



Mile Markers



We Give You the Run-Around

P.O. Box 1818, Santa Fe, N.M. 87504

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October Meeting

June Dickinson will host the October club meeting on Tuesday, October 12, 1993. The potluck will start at 7:00 pm and the business meeting will start at 8:00 pm.

June's address is 608 Calle de Valdes. For directions, call June at 988-3428.

Guest Speaker

Bill Reinsnyder could not attend our September meeting but will be our guest speaker at our October meeting. He 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
- USA National Marathon Championship
- USA National Marathon Championship
- Alternate for the 1992 U.S. Olympic Team
- Member of the 1992 U.S. World

Championship Half Marathon Team

Race Results/Membership News

Old Capital Run, 8K, Kingston TN,
September 11:

- Dolores Gable, 32:31
3rd place, overall women's
1st place, women's 30-34

Old Santa Fe Trail 10K, September 6:

- Carl Gable, 38:48
17th, overall men's
3rd place, men's 30-39

La Tierra Torture Mountain Bike Race,
September 19:

- Kim Bear, 52:43
1st place, women's 10-miler

Congratulations to Dolores, Carl and Kim on your recent races!

Duke City Marathon, Albuquerque,
September 12:

- Chris Chavez, 3:19:24
13th, men's 30-34,
49th, overall men's

Duke City Half Marathon, Albuquerque,
September 12:

- Michael Guttman, 1:46:32
89th, men's 40-44
432 overall men's
- Beth Davenport, 1:42:44
14th, women's 30-34
42nd, overall women's
- Diana Hardy, 1:49:00
26th, women's 30-34
90th overall women's

- Jody Visalli, 1:34:48
1st, women's 45-49
21st, overall women's

Duke City 5K, Albuquerque, September 12:

- Danica Girard, 25:27
21st, women's 25-29
122nd, overall women's
- Shirley Lynn, 18:51
3rd, women's 35-39
8th, women's overall
New Mexico Track & Field State
Championship Title for the 5K
- Elaine Coleman, 30:26
8th, women's 50-54
440th, overall women's

Congratulations to all Duke City participants and especially to Shirley Lynn on winning the state 5K title!

Big Tesuque Race Summary

Some 100 runners turned out for The Big Tesuque Run on Sunday, September 26. Despite brisk, morning temperatures hovering near freezing mark, the day warmed into a beautiful one for running.

Racers were still tugging off sweats and tying shoelaces when the countdown to the start began, resulting in a stream of stragglers crossing the Aspen Vista parking lot.

Fewer than 15 minutes later the first finishers crossed, the handful of teenagers entered in the two shorter courses.

The overall men's winner in the full 11.6 mile race was Steve Washawer with a time of 1:20:48. The women's winner, Cecilia McCord, finished in 1:39:53.

While some runners were heard to complain the old forest service road was rockier and more slippery than last year, there were only a few falls, resulting in minor scrapes with minimal bloodshed.

For most runners, though, the only complaint was that it was hard to enjoy the scenery while watching where their feet were going.

Jim Fisher is fast gaining a reputation for putting on the best post-race party in town. Runners gobbled down doughnuts, pastries and muffins, donated by Sal DeBari. They sipped coffee and cocoa while eyeing the awards table, heavy with crystal necklaces and plaques.

Participants said they loved the fact that everyone walked away with something, even if it was just the bag of rocks and crystals handed to each runner as they crossed the finish line. There were a few miffed finishers, however, who assumed they were being handed food and thought this was someone's idea of a bad joke.

While Jim says he's a little disappointed with the turnout, it looks like this race is developing a devoted following. A big thanks to all the other helpers--who successfully revived this special event.

