



Mile Markers



We give you the run around--Vol. 15 No. 8
Santa Fe Striders, P.O. Box 1818, Santa Fe, NM 87504

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(Article from *The New Mexican*)
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from *The New Mexican*)

September Meeting

Elaine Coleman will host the September club meeting on Tuesday, September 14, 1993 at 7:00 pm. Elaine's house is located on 899 Zia Road. For directions, you may reach Elaine at 983-9747.

Guest Speaker

Bill Reinsnyder will be our guest speaker at the September club meeting and will discuss marathon running. Bill's achievements include:

- * Four Time All American at Bucknell University
- * Ranked Second Road Racer in the World (first American) by *Runner's World Magazine* (1991)
- * Ranked Sixth Road Racer in the World (first American) by TACSTATS in 1991
- * 1989 USA National Marathon Championship
- * 1991 USA National Marathon Championship
- * Alternate for the 1992 U.S. Olympic Team
- * Member of the 1992 U.S. World Championship Half Marathon Team

Club Notes--August Meeting

1. The Tour of Albuquerque Marathon and Marathon Relay is scheduled for October 17, 1993. To be a team captain or be a team member, call Dale Goering at 983-6616.
2. The club voted to help underwrite Jim Fisher's Big Tesuque Run with a \$200 contribution. (See the enclosed race form.)

Race Results/Membership News

Sylvia Pulliam Memorial 5K/10--July 17, 1993

5K Results

- * Beth Davenport, 22:50, 1st place women's, 1st place women's 30-39

10K Results

- * Dagny Scott, 43:16, 1st place women's, 1st place women's 30-39
- * Lyle Amer, 38:21, 2nd place men's 30-39
- * Chris Chavez, 40:00, 3rd place men's 30-39
- * Robert Werner, 45:21, 1st place men's 50-over
- * Tina Rousselot, 1:07:54, 2nd place women's 50-over

Making Strides for Women's Cancer 5K/10K--August 14, 1993

- * Shirley Lynn, 1st place women's

Old Santa Fe Trail Run--September 6, 1993

10K Results

- * Shirley Lynn, 40:38, 2nd place women's
- * Dagny Scott, 42:45, 3rd place women's
- * Jody Visalli, 42:52, 4th place women's

Membership News from Houston

Jack Lippincott place 3rd in the men's 45-49 category at the Bay Town "Heat Wave" 5-Miler in Houston. His time was 31:39. Congratulations Jack!

Upcoming Races

SEPTEMBER

- Sun., Sept. 12 Duke City Marathon
Albuquerque
- Sun., Sept. 12 Taos Triathlon
758-1980
- Sat., Sept. 18 Hispanic Engineers
5K/10K
Las Cruces
524-7824
- Sat., Sept. 25 Atomic City Relay
Los Alamos
455-3183
- Sat., Sept. 26 Big Tesuque Run
Santa Fe
471-2492

OCTOBER

- Sun., Oct. 10 Corrida de Taos
268-6300
- Sun., Oct. 17 Tour of Albuquerque
Marathon/Marathon
Relay
To be on a team or
a team captain,
call Dale Goering at
983-6616. For info
on the race call 268-
6300.
- Sat., Oct. 23 Sandia Crossing
Wilderness
Research Run 28M
266-4524
- Sat., Oct. 23 Fall Classic
Las Cruces
524-7824
- Sun., Oct. 31 Halloween Run 5M
268-6300

Sun., Oct. 31 Halloween Race 2.7M
Los Alamos
662-5347

Running Calendar

SEPTEMBER

- Wed., Sept. 1 Santa Fe Striders
Run
6:00 pm @ The Plaza
- Wed., Sept. 8 Santa Fe Striders Run
6:00 pm @ The Plaza
- Tues., Sept. 14 Santa Fe
Striders Meeting
7:00 pm @ Elaine
Coleman's House
For directions, call
983-9747.
- Wed., Sept. 15 Santa Fe Striders
Run
6:00 pm @ The Plaza
- Wed., Sept. 22 Santa Fe Striders
Run
6:00 pm @ The Plaza
- Wed., Sept. 29 Santa Fe Striders
Run
6:00 pm @ The Plaza

