



Mile Markers

We Give You the Run-Around



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

September 1994

Vol. 16 No. 9

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September Meeting

Thanks to Carl Gable for hosting our August meeting. The September meeting will be Tuesday, September 13 at Elaine Coleman's house. The potluck will begin at 7:00 p.m., followed by the club's business meeting at 8:00 p.m. Elaine lives at 899 E. Road. For more information, contact Elaine at 983-9747.

Race Results/Membership News

Santa Fe Strider Member Jim Fisher competed in the following races:

- Collegiate Peaks 50, April 9, 50 miles, climb ?, 10:07:50

- Capulin Canyon, April 17, 22.8 miles, climb 3,801 feet, 4:34:50
- Pikes Peak Quad, June 3-5, 106 miles, climb 31,320 feet, 39:29:--
- Arriba New Mexico, June 26, 22.5 miles, climb 6,264 feet, 5:50:03
- Hardrock 100, July 9-11, 101.1 miles, climb 32,520 feet, 42:59:59
- Lake Peak - Santa Fe Baldy, July 31, 18.7 miles, climb 4,550 feet, 4:53:42
- Leadville Trail 100, August 20-21, 100 miles, climb ?, 27:17:30

Jim is the only runner to complete the Colorado Tri and the three Colorado Trail 100's, this summer. He had a PR at the Hardrock and at Leadville. Several weekends in between, Jim "rested" by walking a mere 10-15 feet across red hot coals.

Jemez Pueblo 5K/Half Marathon

June Dickinson ran the Jemez Pueblo 5K on August 28, 1994 in 28:37. She took 1st in her age, 6th overall, and set a new record in her age group (female 60+)

Tom Day ran the Jemez Pueblo Half Marathon in 1:52:52.

Congratulations to Jim, June and Tom!

Upcoming Races

SEPTEMBER

Mon., Sept. 5 Santa Fe Trail Run
5K/10K
Gil's, 268-6300

Mon., Sept. 5 Turtle Marathon
Roswell
624-0257

Sun., Sept. 11 Duke City Marathon,
Half Marathon, 5K
888-2448

Sun., Sept. 25 Big Tesuque 11.6 Miles
Jim Fisher
455-0259

OCTOBER

Sun., Oct. 2 Northern New Mexico
Community College Eagle
Run 5K/10K
Espanola
Levi Valdez, 747-2117

Sat., Oct. 8 The Whole Enchilada
Festival 5K and 1 Mile
Las Cruces
527-5167

Sat., Oct. 8 Run for Diabetes
Kathy Turnham
836-3587

Sun., Oct. 9 Corrida de Taos 5K/10K
Gil's 268-6300

Sat., Oct. 15 Ryan's Run 5K
Patrick Strosnider
884-7666

Sun., Oct. 16 Tour of Albuquerque
Marathon & Relay
Gil's 268-6300

Sun., Oct. 16 IACP/Special Olympics
5K
Gretchen Taute
768-2435

Sun., Oct. 23 USCAA Corp. Challenge
Cross Country
Pat West, 821-5420

Sun., Oct. 23 Tony's Run 5K/10K
Las Cruces
524-7824

Sun., Oct. 30 Carrie Tingley Bun Run
5K/10K
Karen Turner, 243-6626

Running Calendar

SEPTEMBER

Wed., Sept. 7 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Tues., Sept. 13 Santa Fe Striders Meeting
7:00 p.m., Elaine
Coleman's House
899 Zia Road, 983-9747

Wed., Sept. 14 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., Sept. 21 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., Sept. 28 Santa Fe Striders Run
6:00 p.m. @ The Plaza

OCTOBER

Wed., Oct. 5 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Tues., Oct. 11 Santa Fe Striders Meeting
7:00 p.m. @ TBD

Wed., Oct. 12 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., Oct. 19 Santa Fe Striders Run
6:00 p.m. @ The Plaza

Wed., Oct. 26 Santa Fe Striders Run
6:00 p.m. @ The Plaza

NOTE: Daylight Savings Time ends October 30. In November, we will meet for our weekly runs at 5:30 p.m. instead of 6:00 p.m.

12th Annual Athens Peace Marathon

An acquaintance of mine, Jackie Crowe, is organizing a trip to Greece this year for the Athens Marathon. The particulars are as follows:

The ATHENS OPEN INTERNATIONAL MARATHON, held every October since 1972, commemorates the run of Pheidippides to announce the Athenian victory over the Persians at the Battle of Marathon (490 B.C.). The race begins outside the village of Marathon and continues along Pheidippides' route for exactly 42.195 km (26.2 miles) to the Panathenaic Stadium built for the first modern Olympic Games (1896) in Athens.

