



# Mile Markers



*We Give You the Run-Around*

December 1995 Vol. 17, No. 12

"IT WAS A DARK AND STORMY RUN..."

Every runner has had an especially miserable run or race--what Elaine Coleman called a "personal worst." Mile Markers would like you to share your distress with other runners.

With that in mind, the newsletter is beginning a "Personal Worst" contest. The first entry is published below.

This is a contest. However, since our society already is too competitive, valuing celebrity status over individual self-expression, the winner will not be announced and no prizes will be given.

Send your contributions to Mile Markers, 2260 Calle de Arce, Santa Fe 87505. The newsletter deadline is the 25th of each month.

by Michael G. Sutin, former jogger

If you've never trudged to the top of a Colorado rock pile 14'er peak, you might have trouble understanding a written description of such a critter. It's a monolithic mound of multi-maxi-mini boulders, basically devoid of soil or vegetation, most of which is above timberline. Quite unlike New Mexico mountains which, except for our Baldys, have trees and wildflowers growing out of them, here and there. Hard to find a foothold before sun-up when the black ice on the block rock is not observable. That was the route to Mosquito Pass at 13,186 feet, starting at 10,000 feet in downtown Leadville.

(Continued on Page 2)

## EAT AT MOLLY'S

The annual Striders' dinner and election of officers will be held at Molly's Kitchen at 7:15 p.m. on Tuesday, Dec. 12. Molly's, a reasonably priced restaurant, is at 1611 Calle Lorca, across from Furrow's.

All Striders, friends and families are invited.

A nominating committee headed by Dale Goering has suggested the following candidates for next year--president, Danica Tutush-Girard; vice president, John Pollak; treasurer, Jim Hannan; newsletter editor, Tom Day. However, other nominations may be made from the floor.

No Free Lunch--

See Inside for

Details

This is the secret confession. How long should it take a middle of the pack, 60 year old recreational jogger, sporting an inevitable pooching paunch, to finish a mere 15 mile run?

Would you believe 5 hours and two minutes? Couldn't even get in under five hours.

On weekends, my running partner, the be-medaled and be-ribboned, Bob Werner, dragged me up and down the hills around Santa Fe trying to get me prepared for that which I couldn't have known how to appreciate.

Oh yes, of course, over the years, I've had my moments of glory in the sun, but only when the really good runners were sick that day or were race officials:

3rd place, 50-59, Cerrillos Devil's Throne 15K--1988

2nd place, 50-55, Los Alamos Mini-Marathon 20K--19??

3rd place, 50-59, Cerrillos Devil's Throne 15k--1991

1st place, The Mature Victors, Pajarito Quadrathon- 10 miles--1995

1st place, 60 and older, Santa Fe Run Around, 10K--1995

As I age, fewer runners are still participating. If you can totter to the starting line and then finish, you might get a ribbon. That must be the incentive to keep "running competitively."

Well, back to the long run story.

This "short course" was originally billed as a 14.3 mile short run (Bob ran the 26.74 mile marathon) with an expected cumulative 2970 foot vertical ascent (10,000 feet to 12,260 feet, or thereabouts, up a dirt road to an aid station) and an equal descent. Now, being no stranger to Aspen Vista, I thought I could handle the special effort that this short run seemed to require. This, despite the fact that the entire marathon was billed as the continuously highest and possibly the hardest marathon on earth. The literature stated "the course rarely exceeds an 18% incline." I-

thought that was meant to sound attractive. Ever tried to run an 18% incline?

The day before the race, a course change was announced. We're going from the aid station up to Mosquito Pass and the course is lengthened to somewhere over 15 miles. What's another 1000 feet up and down? What do I know, anyway?

To make this long run story short, I walked most of the way from downtown Leadville up to Mosquito Pass and walked in the last 3-4 miles to Leadville which should have been all downhill, but wasn't. My legs wouldn't/ couldn't run. I was last, the first last in my jogging history. First and only in over 60, last in the race. No ribbon. The class was 50-up. (Bob finished the whole marathon in only 7:05:04 in a brilliant, but bloody effort--slid his rear end down an ice cornice; Jim Fisher ran well; my heroes.)

I don't think my body has recovered. I couldn't finish the later scheduled Big Tesuque run until after the course closed and, again, was the last runner in. Maybe I was lucky that the flu knocked me out of the Duke City Half. I could've been last out of 7500 runners.

What's the moral of this story? I can mentally handle being last, but it's getting more painful to push to the end. Was Leadville the beginning or the end? What we need is more new ribbons for last place old runners.

