, 268-6300.

**** Entry forms available.** Call Jody at 988-3261 or 471-6670.

CANCELLED - Jay Benson Triathlon, due to Operation Desert Storm's closing of Kirtland Air Force Base. Hopefully it will be continued next year.

JUST IN CASE YOU HAVEN'T HEARD, the Coors Light Biathlon Series National Championship will be held in Santa Fe on Nov. 3. This was quite a coup for Santa Fe and should be lots of fun. We can watch the elites and there's also a citizens race, so start peddling!

WHO'S BEEN DOING WHAT:

Dale Goering was 1st in his age group with a 40:18 at the Runner's Den 10K in Phoenix -- This trip to Phoenix was his prize for being the TAC 1990 Grand Prix Masters Champ.

Jim Fisher, our very own club masochist, completed the JACKSON 5-0, a 50 miler in Texas that entails 16 laps around a 3 mile course circling a lake. He called it a "Primo Event" even though he suffered a leg injury the last 30 miles! His time of 8:07:09 just missed the under-8-hour-trophy that was given out. As if the 122 entrants weren't suffering enough already, they were video-taped so they could watch their own spiritual transformation as the laps progressed. For those who follow ultras, Ann Trason set a new record and was only 6 seconds behind the first man!

MASTERS WINTER RUNAROUND - Feb. 1

This was a fun event in which the , in their 40's, such as moi, had the rare experience of being the youngsters in the crowd. The 5-mile course at SIPI in Albq. is partly on pavement and partly on a dirt trail through the trees. As 1st woman, I came away with the Polly Baker Trophy which I keep for a year. As a result of this, I read A Shining Season about John Baker, an extraordinary young runner and coach in Albq. in the 60's and his valiant struggle with cancer. His mother, Polly, who became a recreational runner after John died, also died of cancer. Reading their story has made the trophy mean much more to me than it otherwise would have. Jody

(Some) Results of Masters Run-around:

Sean McCormick (2.5 mi)	14.33
<u>5-Miler</u>	
Lou Marjon	29:25
Andy Anderson	30:35
Charlie Young	31:36
Jody Visalli	32:52
Dale Goering	33:20
June Dickinson	39:23
"Silver Bullet" Dorbin	42:50
Kenny Goering	43:20
Chris Kassube	53:28

Presidents Day 10-K, Rio Rancho

Nice race; fairly hard course:
Ted Atkins (43:55) 10th overall
The Silver Bullet ???

Mari Wood's sister, Mary Wood (of Colorado), whom many masters women know, qualified to try out for the 1992 U.S. Olympic team in the marathon by completing the Las Vegas Marathon in 2:44:30 (3rd woman overall) on Feb. 2. This was 30 seconds under the cutoff time for qualifying. The Marathon Trials will be run at the Long Beach Marathon in Feb., 1992. Mary, 45 is an ex-smoker and didn't start running until she was 37!

Old Weather Running - A letter from Cecil Smith in Canada (slightly edited):

"Greetings from the land of ice and snow--Edmonton, Alberta...except I saw just 2 days ago the high in Roswell was 37 and it was 43 here. However, we did survive the longest cold spell in several decades ...there were lots of days when the high was -13 F. I always knew our bodies could tolerate a lot, but this seemed ridiculous... except the cold built gradually, a degree or so at a time, so one's body adjusts. Rarely do we wear gloves before the temperature is well below freezing; I chopped wood for an hour gloveless at 35 degrees.

The cutoff for most runners here is around 0 F, though I'll admit to a short outing or two at -13 degrees (short = 3 or 4 mi). How was I dressed? Polypro long-sleeve top, lycra tights, sweat shirt, wind suit, ski mask, wool mittens, acrylic socks. Runs do have to be kept shorter as sweat can turn to cold in the wind and decent footing is hard to find as the snow is an all winter experience... Happy running or as we say here, "Mush!"

HOT LINE TO RELIEF: On Thursday, March 7 and Friday, March 8, the American Physical Therapy Association will be offering a toll-free hot line service staffed by qualified physical therapists. To ask your questions about the treatment or prevention of sports injuries, call (800) 955-PT4U from 9-5 p.m. (MST). (per RW, 3/91)



SHOE DRIVE - I would like to collect some used but decent running shoes to send to an agency that sends them on to needy runners in other countries. If you have any shoes to donate, please save them or give them to me and when I get enough, I'll box them up. Thanks, Jody.