Dagny Scott

More Big Tesuque Results:

- Beth Davenport, 1:59:02
3rd, women's 30-39
- Donna Burg, 2:02:10
1st, women's 40-49
- Jim Westmoreland, 1:30:53
2nd, men's 40-49

Upcoming Races

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

NOVEMBER

- Sat., Nov. 6 Pecos Valley Roundup
10K/20K
623-9312
- Sun., Nov. 7 Lobo Track & Field
5K/10K
268-9790

Running Calendar

OCTOBER

- Wed., Oct. 6 Santa Fe Striders Run
6:00 pm @ The Plaza
- Tues., Oct. 12 Santa Fe Striders Meeting
7:00 pm @ June
Dickinson's House
608 Calle de Valdes
988-3428
- Wed., Oct. 13 Santa Fe Striders Run
6:00 pm @ The Plaza
- Wed., Oct. 20 Santa Fe Striders Run
6:00 pm @ The Plaza
- Wed., Oct. 27 Santa Fe Striders Run
6:00 pm @ The Plaza

NOTE: Daylight Savings Time ends
October 31. Starting November 3, we will
meet at the plaza 5:30 pm.

NOVEMBER

- Wed., Nov. 3 Santa Fe Striders Run
5:30 pm @ The Plaza
- Tues., Nov. 9 Santa Fe Striders Meeting
7:00 pm @ Mary
Platts' House
2542 Camino Alfredo
471-2806
- Wed., Nov. 10 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wed., Nov. 17 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wed., Nov. 24 Santa Fe Striders Run
5:30 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

Club Contributions

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

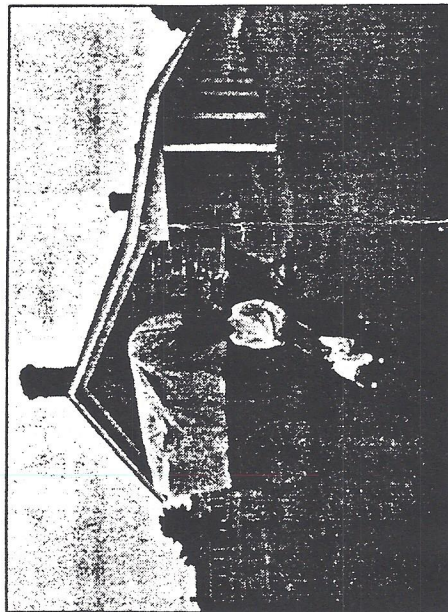
- Kim Bear
- Dagny Scott
- John Pollak
- June Dickinson

Also, thanks to Elaine Coleman for hosting our September meeting.

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 October 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.

BOOKS

THE BICYCLE TRAIL



One of the major historical sites on the Santa Fe Trail is Fort Larned, Kan.

Author Prepared Physically, Mentally For Marathon Ride

In 1990, Elaine Pinkerton went on Willard Chilcott's inaugural 1,100-mile trek of the Santa Fe Trail. The difference between her and her fellow travelers is that she wrote a book about the three-week journey. "The Santa Fe Trail by Bicycle: A Historic Adventure" was published in May.

"Parts of it were really fun. And it was an accomplishment because it wasn't the easiest thing in the world. I didn't expect it to be," Pinkerton said in a phone interview.

"I had run nine marathons and those events aren't done for sheer enjoyment. They're done to get in shape.

"And for me, the (bike trip) was a mental challenge and to sneak in all the history I

GREG SORBER / JOURNAL

could along the way to capture the spirit of the pioneers," she said.

To prepare for the ride, she spent the summer of '90 biking from her home in Santa Fe to such villages as Lamy and Galisteo, and she did 75 miles of a 100-mile circle ride of Red River.

Pinkerton also did weight and bike training at a wellness center in Los Alamos.

"I really believe the book will be inspirational for bicyclists," Pinkerton said. "People like the Old West and I think they will want to relive it this way. That's my intent."

This fall, she'll be joining Chilcott on his fourth Santa Fe Trail bike trek when it departs the Santa Fe Plaza on Sept. 19.

But she'll only be going for one day. The reason? She will have used up all of her vacation time at work. Pinkerton is a public information specialist at Los Alamos National Laboratory.

Elaine Pinkerton will autograph copies of her book from 10 a.m. to noon Saturday at Page One, 11018 Montgomery NE.

—David Steinberg

History Meets Rugged Travel In Book

"The Santa Fe Trail By Bicycle: A Historic Adventure"

By Elaine Pinkerton
Red Crane Books, 826 Camino de Monte Rey,
Santa Fe, N.M. 87501, \$12.95, 156 pp.