OCTOBER

- Wed., Oct. Santa Fe Striders Run
6:00 pm @ The Plaza
- Tues., Oct. 12 Santa Fe Striders
Meeting
7:00 pm @ TBD
(Location to be
determined.)
- Wed., Oct. 19 Santa Fe Striders Run
6:00 pm @ The Plaza
- Wed., Oct. 26 Santa Fe Striders Ru
6:00 pm @ The Plaza

Club Contacts

President John Pollak
 983-2144

Vice President Elaine Coleman
 983-9747

Treasurer Graydon Anderson
 989-1633

Race Director Salvatore DeBari
 989-7704

Newsletter
Editor Danica Tutush
 Girard
 989-1819

Mile Markers is an informational newsletter that is published monthly for the members of the Santa Fe Striders. The deadline for the October issue is September 28, 1993. Please submit articles, race results or other information to Danica Tutush Girard, Route 10 Box 83-2, Santa Fe, NM 87501, or at 989-1819.

Club Contributions

Thanks to the following members for contributing to the September issue of *Mile Markers*:

- * Kim Bear
- * Elaine Coleman
- * Dagny Scott
- * John Pollak

Also, thanks to Dale and Kenny Goering for hosting our August meeting.



BIG TESUQUE RUN



On A Clear Fall Day You Can See For Miles and Miles and Miles

Smokey The Bear and the Santa Fe Striders cordially invite you to a mountain run and a romp in the woods.

LOCATION: Start/finish at Aspen Vista overlook about 1&1/2 miles below the Santa Fe ski basin on SR475. Course: 4X4 dirt/rock road
Distance: 5.8 miles one way, 11.6 total. Elevation: 9800 - 12000

DATE & TIME: Sunday September 26 at 9 AM Santa Fe Time

RECORDS: Masters Women Jody Visalli 1:37:55
Men Jim Westmoreland 1:25:48
Open Women Sue Ashman-Smith 1:32:35
Men Leo Torres 1:19:37

AWARDS & AGES: First thru Fourth in ages
Overall masters; 70+, 60-69, 50-59, 40-49
Overall open; 22-29, 30-39
Overall teen; 15-17, 18-22
Teen short course 15-17
Teen short short course 12-14
Special Turtle Award - last place woman
Special Lead Butt Award - last place man



Fresh Bakery
Italian Kitchen



EXTRAS: T-shirts; small-1 doz, medium-1 doz, large-5 doz, xl-5 doz
Coffee and donuts afterward by Italian Kitchen Fresh Bakery
A tough course by Santa Fe Striders and Quarks Unlimited
Golden aspen leaves by Smokey The Bear

FEE: \$10 Payable to Jim Fisher; Rt14 Box 199G #14, Santa Fe, 87505
Race day entry till 8:45.
Bring picnic lunch, camera, & offerings for mountain gods

INFO: 471-2492

Name: _____ Age: _____
Address: _____ Zip: _____
Phone: _____ T-shirt S M L XL Sex: _____



Waver: I realize that this event involves high altitude athletic activities with potential medical hazards, such as edema, which could lead to incapacitation and death. I realize that mountain running involves hazards which can easily lead to broken bones, wrenched backs, concussions, paralysis, and death. I realize that I do not know all the potential hazards associated with an event of this nature and that the race organizers might not bring unknown hazards to my attention. I am aware that there will be no medical personnel at the run site and to locate such persons and to bring them to the site will involve a long time delay. I am aware that should I need to be evacuated from the site, this will involve considerable time delay and great expense. Knowing these things, I still voluntarily of my own free will and at my own risk am entering this event.

Knowing these things, I hereby for myself, my family, my friends, relatives, heirs, attorneys, agents, etcetera do release the organizers, volunteers, sponsors, and other participants of this event, the USDA Forest Service, and Ski Santa Fe from any and all liability for anything undesirable which may occur to me as a result of my participation in this event. I further hereby authorize the organizers of this event, at their judgment and my expense, to obtain medical personnel for me and/or to transport me to a medical facility as might appear to be necessary. Finally, I know that entering this event is a stupid thing to do but I am going to do it anyway.

