



# Mile Markers



*We Give You the Run-Around*

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

January 1995  
Vol. 17 No. 1

## SECOND ANNUAL SNOWSHOE RACE SCHEDULED JANUARY 28

The Santa Fe Snowshoe Classic, a wilderness run on the Borrego and Bear Wallow trails, will be held at 10 a.m. Saturday, Jan. 28. The start and finish of the 4½-mile race are in Hyde Memorial State Park, exactly one mile after the park headquarters.

Footgear will be Redfeather snowshoes, which are 8" by 25" aluminum snowshoes with claws on the bottom. They fit over regular running shoes.

Forty pairs of the snowshoes will be available for rent at the site for \$2 to \$3 a pair. Entry fee for the race is \$7 before Jan. 21 and \$9 after that. (Fees for Striders members are \$5 and \$7.)

If the two trails don't have much snow on them, the race will be held at the same time and date at the Aspen Vista Trail, farther up the ski basin road. Call Craig Heacock at 984-2388 if snow conditions are questionable.

About 45 people took part in the race last year, the first year of the event. Craig expects 65 or more people this year.

Sponsors include Wild Mountain Outfitters, Ten Thousand Waves, Gardenswartz Sportz, Skiers Edge and Redfeather.

Age group prizes will be awarded, and there will be raffle prizes, among them a pair of Redfeather showshoes.

An entry form is included in this newsletter.

## CORRIDA DE LOS LOCOS SET FOR FEB. 5

This year's Corrida de Los Locos, or Run of the Crazies, will be held at 9 a.m. on Sunday, Feb. 5--but on a new course, in the Las Golondrinas/La Cienega area. The exact location will be announced on entry forms and in the February newsletter. Race director is Dave Sneesby (988-7410.)

The previous course, starting at the park near the dump and including part of Camino La Tierra, has become too dangerous, because of all the development in the northwest part of the city.



## UPCOMING RACES

- Sat., Jan. 21--ARR Twosome  
Curt Coonrod  
291-9388  
(Albuquerque)
- Sat., Jan. 28--2d annual  
Santa Fe  
Snowshoe  
Classic,  
Craig Heacock  
984-2388
- Sun., Jan. 29--Super Bowl  
Sunday,  
5K/10K  
Las Cruces  
524-7824
- Sun., Feb. 5-- Corrida de  
Los Locos,  
Santa Fe  
Dave Sneesby  
988-7410
- Sat., Feb. 11--Rio Grande  
8-mile Run,  
5K Run/walk  
Las Cruces  
524-7824

## JANUARY MEETING

The next Striders meeting will be held on Tuesday, Jan. 10--the second Tuesday of the month, as usual. The meeting will start with a potluck at 7 p.m., followed by the business meeting. The place is John Pollak's house, 144 Pine Street. Pine is off West Alameda near the Feed Bin and the Casa Solana shopping center. Pine Street is a two-block street, and John's house is the last house on the left.

## MEANWHILE, DOWN IN ALBUQUERQUE

(The following article is reprinted with permission from the December, 1994, issue of Runner Triathlete News, published in Houston. The author, who has been active in the Santa Fe Striders organization, has moved to Alamosa, Colorado, where he will be attending Adams State College and helping to train the men's cross-country and track teams.)

By George Jones III

It's no secret that Albuquerque, New Mexico, is one of the best training spots for long-distance athletes. With its dry, moderate climate and 5000 foot altitude, the area, settled in 1706 by Spaniards, has been drawing world-class athletes to live and train here for the past decade. Some athletes, who previously trained in Boulder, Colorado, have now discovered the "Land of Enchantment." With the 1996 Olympics rapidly approaching, more and more world-class runners are calling Albuquerque home. Recently, Shawn Kavanaugh, an athlete manager and sports consultant, bought a house in the fashionable Northeast Heights section of town and set up shop with Belgian racer and coach Eddy Hellebuyck, who sports personal records in the half-marathon (1:01:37) and marathon (2:11:50) at the world-class level.

"We all live in the 'Beverly Hills' of



Albuquerque," said Hellebuyck. "I came here in 1991 and stayed with Bill Reifsnyder to prepare for the Los Angeles Marathon. Shawn and I met in 1992 and decided to move to New Mexico because the weather and the area are suitable for training."