The Marathon will be run Sunday, October 30, 1994. Jackie Crowe, a member of the Sentara Hampton Health and Fitness Center, has packaged a trip for those who wish to run the "original" marathon. The cost is \$1995 and includes round-trip air from ABQ to ATH, hotel transfers in Athens, 6-night lodging at a nice hotel within walking distance of the Acropolis, the Plaka, and the Panathenaic Stadium, 6 breakfast buffets, trip insurance, race participation fee, and a tour director. The \$1995 is for double-occupancy at the hotel; a private room is \$300 extra. For additional information,

contact Jackie at Ann Edward Travel in Hampton, VA at (804) 827-0060, FAX (804) 827-7526, or (800) 569-0261.

I have a copy of the race entry form/brochure, which gives some information about the race for those interested. Call me at 984-8330, if you want to see the race brochure.

Michael Guttman

Strider/Albuquerque Masters Rendezvous

On Sunday, August 21, the Santa Fe Striders and visiting Master Runners Unlimited met at Lamy for a 10K run and picnic under the trees by the railroad station. Running conditions were ideal and the potluck picnic was a real feast. Lots of camaraderie and hilarious marathon memories were shared. Next time, the Albuquerque group would like to meet some more of us, and so another "meet" is planned sometime in the spring of 1995--probably for June Dickinson's La Bajada Run. Don't miss out. Watch *Mile Markers* for announcements.

Elaine Coleman

USS Santa Fe Submarine Bicycle Team

On Saturday, October 1, the Lightning Express Cycling Team of the USS Santa Fe (after bicycling the entire Santa Fe Trail from New Franklin, Mo. to Santa Fe--1,000 miles in 14 days) will be arriving in our city. All Santa Fe Striders are invited to welcome them. After all, they are members of our club!

The eleven Lightning Express team members (10 men and 1 woman) are very excited about coming to their namesake city, and the Santa Fe Striders can go a long way toward making them feel welcome. On Sunday, October 2, team members want to get to know Santa Fe, and they could use a sponsor for the day. So, if you like to run, bicycle, or show a USS Santa Fe mate about the town, get involved in the welcome.

Their arrival time will approximately be 3 p.m. (Watch the *New Mexican* for announcements.) There will be a welcome dinner at Elaine Coleman's house, 899 E. Zia Road, Saturday night, October 1, at 6:00 p.m. Hot dogs, hamburgers, beverages, and utensils will be provided. If you attend, please plan on bringing a side dish and RSVP to Elaine at 983-9747 by September 26.

Big Tesuque Volunteers Needed

Jim Fisher still needs volunteers to help with the Big Tesuque Run on Sunday, September 25, 1994. If you can help out in anyway, contact Jim at 455-0259. Jim says he still needs a cellular phone or walkie-talkies to monitor the start/end of the race, and the runners on the course.

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

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 September 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 Drive

Do you know someone who runs, jogs, bikes, or walks and isn't a member of the Santa Fe Striders? If so, please pass the attached cover letter and membership application on to them. The Santa Fe Striders will only remain as strong as its club members and we need your help now!

Remember being a club member is fun--so why not share our club with others? Also, club membership has its advantages, such as receiving club and race information through this newsletter and discounts at races sponsored by the Striders. So pass the word to others!

Thanks in advance for your help!



BIG TESUQUE RUN 1994



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

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

LOCATION: Start/finish in the Santa Fe National Forest at Aspen Vista overlook about 1&1/2 miles below the Santa Fe ski basin on SR475 (the Santa Fe ski basin road, also Hyde State Park road). Allow 30 min driving time from Santa Fe to the run site.

Course: 4X4 dirt/rock road

Distance: 5.8 miles one way, 11.6 total. Elevation: 9800 - 12000

DATE & TIME: September 25, Sunday at 9 AM Santa Fe Time

RECORDS: Masters Women Jody Visalli 1:37:55 1992
Men Jim Westmoreland 1:25:48 1992
Open Women Sue Ashman-Smith 1:32:35 1992
Men Leo Torres 1:19:37 1992

AWARDS & AGES: Short Course, approx 5K -- overall
1st - 2nd in 12-14, 15-17
Full Course -- overall open, overall masters
1st - 4th in 30-39, 40-49
1st - 2nd in 18-29, 50-59, 60+

EXTRAS: T-shirts; medium-3 doz, large-7 doz, xl-4 doz, preentrants 1st
Bring picnic lunch, camera, & offerings for mountain gods

FEE: Preentry \$7 club members, \$10 nonmembers
One week before event \$12 club members, \$15 nonmembers
Payable to Jim Fisher; Rt11 Box 210X #130, Santa Fe, 87501
Race day entry closes at 8:45 sharp.

