



# Mile Markers

*We Give You the Run-Around*



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

March 1994  
Vol. 16 No. 3

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### April Meeting

Mary Platts will host the April meeting on Tuesday, April 12, 1994. A potluck will begin at 7:00 p.m. and the business meeting will start at 8:00 p.m. Mary lives at 2542 Camino Alfredo. For directions, call Mary at 471-2806.

### Race Results/Membership News

#### *Santa Fe Snowshoe Classic, January 23*

The first Santa Fe Snowshoe Classic was a great success, though I have to admit I had many pre-race nightmares of a snowless course and a relentless blue sky! We had 45 snowshoers, great volunteers (Thank you John Pollak and son!), generous sponsors (including Redfeather and Atlas Snowshoes, Gardenschwartz, Ten Thousand Waves, and many others), and a challenging course

covered with fresh powder.

Martin Embacher of Albuquerque, taking advantage of my face plant during the final sprint, won the race in 41:43. Shirley Lynn, in her snowshoe debut, took the women's division in 57:16.

Age group results were:

20-29: Craig Heacock, 41:46

30-39: Lyle Amer, 48:45,

Diana Hardy, 64:30.

40-49: Steve Mahleu, 45:50;

Diana Best, 64:56.

50-59: Robert Werner, 57:14;

June Dickinson, 76:09.

60-69: Dale Goering, 60:49.

Again, thanks to the club for your help in putting on this race. Can't wait until next year!

*Craig Heacock  
Race Director*

#### *Results from Runners Den 5K, February 6, Phoenix:*

Jim Westmoreland, 2nd place, Men's 40-49,  
17:04

Diana Hardy, 2nd Place, Women's 30-39,  
20:09

#### *Results from Mt. Taylor Quadrathlon, February 19:*

Karl Gable, 4 hours, 51 minutes.

*Results from Run for the Future 10K,  
March 6:*

Mary Platts, 1st place, Women's 40-49

June Dickinson, 1st place, Women's 50-59

## Upcoming Races

### MARCH

Sat., Mar. 19 Pecos Valley Stampede  
Half-Marathon,  
5K/10K  
624-0257

Sun, Mar. 20 Runner's World Kids  
"I Did It" Run  
294-7545, 898-7647

Sat., Mar. 26 Run Old Mesilla  
5K/10K  
Las Cruces  
524-7824

Sun., Mar. 27 Alcohol and Drug Abuse  
5K/10K, 2 MI. Walk  
Gils's, 268-6300

### APRIL

Sat., Apr. 2 Day After Fools 5K/10K  
Joe Sutton, 888-3479

Sat., Apr. 9 Al Waquie UIR 5K/10K  
Joe Sutton, 888-3479

Sun., Apr. 10 T-VI 5K/10K  
Rosella Ochella  
224-3080

Sun., Apr. 17 Spring Turq. Trail  
Half Marathon, 5K  
Charlie Otero, 345-4274

Sat., Apr. 23 Gathering of the Nations  
8K  
Gil's, 268-6300

Sun., Apr. 24 Albuquerque Track Club  
All-Comers Meet  
Milne Stadium  
James Martin, 296-6300

Sun., Apr. 24 MVTC Triathlon  
Las Cruces  
524-7824

Sat., Apr. 30 Bandalier Marathon  
Rene LeClaire, 662-5215

### MAY

Sun., May 1 Run for the Zoo 5K/10K  
Gwen Poe, 247-1533

## Running Calendar

### MARCH

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

Tues., Mar. 8 Santa Fe Striders Meeting  
7:00 p.m. @ Danica  
Girard's House

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

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

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

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

## APRIL

- Sun., Apr. 3      **Daylight Saving  
Time begins;  
Wednesday  
night meetings will  
begin at 6:00 p.m.**
- Wed., Apr. 6      Santa Fe Striders Run  
6:00 p.m. @ The Plaza
- Tues., Apr. 12     Santa Fe Striders Meeting  
7:00 p.m. @ Mary  
Platts' House  
471-2806
- Wed., Apr. 13     Santa Fe Striders Run  
6:00 p.m. @ The Plaza
- Wed., Apr. 20     Santa Fe Striders Run  
6:00 p.m. @ The Plaza
- Wed., Apr. 27     Santa Fe Striders Run  
6:00 p.m. @ The Plaza

## MAY

- Wed., May 4      Santa Fe Striders Run  
6:00 p.m. @ The Plaza
- Tues., May 10     Santa Fe Striders Meeting  
7:00 p.m., Location TBD
- Wed., May 11     Santa Fe Striders Run  
6:00 p.m. @ The Plaza
- Wed., May. 18     Santa Fe Striders Run  
5:30 p.m. @ The Plaza
- Wed., May. 25     Santa Fe Striders Run  
5:30 p.m. @ The Plaza

## Safe Running - Video Review

Road Runners Club of America's 13-minute video, "Women Running: Run Smart/Run Safe" provides an excellent refresher course for women who want to make their running as safe as possible. The main message, "Project strength and authority -- attitude is everything," is supported by practical tips and examples.

There are over 12 million women running, and the last decade has been marked by a 40 percent increase in the number of rapes and assaults. The theme conveyed through brief interviews with runners, law enforcement officers, and various experts, is "Running is your right; safety is your responsibility."