Other top-flight athletes residing in the Kavanaugh/Hellebuyck household are Venezuelan Orlando Velasquez and Kenyans John Kipkoskei and Stanley Kimutai. Madina Biktagirova, runner-up at last month's New York City Marathon, has been visiting in preparation for New York and next year's races.

"I have really enjoyed racing in America and training in New Mexico," Biktagirova said.

British racer Michael O'Reilly, who ran a 2:10:39 at the Fukuoka Marathon in Japan last year, stops by once in a while and is still in search of a video-cassette of this year's Academy Awards.

"I'm a movie buff, especially American films," O'Reilly explains. "One of my favorite actors is Paul Newman."

Other Albuquerque speedsters often seen with this motley crew include Mark Wykcoff, who holds the world record for the backwards mile (6:45) and recently finished second (running forward) at the Congress Avenue Mile in 4:01; Billy Konchellah, two-time 800 meter Olympian, and Richard Rono, whose 28:29 placed him second at the Gent.10K in Belgium.

Rono, from a Kenyan village at 5500 feet altitude, has the typical Kenyan story.

"I ran up to 12 kilometers (nearly 7½ miles) to school every day," said Rono of the environment in which he grew up. But it did have its drawbacks.

"But (the area) has two seasons: hot and rainy," laughed Rono.

Olympian Pat Porter and his wife Trish are also good friends with the group.

The house comes alive at eight in the morning and by 8:30 the runners are out the door for an hour or so. After the morning run, someone--usually Velasquez--is at the stove cooking up the rice, pasta, and potatoes with some tasty sauce.

"I used to cook in a restaurant in Caracas, and cooked for my friends when I was at Barton College in Kansas," Velasquez said. He has sped to a 2:15:03 marathon and has Olympic dreams for 1996.

After lunch, everyone usually rests or has time to themselves before the afternoon workout, with the option of water aerobics or massage afterward. A similar schedule is followed on a daily basis.

At the Kavanaugh/Hellebuyck household in Albuquerque the list seems endless as to who will show up next. But one thing is certain. Albuquerque is no secret.

---

### SEND \$, SIGN WAIVER

The annual Striders membership fee of \$15 is due. Send the check as indicated on the membership form, and please sign and date the club membership application waiver and send that along with your money. The Road Runners Club of America, through whom we are insured, requires the waiver from each member of every club.



## TERM LIMITS? WHAT TERM LIMITS? OFFICERS ELECTED

John Pollak was re-elected president of the Santa Fe Striders by unanimous vote in an election held at Sergio's restaurant in December. It was John's second straight victory at Sergio's--he was re-elected at the same place in 1993. Prior to that he was elected at consecutive dinners at the Santa Fe Community College, Guadalupe Cafe and IlPrimo Pizza. This is, in other words, John's fifth term.

It is not true that Pollak was elected in order to make sure that he continues to come to meetings and bring his homemade soups. Rather, there was general agreement that his work during 1994 merited another term.

Discussing the upcoming year, John said his aim is to keep the club membership at its present level "and increase it if possible." With the peak of the running boom over, he noted, much of the running community now consists of the serious runners. He is working on a pamphlet that will detail the duties of club president. The pamphlet will enumerate what needs to be done, and when--for example, how to maintain the club's non-profit status through the State Corporation Commission. (John recommends against volunteering too much information to the agency, because it makes some workers there "uneasy.") Also included in the pamphlet will be

instructions about when to notify the Road Runners Club of America of membership changes, and details about the intricacies of dealing with insurance.

For some time, John recalled, he has talked about having a meeting at his home, but he never did it. He said his offer to host the January meeting at his home is a case of "putting my house where my mouth is."

Monthly meetings, by the way, are social gatherings as much as anything else, and everyone is invited. Just bring something for the pot luck.

At the meeting at Sergio's, Elaine Coleman was re-elected vice president of the club. Elaine is widely known in Santa Fe as the author of two books, *Santa Fe On Foot* (for walkers and runners) and *Santa Fe Trail By Bicycle*. She is one of the Striders' pioneer members, from the days when runners bought their shoes at Linn's Locker. She has been newsletter editor and secretary of the club as well as vice president, and she was director of the former Greater Griffin Run at Santa Fe Prep.

Graydon Anderson was re-elected treasurer after an audit showed that no funds have been reported missing during his tenure. He has also proved himself to be a diligent officer, keeping the books balanced and up to date, letting club members know the state of the treasury and cautioning the rest of the club when funds are running low.

Tom Day was elected to edit the newsletter. There was no opposition since no one else wanted the job.