Hang in there. You're looking good. Only one more mile to go. It's all downhill from here.

---

NO FREE LUNCH

The \$15 annual dues for membership in the Striders are due with the beginning of the year. With your dues, don't forget to sign the application waiver that's included in this newsletter. The Road Runners Club of America, with whom we are affiliated, requires the waiver.

---

WHAT'S A "HILL"?"

Carl Gable and Barb Dutrow traveled to New Orleans for the Nov. 5 Old Man River half-marathon. Carl turned in a 1:23:50 for 16th overall, and Barb ran a 1:30:39 for 4th overall and first in her 30-39 age group.

The weather was cool and dry, and the course was flat-real flat. Carl reports that bridges over a couple of drainage ditches might have had elevations of 10 feet.

---

UPCOMING RACES

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

Jan. 28, Super Bowl Sunday 5 and 10K, 2-mile walk, Albuquerque, Gil's, 268-6300.

Feb. 4, Corrida de Los Locos, Santa Fe, Dave Sneesby, 988-7410.

---

WEDNESDAY RUNS

Wednesday night runs, which follow a five-mile winter course, start at 6 p.m. at the Plaza across from the clock. Everyone is welcome.

\*\*\*\*\*

\* \* \* \* \*

OFFICERS

President, John Pollak, 983-2144

Vice president, Elaine Coleman, 983-9747

Treasurer, Graydon Anderson, 438-1872

Newsletter editor, Tom Day, 473-3159

## It's The Frame that Counts

Runners tend to put a lot of emphasis on their weight- and for good reason. When we drop a few pounds we usually run, look, and feel better. So, what is a desirable weight? Insurance tables show desirable weight ranges for men and women of different heights but its not that simple- you need to know what size frame you have : small, medium, or large. And how do you determine that? The cashier at the grocery store thought I was a big framed guy but the people at the local hardware store thought I was small for my height.

I recently came across a formula that helps people determine their frame size: you divide your height (in cm) by your right wrist circumference (in cm). The wrist is measured between the heel of the hand and that bony thing sticking out (styloid process). Also recall that 1 inch = 2.5 cm. The height/wrist ratio(r) can then be applied to the table below.

Sex	Small	Medium	Large
Male	$r > 10.4$	$r = 9.6 \text{ to } 10.4$	$r < 9.6$
Female	$r > 10.9$	$r = 9.9 \text{ to } 10.9$	$r < 9.9$

Now for the verdict. Compare your weight and height for your frame size to the desirable weights listed in the table below.

**Table 5-1** Height and weight tables for adults with desirable weights for persons age 25 and over

		Men*			Women*†				
Height		Small frame	Medium frame	Large frame	Height		Small frame	Medium frame	Large frame
ft	in	(lb)	(lb)	(lb)	ft	in	(lb)	(lb)	(lb)
5	2	112-120	118-129	126-141	4	10	92-98	96-107	104-119
5	3	115-123	121-133	129-144	4	11	94-101	98-110	106-122
5	4	118-126	124-136	132-148	5	0	96-104	101-113	109-125
5	5	121-129	127-139	135-152	5	1	99-107	104-116	112-128
5	6	124-133	130-143	138-156	5	2	102-110	107-119	115-131
5	7	128-137	134-147	142-161	5	3	105-113	110-122	118-134
5	8	132-141	138-152	147-166	5	4	108-116	113-126	121-138
5	9	136-145	142-156	151-170	5	5	111-119	116-130	125-142
5	10	140-150	146-160	155-174	5	6	114-123	120-135	129-146
5	11	144-154	150-165	159-179	5	7	118-127	124-139	133-150
6	0	148-158	154-170	164-184	5	8	122-131	128-143	137-154
6	1	152-162	158-175	168-189	5	9	126-135	132-147	141-158
6	2	156-167	162-180	173-194	5	10	130-140	136-151	145-163
6	3	160-171	167-185	178-199	5	11	134-144	140-155	149-168
6	4	164-175	172-190	182-204	6	0	138-148	144-159	153-173

From Metropolitan Life Insurance Co., New York.

\*Height for men with shoes with 1-in heels; height for women with shoes with 2-in heels.

†For women 18-25 years old, subtract 1 lb for each year under 25.

--Jim Westmoreland

## IT'S THE SAND

The chance to run in soft arroyo sand, with a few short but steep hills thrown in, proved too tempting to resist for 122 runners and walkers who took part in the 15th annual Fowl Day Run.

