



Mile Markers



We Give You the Run-Around

February 1995
Vol. 17 No. 2

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

AND THEY'RE OFF! CORRIDA WILL START AT DOWNS

This year's Corrida de Los Locos, on Sunday, Feb. 5, will be held on a new course, somewhat flatter than the previous one.

The race will start at the parking lot of the Downs at Santa Fe at 9 a.m. The course--which doesn't include any running on the actual horse race track--follows dirt roads and even a two-rut Jeep track. It follows a roughly circular route that includes some running on the road between El Rancho de Las Golondrinas and the Downs.

The race, which will be between 4 and 5 miles, finishes where it starts.

The previous course, which started at the city park near the dump, had to be abandoned because there was too much traffic and the course included a dangerous intersection, according to race director Dave Sneesby. He also said that the City Hall had charged \$65 for use of the parking lot at the city park.

This year's Corrida again features the popular long sleeved T-shirts with a design by Tom's Sports, which together with the Santa Fe Striders is sponsoring the race.

T-shirts will be available on race day for the first 140 entrants. Others will get a receipt to take to Tom's Sports, 1514 Rodeo Road, Santa Fe, to pick up a shirt.

The Old Mexico Grill and Italian Kitchen Fresh Bakery have also provided support for the race.

Trophies will be awarded to the first male and the first female finishers. Ribbons will be given to the first five men and women in six age groups: 14-19, 20-29, 30-39, 40-49, 50-59 and 60 and over.

The entry fee was set at \$12 up until Jan. 31 and \$15 on race day. Members of the Striders receive \$2 off the fees.

Race day registration begins at 8 a.m. Packet pickup for pre-registered runners will be on race day.

For more information call Dave Sneesby at 988-7410.



FEBRUARY MEETING

The next Striders' meeting will be held on Tuesday, February 14--Valentine's Day--at the home of Jim Westmoreland and Diana Hardy. They live at 2363 Camino Carlos Rey. If you're driving on Camino Carlos Rey from Cerrillos to Rodeo, their house is on the left just before the arroyo and paved jogging trail.

The potluck starts at 7 p.m. and will be followed by a business meeting. Everyone is welcome.

"I'LL PAY \$200 CASH FOR YOUR ENTRY--RIGHT NOW!"

Those of you who've run the St. George Marathon will recall the obligatory school bus logistics to get to the remote mountain pass for the famous bonfires-in-the-dark start. The road is closed to all vehicles except the buses.

Short of running the course in reverse, you can't get to the start without a race number. And you can't board the buses without wearing your water-proof parchment.

On this October race morning, the official bus starter was about to wave his torch signalling for our bus to depart into the dark Utah mountains when a booming voice next to the driver shouted, "I've just arrived after hitchhiking all the way from Vermont to run with my buddy, but there's no race day registration allowed. I'll pay \$200 cash right now for anyone's entry."

Silence. A murmur or two, but no reply from any of the sixty of us in the bus. Standing hopefully in the door, the man waited, his eyes taking in both rows of seated runners, pleading, beseeching one of us to forfeit three months of training, to abandon the resolve that bonded each of us together and committed us to the awesome task ahead.

No one took him up on his offer. Finally he left; I presume to make his plea to runners packed inside another of the dozens of yellow buses awaiting the pre-dawn journey.

Hours later, struggling along the course at mile eighteen, I wished I'd

accepted his offer. But much, much later, seeing my beautiful wife Lois with her arms raised in welcome as I crossed Main Street and passed the 26-mile marker, I was elated with my decision to stay the course.

Mulling over the experience, I concluded there are few rewards in life--clearly money not being one of them--that exceed the thrill of a runner achieving that ultimate finish line.

--Jon Foyt

(Jon and Lois Foyt collaborate on their novels. Their first, Last Train From Mendrisio, is being published in England for release in the spring. Their second, Postage Due, will be out this fall. Another, Save My Marathon, is in progress.)