Running for Peace: More Than Just a Quixotic Act

The globe-circling Sri Chinmoy Peace Run will happen again in 1991. Relays of runners will cover some 30,000 miles in 60 countries, in a symbolic international demonstration of desire for global peace.

The scale of the planned event is so large that skeptics may wonder if it is logically possible, but Sri Chinmoy has a simple answer: It has already been successfully staged twice before, in 1987 and 1989. And for those other skeptics who wonder whether symbolic efforts are quixotic and futile in the face of the hard realities of current events in the Persian Gulf, Somalia, El Salvador and elsewhere, the followers

of Sri Chinmoy can point to the end of the worldwide Cold War that occurred in the past year largely through peaceful means—to the almost complete surprise of most advocates of military solutions. One supporter of the Peace Run effort pointedly noted that the effect of large numbers of people expressing their desire for democracy in nonviolent ways accomplished more in two years than 40 years of military confrontation.

In the biennial Peace Run's first year, 1987, 27,000 runners participated. In 1989, there were 150,000. This year, participation is again expected to reach

at least 150,000.

Peace Run '91 has attracted endorsements from U.N. Secretary-General Javier Perez de Cuellar, South Africa's Nobel Peace Prize winner Archbishop Desmond Tutu, Canadian Prime Minister Brian Mulroney, Jesse Jackson and other world leaders. Participants this year will also include a wide range of people from the non-political world, including musicians Carly Simon, Grace Slick, Jon Bon Jovi and Narada Michael Walden.

The U.S. segments of the 1991 Peace Run will start April 20 and go through all 50 states. All runners are invited to participate.

Does anyone know more about this?

MARCH 17th

Tatum's Terrible Ten

~ A sandy fun run ~

Reese Tatum, Guide

"trust me".....Reese

Major Post-run Refreshments

\$200 Entry Fee

10:00 am

START
&
FINISH

OLD PECOS

ST MICHAELS

2057

5th St

CAMINO LADO

← Siringo →

Tunnel

ST JOHN'S
COLLEGE

Museums

Wimp
turnaround

Fence

Steel
Post

H₂O
TANK

"We'll have an aid station"
"Trust me" /
Reese
438-3380

HAVE YOU GOT THE "RIGHT STUFF" TO BE
A RACE DIRECTOR?

Take the following quiz and don't
let that talent go to waste!

1) A race director's duties consist
primarily of:

- a) Saying "Go!"
- b) Recruiting volunteers; saying
"Go!"
- c) Keeping aspirin companies in
business
- d) "Hope for the best, prepare
for the worst."

2) A race director's rewards
consist primarily of:

- a) Good pay
- b) Community recognition and
appreciation.
- c) A few pats on the back
- d) Inner personal satisfaction
from a challenge met and over-
come.

3) Someone who runs an event
without officially entering should
be:

- a) Abducted from the race course
- a) De-tee-shirted at the finish
- b) Cussed and frowned at
- d) Take up a collection for their
next race

4) The world would be a better
place if people would just:

- a) Love one another.
- b) Pace themselves.
- c) Stay in their chutes.
- d) Follow directions.

5) What is the worst thing that can
happen to a race you're
directing?

- a) The Porta-Potties don't
arrive.
- b) The names and numbers get all
mixed up on the results board.
- c) The leader makes a wrong turn
and most of the pack follows.
- d) Something worse than your
wildest imaginings.

6) A brief, well-organized awards
ceremony is:

- a) irrelevant
- b) essential
- c) the result of hard work
- d) a fantasy

7) At 4:00 am of race day, a
director will be found:

- a) in bed worrying
- b) planning the post-race party
- c) nowhere (desaparecido)
- d) sweeping the race course

8) If your spouse gets upset at
the amount of time being director
involves, you would:

- a) offer him/her the house and
the kids
- b) offer him/her a free t-shirt
- c) Say you'll never do it again
- d) Say that NEXT TIME IT WILL BE
DIFFERENT!

9) The day after the race will
find you:

- a) Seething
- b) Hiding
- c) Drinking
- d) Planning your next race

10) The most important thing for a
successful race is:

- a) good weather
- b) Everyone stays on course
- c) Everyone gets enough bananas
- d) Everyone has fun!