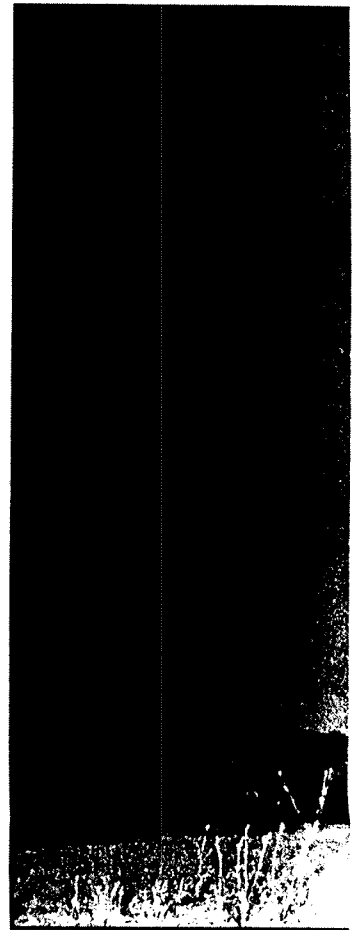
Signature _____ Date _____
Parent/Guardian _____

Running

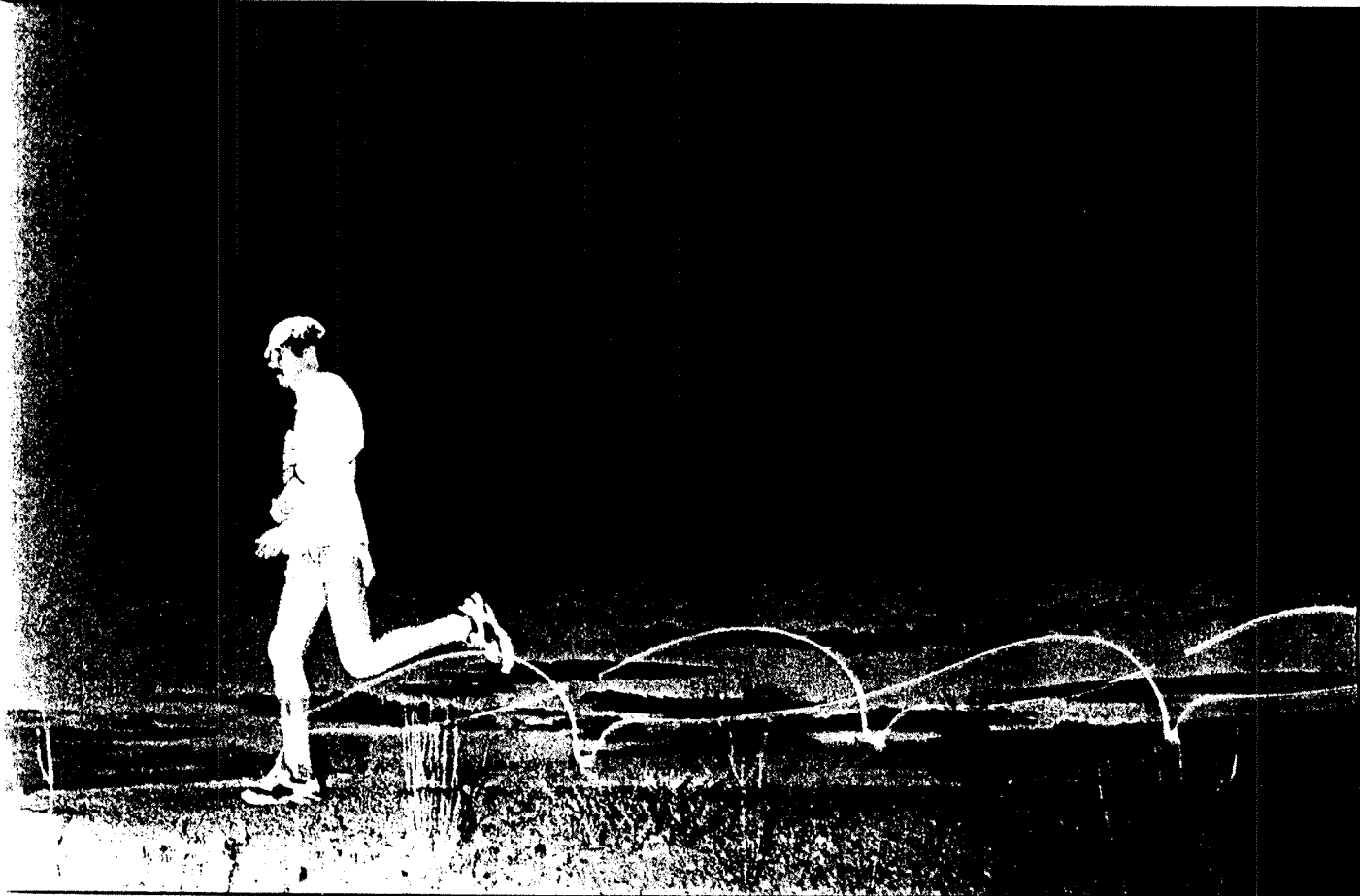
in the
wild to
flee the
traffic,
fumes
and