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UPCOMING RACES

Feb. 5, Corrida de Los Locos, Downs at Santa Fe, 9 a.m., 988-7410.

Feb. 5, Pajarito Winter Quadrathlon, 10 a.m., Los Alamos, 662-8170.

Feb. 11, Rio Grande Run, 8 mile, 5K run/walk, Las Cruces, 524-7824.

Feb. 12, Master Runners Unlimited 13th annual Winter Runaround, 5 mile and 2.5 mile, 10 a.m., SIPI, 40 and over only, Gil's, 265-6300.

Feb. 25, Run for the Future, 5K, Socorro, Jeff Turcotte, 831-8417.

March 4, Run for the Future, Albq., Jeff Turcotte, 831-8417

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WHAT? YOU FORGOT?

The annual Striders membership fee of \$15 is due. For those who haven't already sent in their money, there is a membership form and waiver in this newsletter. Please sign the waiver. The Road Runners Club of America, through whom we are insured, requires a waiver from every club member.

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SNOWSHOE CLASSIC RESULTS

The second annual 4.5-mile Santa Fe Snowshoe Classic was held Jan. 28, starting at the Borrego Trail on the way to the Santa Fe Ski Basin. Mile Markers is planning a story on the event in the March issue; for the time being, here are the results:

Women:

20-29: Lisa Gillott, Santa Fe, 1:09:09.
30-39: Lesley White, Albq., 43:01.
40-49: Tove Shere, SF, 57:42.
50-59: Vivian Reinikainen, SF, 1:08:38.
60 and over: June Dickinson, SF, 1:15:21.

Men:

Under 19: Geoffrey Streit, Los Alamos, 46:19.
20-29: Craig Heacock, SF, 38:48.
30-39: Tom Sobal, Leadville, Colo., 36:11.
40-49: Gary ("Big J") Johnson, SF, 44:04.
50-59: Jim Hubbs, Albq., 51:34.
60 and over: Dale Goering, SF, 54:33.

Others competing included Carl Gable, 47:39; Jim Westmoreland, 44:47; Lyle Amer, 45:29; Justin Pollak, 52:30; Shirley Lynn, 53:51; Sal De Bari, 54:05; Diana Hardy, 57:16; Elaine Coleman, 1:36:45; Jim Hannan, 54:58; Michael Hurlocker, 48:58; Barbara Severs, 1:20:56; Jeremy Yang, 51:21; Robert Werner, 52:43.



This "King's Woodpecker" was recently sighted by a Strider who was on a run.

JAN. 14 SNOWSHOE RACE RESULTS

Fifty or so snowshoers turned out for the 5K Team New Mexico race at Black Canyon. Another 30 or so people, including four girls from the Santa Fe Boys and Girls Club who had been specially invited, did the 2K fun hike.

By the end of the race, said Hugh Driscoll, who helped organize the event, "People were very tired but they were all smiling."

The results, as reported in the newspaper, were:

Overall men: Craig Heacock, Santa Fe, 34:22.

Overall women: Lefty Folkman, Cedar Crest, 49:30.

Men 20-39: Heacock; Robert Hipwood, Los Alamos, 38:32; Jeffery Banger, Los Alamos, 42:46; Koos Van Zelst, Albuquerque, 43:31; Mike Balistreri, Albq., 44:15.

Women 20-39: Diana Hardy, SF, 52:56; Karen Factor, SF, 56:2; Pamela Ladas, SF, 56:43; Diane Hees, SF, 1:02:07; Kerry Davis, Albq., 1:09:27.

Masters men: Lyle Amer, SF, 40:2; John Brown, Tijeras, 40:27; Jim Westmoreland, SF, 41:07; Gary ("the guv") Johnson, SF, 41:27; Michael Hurlocker, SF, 44:50.

Masters women: Folkman; Ginny LaForme, Espanola, 52:13; Tove Shere, SF, 56:47; Vicki Benson, SF, 1:33.

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WHO YA GONNA CALL?

