



# 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.

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.

## 1995 St. George Marathon

By Tish Hamilton and  
Eric Marquard

We, 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)

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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

And the editorial staff of *Runner's World* was going to be on hand to run in pace groups to help people trying to qualify for the 100th running of Boston next April.

The night before the race, the *Runner's World* staff held a seminar on their pacing concept and marathoning in general: their idea was to run the race in negative splits, as the only uphill on the course are miles 9 through 12.5. Many in the audience were skeptical. The editors were all leading pace groups at about 30 minutes

slower than their normal times. The *Runner's World* people may be able to run negative splits, but what about us regular folks?

Eric needed to run a 3:10 to qualify so he chose to run with the 3:10 pace group (smart guy). Although she had already qualified for Boston in the Vermont marathon in June, Tish wanted a PR: She would go with the 3:30 group. We each wore a big number on our backs indicating our pace group time--along with many other runners in the race. The concept

was simple: Run with the designated pace leader from *Runner's World* and you will hit your goal time or better. Ha!

The St. George marathon is a point-to-point course. They bus you out to the middle of the desert through the dark predawn, and you run on the same road back to town. This gives you a prerace view of the course. We were impressed with how uphill this downhill course looked. The starting temp. was in the pleasant low-40s. The race started right on time at 6:45. (Our friends Sara and Claire were still in the Port-a-potties when the gun went off!) Because of the narrow road and darkness, people were tripping on one another before the pack was able to spread out. Eric couldn't find his 3:10 pace leader in the darkness and crowds. He went out at what he thought was an appropriate pace, but was passed by his group at mile 9. He kept up with them for 2 more miles before he began re-evaluating his goals. By mile 17, he decided to keep up with the 3:15 group. At mile 21, the 3:20 group looked good.

Tish's group, led by *Runner's World* Executive Editor and former Boston winner Amby Burfoot, went through the halfway point at 1:49, which meant they had to run the second half in 1:41 to get their goal time of 3:30. In other words, we're talking a serious negative split. At the finish line, Tish was--and still is--indignant about this goal. Sure, she said, *Amby Burfoot* can run an 8-minute negative split, but what about us regular folks?

The views of the red-rock Utah wilderness along the way were magnificent--when we could remember to look at them. We were concentrating more on the silver helium balloons floating above every mile marker. It was cool to see these silver flashes off in the distance--one more balloon down, 17 to go!

In the end we both finished a bit off our goals. Eric ended up with a 3:15, and Tish a 3:36 (not her best). We found out later that virtually all the *Runner's World* people finished right on time. What we learned is that even though it's downhill, 26.2 miles is never easy.

UPCOMING RACES

Nov. 18, Fowl Day Run, 9 a.m., Fort Marcy Park.

Nov. 23, Albuquerque Turkey Run, 5 and 10K, 2-mile walk, Gil's, 268-6300.

Dec. 2, White Sands/Alamogordo Marathon, 1/2 marathon, 5K, 382-8869, 437-4731.

Jan. 1, Egg Nog Jog, 4-mile run, 2-mile walk, Albuquerque, Gil's, 268-6300.

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

## THE "GRANDDADDY OF TRIATHLONS"

Mark Allen and Karen Smyers won the men's and women's divisions of the 1995 Ironman Triathlon. Both races contained plenty of drama, and can be seen in an NBC Sports special on November 18<sup>th</sup>. Statistics, news stories, and TV shows, however, can't convey the excitement of the Kona Ironman Triathlon World Championship.

While we were on the big island of Hawaii on vacation, we saw many serious bikers up and down the highway, across the lava fields of Kohala. It was the final training week for the Ironman. As the event neared, we were caught up in the excitement and fever of preparation, and with slight modification to our flight schedules, were able to watch the event. We were staying at the north end of the island in the village of Hawi, right at the turnaround for the bike course, so we had to get up at 4:30 to drive to the start of the swim in Kona Harbor at 7:00 A.M. At 10:30 that night we were still in the crowd at the finish line, but with a 55-mile drive ahead, decided not to stay to the bitter end when the finish line closed at midnight.

