



Mile Markers



We Give You the Run-Around

August 1995
Vol. 17, No. 8

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

PLENTY OF RACES ON THE HORIZON

Several races sponsored by Striders, or in which Striders plan to help, are coming up this month and next.

The first of these is the Sylvia M. Pulliam Memorial 5K and 10K (plus a 1-K walk), scheduled to start at 7:30 a.m. on Sunday, Aug. 6.

The races, at which Striders will operate the finish and perform other tasks (see story called Help Wanted), start at Salvador Perez Park, St. Francis Drive and Alta Vista Street. Late registration (anytime after July 28) was set by the city government at \$12, with race day registration \$17.

AUGUST MEETING FOR STRIDERS, FAMILIES AND FRIENDS

Striders members, taking a well-deserved rest from the crush of business that marks most meetings, will devote most of the August meeting to socializing.

Striders, their families and friends are all invited to the meeting, at the home of Jim Hannan, 151 E. Barcelona Road. His phone is 986-0218 if you need directions.

Jim will provide barbecue coals for people who want to cook outside. The meal is, as usual, a potluck. The event starts at 7 p.m. on Tuesday, Aug. 8.

T-shirts will be given to all participants. For more information call 984-6725.

On Aug. 26, the Eldorado Run for the Gold will be held. This event will raise money for construction of a track at the Eldorado Elementary School and will include a 5K run or walk, and a 1 mile run/walk. To get to the elementary school, where the races will start and finish, get on 285 to Lamy, go past the first entrance to Eldorado and then take the second entrance, about 1/2 mile after the Country Store. Follow Vista Grande about a mile to the school.

The 5K run or walk is at 8:30 a.m. and the 1 mile run/walk is at 9:30.

The post-race raffle will include running gear, gift certificates from Jewel Osco, haircuts and T-shirts. Prizes for the run will include dinners at Eldorado Old House, Alfredo's, Tomasita's, La Choza, Cordelia's, Old Mexico Grill, Steaksmith, Peppers, Pranzo's, La Tertulia and the Hilton.

Post-race refreshments will include soft drinks, bagels, fresh fruit and donuts.

Trish Shain, a Strider, is among the people spearheading this event. For more information, see the race form included in this issue of the newsletter.

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Kulture Korner--See Pages 3-5

On Sunday, September 17, Strider member Jim Fisher will bring us the fourth annual Big Tesuque Run.

The profile for this run is simple. First you run up, and then you run down.

The total mileage is 11.6 miles. The start and finish is at Aspen Vista, on the road to the ski basin, and the starting time is 9 a.m.

The views from the course, which starts at 9,800 feet and goes to 12,000 feet (and then back to 9,800 feet) are magnificent. This race annually draws a loyal band of runners who ignore Jim's warning, in

the waiver, that "mountain running involves hazards which can easily lead to broken bones, wrenched backs, concussions, paralysis and death." (For more on the waiver, see the race form included in this issue.)

The entry fee until Sept. 10 is \$10 for Striders and \$12 for non-Striders. After Sept. 2, the fees are \$15 for members and \$17 for non-members.

Sponsors include San Francisco Street Bar and Grill, Santa Fe Screenprinters, Wild Oats and La Forme Enterprises. Jim also has a unique set of prizes for the race.

...AND THESE TOO

Aug. 5, Crazy Horse Kennebec Challenge, 14-mile walk and run near Durango, 970-247-9343.

Aug. 12, Making Strides Against Women's Cancer Runs, Las Campanas, 5K run for women only, 6 p.m.; open 10K run and 2-mile fun walk, 6:45 p.m. 988-5548.

Aug. 13, La Luz 9-mile mountain run, 7 a.m. No race day entry for this race, which starts at 7 a.m. 865-8612.

Aug. 19, Los Alamos Triathlon, 12.4-mile bike ride, 400-meter swim, 3.1-mile run, 662-8034.

Aug. 27, Steve Gachupin Half marathon, 5K run and 1-mile run/walk, Jemez Pueblo, 8 a.m., 834-7392.

Sept. 4, Labor Day, Old Santa Fe Trail Run, 5K run and walk, 7:45 a.m., 10K run, 9 a.m. Is there any chance that this year the t-shirts will do justice to this fine traditional race?

