



Mile Markers



We Give You the Run-Around

March 1996 Vol. 18, No. 3

JUST ONE DISASTER AFTER ANOTHER

(This month's "Personal Worst" recounts not one, not two, but three forgettable runs.)

My Personal Worsts

By Craig Heacock

I've had a number of simply terrible, almost pathetic races, and deciding on the absolute worst is a little difficult. Therefore, I'll highlight (or lowlight??) three of these nightmares.

Perhaps my biggest disappointment came during the Division 3 National Qualifying Cross Country race during my senior year of college. I was number two runner on a very talented team, and all indications were that we would qualify for the National Championship. Unfortunately, we were greeted in Waverly, Iowa by a blizzard the night before the race, which left the course covered in ice.

In one of the bigger blunders of my racing career, I neglected to bring spikes to the race, and was forced to run in my racing flats. I might as well have run in high heels. Whereas I had expected to finish in the top 10, I ended up next to last out of approximately 180 runners. My team did not qualify for Nationals, largely because of my choice in shoes, and I vaguely remember a sad and drunken night in Des Moines with my dejected teammates. ARRRRGHHH!

(continued on page 2)

BRAND NEW RACE SET MARCH 30

The Governor's Run for Trees, a 5K run and a one-mile walk to mark Arbor Day, will be held at 8 a.m. on March 30 at the Santa Fe Plaza.

The race, for which Strider volunteers will provide the timing, is sponsored by the New Mexico Forestry & Resources Conservation Division and the City of Santa Fe's Parks and Recreation Department.

A portion of the entry fee will help support tree-planting programs in our state. The fees are \$10 by March 15 and \$15 after that; for families, the fees are \$25 and \$30.

An entry form is included with this newsletter.

CRUNCH TIME

For those who haven't paid their 1996 dues, this will be the last newsletter. A sticker to this effect may be on the front of your newsletter; please ignore it if you've already paid up.

An application form is included in each newsletter. Don't forget to sign the waiver along with your check.



Personal Worst (continued from page 1)

Another choice racing horror was Imogene Pass, 1994. After returning from ten days at sea level the week before the race, I somehow deluded myself that I would not be bothered by altitude. I found out, slowly and painfully, how wrong I was. Even though I was in good shape, I began to feel a little dizzy and weak by the time I hit treeline. For the last four miles of the ascent, I staggered up the mountain in "S" turns, tripping over my own feet and swearing under my breath. Whenever I came upon a walker, I would beg them for food or water, and then I would begin to moan and mumble about how I felt. For at least twenty minutes, all I could say was "I'm so #%%\$&ed up... I'm so #%%\$&ed up." One kind walker even put my gloves on my hands, as I was too incoherent to do this myself.

Finally, we come to my most recent racing disaster-- Mt. Taylor 1995. I was actually in great running shape for this race, but I think my lack of training time on the bike led to my downfall. In a nutshell, I went from being in fifth place at the top to lying spread eagled in a snowdrift, my legs cramping in machine gun pulses, my skis buried out of sight, and other competitors whizzing by me and yelling "Hey, get out of the way!" I finally wiped away some freezing tears, decided that no one in fact was going to rescue me, and snowplowed the rest of the way down, periodically falling to the ground in a desperate ball of cramping human flesh. For the next 1 1/2 hours, I began to repeat my new mantra-- I just want to finish...I just want to finish... I just want to finish...

And I did! Even the grimmest running story can have a happy ending, and when I arrived back in Grants on my bike, I fell onto the grass near the finish line and felt like a genuine hero for finishing such a crazy race. Mt. Taylor 1996...????? Hmmm... I'll let you know.

NOTE: "Personal Worst" accounts of that runs or runs that you'd like to forget but can't--should be sent to Mile Markers, 2260 Calle de Arce, Santa Fe 87505.

FOWL DAY HELP?

The Santa Fe City Hall administration may co-sponsor this year's Fowl Day Run, held annually on the Saturday before Thanksgiving.

The run, on the north side of town, benefits the Salvation Army. As many faithful Fowl-Day runners know, the entry fee is food.

