



Mile Markers



We Give You the Run-Around

November 1993
Vol. 15 No. 10

IN THIS ISSUE:

- November Meeting
- December Meeting
- Race Results/Membership News
- Wild Wild Wilderness Run
- On the Run (Reprint from *Masters Unlimited Newsletter*)
- Upcoming Races
- Running Calendar
- Club Contacts
- Club Contributions
- Runner outpaces her own asthma (from *The New Mexican*)
- Fowl Day Run (Flyer)

November Meeting

The location of the November meeting has been changed. We will meet on Tuesday, November 9, 1993 at Elaine Coleman's house on 899 Zia Road. The potluck will begin at 7:00 pm and the business meeting will start at 8:00 pm. For directions, call Elaine at 983-9747.

December Meeting

The December club meeting will be at Sergio's restaurant on Tuesday, December 14, 1993. We will be selecting club officers for 1994 at this meeting. More details will be provided in the December newsletter.

Race Results/Membership News

Corrida de Taos
5K, October 10, 1993:

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

- Shirley Lynn, 18:40, 1st place woman, 1st place, women's 30-39
- Diana Best, 19:53, 2nd place woman, 1st place women's 40-49
- Sal DeBari, 19:00

Others who ran the Corrida de Taos:

- Michael Guttman
- Mary Platts
- June Dickinson
- Jim Fisher
- Dave Sneesby
- Diana Hardy
- Jim Westmoreland
- Danica Tutush Girard

Congratulations to all participants!

Las Cruces Fall Classic 10K, October 23, 1993:

- Shirley Lynn, 39:15, 1st place woman

Congratulations to Shirley on the Las Cruces Fall Classic! Also, congratulations to Shirley for being named Best Athlete in *The Reporter's Best of Santa Fe* for 1993.

Wild Wild Wilderness Run

The Wild Wild Wilderness Run is a runner's dream and a cross country runner's nirvana. Picture the following; a white-tailed deer disappearing into the trees and geese gliding on a placid lake in the mist while you warm-up on wooded roads; 7.6 miles of canopied forest trails, grassy meadows, bridged rivers, logs to jump, creeks to wade, steep hills to climb and descend and a post-race party with more free food and beer than you could wisely want. All of this and more made it one of the more memorable races of my life.

Presented by the Kennekuk Road Runners of Danville, Illinois and held in the beautiful Kickapoo State Park, it is an extraordinarily well-organized running event and deserves your consideration (should you be anywhere near east central Illinois in the autumn).

A finish under 50 minutes is considered good on this course, so I was pleased with my time of 49:51, which put me 6th in the 45-49 age group and 86th overall with 452 finishers. Next year's race will be held on September 25th, and already I'm looking for an excuse to be in the area.

--John Pollak

On the Run

The Big Tesuque Run, September 26, 1993

I hadn't done this run since it was called the *Run to the Radio Towers* in The Mountain Series.

Being *almost* healed from my battle with the errant mountain bike and having a "hankering" to enjoy the fine fall air and wonderful views Aspen Vista Road and Big Tesuque Peak afford, I drove up to the mountain above Santa Fe very early on race morning. The screen print on my T-shirt looks like one of the vistas through the aspens and the mountains on the next ridge. Already I'm glad I came. I see a few people from Albuquerque. Larry Mounger and his wife and a friend are there. Victor and Kennalee Nemudrov and several runners from the *Albuquerque Road Runners* and *Sin Nombres* are there. I ask Mark Nolan to save me a donut, as I am sure I will be the last to finish and all the donuts will be gone. He said he would.

It was cold enough to want to wear long sleeves, long pants and gloves when I first

arrived, and though it had warmed up some by race time, remembering how windy it is on Windy Ridge, I made the *mistake* of leaving on a jacket for the race. The long sleeve T would have been plenty.

When the race began, I quickly discovered how out of shape I am and how much one *needs* to run trails to be *able* to run trails! Oh well. it is still a lovely area, even if I have to walk most of the uphill.