Striders officers:

John Pollak, president,
983-2144

Elaine Coleman, vice president,
983-9747

Graydon Anderson, treasurer,
989-1633

Tom Day, newsletter editor,
473-3159

Last November, because my father's health was failing, I volunteered to "escort" him on his annual pilgrimage to Italy. From New York City, we flew to Rome, and from Rome, we took a train to Pescara. My father's cousin Carlo was there to greet us and drive us to San Martino Sulla Marrucina, where--surrounded by family--we spent three memorable weeks.

Giovanni Cecchini was born in Italy. He left the Old Country at the tender age of two (81 years ago), and he returns to his home village for a visit nearly every year. He's done this since 1937. Because I was adopted by other parents at age five, I spent most of my life without knowing Giovanni. But thanks to our reunion several years ago, I discovered not only my roots but running in Italy.

Running was one of the most wonderful aspects of my trip. On foot, I explored every street and path of the tiny village (just 800 inhabitants) as well as nearby countryside. I doubt if San Martino has seen many runners. I may have been the first. For one thing, most of the villagers are elderly. The younger people all leave for surrounding cities to find work or attend school. For another, the way of life incorporates many vigorous outdoor activities--harvesting the olive trees, gathering firewood, tending animals, farming. The idea of running for the sport of it must seem bizarre.

But run for the sport of it I did, and for the sheer beauty of the countryside. (Not to mention working off incredibly delicious pasta consumed during three-hour lunches.)

Early in the morning I donned pedal pushers and a huge T-shirt inherited from my son. This is not a region where lycra and singlets are household words, so I decided it was better to look like a nerd than a shameless exhibitionist. I left my Aunt Guisipinna's house and ran up a narrow cobblestone road on to the one main street in San Martino. Sweeping their porches, little old ladies in dark dresses and babushkas stared at me in disbelief. After a day or so, I was apparently less startling, as they began greeting me with a friendly "Buon Giorno."

Propelled by fascinating sights, smells, sounds and sensations, I was hardly aware of moving. I glided by the cathedral, the tobacco shop, the nursery school; I marveled at tall, narrow buildings with their flower-laden balconies, tiny cats peeking from doorways, dogs--barking and lunging--on chains, sheep and chickens, olive trees, grapevines, patios and flower gardens. By the third day, I had run every cobblestone street and traversed every steep, narrow side street and alley.

One of my most rewarding running routes came about as the result of a town funeral. A village dignitary had died, and I was invited to join a procession to the camposanto (burial place). In the process, I discovered a narrow dirt road, just beyond the village proper, that descended

into a lovely valley and meandered through a forest.

From then on, this was my favorite place to run. I went to the camposanto to pay respects to my ancestors,



often taking small side roads through cultivated fields and olive groves. Several days, I took the road through the forest and back, each time discovering something new. One day I spotted chile peppers (yes, just like ours in New Mexico) growing in a garden plot. Another day I discovered a small prickly ball along the roadside, something either dead or hibernating. When I returned, Carlo told me that these were very useful animals that killed garden pests and were also good to eat. When they feel threatened, they roll up into prickly balls.

A week before I left, the weather turned much colder. It had been like summer up till now. Huge golden, orange and rust leaves drifted to the ground and the sky turned moody. The moist air seemed full of promise, rain, the coming winter, and a surprise around every corner. On one run, I took along a small bag and collected leaves to bring home.

On my next-to-last day in San Martino, I ran through town, passing my favorite little old lady and her three cats, the post office, the cathedral, and the tobacco shop. Just as I was heading back to my aunt's house, cousins Carlo and Bianca stopped by in their car and invited me to join them. We went to the nearby town of Guardiagrele, and it became obvious that their mission was to buy presents for me and my father. I received handmade

lace, traditional brass oil lamps, pottery, a bottle of wine, and a cookbook written in Italian and English.

I went for a farewell run on the dawn of our departure, and then it was time to return to Rome and the United States. I'm not sure how or when, but I know that someday I'll return to San Martino and running in Italy.