Co-sponsorship by the city would help the Striders, who now sponsor the run, and more significantly would increase the number of runners and the donations of food.

Last year, for the first time, City Hall co-sponsored the June Santa Fe Run-Around. The partnership worked well.

+++++ WHEN IT'S SPRINGTIME ON MT. TAYLOR

Carl Gable, competing in shorts on a warm day at the Mount Taylor Quadrathon, did all the events by himself and finished in a time of 4:46:15.

Craig Heacock, part of a two-person team with partner Randy Corcoran, posted a time of 3:29. The team was first in the two-person competition and beat all but one 3-and 4-person team.

FUTURE SPEEDSTERS

William Dunbar was the third male finisher, in a time of 16:51, at the 5-kilometer Run for the Future IV in Albuquerque. Tish Hamilton was the fifth female finisher in a time of 22:15.

160 TAKE PART IN A COLD '96 CORRIDA

About 160 brave souls took part in the Striders' annual Corrida de Los Locos, held for the second year in a row at the Downs at Santa Fe. This year, it was cold.

The results of the 4-plus mile race present a question for future awards. In many races, there are overall winners and then masters (40 and over) winners. At the Corrida, the first under-40 finisher among men was Paul Rochford--and he was the fourth man to cross the finish line. The first three male finishers were all in their 40s. Hammon Duncan came in first with a 26:46, Jim Westmoreland was second in 26:50 and Lyle Amer finished third in 27:06.

The results were, however, somewhat skewed. What's a race without a snafu?--and it turned out that a couple of runners who were leading the race missed the turnoff to the dirt cul-de-sac and had to retrace their steps. The probable winner, if it hadn't been for the missed turn, was Miles Baron. (He got one of the door prizes as consolation.) Oliver Trujillo, who came in 9th after also missing the turn, would have been right up at the front, too, as usual.

The fourth person across the finish line was a woman, J. Edwards, who posted a time of 27:13. The women's masters winner was Martha Sutter.

The results:

60 and over, men (there were no 60 and over women): Michael Sutin, 38:44; Duane Marr, 40:14; Al Gallegos; Bob French, 44:15; Saul Cohen, 46:01.

50-59, women: Vivian Reinikainen, 37:04; Jackie Marr, 39:50; Jary Earl, 44:43; Emmy Hobson.

50-59, men: Sean McCormick; Robert Werner, 30:39; David Whitten; William Dunbar, 33:35; John Hopson.

40-49, women: Elane Flower, 36:35; Chalouy Jermance, 36:48; Tove Shere; Cecil Stark; Judy Amer.

40-49, men: Jim Westmoreland, 26:50; Lyle Amer; Ernest Cata; Jon Spar; Oliver Trujillo.

30-39, women, Kristen Kern; Diana Hardy, 30:36; Robyn Benson; Terri Werner; Linda Wieseman.

30-39, men: Miles Baron; Don Trujillo; Dan Armijo; Michael Romero; Christian Lytle.

20-29, women: Angela Perez; Elizabeth Gilbert; Leslie Dunbar, 35:24; Danica Girard, 37:23; Stephanie Train.

20-29, men: Leon Serna; William Dunbar, 28:06; Jesus Gonzales; A. Giesen; Matt Desmond.

14-19, women: Melanie Headstream; Melissa Alderete; Sarah Trujillo.

14-19, men: Adam Gazelle; Brendan Maas; Wayne Brewer; Nick Reeves; Scott Gerlach.

Other Striders and their times were Paul Maudlin, 30:35; Phil Pannabecker, 31:05; Jeremy Yang, 31:19; Jim Hannan, 32:11; Jim Fisher, 34:04; Patricia Shain, 34:15; Bill Earl, 34:46; John Jennings, 35:02; Sal DeBari, 38:10; Donna Berg, 39:58; Mike Guttman (who helped out at the race and started late), 40:58; Dave Sneesby (the race director, who likewise started late), 49:26.

SLIP-SLIDIN' AWAY AT THE BIG TESUQUE

Back on Jan. 27, 90 snowshoers ran, slipped and plowed their way along about 3 miles of road and trail in the annual Santa Fe Snowshoe Classic.

