



Mile Markers



We Give You the Run-Around

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

January 1994
Vol. 16 No. 1

IN THIS ISSUE:

- January Meeting
- February Meeting
- Race Results/Membership News
- Upcoming Races
- Running Calendar
- Club Contacts
- Club Contributions
- Notice: 1994 Membership Renewals
- A Tribute to George Sheehan (from *Runner's World*)
- Corrida de los Locos (Flyer)
- Santa Fe Snowshoe Classic (Flyer)
- Map for January Club Meeting

January Meeting

Dagny and Paul Scott will host the January meeting on Tuesday, January 11, 1994. A potluck will begin at 7:00 p.m. and the business meeting will start at 8:00 p.m. Dagny and Paul live at 629 Garcia Street. A map to their house is attached to the newsletter. If you have questions, you may reach them at 983-7816.

February Meeting

Jim Hannan will host the February meeting on Tuesday, February 8, 1994. A potluck will begin at 7:00 p.m. and the business meeting will start at 8:00 p.m. Jim lives at 151 E. Barcelona Road. For directions, call Jim at 986-0218.

Race Results/Membership News

Results from December Meeting

At the December 1993 meeting the following club officers were selected:

President	John Pollak
Vice President	Elaine Coleman
Treasurer	Graydon Anderson
Race Director	Jim Westmoreland
Newsletter Editor	Danica Tutush Girard

In addition, the Striders gave race direction advice to Craig Hickox, who is one of the club's newest members. Craig is putting together the first Santa Fe Snowshoe Classic, which is scheduled on Saturday, January 29, 1994. (See the attached flyer for more information.)

Dave Sneesby and Tom Day volunteered to coordinate the Corrida de los Locos Race, which is scheduled for Sunday, January 16, 1994. (See the attached flyer for more information.)

Dave Sneesby will host a packet stuffing party for the Corrida de los Locos on Saturday, January 15 at 6:00 p.m. Dinner and snacks will be provided. Dave lives at 2004 Hopi Road. For directions, call Dave at 988-7410.

News from our Houston Member

Jack Lippincott ran the "First Colony 30K Championship" in 2:08:30. He took 7th place in the men's 45-49 category.

Jack is training for the Houston-Tenneco Marathon, which is later this month.

Upcoming Races

JANUARY

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

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

Sun., Jan. 16 Corrida de los Locos
4.5 Miles
Santa Fe
988-7410

Sat., Jan. 29 Santa Fe Snowshoe
Classic
4.5 Miles
Santa Fe
471-7788
984-2388

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

FEBRUARY

Sun., Feb. 6 Runner's Den Classic
5K/10K
Phoenix, Arizona

Sat., Feb. 12 Rio Grande River Run
8 Miles/5K Run/Walk
Las Cruces
524-7824

Running Calendar

JANUARY

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

Tues., Jan. 11 Santa Fe Striders Meeting
Dagny and Paul Scott's
house, 629 Garcia Street,
potluck @ 7:00 p.m.,
meeting @ 8:00 p.m. See
the attached map.

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

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

Wed., Jan. 26 Santa Fe Striders Run
5:30 p.m. @ The Plaza

FEBRUARY

Wed., Feb. 2 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Tues., Feb. 8 Santa Fe Striders Meeting
Jim Hannan's house
151 E. Barcelona Road,
potluck @ 7:00 p.m.,
meeting @ 8:00 p.m.

Wed., Feb. 9 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Feb. 16 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Feb. 23 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Club Contacts

President	John Pollak 983-2144
Vice President	Elaine Coleman 983-9747
Treasurer	Graydon Anderson 989-1633
Race Director	Jim Westmoreland 438-8602
Newsletter Editor	Danica Tutush Girard 989-1819

Club Contributions

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

- Kim Bear
- Tom Day
- Craig Hickox
- Dagny Scott
- Jim Hannan
- Jack Lippincott

A special thanks to Sal DeBari (from Sergio's) for hosting our December 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 March 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 next issue is January 28, 1994. 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.

Membership Notice

A new year is here and that means annual membership fees are due. If you have not already done so, please mail in your \$15.00 membership dues. If the mailing label you receive reads 1993, you need to pay your dues for 1994. Once you have paid the fee, 1993 will be removed from your mailing label, indicating that you have paid, and you will continue to receive the newsletter.

Remember your membership fee helps to pay for the printing and distribution of this newsletter, club membership in the Road Runners Club of America, the Strider P.O. Box and other club expenses throughout the year.