Predators look at women runners as "opportunities." To ward off predators, women runners should project an alert, business-like demeanor. The following reminders will help ward off trouble:

- \* Stay alert.
- \* Avoid wearing headphones, "tune in, tune out."
- \* Avoid isolation. (Run with a partner or dog.)
- \* Trust intuition.
- \* Be prepared.
- \* Wear no jewelry, but do wear identification.
- \* Vary your routes.

Other helpful suggestions include leaving a note at home telling where you are going, creating a safety network of women, promoting self-defense training, and forming a liaison with the police.

The video will be shown at a future Striders meeting, to be determined.

*Reviewed by Elaine Coleman*

### **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 March issue of *Mile Markers*:

- Kim Bear
- Elaine Coleman
- Craig Heacock
- Dagny Scott

**Editor's Note:** I am trying to publish our club's meeting dates two months in advance (when possible). If you can host the May 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 March 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.

### **FINAL Notice on 1994 Memberships**

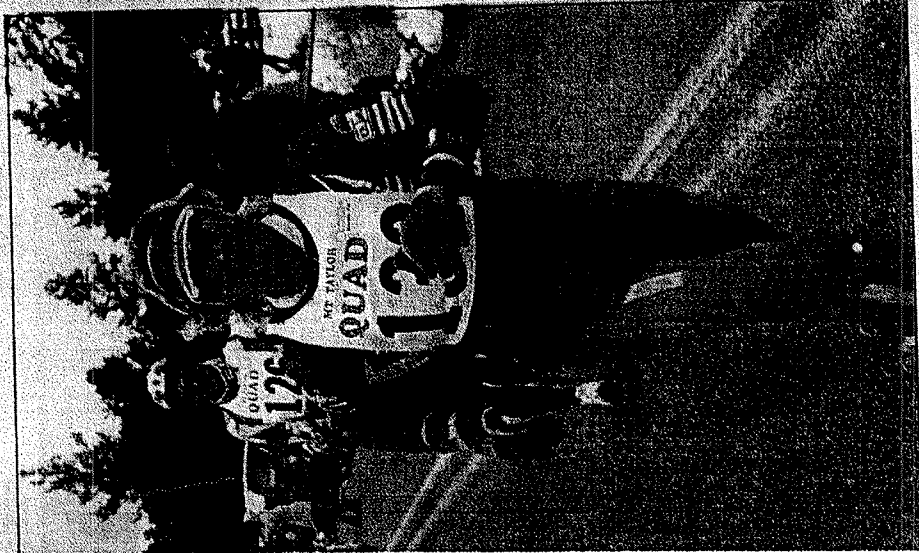
This is your **LAST** opportunity to renew your Santa Fe Strider membership for 1994. If the mailing label you receive reads "1993," you need to pay your dues for 1994 to continue to receive this newsletter. Please mail in your \$15.00 membership fee or your name will be dropped from the list. If you have already paid your 1994 dues, "1994" will appear on your mailing label.

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.

at the transition area,  
about a mile from the  
summit.

# SURVIVING *the* QUAD



Above, 32-year-old Kirsten Ames sits out on the uphill run, which quickly became snow-covered. Ames, from Steamboat Springs, Colo., won the women's race in 4 hours, 5 minutes. Last night, my husband put screws in my tennis shoes (for traction). Ames said, "It's the best thing he ever did besides marrying me."

Right, men's winner Dan Nielsen from Avon, Colo., rejoices as he crosses the finish line in 3 hours, 41 minutes. Nielsen, 32, has competed in the quad four times. This was his first win. His face still stiff from the cold, he cracked a frozen smile: "It's the best buzz I ever had."



continue to the finish. And some were seen with tears in their eyes, not just from wind.

For all but an elite few, the quadrathlon is not a race to win. It is a race to finish.

Former world mountain bike champion Ned Overend discovered this. Leading the race after the first bike and run legs, he soon lost ground and finished fifth.

"I tried to skate the hill. That hurt me," said Overend, 38. "Downhill certainly isn't my bag."

"I've got a lot of respect for the guys who do this," he added. "It's an adventure."

And that respect can only grow for those less swift of foot. While the winners finish in less than four hours, the athletes in the back of the pack face a daylong odyssey.

Santa Fe's Charles Watkins endured the elements for eight hours and 24 minutes. And as a police escort pulled alongside him at the end, he realized he was the final finisher.

"I was embarrassed so I tried to go faster," Watkins said.

"Then everybody started coming out to their porches and waving, and I thought, Jesus, this has been a long day."

Watkins, 47, plans to compete again next year. "I'll break seven hours for sure."

## Story and Photos BY DAGNY SCOTT

The New Mexican

**C**rawling is allowed. It says so right in the rules, the rules for the Mount Taylor Winter Quadrathlon.

A trek to the summit of Mount Taylor and back, the quadrathlon is a race that bills itself as "the ultimate challenge." And for the hundreds of athletes who battled the elements Saturday, that was no exaggeration.

It is a race of statistics: Four events in eight stages. Forty-five miles in length. More than 4,800 feet of vertical climbing. And this year, a howling blizzard on the mountain with temperatures 40 degrees below, factoring in the wind chill.

Athletes set off in downtown Grants and biked roughly 13 miles, ran five, to the peak, some 11,300 feet high. Then they turned around and repeated the four legs on the way down.

Beyond the numbers, it is a race of heart. This year, competitors battled the weather as well as the mountain. Some lost their race to frostbite; some lost to dehydration. Some suffered these setbacks and more, and still found a way to



**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  
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1994