Most people who don't compete in triathlons probably don't understand the magnitude of this race. This is the "World Championship" and the culmination of the triathlon season. It is the granddaddy of triathlons after sixteen years. The first two events were held on Oahu but then it moved to Hawaii. It starts with a 2.4-mile, open-water swim in Kona Harbor. The contestants have 2 hours and 15 minutes to complete that leg before disqualification. This is followed by a 112-mile bike ride up the Kohala coast to Hawi and back. The extraordinary, moon-scape course must be seen to be appreciated. It consists of rolling hills, some of which are fairly steep, on an open highway across stark, black, lava fields. The temperatures can be over 100 and high winds are common. The participants have until 5:30 P.M. to complete the bike ride, followed by a full (26.2-mile) marathon which is a bit flatter than the bike ride but also includes some distance along the lava fields. The official finish line is closed at midnight, 17 hours after the start. The field is limited to 1500, most of whom qualified by finishing at the top of their class in one of the many qualifying events throughout the world. There were about 185 competitors who were selected by lottery. This is an event of incredible stamina and endurance. Many Striders have run marathons and felt the satisfaction of finishing that grueling event. Imagine doing that after a long swim in the ocean and a killer bike ride. Needless to say, as the final day approached, we saw more and more extremely fit women and men riding their bikes, swimming in the bay, running up and down the roads, or just walking around Kona.

The town of Kona is completely caught up in the race. Stores, hotels, and condos capitalize on it. Restaurants advertise carbo-loading meals and "healthy food". There are many Ironman groupies (relatives, friends, would-be Ironmen), most of whom also look unbelievably fit. There are parades, lectures, autograph sessions, lots of booths of triathlon equipment, an Ironman Museum, and innumerable Gatorade (the official sponsor) signs, leading up to the excitement of the final day.

(Continued on page 4)

## TRIATHLON (Continued)

For those of us who have worked at some aspect of organizing a race like the Santa Fe Runaround, the organization of this event is mind-boggling. There are between 3000 and 4000 volunteers. During the race itself there are helicopters overhead, motorcycles and convertibles with all manner of cameras on the course, and countless traffic and crowd-control personnel. The Queen Kaahumanu highway, which is the main north-south road, is virtually closed to traffic. On the bike course there are aid stations about every 5 miles and on the marathon about every mile. At these stations contestants get water, Gatorade, cookies, bananas, and energy bars. In the water, there are over a hundred volunteers on surfboards and several cruise boats for safety. But to us the most impressive part of the organization is the transition between legs. Imagine having to take care of 1500 swimmers coming out of the water, showering off the salt water, finding their clothes and shoes, putting on sunscreen, and finally finding their bikes and riding off. Or the transition to the marathon where bikes must be turned in and running shoes and often clothes found before starting on the road again. Although these areas are closed to the general public, it is pretty clear that the volunteers manage all of this activity. As we drove to the start, in the gray light of dawn, we passed many of the aid stations being set up on the Queen K Highway. We were struck by the magnitude of this event as we passed one of the aid stations close to Kona, and spotted a huge tanker truck pumping Gatorade into 20-30 plastic barrels strung out along the road from the central tent.

The statistics are impressive and can go on and on but the real awe goes to the contestants who train for hours per week for months and months just to get there, and then perform a near-unbelievable event. There are professional triathletes and others who are clearly racing for cash prizes and medals in their age group. For the vast majority, though, the prize is the challenge and satisfaction of conquering this grueling athletic event and earning the well-deserved Ironman title.

-- Bill and Jary Earl

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### CLASSICAL GAS

apologies to W. Shakespeare, C. Marlowe, E. of Oxford or W. Ever

Curs't course, that wends one up the hill  
    And pricks, as shiv, one's sole,  
        Which gives to one one's fill  
Of windless day, and steals away the goal.  
    Oh, unholy exercise, this path so vague  
        As tempt the halt to run,  
    'Tis the strumpet's plague:  
To beguile the many and be beguil'd by none.

--j.b.d.

(adapted 10/95)

## RUNNING AND RIDING DOWN TO LAMY

On the last Sunday morning in October, a bunch of Striders and their friends went out and played. They couldn't call it that, being adults, so they became Participants in an Athletic Event.