--Elaine Coleman
(aka Elaine Pinkerton)

KNOTTY PROBLEM

For some time the Wednesday night runs from the Plaza have been held at 5:30 p.m. in the winter, to take advantage of whatever light there is, and 6 p.m. during Daylight Savings Time. Recently, the winter-run time was changed to 5:45 p.m. to accomodate several people who couldn't make it at 5:30.

The New Mexican carries the times of the runs, but quite often the changeover from, and to, Daylight Savings Time isn't noted, since we forget to remind the newspaper. The upshot is that the household of Striders president John Pollak may get 15 calls during a month wondering what time the runs begin. Apparently, a lot of runners remain confused--at least, the Wednesday night runs don't attract 15 new runners a month.

Some Striders would like to set a year-around time to avoid the confusion. Others may want to continue staggered times. Others still may have a solution to this knotty question that hasn't been considered. All suggestions are more than welcome.

(Note: For the time being, the runs--the winter 5-miler starting across the street from the Plaza clock--will be held at 5:45 p.m.)



As some of you already know, I will be the race director for this year's Run-Around race. In our last newsletter, we mentioned that the city officials denied a waiver of fees for permits to bring the race back onto the Plaza. However, they did leave us with one opening, and I have been researching this possibility.

The city officials stated that they DO occasionally waive the city fees for events that donate a portion or all of their proceeds to charity. I am proposing that we do just that and petition the city to waive those fees. I have spoken to representatives from Santa Fe Habitat for Humanity, a non-profit group that helps build affordable housing for Santa Fe residents, about the possibility of using their name, donating a portion of the proceeds to their cause, and counting on their support on race day and mailings for the race. I have also talked to Amy Manning from the city and she said she would be willing to help rally some support for us at the city. We would, of course, need to write to all the officials with the complete information again. I have also looked into our costs for the past couple of years and I am coming up with an estimated budget of what we could afford to give to Habitat. I will probably make it a straight break off the cost of entering the race (X dollars per every entry) so we aren't stuck in a hole if we don't make as much.

I would like to discuss these ideas at our next meeting, so if you have an idea or opinion on this, BE THERE! I want to get things started early so we can get A LOT of advance publicity on this race and get MORE RUNNERS THERE! I think this compromise could be a great public relations piece for us, the city, and Habitat, and I would

like to see it become extremely successful. I know many of us would love to have the race back on the Plaza, and this could be a good solution.

Please come to our next meeting if this is also important to you. Thanks for your help!

--Danica Tutush Girard

CALLING ALL WRITERS

This month's newsletter contains contributions from several Striders who are published writers. It should be noted, however, that the payment practices of the newsletter are unchanged from previous years: Everyone, regardless of whether he or she has published anything, gets paid the same.

Send all 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.

UPON LOOKING UP THE DEFINITION OF PETILLANT

I ate tzadziki yesterday.
My baby blues turned puce.
I chased it down with pousse-cafe.
I should have stuck to juice.

I mostly thrive on gluttony.
My liver lives for goose.
I'm happiest when muttony,
Coyote on the loose.

If I eat one more yogurt slaw
My craw will effervesce.
For now, we'll call it Dorbin's law:
Digestion in distress.

--jbd



1514 RODEO ROAD
SANTA FE, NM

**TOM'S SPORTS
AND
THE SANTA FE STRIDERS
PRESENT**



CORRIDA DE LOS LOCOS

(FAMOUS LONG SLEEVE T-SHIRTS)

For
more
infor-
mation
call:
988-7410



Entry Fees:
\$12 by mail
in advance
\$15 race day

\$2 off above
fees for SF
Striders
members



Italian Kitchen Fresh Bakery

**SUNDAY, FEBRUARY 5, 1995
9:00 AM SHARP**

old mexico grill

Race day registration begins at 8:00 am

Start & Finish: Santa Fe Downs Horse Racing Track





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.