INFO: 455-0259

Name: _____ Age: _____
Address: _____ Sex: _____
City: _____ Zip: _____
Phone: _____ T-shirt M L XL Club Member Y N

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 run organizers might not bring unknown hazards to my attention. I am aware that there may not be any 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. I understand that the run management makes no guarantees of being able to account for all the participants and that should I become lost, ill, or injured, the run organizers may never even become aware of my condition. 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, other participants of this event, and the USDA Forest Service 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.

Since this event is open to the general public, there is no way of screening participants as to their previous running and medical histories. Thus as a prudent medical precaution and also out of fairness to the volunteers and other runners who are waiting the concluding gathering, the following ample cut off times have been set; ascent 1&1/2 hours (about 15 min/mile) and finish 2&1/2 hours (about 10 min/mile descent). I agree to abide by the run management's decision, if it becomes necessary to turn me back down the mountain.

Signature _____ Date _____
Parent/Guardian _____ Tag # _____

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1994 Membership List

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RUNNING IN SANTA FE IS MORE FUN AS A SANTA FE STRIDER!

Dear prospective Santa Fe Strider:

We want YOU!

Consider what you get for your \$15 membership fee. For starters, all Strider members get a \$2.00 discount on club-sponsored races. (This may not sound like much, but it adds up.)

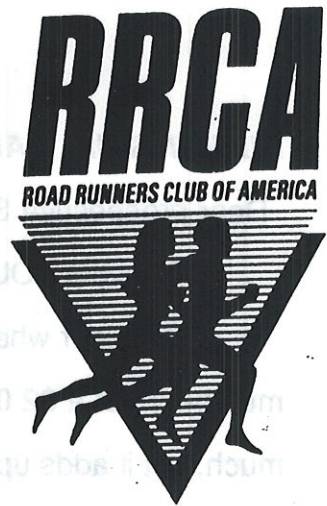
You will receive a year-long subscription to our newsletter, *Mile Markers*, which includes announcements of monthly potluck-meetings, upcoming races, times and places of our own race participants, editorials, reviews and much more. If you have running tips or anecdotes you'd like to share, *Mile Markers* welcomes submissions. You'll receive announcements about our Wednesday night club runs, Sunday morning runs, picnics and special fun runs that happen about six times a year.

Become a contributing member of the running community by joining the Santa Fe Striders! As a Strider, you have a chance to help local races happen. We need you to attend our work parties and help with the mechanics of putting on our local runs. (This is more fun than burdensome!)

Who are we? Other running clubs have come and gone, but the Santa Fe Striders, established in 1976, is the pillar of the local running community. We sponsor quality events, including the January Corrida de los Locos, the June Run-Around, the Big Tesuque Run and the Fowl Day Run. The Striders have given scholarships to talented young runners at local schools and have sponsored scholarship benefit runs for Santa Fe Prep.

Why miss out on the fun and camaraderie any longer? Do something nice for yourself and send in your application today. If you have questions, call President John Pollak at 983-2144.

JOIN NOW: RACE DISCOUNTS/FUN RUNS/ NEWSLETTER SUBSCRIPTION



CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Santa Fe Striders Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE

DATE

PARENTS' SIGNATURE if under 18 yrs. DATE

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.



THE JOY OF FIREWALKING

Turn your **Fear Into Joy** with Firewalking. How's that again! Yes, contrary to popular belief firewalking can be **FUN, GOOD CLEAN FUN, GREAT JOY, HAPPY TIMES**. You can experience some of the higher times of your life at a firewalk and will participate in some things that you will remember with wonder for the rest of your life. And you don't even have to go over the coals to do it. Fall classes are forming now. You are invited to come join us. Your organizer is an experienced ultra long distance runner and firewalker. After having been across the coals and played in them umpteen dozen times, I can guarantee you that if it wasn't fun, I wouldn't still be doing it.

For those of you of an inquisitive nature, there will be extra meeting times scheduled on alternating weeks for open discussions as to how is this thing really possible. As a chemical engineer specializing in incineration technologies, I can definitely guarantee you that it is not a straight forward simple matter of thermodynamics and heat transfer.

For details call Jim Fisher 455-0259, Pojoaque.



Mile Markers

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Post Office Box 1818
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**Jim Westmoreland
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