At the short race turn around place, June Dickinson is handing out water, and I leave my jacket with her for safe keeping, as it is obvious to me it will be late by the time I get back down the mountain and warm.

As I was making my way to the top, I thought about the modes of transport I have used to haul myself to the top of *Big Tesuque*. I've run, hiked, cross-country skied, ridden a mountain bike, and a horse, and taken the lifts to the top (they don't go quite to the towers). I've been there in every season and enjoyed it all! The toilet by the towers has no door on it; the better to enjoy the view I suppose! I did.

Being among the last to finish the race didn't prevent me from enjoying the run. Next year I *will* be in better shape, but it won't be any more enjoyable. (There were plenty of pastries left when I got back too, which I and the local bees enjoyed tremendously.) There were almost as many bees as runners around the pastries. Unusual!

I am grateful to Jim Fisher and the *Santa Fe Striders* for organizing this nice race. Keep it up guys!

--Dora Eplet
*Master Runners Unlimited
Albuquerque*

Upcoming Races

NOVEMBER

Sat., Nov. 6 Pecos Valley Roundup
10K/20K
623-9312

Sun., Nov. 7 Lobo Track & Field
5K/10K
268-9790

Sat., Nov. 13 Baylor Pass Trail Run
5.9 Miles
Las Cruces
524-7824

Sun., Nov. 21 1993 Fowl Day Run
5K
Santa Fe
984-8330 or 983-9747
(See attached flyer for
more details.)

Sun., Nov. 21 Turkey Trot 2.7 Miles
Los Alamos
455-3183

Thur., Nov. 25 Albuquerque Turkey Trot
5K/10K
Gil's 268-6300

DECEMBER

Sat., Dec. 4 White Sands,
Alamogordo
Marathon
434-5605

JANUARY

Sat., Jan. 1 Egg Nog Jog
4 Miles
Gil's 268-6300

Sat., Jan. 15 Dearholt's Delight
12.5K Desert Trail Run
Las Cruces
524-7824

Sun., Jan. 30 Super Bowl Sunday
5K/10K
Las Cruces
524-7824

Running Calendar

NOTE: Daylight Savings Time ends
October 31. Starting November 3, we will
meet at the plaza at 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 @ Elaine
Coleman's House
899 Zia Road
983-9747

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

DECEMBER

Wed., Dec. 1 Santa Fe Striders Run
5:30 pm @ The Plaza

Wed., Dec. 8 Santa Fe Striders Run
5:30 pm @ The Plaza

Tues., Dec. 14 Santa Fe Striders Meeting
7:00 pm @ Sergio's
Restaurant. (More details
will be provided in the
December newsletter.)

Wed., Dec. 15 Santa Fe Striders Run
5:30 pm @ The Plaza

Wed., Dec. 22 Santa Fe Striders Run
5:30 pm @ The Plaza

Wed., Dec. 29 Santa Fe Striders Run
5:30 pm @ The Plaza

JANUARY

Wed., Jan. 5 Santa Fe Striders Run
5:30 pm @ The Plaza

Tues., Jan. 11 Santa Fe Striders Meeting
(Place and time will be
published later.)

Wed., Jan. 12 Santa Fe Striders Run
5:30 pm @ The Plaza

Wed., Jan. 19 Santa Fe Striders Run
5:30 pm @ The Plaza

Wed., Jan. 26 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 Danica Tutush Girard
Editor 989-1819

Club Contributions

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

- Kim Bear
- John Pollak
- Michael Guttman
- Elaine Coleman
- Shirley Lynn
- Diana Best

A special thanks to June Dickinson for
hosting our October meeting.

Editor's Note: I am trying to publish our
club's meeting dates two months in advance
(when possible). If you can host the January
club meeting or other meetings in the future,
please contact me, Danica Tutush Girard, at
989-1819 as soon as possible. Thanks in
advance for your support!

Mile Markers is an informational
newsletter that is published monthly for the
members of the Santa Fe Striders. The
deadline for the December issue is November
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.