Oct. 1, Sun Healthcare Duke City marathon, half marathon, 5K run, 5K walk, 20K walk, 890-1018.

HELP WANTED

The Santa Fe Run-Around agreement between the Striders and the folks at City Hall requires the Striders to help out at three city-sponsored events a year. The next event, at which we need to manage the finish line and do a few other chores, is the Sylvia M. Pulliam Memorial 5k and 10-K Run.

This race, which begins at 7:30 a.m. on Sunday, Aug. 6, starts and finishes at Salvador Perez Park, at the corner of St. Francis Drive and Alta Vista Street.

Volunteers should call John Pollak, Striders president, at 983-2144. He needs to know ahead of time that there will be enough volunteers.

.....AND THEN, ON TO LAMY

After helping out at the Pulliam run, Striders will just have time to get to Lamy by 9:30 a.m. to take part in a fun run with Master Runners Unltd. of Albuquerque. (You can take part in the Lamy fun run even if you can't make the Pulliam event.)



The Self-Coached Runner

Authors: Allan Lawrence and Mark Scheid

Allan Lawrence was a bronze medal winner in the 1956 Olympics in the 10K. He was born in Australia and has lived in the U.S. since the mid 1950's. He has coached many runners, including Mark Scheid, a writer, and a national level runner.

The first six chapters are devoted to general areas of running, racing and training. In chapter two, "The Philosophy and Practice of Training", the authors discuss the four aspects of running. Those aspects are speed, anaerobic capacity, endurance and stamina.

-Speed is the ability to run quickly for short distances, under 200 meters. Speed is the most dependent on innate ability, but every runner can run faster by learning how to use their inherent speed.

-Anaerobic capacity is the ability to handle oxygen debt. This aspect is usually the limiting factor for distances over 200 meters but less than a mile.

-Endurance (aerobic capacity) is the ability to run a distance longer than a mile while maintaining an elevated heart rate without incurring oxygen debt.

-Stamina is the ability to run long distances at a submaximal heart rate.

This book is based on the idea that to race well at any distance between one and fifty miles, a runner must develop all four of these capabilities.

Chapter 7 is devoted to training schedules based on this premise. The schedules are grouped into three sets. The first set is for the 10k. The second set is for races in the range of ten miles, including the 15k, 10 miles, 20k and the half marathon. The final set is for the marathon.

(continued on page 4)

LAMY (continued)

This joint run with the Albuquerque runners will be about six miles. Runners will be driven to the starting point in the Eldorado area and will then run to Lamy.

A potluck picnic will follow, with the Masters Runners Unltd. providing some drinks.

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Striders Phones

The Striders E-mail facilities are not yet quite set up. In the meantime, you may reach club officers by telephone.

John Pollak, president, 983-2144.

Elaine Coleman, vice president, 983-9747.

Graydon Anderson, treasurer, 438-1872.

Tom Day, newsletter editor, 473-3159.

Each set is further defined by race times. Thus, for the 10k, there are schedules for 30, 32, 34, 36, 38, 40, 42:30, 45, 47:30, 50, 52:30 and 55 minutes. For the 10 mile races, the range is from 50 to 90 minutes. And the marathon schedules include times from 2:20 to 4:00.

To give an example of a schedule, I will use the 40 minute 10K. The book states that you are ready to train for a 40 minute 10K if you

can run 220 yards in 36 seconds, 440 yards in 75 seconds and 1 mile in 5 minutes 45 seconds.

It is important to realize that all of the schedules are based on training up for a race. Each schedule will talk about a weekly base and a certain amount of running in the four categories mentioned above. For example, an eight week base of 40 to 55 miles is necessary before starting the final eight week 40 minute 10K training. The first week consists of:

Day 1 10 miles easy running

2 10 times 440 in 90 seconds -- 220 recoveries

3 6 miles easy running

4 12 times 110 in 17 seconds -- 330 recoveries

5 6 miles easy running

6 7 miles easy running incorporating 3 miles in 22 minutes

7 10 miles easy running

This is a fairly typical week, balancing the four aspects of running into various workouts. There are occasional rest days during the eight weeks, but this type of mileage is typical.