Review by John Fleck

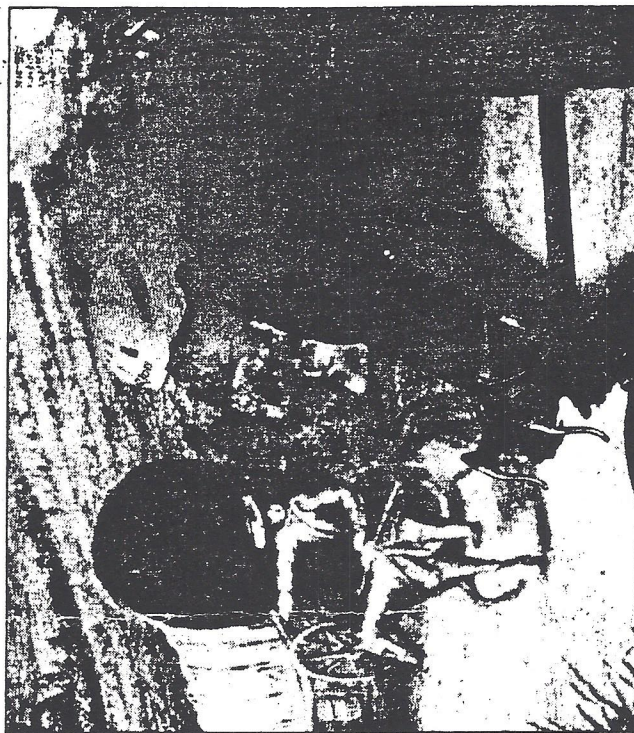
Geography is best understood from the ground.

And the geography of a history—or the history of a geography—can best be understood with at least some experience of the places it happened, as well as the words of the people who wrote it and lived it.

With that in mind, Santa Fe resident Elaine Pinkerton offers up an enchanting invitation to understand a part of the history of America's middle by cycling through it, by seeing it from the ground.

The Anglo economic conquest of the interior West could be said to have started in 1821 with the opening of the Santa Fe Trail. From the rolling hills along the banks of the Missouri River through the endless flat plains of what we now call America's Heartland to the old Spanish and Indian communities at the base of the Rocky Mountains, the trail threaded together two very different worlds.

Today the Native Americans who lived along most of the thread are largely gone, as are the oceans of grass and the herds of buffalo. But Pinkerton has carefully plucked out the few remaining gems of that older time and offered up a detailed guide to



E. DIER LITHOGRAPH COURTESY MUSEUM OF NEW MEXICO / PHOTO BY MURRAY JAYNES

enjoying them.

Stand with Pinkerton on the edge of Fort Union, near Las Vegas, N.M., looking out across the grassy plains.

Or outside Larned, in Kansas, walk the old stone fort square. And then visit the ruins, carved by thousands of wagons, amid the farmers' fields nearby.



Elaine Pinkerton

Walk in them.

Or, best of all, stand atop Bent's Old Fort, a National Historic Site on the Arkansas River in eastern Colorado. Rebuilt by the National Park Service and staffed by community volunteers, it musters a remarkably authentic recreation of the bustling, rugged commerce that was the trail's hallmark.

Pinkerton offers detailed directions for the tangle of county roads that can keep you as close as modernly possible to the old trail

route. And she has assembled a useful collection of bicycling tips, both for long trips in general and for the unusual circumstances of this particular ride.

A serious tour of the route will require more maps than Pinkerton offers, and perhaps another book or two tucked into the saddle bags. But no bicycle tour of the Santa Fe Trail should now be undertaken without "The Santa Fe Trail by Bicycle."

Journal staff writer John Fleck and his family recently traveled the Santa Fe Trail—by car.

RELATED READING

"Maps of the Santa Fe Trail" by Gregory M. Franzwa. Detailed trail maps allow you to pinpoint the trail as you go.

"Following the Santa Fe Trail" by Marc Simmons. The standard guide. With it, you won't miss a landmark.

"Commerce of the Prairies" by Josiah Gregg. Clean, unadorned (for the 19th century, anyway) prose about life on the trail by an early trader.

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.

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