pavement,
to find a
place to
move
like

an
animal



S t o r y b y K i m B a c a & P h



T

Above: Jim Fisher runs at sunset with small lights on his sneakers that leave a pattern of his footsteps.
 Left: Jim Fisher heads off on a solitary training schedule.



hey run to feel the cool breeze and smell the mountain air. They run to get into the wilderness — sometimes at night. Trail runners want to avoid pavement. They want to escape the noise of traffic and city streets to the forest. "There are no cars buzzing around, no traffic lights turning red," said Santa Fe trail runner Jim Westmoreland. "It's more peaceful. It's just a real nice run."
 Trail running likely started to get popular in the early '70s just as road racing took off. In the '80s, formal and informal trail races and trail running clubs were being put together, aficionados said. "Trail runs have been going on for thousands of years," said Peter Severance, editor and publisher of *Running Wild Magazine*. "Before roads, cars, carts, automobiles and horses, people ran. The Incas and Mayans had all sorts of running trails and races."
 Trail running is something people do for fun and for health — and competition.

Almost every weekend, trail races are held in the Rocky Mountains, the Appalachians, the Sierra Nevadas, in mountainous and desert areas all over the country and all over the world.
 A local group, High Altitude Running Club, organizes runs, races and some of its members participate in races. "Trail running is developing as some gung-ho road racers are finding out they can't run as fast or race as fast anymore," Severance said. "They are looking for something different. All these runners tend to do longer distances."
 Westmoreland said trail running also might have gotten started by hikers who also run. "People saw designated trails that others hiked on, then evolved into places to run," Westmoreland said. "I know when I was walking on a trail and saw others running I thought what a great idea. I thought I would drive up here and run this trail," added Westmoreland, who occasionally runs up and down the 6-mile Aspen Vista Trail.

Jim Fisher said he started running trails when he moved from West Texas to Santa Fe. The former marathoner said he did some trail running in Texas but hit the Rockies when he arrived in the City Different in 1984. "There is no 60 mph traffic on mountain trails, barking dogs or police asking what you are doing at 2 a.m. — only the wind in the pines, the stars overhead, and a creek gurgling somewhere down in the woods below," Fisher said.

The average trail runner covers anywhere between 10 and 30 miles. Some trail runs are 50 to 100 miles long, which are called ultra runs. Ultra runs, by definition, are longer than marathons and can take up to two days. Fisher, who is also an ultra runner, recently ran the Hardrock Hundred, a 100 mile race in Colorado between Silverton, Lake City, Ouray, and Telluride.

"...only the wind in the pines, the stars overhead, and a creek gurgling somewhere down in the woods below."