Runner outpaces her own asthma

By DANICA TUTUSH
For The New Mexican

When Shirley Lynn was a child in Abington, England, she had asthma and never thought she would become a runner — especially a fast one. Then she moved to Santa Fe.

"Moving to New Mexico seven years ago changed all that," said Lynn, who won the 5-K Corrida de Taos Track and Field State Championship on Sept. 12 in a race held in conjunction with the Duke City Marathon in Albuquerque.

This Sunday, Lynn will compete for the first time since that victory when she runs the 5-K Corrida de Taos.

"I heard my name announced after Aaron Ramirez (a world-class athlete and the men's division winner) and I was surprised," Lynn said.

Lynn actually finished eighth in the women's division with a time of 18 minutes and 50 seconds, placing behind such world-class runners as Jill Hunter and Kelly Dix, who won the race in 17:37. But the Santa Fe resident was the first finisher registered with the New Mexico Association of USA Track and Field, and thus was declared winner of the state title.

Lynn said she didn't join NM USATF in hopes of winning the championship, but instead to participate in the association's Grand Prix Series, which consists of 11 designated road races throughout the state. Participants can earn points in each race and Lynn currently is ranked second in the women's open division. She'll have three more chances to move into first place. The winner of the series will receive an all-expenses paid trip to Phoenix to compete in The Runner's Den, a 5-K race to be held in February.

Lynn might have surprised herself by winning the state title, but her racing record speaks for itself. Of the 12 5-K races she has competed in locally this year, she has seven victories, two second-place finishes and a third. Lynn's victories include the Women's Cancer Run, the Santa Fe Run-Around and the Corrida de Locos.

Her biggest win came in the Albuquerque Run For The Zoo, which attracted about 4,000 runners. There she ran a personal best of 17:48.

Lynn began running eight years ago when she was living in London, working as an illustrator. She still suffered from asthma at the time, but was



Ann Hankins/The New Mexican

Shirley Lynn runs the women's 5K in the Las Campanas race in August.

coaxed into running by her brother, David. She started off slowly, running three miles a day three times a week. It was art, not running, that brought the well-traveled Lynn to Santa Fe, a place she had visited previously. She moved here in January of 1987.

"I came here to paint," she said. "I always wanted to come back here and live and paint because the light is so intense and there's such a beautiful landscape here."

While altitude running can be difficult, at least at first, Lynn found New Mexico's desert climate to be easier on her health.

"When my brother took me running (in London), I realized I could run through the asthma," Lynn said. "I would also use a spray. Since I moved

to New Mexico, I actually hardly ever get (asthma)."

As her health improved, Lynn began to evolve from a casual runner into a serious athlete.

"For the first five years (in the state), I didn't take running seriously. I just did it recreationally," she said. "It's really only in the last two years that I've started to get competitive."

"I think that when women are in their 30s, they can really start to excel at distance running. It doesn't seem to be something that you get worse at," Lynn, a tall and slim 37-year-old, attributes her recent success to speed workouts on the track.

"This is the first year I have won lots of races in a row," she said. "Four hundred-meter repeats have helped make

me faster. I try to do them all out and I really try to push myself."

In addition to working full time in her art studio on Canyon Road, Lynn has been running 30 to 35 miles.

Lynn recently joined 100 Percent Female, an all-women running club based in Albuquerque. She is being coached by John Reardon, who has suggested hill workouts and a high carbohydrate diet.

"I want to break 17:30 sometime soon," Lynn said of her future goals, which include running fast 5- and 10-K races at sea level, winning the Grand Prix Series and "keeping it fun."

"My long-term goal is to keep getting better." She'll try to take a giant stride toward that goal Sunday.

WILD

Continued from Page C-1

No. 3: Don't trust Forest Service maps. (No. 1: Take your own fluids, food, fire and fanbelts; No. 2: There are no gas stations above 9,000 feet.)