The race was moved to the Aspen Vista Trail from its previous place at the Borrego Trail because there wasn't enough snow at the lower elevation.

Overall men's winners were Craig Heacock, 17:52; Dan Armijo, 19:23; and Jason Williams, 19:41. Overall women's winners were Sissel Trondseth, 23:45; Diana Hardy, 24:01; and Robyn Benson, 25:37.

Men's age group winners were: 19 and under, Geoffrey Streit, 21:05; 20-29, Craig Heacock; 30-39, Dan Armijo; 40-49, Jim Westmoreland, 20:41; 50-59, Robert Werner, 27:14; 60 and over, John Tony Garcia, 29:20.

Women's age group winners were 20-29, Kendel Fesenmyer, 28:17; 30-39, Sissel Trondseth; 40-49, Ginny LaForme, 27:28; 50-59, Jackie Marr, 37:24; 60 and over, Inez Ross, 49:32. There were no 19 and under women entrants.

Other Striders were Jeremy

Yang, 20:41; Carl Gable, 23:03; Michael Hurlocker, 23:19; Jim Fisher, 24:40; John Rives, 26:39; Graydon Anderson, 29:20; Jim Girard, 30:48; Kim Bear, 30:57; Tom Day, 32:28; Danica Girard, 37:32; Patricia Rodriguez, 39:28.

The event received terrific coverage from the newspapers, which ran chatty stories and good pictures.

One reporter, following up on a tip from a race participant, pointed out that the timing, by Strider volunteers, was "professional." That was a compliment to the unsuspecting Pollak family.

MARATHON MEETING

If you missed seeing the winner of the men's U.S. Olympic marathon trials throw up on TV, take heart. The televising of the trials has been taped and will be shown at the next Striders' meeting.

The meeting will be on Tuesday, March 12, at the home of John Pollak, 144 Pine St. Pine is off W. Alameda across from the Feed Bin.

The pot luck begins at 7 p.m and the business meeting at 8 p.m. The meeting is on the second Tuesday of the month, as usual.

In deference to the squeamish, the pot luck will be safely over by the time the men's marathon winner makes news as he nears the finish.

The tape also includes the women's marathon trials, held a week before the men's. All the women--including Joan Benoit Samuelson, who ran a good race but unfortunately wasn't able to recapture the pace that gave her that amazing Olympic victory in the '80s--finished without making spectacles of themselves.



Strider Recipe

Soup is among the more versatile dishes, for, according to whether it is heavy or light, it can be served as a main or side dish; it can be as simple or complex as you desire; its broth can be based upon vegetables, poultry, red meat, fish, or some combination of these; and with a little care it is always tasty and nutritious. Some soups may even be served chilled which makes them refreshing in hot weather. All of which is to say that it is an ideal dish from both a cook's and a diner's perspective. Herewith an uncomplicated

Cream of Mushroom Soup (about 6 servings)

3 tablespoons butter	3 cups (or approx. 1 lb.)
3 tablespoons flour	chopped mushrooms
1/2 teaspoon powdered mustard	1/2 cup cream
1 teaspoon salt	1/3 cup sherry (or another
a dash (or to taste) of cayenne	fortified wine)
or other red chile powder	toasted blanched almonds,
4 cups chicken stock	cut up (or any other nut)

Melt the butter in large sauce pan. Remove from heat and blend in the flour mixed with the seasonings. (This is a roux.) Stir and cook 1 minute. Remove from heat and stir-in stock and mushrooms. Cover and simmer 30 minutes. Strain through a sieve into another sauce pan and discard mushrooms. Add cream and heat without boiling. Stir-in sherry and nuts. Serve hot.

--John Carroll Pollak

Goin' Up Atalaya

Let's snap this forest service sign.
The wood will crack right at the base.
Who cares if they lose section nine?
It's clear, we lack a sense of place.

(a didactic quatrain in iambic tetrameter
with an a-b-a-b end, and slight unpatterned
internal, rhyme scheme and alliteration
of consonants c, s and w)

Michael G. Sutin

UPCOMING RACES

March 16, Pecos Valley Stampede, 1/2 marathon, 10K, 2-mile run/walk, Bob Edwards, 614-0257, Roswell.