The event was the 11.6-mile fun-run-and-ride to Lamy. Twelve teams took part as well as several people who ran, without aid of wheels.

The rules of the event, organized by Dale Goering, are that each team of two has one bike between them. The team finishes the race when both people, and the bike, cross the finish line.

The race started at Rabbit Road and the railroad tracks and ended where the tracks cross the road before the cutoff to Lamy. The rules provide that during the event, team members may trade off biking and running as often as they like--or never.

Runners and bikers made their way along the dirt path next to the railroad tracks to the finish. Recently there has been talk of making the route into a half-million dollar, developed trail, but participants in the ride-and-run made out just fine using the existing dirt path.

Jeremy Yang and Kris Kern were the first team to cross the finish, in 1:03:51. They set a new course record in the two-year-old event.

Other places and times were: Paul Scott and Pauli Tocci, second in 1:06.33; Carl Gable and Jim Bossert, third in 1:08:04; Jim Westmoreland and Diana Hardy, fourth in 1:09:45;

Dave Sneesby and Mike Guttman, fifth in 1:21:01; Bill Earl and Dylan Weller, sixth in 1:24:19; Cody Sheppard and Lehigh Sheppard, seventh in 1:25:27;

John Pollak and Justine Pollak, eighth in 1:31:04; Kevin Van Slooten and Shirley Van Slooten, ninth in 1:36:03; Albert Reed and Debra Moody, tenth in 1:43:01; June Dickinson and Almea Matanock, eleventh in 1:43:25; Elaine Coleman and Tom Day, twelfth in 1:45:07.

Among the runners were Diana Best, 1:36:30; Sal De Bari, 1:37:14, and Steven Ruud. Richard Curry and Jim Hannan, both of whom are training for Arizona marathons, ran toward Lamy for an hour and then ran back to the start. It was one of those events in which you can do pretty much anything you want.

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### A WHOLE BUNCH OF WINNERS

Jim Westmoreland was the overall winner in the Corrida de Taos 5K, with a time of 17:17, while Diana Hardy was the women's overall winner in the 10K with a time of 40:31.

Jim also ran the 10K, winning the 40-49 age group in 37:04.

Other Striders also shone.

In the 5K, Virginia LaForme was first in the 40-49 group, with a time of 22:04. She then took an age-group win in the 10K, running the distance in 45:52.

Justin Pollak ran a 41:11 to win the 15-19 age group in the 10K.

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## STRIDER RECIPES

### Italian Zucchini Crescent Pie--from Kenny Goering

4 cups zucchini, unpeeled and thinly sliced  
1 cup onion, chopped  
1/2 cup margarine or butter  
1/2 cup parsley chopped if fresh, or 2 tablespoons dried  
1/2 teaspoon salt (Kenny leaves this out)  
1/2 teaspoon black pepper, fresh ground  
1/4 teaspoon garlic powder, or fresh chopped to taste  
1/4 teaspoon basil leaves; Kenny uses fresh if available--more needed then  
1/4 teaspoon oregano  
2 eggs well beaten  
2 cups muenster or mozzarella cheese, shredded  
8 oz. can Pillsbury Refrigerated Quick Crescent Dinner Rolls  
2 teaspoons Dijon mustard

Cook zucchini and onion in margarine about 10 mins.--till tender. Stir in parsley and other seasonings. In large bowl mix eggs and cheese--stir in veg mixture.

Separate dough into 8 triangles. Place in an ungreased 11-inch quiche pan. Press over the bottom and up the sides to make crust and spread the crust with the mustard. Pour veg mix evenly into crust. Bake at 375 for 18-20 minutes. Cut into wedges to serve. Serves 6.

Strider receipes are designed for community dinners such as Strider monthly potlucks. If you have a favorite recipe send it to Striders Newsletter, 2260 Calle de Arce, Santa Fe 87505.

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### The Uphill Climb

A gradual incline of fifteen per cent,  
inclined to be kind to my being,  
to gradual ravages of age.

I lean upstream, the way my body's bent,  
along the contours slashed into the slope.  
If I keep running, I will not grow old.