(Last fall, George Vecsey, a sports columnist for The New York Times, had some thoughtful things to say about running and sports hype. The occasion was a memorial in New York's Central Park for Fred Lebow, described by Vecsey as "the force of nature who made marathon racing so popular all over the world.")

Here are some excerpts from Vecsey's column.)

....We have built up this intricate system of letting other people get our kicks for us. They compete. They get paid. Their private lives and their opinions are more important than ours. Wealthy men who made their money in other fields suddenly find great excitement in owning sports teams, in seeing their faces on television for the first time in their lives....

Some of us are still brooding about baseball. This time of year, we East Coast fans could be pressing our fingers to our eyelids, trying to stay awake through a playoff game. I hear people professing to miss the continuity, the tradition, of baseball, but do we miss the real thing?

Maybe it's all gotten too big. We're spending too much money on stadiums and arenas for these professionals. We give them tax breaks and they don't even open their doors. Hockey was just on the verge of busting out all around

the United States, but instead the owners have managed to anger their most loyal clientele in Canada. Maybe it's all going to come crashing down...

In Central Park yesterday, Mayor Rudolph W. Giuliani did not talk about the great publicity or the great economic benefit the New York Marathon brings. Instead, he talked about saving lives, the inherent healthiness of running. He was, of course, preaching to the converted. And surely some people at Lebow's memorial wish baseball and hockey were taking place. I'm not trying to draw a thick line between two polarized sides that don't exist.

But I do know that many people who watch a marathon stay around and cheer the runners who plod home in four, five, six hours. And the best runners don't jeer the ones who finish behind them....There's no 15-yard penalty for taunting at the finish line because it doesn't come up. I thought all these things after I walked through the park in honor of Fred Lebow yesterday.

---

### The Calorie Counter

I'd gladly cram a Power Bar  
Before a ten-mile jog,  
Or gen'rally comport myself  
Like Hoqan's half-ton hog  
Than try to wean my appetite  
From all this tempting fun.  
So tell me what we're having, dear,  
I hate to eat and run.

--jbd



## WRITERS NEEDED

Mile Markers wants contributions from readers willing to share their thoughts and experiences about running, biking and the like. The more contributions we have, the more interesting the newsletter will be.

Mile Markers also wants to publish as many race results as possible.

Please send your contributions to Tom Day, 2260 Calle de Arce, Santa Fe, N.M., 87505, by the 25th of the month. Call me at 473-3159 if you have any questions.

## \*\*\*\*\* WEDNESDAY NIGHT RUNS

The Wednesday night runs from the Plaza have been moved from 5:30 p.m. to 5:45 p.m. to accomodate several people who couldn't make the earlier time. The course for the winter months is the same 5-miler it's been for some time: Starting at a corner across from the Plaza clock, to East Alameda, up the Camino Cabra hill, around behind the St. John's condos, down to Camino del Monte Sol and then back to the Plaza via Old Santa Fe Trail. Runners keep a variety of paces, and both Striders members and non-members are welcome. A buy-your-own-dinner usually follows at a downtown restaurant for anyone who's so inclined.

\*\*\*\*\*

## STRIDERS 'HIT THE WALL' IN EFFORT TO MOVE ANNUAL RUN-AROUND

Several years ago, the fees for city police assistance during the Santa Fe Run-Around reached nearly \$900. As a result, the Striders moved the annual June race to Rabbit Road, in the county.

Last summer, the club asked the new City Hall administration for a waiver of the fees. In a letter to city officials, the club pointed out the long history of the Run-Around, the non-profit nature of the Striders and the large number of runners who have taken part in the Run-Around.

The club received a reply from Isaac Pino, the city manager, in which he told us the following: "As a matter of policy, only City sponsored events and eight other specific events are given an automatic waiver of overtime fees each year. All other requests are considered on a case by case

basis. It has been my practice to waive fees for events sponsored by organizations who pledge all or a significant portion of their 'event proceeds' to a charitable cause or who deliver community services to a broad range of citizens. If the Santa Fe Striders can meet any of these criteria, they might be favorably considered for waivers of certain fees. Otherwise, the fees would have to be charged and paid as warranted."

The eight events referred to in the letter include the Indian Market, the 4th of July pancake breakfast and the Fiesta arts and crafts fair.

The race director for this year's Run-Around--which will again be held in the county-- will be Danica Tutush Girard.

## ***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.