March 30, Governor's Run for Trees, 5K run, 1-mile walk, 8 a.m., Santa Fe Plaza.

March 31, T-VI, 5K and 10K, 5K racewalk, Ed Green, 343-9261 or Rosella, 224-3080.

April 14, Run for Recovery, 5 and 10K, 2-mile walk, Albuquerque, Gil's, 268-6300.

April 20, Corrida de Espanola, 10K, 5K and 1-mile run/walk, Beverly Schutz, 753-6064.

April 28, Turquoise Trail 1/2 marathon, 5K run/walk, 20K relay, Albuquerque. Charles Otero, 345-4274.

BOOK READING

Strider members Jon and Lois Foyt will read from their new novel, "Marathon, My Marathon," at the Old Santa Fe Trail Bookstore and Coffeehouse at 7:30 p.m. on Wednesday, March 13. For more information call Rachel at 988-8878.

ARIZONA BOUND

Dale Goering won his age group--65 to 69--at the Phoenix Runners Den 10K with a time of 42:31. Dagny Scott also won an age group first-place award.

Craig Heacock ran 33:01 for a personal record at the 10K distance. He probably would have broken 33 on the flat, fast course if he hadn't been alone toward the end of the race. He was 4th in his age group and 7th overall.

NOT IMPEACHED YET

Strider officers remain:
Danica Tutush Girard, president, 989-1819
John Pollak, vice president, 983-2144
Jim Hannan, treasurer, 986-0218
Tom Day, newsletter editor, 473-3159

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SAME TIME, SAME PLACE

Wednesday night runs are at 6 p.m. from the Plaza. The gathering place is by the Palace of the Governors across from the Plaza clock.

The five-mile winter course, run at a variety of paces, goes up East Alameda, then to Camino Cabra, behind the St. John's condominiums, down Camino Cruz Blanca, then on Camino de Monte Sol to Old Santa Fe Trail and along Old Santa Fe Trail back to the Plaza. Everyone is welcome.

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FOR SALE OR TRADE

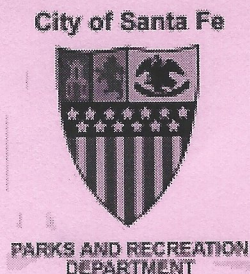
DWJM, 65, slightly used but only 20,000 actual miles. Apply in person.
jbd

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SEE IT IN PRINT

Stories, poems, race results and odds and ends about running are welcomed at Mile Markers. The deadline is the 25th of each month.

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

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GOVERNOR'S "RUN FOR TREES"
1996 ARBOR DAY CELEBRATION
FUN RUN
5K RUN & 1 MILE WALK
SATURDAY, MARCH 30, 1996
8:00 A.M.
DOWNTOWN PLAZA
REGISTRATION FORM



NAME _____

ADDRESS _____

CITY _____

DAY TIME
PHONE# _____

SHIRT SIZE: ☐ M ☐ L ☐ XL ☐ MALE ☐ FEMALE

AGE GROUP (RUN) ☐ 19 & UNDER ☐ 20-29 ☐ 30-39 ☐ 40-49 ☐ 50 & OVER

WALK: (ANY AGE):

I understand and assume full responsibility for any injury or accidents which may occur during my participation in the Governor's "Run for Trees". By my signature, I hereby waive and release all organizations and/or sponsors of the Governor's "Run for Trees," because of my participation in the above said event.

Signature of Entrant

Signature of Parent/Guardian

Date

Come join the fun and bring the whole family to participate in the 5K run or 1 mile walk. A portion of your registration fee will go to programs dedicated to planting trees in your community and throughout the state.