Forest Road 1950 forks about 15 miles from Amalia. The left fork leads to Little Costilla Trail, but three miles up the dirt road a gate pretty much dead-ends to wheeled access. There are no indications of this on the map.

At approximately the same point, FR 1910 shoots south from FR 1950, which traverses The Wall and leads to the spectacular high meadow Shuree Ponds and a Forest Service hunting lodge with awesome views.

Because the big trucks were dusting up FR 1950, I turned on 1910 to one of the area's three campgrounds, deserted except for one hunting party. Seeking solitude, I descended steadily deteriorating 1910 to its intersection with FR 1913, which signs said led to a jogging area. FR 1910 dropped to Poil Creek Canyon, also breaching The Rock Wall, into a creekside meadow to one of two sites I know of in New Mexico where the aspen are so huge you can't wrap your arms around them.

At the creek bottoms, FR 1910 downhill curves and metamorphoses into FR 1914 uphill. A sign warns about road conditions, but the Forest Service map yields no clue to the road's roughness. But the trip was worth it.

FR 1914 finally passes a stock tank and drops to two muddy holding ponds, the second of which is framed by epic vistas of then-snow-tipped balds that by now must be blanketed in white.

The landscapes were stunning, and I'd observed plenty of elk sign, but I'd seen no wildlife.

Just before I circled back to FR 1950 to climb over The Rock Wall and down to the azure Shuree Ponds, something moved in the mixed roadside undergrowth. Since I hate to pass the buck, I skidded to a stop and the mature multipointer stopped munching ground cover long enough for us to acknowledge each other.

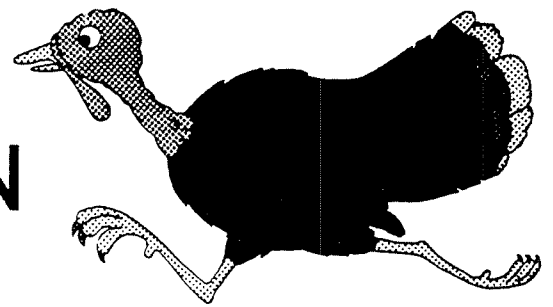
Still, it wasn't until the next day, on a short foray near my home east of the Pecos Wilderness that I bagged my real trophy.

In a mountain pass high over Gallinas Canyon, I saw a dark blur move above me in the pinon-juniper cover.

A black bear, sow, I think, regarded me seriously, shuffled a few steps uphill, looked at me again, and broke for cover.

And I guess that brings us to this tale's moral: road trips are nice, but don't let your appreciation of the wild

THE 1993 FOWL DAY RUN



STARTING TIME: 9:00 AM, Saturday, November 20, 1993

START/FINISH/COURSE: The course consists of road running and cross-country/arroyo running, and it will start and finish in Ft Marcy Park. There will be a 5K run and a one to two mile fun walk.

ENTRY: Open to all runners and walkers. Donations of non-perishable food items will be required for entry (suggested donation is approximately \$8 or more of non-perishable food items).

Food donations will be distributed through Salvation Army Food Boxes to local needy families during the holidays. In addition to food donations the Salvation Army will also be accepting sweaters and jackets.

BONUSES: Bonuses will be given to the first 120 registered participants at time of registration.

PRIZES: There will be a random drawing for prizes at the conclusion of the run/walk.

NO PRE-REGISTRATION. RACE DAY REGISTRATION ONLY: 8:15 AM TO 8:55 AM AT STARTING AREA.

POST-RACE REFRESHMENTS WILL BE SERVED TO ALL PARTICIPANTS.

INFORMATION: 984-8330 or 983-9747

BROUGHT TO YOU BY: THE SANTA FE STRIDERS

SANCTIONED BY: ROAD RUNNERS CLUB OF AMERICA

MAJOR SPONSORS INCLUDE:



Controls for Environmental Pollution, Inc.
Santa Fe, New Mexico 87502

A BENEFIT FOR THE SALVATION ARMY

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.

STRIDERS



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

Mile Markers