



# Mile Markers



*We Give You the Run-Around*

October 1995 Vol. 17, No. 10

## RIDE AND RUN TO LAMY SCHEDULED OCT. 29

The second annual fun-run-and-ride to Lamy, in which two-person teams combine biking and running, is set for 8:30 a.m. Sunday, Oct. 29.

This low-key event, with no entry fee and no prizes, begins at Rabbit Road and the railroad tracks (on the former Santa Fe Run-Around course) and ends some 11 miles away at Highway 285 at Lamy.

A team consists of two people who have one mountain bike between them. The object, explains Dale Goering, who is planning the event, is to get both athletes and the bike to the finish line at about the same time. The team's time is clocked when the second person crosses the finish.

### Three

They try to be well meaning  
and not misunderstood,  
but I see through them when  
they shout: "you're really lookin' good!"

They really try to help me  
to win, or place, or show,  
and they can almost hook me with:  
"It's only one more mile to go!"

And now we have the final straw,  
the rumor all real runners fear,  
the most unkind cut of all:  
"It's all downhill from here!"

--Michael G. Sutin

Each team will work out its own plan. "You may trade off running and biking as often or as little as you like," according to Dale. "Do your own planning."

Ordinarily, one team member rides on ahead, leaving the bike for the second team member who's running.

(During last year's event, one participant overran the team bike and had to retrace his steps for about half a mile. This participant will remain anonymous, although he's sometimes known as "Sneesby.")

The course is rocky and rough. Organizers won't be responsible for injuries.

Anyone who can't find a team member is welcome to just run or just ride. If someone would like a partner and doesn't have one, call Dale and he'll try to find you a teammate.

The course--along the railroad tracks-- has a couple of rough spots, Dale reports, but is improved over last year.

Last year's event was postponed for a week due to rain, which makes the course too dangerous. If it rains this year, call Dale at 983-6616 and he'll tell you if the race is still on.

Transportation will be provided back to the starting line for both runners and bicycles. People who can help with this transportation should get in touch with Dale.



## BIG TESUQUE

Ninety-six hill runners turned out for the 4th annual Big Tesuque Run. The 19 Striders in the race were:

### Women:

Diana Hardy, 1:46:44, second in the 30-39 age group; Tish Hamilton, 1:54:12, Ginny LaForme, 1:54:49, winner of the masters category; Lynn Pickard, 2:01:23, second, 40-49; Donna Berg, 2:01:39, first, 50-59; Vivian Reinikinen, 2:05:09, second, 50-59; Kim Bear, 2:09:33; Micheline DeVours, 2:13:02; Dora Epler, 2:31:15, third, 50-59.

### Men:

Craig Heacock, 1:21:15, overall winner; Jered Sneesby, 1:27:05, first, 18-29; Jim Westmoreland, 1:27:34, second, 40-49; Carl Gable, 1:34:05; Paul Scott, 1:39:50; Jim Fisher, 1:42:44; Jeremy Yang, 1:45:18; Robert Werner, 1:50:52, second, 50-59; Chester Rail, 2:28:18; Michael Sutin, 2:58:28, first, 60 and over.

Strider Jack Lippincott writes to say he misses the Santa Fe weather. In Houston, where Jack lives, the average temperature during August is 95 degrees--with 90 percent humidity.

He seems to be weathering the heat all right, though. He ran an 18:56 in the 5K Bagel Run on Aug. 19. That was good for 7th in the 40-49 age category. (He adds, "I'm 49 for eight more months!")

At the White Sands Missile Range Duathlon, which included a 5K run, 30K bike ride and 5K run, Dale Goering posted a 1:44:30 to earn a first in the 60 and over age group.

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## OLD SANTA FE TRAIL RUN

Shirley Van Slooten continued her dominant 5K running with an overall first place in the Old Santa Fe Trail Run, held on Labor Day. She turned in a 19:18.

In the 10K, Dagny Scott ran a 40:15 to take another overall first at a distance she has excelled in.

Other Striders included:

### Men, 5K:

Eric Erb, first, 40-49, 17:34; Jim Westmoreland, second, 40-49, 18:34; Dale Goering, second, 60-69, 22:19.

### Women, 5K:

Jessica Sutin, third, 20-29, 27:27; Lynn Pickard, first, 40-49, 23:12; Elaine Coleman, third, 50-59, 30:39; Kenny Goering, first, 60-69, 29:43.

### Men, 10K:

Robert Werner, second, 50-59, 43:49; Dale Goering, second, 60-69, 46:34.

### Women, 10K:

Barb Dutrow, second, 30-39, 45:07.

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## THE FAB THREE

The Mature Victors, a co-ed team composed of Bob Werner, Saul Cohen and Anne-Lise Cohen, took first place in the 60-and-over co-ed team category at the Los Alamos Triathlon in August.

Bob swam, Saul ran and Anne-Lise cycled. Bob is under 60 but was able to be on the team because ages are averaged.