### Endnote:

"He offers an equally uncomplicated explanation for skipping the GOP retreat and going to California for the triathlon.

"' I don't think I do that much for myself, but those things I do, I've got to do, or I'm going to die,' said the governor, who is something of a physical-fitness fanatic."

"Governing to Beat of His Own Drummer," The Sunday Journal, May 21, 1995.

-Michael G. Sutin

## THE BLOOD-SUGAR BLUES

Preventing your energy from taking a sudden dive requires both good timing and nutrition savvy.--Reprinted from Women's Sports & Fitness

**B**lood sugar. It's a term that active women toss around a lot, as in "My blood sugar just dropped. I have to eat something now!" Nutritionists also like to use the term, warning, "Eat sugary foods and your blood sugar will soar—then come crashing right down." We all know keeping our blood-sugar level up is the key to vim and vigor, but why? What exactly is blood sugar?

Simply explained, blood sugar is the food you eat converted into usable fuel, then sent to your vital organs and muscles via your circulatory system. It's created when the food moves from your stomach into your small intestine and is subjected to digestive juices. The juices break it down into (among other things) glucose, a simple sugar that is absorbed into your bloodstream. Hence the term *blood sugar*.

### Ups and Downs

One aspect that experts say strongly influences blood sugar levels is how often you eat: It's important to keep a steady stream of fuel coursing through your system. When you skip or delay meals, your body can't steadily manufacture blood sugar, and the supply diminishes. And if you're not producing it in adequate amounts, organs such as the brain, which relies on glucose to function, don't get enough fuel. The unwelcome result is often low energy, lightheadedness and even nausea.

"A lot of people, especially athletes, tend to go way too long without eating," says Georgia Kostas, M.P.H., R.D., who's nutrition director of the Cooper Clinic at the Cooper Aerobics Center in Dallas, and author of *The Balancing Act: Nutrition & Weight Guide* (Balancing Act Books, 1994).

"They expect to be able to play a game of tennis after work without having eaten anything since noon. But by that point, their blood sugar is so low that I don't know how they can make it through a game."

Just as critical as when you eat is what you eat. Fat takes longer to digest, so it causes blood sugar to be released more slowly. But simple carbohydrates—sugar, honey, maple syrup, jams and jellies—are quickly absorbed into the bloodstream,

which causes blood sugar to rise fast. These sugars also cause the pancreas to secrete more insulin and insulin, in turn,

quickly moves the blood sugar into the muscle cells. According to Nancy Clark, M.S., R.D., author of *Nancy Clark's Sports Nutrition Guidebook* (Leisure Press, 1990), exercise can further hasten the process, so that your blood sugar may drop even lower once you begin to exercise. Moreover, some people are more susceptible to this phenomenon than others.

### Holding Steady

Despite what's often said in praise of carbohydrates as the optimal energy food, Kostas believes that a combination of nutrients is a better blood-sugar booster. "Active people who are so focused on carbohydrates for energy may not get enough protein or fat in their diets," explains Kostas, who works regularly with athletes. "But when you eat carbs with moderate amounts of protein and fat, you get the benefit of fuel with staying power."

For keeping blood-sugar levels up, Kostas swears by what she calls the P-C-F (Protein-Carbohydrate-Fat) Principle. Eaten together, protein, carbohydrates and fat metabolize evenly and produce a steady release of fuel over several hours, stabilizing blood-sugar levels better than any one of them might alone. Again, it's important to eat frequently, too. "Eat every four to six hours," recommends Kostas. "And make it a P-C-F combination every time." Something like a turkey sandwich fills the bill (turkey for protein, bread for carbs and mayonnaise for fat), as does a bowl of cereal with a banana and low-fat milk (the cereal and banana are both carbs; the milk provides the protein and fat).

Timing your meals and snacks right is particularly important on days when you'll be engaging in intense exercise. "If you're doing a slow jog, your body will draw on its slowly metabolized protein and fat fuel stores, which is fine," explains Kostas. "But if you're exercising intensely,

your body will demand the quick fuel it gets from carbs. And if that isn't there, it'll start tearing down muscle for fuel." To keep your blood sugar high enough (thus making plenty of carbs available to the muscles), eat between one and three hours before you exercise.