— Jim Fisher

When asked about the run, which took him 43 hours and 21 minutes, Fisher said, "I finished."
 Although the challenging trails and the wild settings are the draw, trail runners don't necessarily slow down and smell the flow-

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Running

Continued from Page 7

ers. Running trails can be difficult. High altitudes can cause sickness.

One small misstep can cost a runner bruises and cuts from bushes and branches, twisted ankles or broken bones from a trip on a root or a rock. Some trail runs are on steep mountains, along ledges or cliffs where that small misstep could cost a trail runner his or her life.

Despite the intensity of the rugged territory, trail running is gaining popularity. The Pike's Peak Race in Colorado has more than 1,000 participants each year. Other runs —

such as the oldest trail run in San Francisco, the Dempsey, now in its 82nd year — have about 100,000 participants a year.

Part of the attraction for the recreational runner is the scenery. Trail runners often see deer, elk, wild turkey and pheasants.

"Road racing is not much fun. Why do you want to breathe car exhaust instead of mountain air?" said Charlie Thorn, former road racer and Los Alamos trail runner of 10 years. "It is a question of aesthetics; it is a question of camaraderie and enjoying it with other people."

Start slow, then take runs to heights

By KIM BACA
The New Mexican

Want to start running trails? First, see if you like it, runners say.

"It's good to train in these areas to see what it feels like," said Jim Westmoreland, who has been running for more than 10 years on trails of 12,000 feet or more.

Charlie Thorn, member of the High Altitude Running Club in Los Alamos, said he tells people who want to start trail running to think about running slow marathons first.

"I advise people to think about shorter runs, marathon class endurance events," Thorn

said. "They need to be in the kind of condition to run a marathon at peak output."

Thorn sponsors The Mountain Runner Trail Series, a series of informal runs around the state starting mid-April and running to Nov. 13 in Los Alamos, Colorado and southern New Mexico. The next run in the series is Aug. 29, near Crested Butte, Colo.

Unlike backpacking, not much is needed for trail running, except good running shoes. They should be heavier with a wider toe box for running down hills.

"The shoe should have some design for stability and the tread of shoe should be quiet

wide," Thorn said.

Sometimes people take food, water and candy to get them through the 20 to 30 mile runs.

The next big local race is the Big Tesuque Run on Sept. 26, a 11.6-mile run up and down the Aspen Vista trail. Runners will start at an elevation of about 9,000 feet, top out at 12,000 feet, and return.

Jim Fisher, run director, said he is hoping for at least 120 runners.

Both Santa Fe and Los Alamos have several good trails for hoofing up the hills. For more information contact: Jim Fisher, Santa Fe, 471-2492, or Charlie Thorn, Los Alamos, 662-2397.

Military AND Safe

How the streetwise sportswoman makes her outdoor workout as safe as possible



RUNNING 3

Continued from Page C-1

Even a gunshot, on the other hand, has only a 50 percent chance of hitting at all, and then only another 50 percent chance of wounding seriously, and of those cases only a 50 percent chance of being lethal.

Statistically, that results in a 12.5 percent of being killed by a gunshot, and the actual figures are even lower, he said.

"Pretty good odds compared to the car," Bittenbinder said in the article.

Some other tips that Bittenbinder offered are:

- Dogs are an effective deterrent — the bigger the better.
- Just because someone is dressed as a fellow athlete

doesn't mean they are harmless.

■ Morning hours are the best for women to be out alone, since most perpetrators are still in bed.

Finally, if you take all these steps and still feel uncomfortable alone, then you should think about heeding sound advice mentioned earlier: Get a partner.

Finally, remember that an attacker is seeking out vulnerability, so the last thing you want to project is an aura of uncertainty or nervousness.

If it doesn't feel right, just don't do it. No matter what Nike says.

Dagny Scott is news editor for The New Mexican. She has 12 years of running experience, most of it alone.

Commentary by
DAGNY SCOTT
The New Mexican

THE ADVICE CAME SHORTLY AFTER A WOMAN WAS ASSAULTED in daylight last month at St. John's track: Women shouldn't exercise alone. Always go with a partner, said Barbara Goldman Young, director of the Santa Fe Rape Crisis Center.