The authors also devote time to running injuries, competition and recovering from races. In addition, throughout the book there is considerable reference to the mental aspects of running and racing.

In summary, this is an excellent book for runners looking for a little more structure in their training. The schedules are well thought out, and based on many years of coaching experience.

-- Jim Hannan

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JOT IT DOWN

Many thanks to the Striders who have contributed to the newsletter. Keep the stories, poems, book reviews and race results coming in. People are interested in what you have to say.

Mail contributions to Tom Day, 2260 Calle de Arce, Santa Fe 87505. Call me at 473-3159 if you have any questions.

WEDNESDAY NIGHT RUNS

All runners are invited to take part in the Wednesday night runs, which start at 6 p.m. at the Plaza. The courses vary from about 5 to about 7 miles, and runners cover the courses in a variety of paces.

Evie, get the lead out of your pants.
We are strung out along this trail
like a string of alpine mining ants,
bunched up like box cars on the Denver rail.

Evie, get the anchor out of your ass.
We are become raptors; the wind is in our wings,
coasting on thermals down the Mosquito Pass.
When the legs give out, the heart still sings.

From snow topped granite and black basalt,
Evie, get your tights-wrapped hard rock buns
of steel dropped down toward valley asphalt,
visions of water and blue winners' ribbons.

Endnotes:

1. Zechariah, 14:5. "And ye shall flee to the valley of the mountains."
2. Zechariah, 5:7. "and, hold, there was lifted up a round piece of lead--and this is a woman sitting in the midst of the measure."
3. Zechariah, 5:9. "Then lifted I up mine eyes, and saw, and behold, there came forth two women, and the wind was in their wings..."
4. Genesis, 3:30. "And the man called his wife's name Eve, because she was the mother of all living."

-- Michael G. Sutin

YOU SHOULD SEE HER
WITHOUT HER PUSH-CHAIR

Shirley Van Slooten took second place overall in the Women's Distance Festival 5K, held in July in Albuquerque. Her time was 18:37.

Shirley does some of her training with her nine-month-old daughter, Sienna, whom she pushes in a three-wheeler. (In Shirley's native England, they call this contraption a push-chair.)

The winner of the race was Christine Boyd, a professional runner for Saucony. A member of the Polish national team finished behind Shirley.

Barb Dutrow, with a time of 20:45, placed second in her age group of 35-39.

NEW MEMBERS

F. Gregg Bemis Jr., Ricardo Pong, Tish Hamilton and Reece Tatum have joined the ranks of Striders members. Reece has been a member before, in the days when he passed many a runner while pushing his kid in a stroller.

TIMER PURCHASE?

The Striders, awash in money following the success of the Santa Fe Run-Around in June, are thinking of buying a race timer. We have one, but it doesn't work. Discussion of this issue will be held at a meeting in the not-too-distant future.



BIG TESUQUE RUN FOURTH ANNUAL

Sponsored In Part By
San Francisco Street Bar & Grill
Santa Fe Screenprinters
Santa Fe Striders
Jim Fisher, Quarks Unlimited



Special Thanks To
USDA Forest Service
Wild Oats Community Markets
La Forme Enterprises

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 event site.
Course: 4X4 dirt/rock road Elevation: 9800 - 12000



DATE & TIME: Sunday September 17, 1995 9AM
Round Trip - 11.6 Miles

Age Categories: Under 18, 18-29, 30-39, 40-49, 50-59, 60+
Cutoff times 1&1/2 hours for ascent, 2&1/2 hours for finish.

RECORDS: Open Women Sue Ashman-Smith (32) 1:32:35 1992
Men Craig Heacock (27) 1:19:01 1994
Masters Women Jody Visalli (46) 1:37:55 1992
Men Jim Westmoreland (41) 1:25:48 1992

La Forme Enterprises
Custom Frames and Furniture

Refreshments afterwards by WILD OATS COMMUNITY MARKETS.

Entry Till September 2: Members \$10 Nonmembers \$12

After September 2: Members \$15 Nonmembers \$17

Race day entry closes at 8:45 SHARP. Info: Jim Fisher 455-0259

Two doz medium, 3 doz large, 5 doz xl T-shirts are allocated for early entrants. Some 1994 t-shirts are available after that.