Saul, by the way, had a good August. At the High Desert Run for the Hills, a 5K in Albuquerque, he took first in the 65-69 age group.

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LET'S SEE NOW; AT 4:30 A MILE, THAT MUST BE.....

time/ mile	(Miles)	(3.107)					(6.214)					(12.427)					(13.109)		(26.219)	
		2 mi	3 mi	5 km	3.5 mi	4 mi	5 mi	6 mi	10 km	7 mi	8 mi	9 mi	10 mi	20 km	1/2 Mar.	15 mi	20 mi	Marathon		
4:30	9:00	13:30	13:59	15:45	18:00	22:30	27:00	27:58	31:30	36:00	40:30	45:00	55:55	59:00	1:07:30	1:30:00	1:57:59			
4:40	9:20	14:00	14:30	16:20	18:40	23:20	28:00	29:00	32:40	37:20	42:00	46:40	58:00	1:01:11	1:10:00	1:33:20	2:02:21			
4:50	9:40	14:30	15:01	16:55	19:20	24:10	29:00	30:02	33:50	38:40	43:30	48:20	1:00:04	1:03:22	1:12:30	1:36:40	2:06:43			
5:00	10:00	15:00	15:32	17:30	20:00	25:00	30:00	31:04	35:00	40:00	45:00	50:00	1:02:08	1:05:33	1:15:00	1:40:00	2:11:06			
5:10	10:20	15:30	16:03	18:05	20:40	25:50	31:00	32:06	36:10	41:20	46:30	51:40	1:04:13	1:07:44	1:17:30	1:43:20	2:15:28			
5:20	10:40	16:00	16:34	18:40	21:20	26:40	32:00	33:08	37:20	42:40	48:00	53:20	1:06:17	1:09:55	1:20:00	1:46:40	2:19:50			
5:30	11:00	16:30	17:05	19:15	22:00	27:30	33:00	34:11	38:30	44:00	49:30	55:00	1:08:21	1:12:06	1:22:30	1:50:00	2:24:12			
5:40	11:20	17:00	17:36	19:50	22:40	28:20	34:00	35:13	39:40	45:20	51:00	56:40	1:10:25	1:14:17	1:25:00	1:53:20	2:28:34			
5:50	11:40	17:30	18:07	20:25	23:20	29:10	35:00	36:15	40:50	46:40	52:30	58:20	1:12:30	1:16:28	1:27:30	1:56:40	2:32:57			
6:00	12:00	18:00	18:38	21:00	24:00	30:00	36:00	37:17	42:00	48:00	54:00	1:00:00	1:14:34	1:18:39	1:30:00	2:00:00	2:37:19			
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6:40	13:20	20:00	20:43	23:20	26:40	33:20	40:00	41:25	46:40	53:20	1:00:00	1:06:40	1:22:51	1:27:24	1:40:00	2:13:20	2:54:48			
6:50	13:40	20:30	21:14	23:55	27:20	34:10	41:00	42:28	47:50	54:40	1:01:30	1:08:20	1:24:55	1:29:35	1:42:30	2:16:40	2:59:10			
7:00	14:00	21:00	21:45	24:30	28:00	35:00	42:00	43:30	49:00	56:00	1:03:00	1:10:00	1:27:00	1:31:46	1:45:00	2:20:00	3:03:32			
7:10	14:20	21:30	22:16	25:05	28:40	35:50	43:00	44:32	50:10	57:20	1:04:30	1:11:40	1:29:04	1:33:57	1:47:30	2:23:20	3:07:54			
7:20	14:40	22:00	22:47	25:40	29:20	36:40	44:00	45:34	51:20	58:40	1:06:00	1:13:20	1:31:08	1:36:08	1:50:00	2:26:40	3:12:16			
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7:40	15:20	23:00	23:49	26:50	30:40	38:20	46:00	47:38	53:40	1:01:20	1:09:00	1:16:40	1:35:17	1:40:30	1:55:00	2:33:20	3:21:01			
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8:00	16:00	24:00	24:51	28:00	32:00	40:00	48:00	49:43	56:00	1:04:00	1:12:00	1:20:00	1:39:25	1:44:53	2:00:00	2:40:00	3:29:45			
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8:20	16:40	25:00	25:53	29:10	33:20	41:40	50:00	51:47	58:20	1:06:40	1:15:00	1:23:20	1:43:34	1:49:15	2:05:00	2:46:40	3:38:29			
8:30	17:00	25:30	26:24	29:45	34:00	42:30	51:00	52:49	59:30	1:08:00	1:16:30	1:25:00	1:45:38	1:51:26	2:07:30	2:50:00	3:42:52			
8:40	17:20	26:00	26:56	30:20	34:40	43:20	52:00	53:51	1:00:40	1:09:20	1:18:00	1:26:40	1:47:42	1:53:37	2:10:00	2:53:20	3:47:14			
8:50	17:40	26:30	27:27	30:55	35:20	44:10	53:00	54:53	1:01:50	1:10:40	1:19:30	1:28:20	1:49:47	1:55:48	2:12:30	2:56:40	3:51:36			
9:00	18:00	27:00	27:58	31:30	36:00	45:00	54:00	55:55	1:03:00	1:12:00	1:21:00	1:30:00	1:51:51	1:57:59	2:15:00	3:00:00	3:55:58			
9:10	18:20	27:30	28:29	32:05	36:40	45:50	55:00	56:58	1:04:10	1:13:20	1:22:30	1:31:40	1:53:55	2:00:10	2:17:30	3:03:20	4:00:20			
9:20	18:40	28:00	29:00	32:40	37:20	46:40	56:00	58:00	1:05:20	1:14:40	1:24:00	1:33:20	1:55:59	2:02:21	2:20:00	3:06:40	4:04:43			
9:30	19:00	28:30	29:31	33:15	38:00	47:30	57:00	59:02	1:06:30	1:16:00	1:25:30	1:35:00	1:58:04	2:04:32	2:22:30	3:10:00	4:09:05			
9:40	19:20	29:00	30:02	33:50	38:40	48:20	58:00	1:00:04	1:07:40	1:17:20	1:27:00	1:36:40	2:00:08	2:06:43	2:25:00	3:13:20	4:13:27			
9:50	19:40	29:30	30:33	34:25	39:20	49:10	59:00	1:01:06	1:08:50	1:18:40	1:28:30	1:38:20	2:02:12	2:08:55	2:27:30	3:16:40	4:17:49			
10:00	20:00	30:00	31:04	35:00	40:00	50:00	1:00:00	1:02:08	1:10:00	1:19:00	1:30:30	1:40:00	2:04:16	2:11:06	2:30:00	3:20:00	4:22:11			