Participants in the Nov. 18 event brought a total of 875 pounds of food for the Salvation Army, plus \$162 in checks and cash and two bags of clothes.

A slew of generous sponsors help to boost the turnout, and thereby the donations for low-income families. New York Bagel brought 200 bagels, which were given out to finishers and also became part of the post-race drawing. Other prizes included a watercolor by Adele Caruthers; four tubes of Shoe Goo and four wrist bands from Tom's Sports; "Birders Guide to Bed and Breakfast," by Peggy vanHulsteyn; "Santa Fe on Foot," by Elaine Pinkerton; three ski-tuning certificates from Alpine Sports; a \$10 gift certificate from Wharton's; a necklace of Venetian beads from Chavez Fine Jewelers; a tinwork mirror from Jackalope; lunch for two at Cafe del Mar; lunch for two at Santa Fe Baking Co.; dinner for two at La Choza; two sets of 10 loaves of bread each from Cloud Cliff Bakery; dinner for two at Diego's; a lunch certificate at New York Bagel; a sachet, cup, t-shirt and video from Hallmark; two

---

### CORRIDA SCHEDULED FEB. 4

The annual Corrida de Los Locos has been tentatively scheduled for Sunday, Feb. 4. Dave Sneesby is the race director.

Details about the race will be given in the January newsletter.

bottles of homemade beer from Mike Guttman; muffins baked by Vivian Reinikainen; and a massage from Jody Visali.

In recognition of her work in getting so many prizes for the random drawing, race director Elaine Coleman has been named Fowl Day director for the next 15 years.

David Segura won the men's 5K race in 17:44. Melanie Headstream ran a 20:37 for the women's title.

Runners ranged in age from their 70s--Lloyd P. Fadrique-- to the single digits (including Nathaniel Naranjo, 5.)

Unlike most races, which have some DNF's, or Did Not Finish, the Fowl Day Run has some DNS's (Did Not Start.) One hundred nineteen people signed up, but 122 crossed the finish line.

---

### \*\*\*\*\* RESULTS, STORIES WANTED

Modesty never got anybody anywhere. Consider sending your race results to Mile Markers, 2260 Calle de Arce, Santa Fe 87505.

The newsletter also welcomes contributions from Striders who want to share their running and related experiences with other members. The deadline is the 25th of each month.

\*\*\*\*\*

HOLIDAY WISHES FOR ALL THE CONTRIBUTORS TO "MILE MARKERS"

I cannot bring you frankincense,  
Not knowing what the heck it is,  
And someone used up all the myrrh  
To make a batch of gin and fizz.

I'd get you each a meal for two  
Or buy you all some fancy beer,  
But the club's not really all that flush;  
Supposing that the checks don't clear?

What can I get for every one--  
Writers, rhymers, all who spent  
The time to help us Mark the Miles?  
Here's my wish, and consider it sent:

A ribbon or two to hang on the wall,  
(At least one a year for one and all),  
And one-year age groups for the time  
We come to the age of \_\_\_\_\_-nine;  
For those still looking to pick up the pace,  
A winning PR in a favorite race;  
For those whom age has slowed to a crawl,  
Relief in the fact that we're here at all;  
For each and everyone who's back  
Miles from the lead, lost in the pack,  
Friends to applaud us, calling our name,  
As we finish in style--but again, sans fame.

--Your newsletter editor

---

## I Don't Run Races With Dale Anymore

*Oh I believe in Yesterday* - A Beatles song

I don't run races with Dale Goering anymore. It's not because we stopped running rather we do our own thing. While Dale is tearing up Pikes Peak I'm trying to finish the Leadville 100 (One of these years I will cross that finish line). And while he's doing duathlons, 10ks, and such, I'm trying to find my way through one of those mountain runs. But at one time we competed in the same races. In the days before Dale had neuroma problems he was a national class runner. One year he scored in the top 25 nationally for the 20k and he did it on the tough Los Alamos course. His record for age group 50-55 has not been approached by even the best Los Alamos runners and we have some good ones. I finished in respectable time but way behind Dale. In his prime if he ran a 10k over 36 minutes it was a bad day. In most of our competitive running I was on my way out when he was coming back on every run. There is truth in the saying that you are only as good as your last race but we should show our respect to those times of another decade and the runners who did it. Even though Dale is still very competitive and wins in his age bracket most of the time it is interesting to conjecture what might have been. I look forward to running another race with Dale (forgive the pun) somewhere down the road and hope you Striders do too.

--Aaron Goldman



**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.