Send entry to: Jim Fisher; Rt11 Box 210X #130, Santa Fe, 87501



Name: _____ Sex _____
Address: _____ Age _____
City: _____ State _____ Zip: _____ Tag# _____
Santa Fe Strider Member _____ T-shirt M _____ L _____ XL _____ Paid _____

Waiver: 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.

Signature _____ Date _____
Parent/Guardian _____

ELDORADO RUN FOR THE GOLD

ELDORADO RUN/WALK 5K (3.1 mile) AND 1 MILE

MONEY RAISED WILL BE USED TO BUILD A TRACK AT THE ELDORADO ELEMENTARY SCHOOL.

Pre-registration - before August 1st (to insure t-shirt on day of race)

Race Day - August 26, 1995 - 7:30 Packet pick up and continued registration
8:30 5K run or walk
9:30 1 mile run/walk
10:00 Awards and raffle

Start and finish at Eldorado Elementary School. Run will be on paved bike path.

Water and Powerade at beginning, turn around, and end.

First aid at start and finish.

New York bagels, fresh fruit, and donuts also at finish.

Raffle prizes include: Sports equipment, gift certificates, Southwestern gifts, and toys.

Must be present for raffle.

Award prizes include: Restaurant meals, Nambe, and miscellaneous prizes.

T-shirts, refreshments, raffle, and awards!!! Bring the whole family!!!

Join us in Eldorado's first Run!!! 1 mile run perfect for the children!!!

Strollers and wheelchairs welcome. Please no bicycles, roller skates, or dogs.

Information: Judy Winnegar #466-6563 or Lydia Mazorol #466-9728.

I will participate in the 5K run ___ 5K walk ___ 1 mile run ___ Stroller ___ Wheelchair ___

Age on race day: ___ Sex: M ___ F ___

Last Name: ___ First Name: ___

Address: ___ Phone: ___

City: ___ State: ___ Zip: ___

Medical Problems: ___

T-Shirt Size (circle one): Adult: S M L XL

\$10.00 registration fee. No refunds.

Checks only. Do not mail checks after Aug. 18. Make checks payable to "Eldorado Run".

RETURN TO: Eldorado Run for the Gold

6 Nido Lane

Santa Fe, New Mexico 87505

(OVER)

Be Sure To Sign Waiver On Reverse Side.



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.

**SANTA CLARA, LOS ALAMOS,
DINO DASH RESULTS**

The Wings of the Southwest
Wind Messenger and Po'Pay

Foot Race attracted a
number of Striders to Santa
Clara Pueblo. Among them were
Jim Westmoreland, who took
first place in the 40-49 age
group in the 10 K with a time of
18:51, and Michael Hurlocker,
who came in third in that age
group with a time of 21:12.

Danica Girard took third
place in the 20-29 age group
in the 5K with a time of 27:23.

In the 10K, June Dickinson
won first place in the 60 and
over age group, in 55:51.

Jon Foyt ran the 10K in a
time of 1:01 and some change,
and Mike Guttman covered the
10K distance in 49:41.

At the July Dino Dash in
Albuquerque, Strider member
Dagny Scott ran an 18:57 5K for
overall second place. She was
first in the 30-39 age group.

At the Los Alamos mini-
marathon, Lynn Pickard won the
45-49 age group in the 20K with
a time of 1:48:19.

Dora Epler placed first in
the 50-54 age group for the 20K
with a time of 2:16.

Aaron Goldman won the 60-64
age group with a time of
1:37:46.7. John Polk turned in
a time of 1:41:14.1 to take
second place in that age group.

Chester Rail turned in a 20K
time of 1:59:27.4 in the 50-54
age group, while Tom Day took
third place in the 55-59 age
group with a time of 1:49:44.7.

In the 5K, John Rives ran a
time of 24:05.6 in the 40-44
age group.

The Los Alamos courses were
changed this year after race
organizers found a hill they
had unaccountably left out of
previous courses.

Mile Markers

**Santa Fe Striders
Post Office Box 1818
Santa Fe, New Mexico 87504**



HARDY/ WESTMORELAND
2363 CAMINO CARLOS REY
SANTA FE NM 87505