In addition to replenishing their fuel stores every few hours, athletes need to do that immediately following a workout, when blood sugar dips to its lowest point and the muscles are depleted of glycogen (the substance into which the body converts glucose for storage in the muscles). Because exercise can blunt appetite, you may need to make a conscious effort to eat after your workouts. "Many times people will feel the effects of low blood sugar before they get the urge to eat," says Evelyn Tribole, M.S., R.D., a Los Angeles-based nutritionist and the author of *Eating on the Run* (Human Kinetics, 1992). "But if you don't replenish your stores of glycogen right away, your performance may be affected the next day."

Because the signs of dehydration—dizziness and nausea—can mimic the symptoms of low blood sugar, keeping your body hydrated is another essential habit. "Drinking fluids before, during and after physical activity is crucial," says Scottie Misner, Ph.D., R.D., a nutrition specialist at the University of Arizona in Tucson. About eight ounces per hour during periods of physical activity should suffice; throughout the day, Misner advises, drink plenty of fluids in the form of water, sports drinks or seltzer mixed with 10 percent fruit juice. Avoid colas, coffee and tea, which are dehydrating, and, of course, keep sugary drinks to a minimum: As should be an active woman's mantra by now, they'll cause your blood sugar to soar—then come crashing right down. wsf

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Maureen Connolly is a health and nutrition writer in New Jersey.

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# THE 1995 FOWL DAY RUN

**STARTING TIME:** 9:00 AM, Saturday, November 18, 1995

**START/FINISH/COURSE:** The course consists of road running and cross-country/arroyo running, and it will start and finish in Ft Marcy Park. There will be a 5K run and a one to two mile fun walk.

**ENTRY:** Open to all runners and walkers. Donations of non-perishable food items will be required for entry (suggested donation is approximately \$8 or more of non-perishable food items).

Food donations will be distributed through Salvation Army Food Boxes to local needy families during the holidays. In addition to food donations the Salvation Army will also be accepting sweaters and jackets.

**PRIZES:** There will be a random drawing for prizes at the conclusion of the run/walk. This is a fun event, the purpose of which is to collect food for those in need in our community, and as such there will be no race day t-shirts.

**NO PRE-REGISTRATION. RACE DAY REGISTRATION ONLY: 8:15 AM TO 8:55 AM AT STARTING AREA.**

**POST-RACE REFRESHMENTS WILL BE SERVED TO ALL PARTICIPANTS.**

**INFORMATION: 983-2144 or 473-3159**

**BROUGHT TO YOU BY: THE SANTA FE STRIDERS**

*Have a Fowl Day  
And Help The Needy*

*15th Annual Run*

## **RUN AGAINST HUNGER**

### **A BENEFIT FOR THE SALVATION ARMY**

## **HAVE A FOWL DAY**



**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.

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SCOTT TAKES 37th--of 3,000

Dagny Scott ran her first marathon in 2:55 to take 37th place overall among women at the Oct. 8 Twin Cities marathon. About 3,000 women competed in an international field of runners.

"By the way," Dagny notes, "what a well-run race, with great supportive crowds!" She recommends the race highly.

In the 5K race at the Duke City Marathon, Dagny ran an 18:27 to take fifth place among women.

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A MARATHON--AND MORE

Carl Gable ran a 4:54:13 in the Sandia Crossing race, a 28.5 run from Tijeras to Placitas. A friend of his, Larry Busby, posted a 6:05 in the grueling race.

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The November meeting will be held at Elaine Coleman's house, 899 Zia Rd. Her driveway is just off the Old Santa Fe Trail.

Call her at 983-9747 if you need more directions.

The meeting will be at 7 p.m. (pot luck) and 8 p.m. (business meeting) on Tuesday, Nov. 14--the second Tuesday of the month, as always.

Final plans for the Fowl Day Run will be discussed.

The December meeting will be on Tuesday, Dec. 12. The meeting will be at a restaurant--to be selected before the next newsletter--and will include the election of club officers for next year.

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## Mile Markers

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



HARDY/ WESTMORELAND  
2363 CAMINO CARLOS REY  
SANTA FE NM 87505