Early Registration Fee: \$10.00 Deadline March 15, 1996 Race Day or Late Registration Fee: \$15.00

Family Rate \$25.00 - Late Fee: \$30.00

No Cash! Checks or Money Orders payable to:

New Mexico Urban Forest Council

c/o New Mexico Forestry and Resources Conservation Division

PO Box 1948

Santa Fe, New Mexico 87504

(505) 827-5830

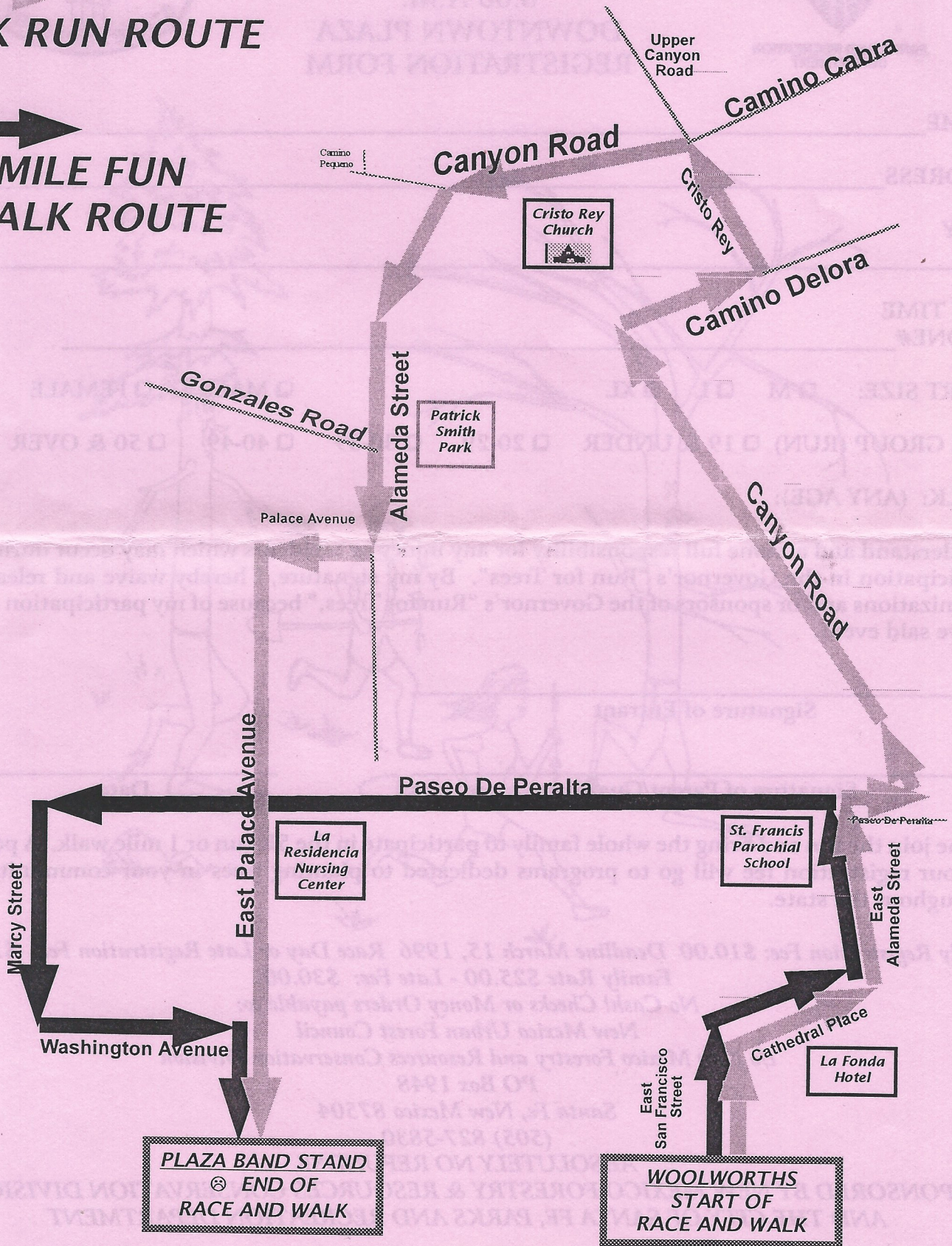
ABSOLUTELY NO REFUNDS!!

SPONSORED BY NEW MEXICO FORESTRY & RESOURCES CONSERVATION DIVISION
AND THE CITY OF SANTA FE, PARKS AND RECREATION DEPARTMENT

RACE MAP

5K RUN ROUTE

1 MILE FUN
WALK ROUTE





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.