SATISFACTION GUARANTEED

Cole Porter, it's said, had a clue  
Just as the course was diminishing,  
"I may-or-may-not get a kick out of you  
But I sure get a boot out of finishing."

(anon.)

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POEM

An Italian runner named Dennis,  
Used to do all his training in Venice.  
Now he'll race for an hour,  
Then demand a shower,  
In tones that are filled with great menace!

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--Jack Lippincott  
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OFFICERS

Strider officers remain

John Pollak, president, 983-  
2144

Elaine Coleman, vice president,  
983-9747

Graydon Anderson, treasurer,  
438-1872

Tom Day, newsletter editor,  
473-3159

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THE CHINESE HAD A SAYING FOR IT

"If I am not for myself, who  
will be for me?" says an old  
Chinese proverb.

Or, to put it another way,  
"If I don't send my race  
results to Mile Markers, who  
will?"

Mail results--as well as  
articles, poems, suggestions  
and what-have-you--to Striders  
Newsletter, 2260 Calle de Arce,  
Santa Fe, NM, 87505, by the  
25th of the month.

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### 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.



# Mile Markers



*We Give You the Run-Around*

November 1995 Vol. 17, No. 11

HELP THE NEEDY, RUN IN AN ARROYO, BAKE A PIE

The Fowl Day Run, conceived 15 years ago by former Strider John Arnold, will be held at 9 a.m. Saturday, Nov. 18, at Fort Marcy Park.

John, who left Santa Fe for Albuquerque some years ago, is credited with the slogan for the run--Have a Fowl Day--as well as with the run itself, a benefit for the Salvation Army.

## 1995 St. George Marathon

By Tish Hamilton and  
Eric Marquard

**W**e, Tish and Eric, journeyed to St. George, Utah, on October 7 to take a shot at the course *Runner's World* recently dubbed as "the fastest course on earth" (but what do they know? They think Boston is fast, too). The marathon starts at 5,200 ft. and finishes around 2,600 ft. We lined up with the other 3,900 runners, fingers crossed, hoping to smash all previous best times.

We knew it would be interesting. We had only recently moved to the great Southwest, so we were still getting used to thinned blood. This was Tish's fourth marathon in 12 months, so she was starting to feel the effects of megadistance (although she hotly denies this).

(Continued on page 2)

The low-key race has changed course, slightly, several times over the years but has remained always at 3.1 miles--more or less.

The event also includes a one-to-two-mile fun walk.

The entry fee is non-perishable food that will be collected at the site by the Salvation Army. Food worth \$8 or more is suggested. The Salvation Army will also accept sweaters and jackets.

A random drawing for door prizes will be held, as usual. There will also be post-race refreshments.

Race director for the Fowl Day Run this year is Elaine Coleman, the Striders' vice president.

A flyer for the race is included in this newsletter.

The door prizes at the race traditionally have included pies baked (and occasionally bought) by Striders. Anyone who would like to bring a pie is encouraged to do so.

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SHAKESPEARE'S  
IDENTITY REVEALED!  
--He was Jerry Dorbin  
(see page 4)  
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First-hand report from the Ironman Triathlon, page 3