If you are not currently a member but would like to join, please fill out the attached membership application.

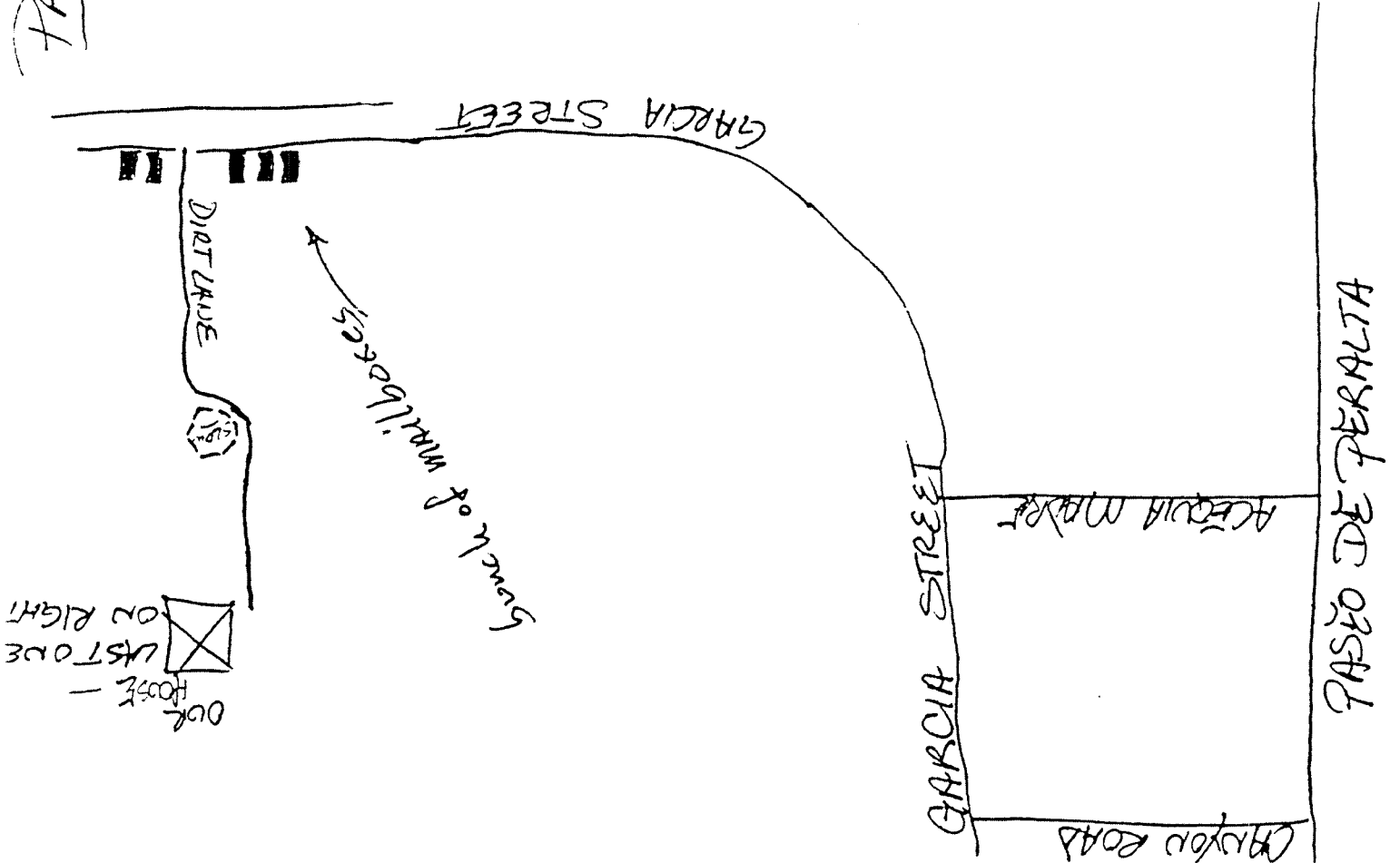
PAUL & DAGNY SCOTT'S HOUSE:

* ADDRESS IS 629 GARCIA STREET, BUT THERE IS NO MAILBOX FOR 629... TURN AT BUNCH OF MAILBOXES THAT INCLUDES 623, 631, ETC.