Anyone with 3 or more (d) answers
will be seriously considered for
the job!



3rd Annual La Bajada Baja,
Sun., March 22, 10:00 a.m.

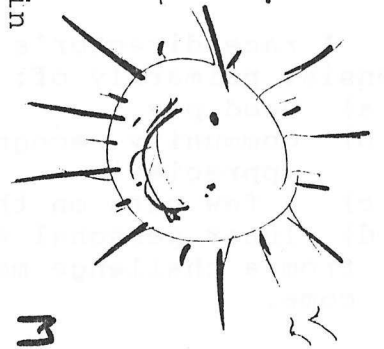
3rd Annual La Bajada Baja,
Sun., March 22, 10:00 a.m.

Yes, it's on again. Runners, walkers, bikers, dogs, roller bladers (maybe) and anyone who is "upwardly" mobile -- it's time to take the old La Bajada Hill once again. Bring lots of H₂O, picnic, warm clothes (in case you get blown off the top of the mesa) and all your friends & relatives for this Spring (hopefully) happening.

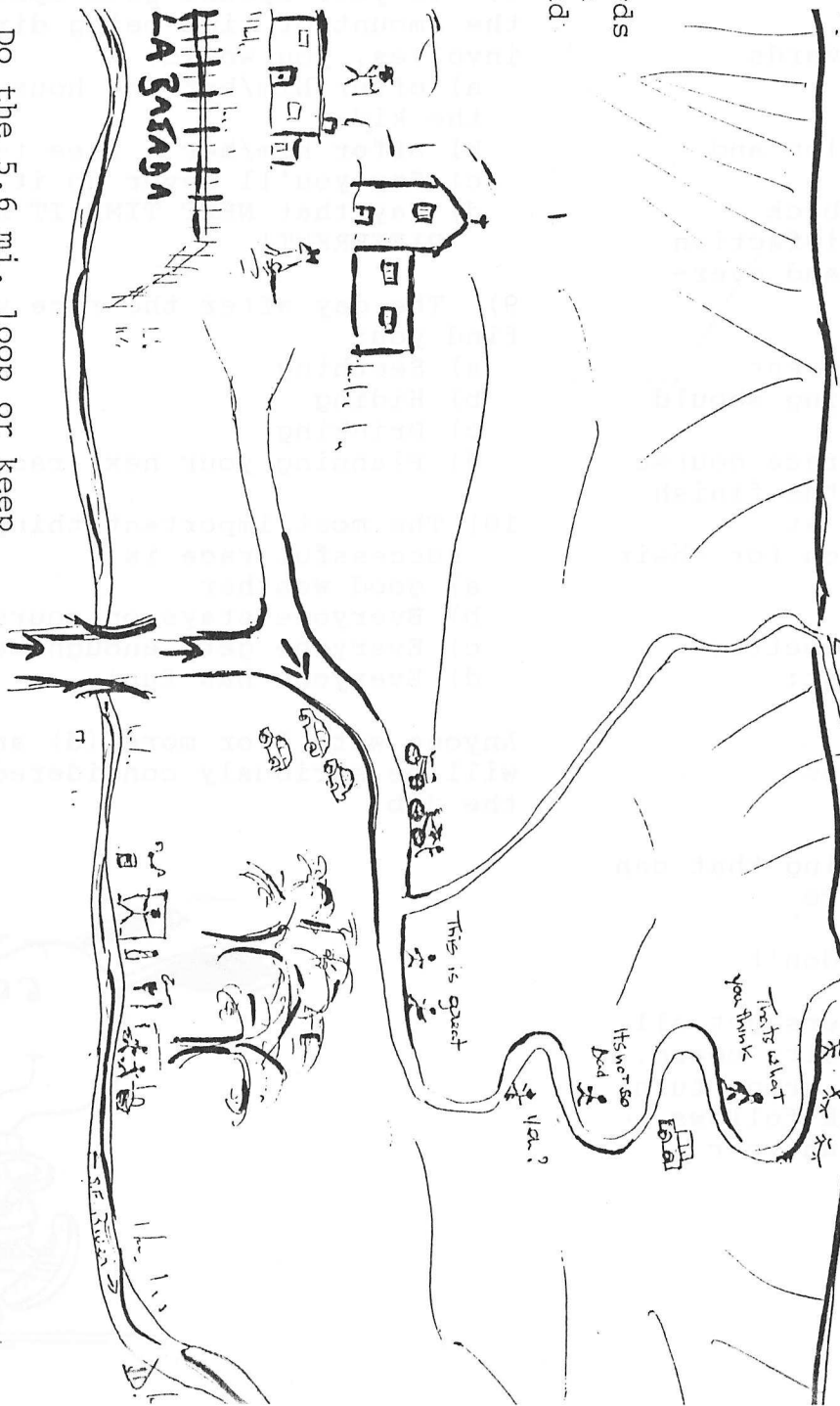
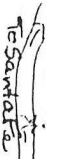
Meet at La Bajada at 10:00. It's easy to find -- just take the Cochiti Exit, drive 3.6 miles and turn right towards La Bajada Village (and Tetilla Peak). Continue for 1 mile and take a dirt road to the right; continue for 1 1/2 miles and cross the roaring** Santa Fe River. Just beyond the river go right and park.