It was sound advice. No one could argue that.

But let's face it. Sooner or later, most women find themselves alone. In fact, virtually all the women I see out running and many of the bicyclists are alone.

Maybe they couldn't find a partner to jog with. Maybe they had a few minutes to squeeze in an unplanned bike ride and didn't have time to find a companion. Or maybe they just insisted on the freedom to be alone outdoors, as many women still do.

With such freedom does come risk. But there are some actions women can take to cut down that risk.

The ideas that follow will not guarantee any woman's safety, but they should contribute to her feeling of self-reliance when she's out alone, exercising or walking.

■ The most important point is to avoid trouble before it happens.

You can do this by paying attention. Most situations can be headed off if you just see them coming.

Take off those personal stereo headphones and listen!

Ironically, some women like to have music pumping while they are outside alone because it gives them a feeling of power, invincibility. In reality, it cuts them off from their surroundings and makes them more vulnerable. The delay of a few seconds in not hearing someone run up behind could be crucial.

■ Just as important: Pick up your head and look!

Try to make eye contact with every car and person you pass. This lets a potential troublemaker know you are aware of your surroundings and not an easy target. Looking a person in the eye — as opposed to looking down — is also a subtle psychological tool that signals you are not submissive.

■ Once you see something out of the ordinary, don't be embarrassed to act on it. Cross the street if you don't like what's coming toward you.

If you hear a car coming too quickly, or too slowly behind you, turn around and look. Then change directions if the driver looks fishy to you.

How do you know what's fishy?

The key is to trust your instinct. You don't want to wait around to be certain they're troublemakers. The whole point is to avoid a situation before it develops, remember?

So, when you break a nervous sweat and you "just feel" something's wrong, trust yourself and change directions.

■ If someone pulls up in a car to ask directions (it happens constantly in this town) you don't have to stop. If you're worried about appearing rude, point to your watch as if you're timing your workout and can't stop.

■ Which brings up another point: As long as you are moving, your motion is your most important defense. Even if you are at a slow walk, you are a moving target and therefore not predictable.

■ Don't ever freeze: this takes away your only advantage. If you've been paying attention to your surroundings and decide to move away from someone, chances are they'll move on and choose an easier target.

■ Of course you can enhance your defenses by carrying either a personal alarm or spray, available at sporting goods stores and by mail order. If you choose the alarm — a tiny gadget that emits a piercing noise when set off — remember you must be in a populated area for it to have any deterrence.

If you're in a remote area, you may want to choose the spray, the most popular now is a pepper-based emulsion that causes no permanent damage but will physically disable an attacker.

These tiny canisters are lightweight and can clip to your waist band. But before you head out feeling secure, be

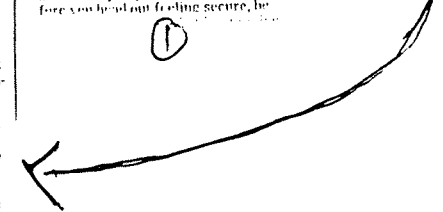
These tiny canisters are lightweight and can clip to your waist band. But before you head out feeling secure, be sure to test it to see what its spraying range is. And to see if it even works properly: Some cans are duds and just fizzle out ineffectively.

So what if, despite all your best efforts, you meet head on with the bad guys?

In the June 1993 issue of *Runner's World*, Chicago Detective J.J. Bittenbinder, a personal safety expert, was interviewed on women's safety. He had this final word: Never, ever, give up and get in a car with someone, even if they are pointing a gun at you. He advises women to run away, at all costs.

His logic, based on 16 years experience with thousands of victims and offenders, was as follows: Once you are confined, you have lost all control of the situation and face the worst conse-

Please see RUNNING, Page C-2



SANTA FE STRIDERS

Membership Application

Name: _____

Address: _____

City: _____

State : _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees are \$7.50. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504.

Mile Markers

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



Jim Westmoreland
2363 Camino Carlos Rey
Santa Fe, NM 87505