* THERE IS LIMITED PARKING BY OUR HOUSE, WHICH IS 200 YARDS BACK ON A DIET LANE. YOU MAY NEED TO PARK ON GARCIA AND WALK IN -

* ALSO, IF THERE IS ANY SNOW OR ICE ON THE DRIVEWAY IT IS TREACHEROUS TO DRIVE OUT OF, SO, AGAIN, YOU MAY WANT TO PARK ON THE STREET.

* FOLLOW THE DIRT DRIVE BACK, BENDING TO LEFT AT "SLOW" SIGN, THEN STRAIGHTEN BACK OUT. WE ARE THE LAST HOUSE ON THE RIGHT.



"Just Call Me George"

Last summer, Dr. George Sheehan visited our editorial offices in Emmaus, Pennsylvania, for the last time. He had business to transact with the Rodale Book Division, and he had agreed to sit down with me for a 60-minute taped interview.

Sheehan was clearly in the late stages of his seven-year battle with prostate cancer. Thin and drawn despite a blood transfusion the previous day, he needed help negotiating a flight of stairs and walked slowly, unsteadily, on his own.

His deteriorating physical condition had taken no toll on his mind and spirit, however. As soon as we began the interview, I realized this was still the same energetic thinker and explorer we had known for so long. He seemed to relish each new question, particularly any that gave him a chance to talk about his latest project and obsession—the "death book," as he so bluntly called it. Random House hopes to publish the book in late 1984.

When I told George the hour was up, he looked surprised and checked his watch. I'm sure he could have gone another 10-K.

—*Amy Harford*

RUNNER'S WORLD: You've run a lot of tough races in your life and always run them to the last gasp. Is this race against cancer the toughest?

George Sheehan: No, there's nothing to this. It's no race. The challenge now is intellectual and emotional rather than physical.

But there is a similarity to running in the way I'm trying to deal with dying and write about it. The secret to my writing about running was always that I actually experienced everything I wrote about. I had inside information. I took running very seriously and writing about it very seriously. It's like what Thoreau said: there are no small subjects. You can take any subject and bring it to life through your own persona.

We runners, I think, are more or less born to run. Not everyone is born to run, but true runners are. And eventually we figure it out.

We are all, also, born to die eventually. And I believe we have to learn to pursue death and experience everything that happens to us along the way. That's what I'm doing now. I'm exploring the emotional, psy-

chological and spiritual challenges that are offered by the death experience.

And I'm writing about them, just as I did about my running. The method is identical. It's just that the two experiences are diametrically opposed. One is about reaching for peak performances, the other is about atrophy and oblivion.

RW: You've said that at first you couldn't accept this dying experience. Now you have. What changed?

GS: I'm no different from anybody else. When we learn about our cancer, we first try to bargain our way out of it. We say, "I'll be good from now on if only I can get off the book and live longer."

Then we start thinking about a cure. I went to Detroit, the National Institutes of



Health, Slean-Kettering. . . . You name it, I went there.

And then finally I realized that no matter what they gave me, the chance for a cure was slim. So at that point I began to accept what was happening to me. And when you reach the stage of acceptance, that more or less puts you in command.

RW: One of the things that has amazed me is that you were able to continue running and racing for so long.

GS: I did that because I was addicted to racing. I can't believe how many races I've run in my life. Even with the cancer, I kept going as long as I could. At one point, I even quit the cancer treatments because I thought my racing was getting too slow. I had lost a minute a mile, so I stopped taking my medication. I wanted to be able to run faster.

And I did. In 1980 I finished seventh in the World Masters Championships in the 70-74 age group. People thought I was out of my mind to stop my shots just because my 5-K times were getting too slow. But I was only thinking about the fact that I had lost a minute per mile, and I couldn't put up with that.

Besides, I always felt that I was an experiment of one, and no one had any history with a patient who stopped taking the cancer medication. No doctor would ever recommend it, and no patient would ever try it.

I figured I would be the one to try. And it turns out, the experiment worked.

RW: What worked?

GS: Stopping the shots that lowered my testosterone. As soon as I did that, my testosterone level came back up, and my muscle function improved. I may not have been as good as I would have been if I had never taken the medication, but I got down to under 35 minutes for a 5-miler.

Then the pain came like a great white shark. I mean, it was ferocious, and I could no longer go on without the medication.

RW: Didn't you wonder that you might have been cutting your life short by going off the medication?

GS: No. The history of these cancers is that there's always a point at which the medication no longer works. Everybody under-