For more info, call June at 988-3428 or you can meet at her house at 9:00 a.m. for carpooing (608 Calle de Valdes).

** courtesy of Tom Stow for your wading pleasure.



MARCH 22
at 10:00 AM.



Do the 5.6 mi. loop or keep running til you get to Santa Fe!

"A Different Pace" by George Sheehan
(from May, 1988 RW):

"To race is to face an elemental truth, like the burn of fire or the sharp edge of ice. There is no escaping a race's pain, the shortness of breath, the dread of what is to come, the draining last drive to the finish. These feelings are enduring, and I would never choose to change them.

But racing has changed for me. I know it the moment I cross the finish line and see my time on the digital clock overhead. I can't escape the number written on the card I am handed at the end of the chute. I'm not as fast as I used to be.

Fortunately, the good things about racing remain constant: my body responding to the demands I put on it; the moment of triumph when I crest a hill; those brief periods when I am in charge, full of speed and strength. In a race in which no one calls out times at mile marks, I am the runner I have always been.

The main difference, aside from time or place, is my fellow runners. "I am now running with a better class of people," I tell my friends, only half-jokingly. I used to describe myself as a middle-of-the-pack runner, but I never was. In fact, I was an elite age-group runner who rarely came home without a trophy. My name almost always appeared in the newspaper's road race results.

Now I am back with people who are known as runners only to their closest relatives. Few, if any, have ever won a prize or made the summaries in the next day's paper. In the past, I thought these runners were jogging along, chatting and enjoying the scenery. Now I know better. Now that I'm a member of this club, I realize that 8-minute milers take no prisoners. They do not, as I once suspected, lollygag along, conversing about last night's

pasta party. They may not possess the maximum oxygen capacity of those at the front, but they put out just as much effort.

Running back in the pack has affirmed for me that all runners are indeed equal. Only our times and places differ. It is also teaching me something else, one of the many life lessons I have learned from running and perhaps the most important: how to deal with age. For one thing, running has put age beyond denial. I am finally and irrevocably old.

At 69, I am not now and never again will be the runner I was in 1985. Nor was that runner the one I was a decade ago. And so on back to when I was 45 and new to this game. I now race at my training pace of a few years ago. This leads to difficult questions. "How does it feel to be setting personal worsts every time you run?" I am asked at race clinics. At first I answered, "Embarrassing." The truth was, I expected much more. Running had been my fountain of youth, my bottomless spring that renewed me every year. Then it suddenly ran dry. The initial embarrassment waned, however, as I came to terms with my new pace and place. The first lesson I learned was that running the race has changed very little.

Talent may separate us in a race. But I like to remind myself and my running friends of what William James said: "Effort is the measure of a man." And a woman also. I have found that the 8-minute-per-mile club passes that test. I am sure the 10-minute-and-more-per-mile group will, too, when I join it.

It does not matter where I finish or how fast I run. Being a winner means doing my best. Having done that, I and those around me can go through the chute and note the time and place with pride, not embarrassment. The race still asks me what it has always asked all of us: no more and no less than everything we've got.



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

Mile Markers

Santa Fe Striders

Membership Application

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

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