



Mile Markers



We Give You the Run-Around

May 1996 Volume 18, No. 5

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

SANTA FE RUN-AROUND SET FOR JUNE 1, AGAIN ON PLAZA;
--AGE BARRIER FALLS! STRIDERS INITIATE 70 AND OVER GROUP

The Santa Fe Run-Around, the flagship race of the Striders, will be held on Saturday, June 1, and will include a 10K run, a 5K run and a 5K fun walk.

The starting time is 8 a.m. on the Santa Fe Plaza. For the second year in a row, the City of Santa Fe is co-sponsoring the race with the Striders.

Encouraged by comments to

FIRST-HAND BOSTON
MARATHON COVERAGE
(see page 4)

Mile Markers from two longtime runners, Michael Sutin and Saul Cohen, the Striders voted at the April meeting to include for the first time a 70 and over age group.

One recent race, the Governor's Run for Trees, lumped together all runners 50 and over, Mike noted. "I protest!" Mike wrote.

Saul, who like Mike is in the 60 and over age group, pointed out that many races these days have runners 70 and over. In this year's Boston Marathon, 104 runners 70 and over signed up.

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LEARNING BY DOING--SOME PERSONAL DON'TS

(This month's Personal Worst contains tips from an experienced runner who learned some things the hard way.)

Personal Worst

I don't have a particular 'personal worst' race to speak of, some of my races go better than others. Most of my failures have been attributed to: dehydration – drinking too much alcohol the day or two before an event; fatigue – running the day before or not getting enough rest; ill preparation – arriving at a race with a few minutes to spare; or bodily malfunction – such as knee pain, stomach cramps or gastrointestinal failure.

(continued on page 2)

Personal Worst (continued from page 1)

I ran my first 5K race in March 1982, the Plano Pacers 5K run. At that time I had been running regularly for 6 months. I was also employed at my first professional job after college and I was living with my parents to save money. To prepare for the race, I ran 3 miles the day before. My younger brother, Doug, and I were registered to run and Mom and Dad were to manage the aid station at the half-way turnaround point. I chose to keep my sweat suit on, over my shorts and T-shirt, due to the cold temperature and drizzly weather. As we ran, I got hot in my clothing layers and my sweat pants bunched up between my legs. As I approach the turn-around point, Mom and Dad were nowhere in sight. The race director gave them the wrong directions. Doug ran a great race. As I came straggling in, I announced to the family that I was never going to do this again.

I ran my first 10K race in May 1984, the Dallas Symphony Run. By that time I had moved into a condominium. I suggested to Doug that he bring over some donuts before we drove to downtown Dallas for the race. The race started at City Hall with the course arranged in a rectangular fashion. The course first went west, then turned north by the Texas Book Deposit building, then turned east. The route crossed under Central Expressway and went into the Deep Ellum neighborhood. Finally the course went south and then east, back under Central Expressway and returned to City Hall. As we ran, my stomach felt full. My thought was, "hold on!" During the duration I got hot and then felt sick. Doug stuck with me and encouraged me to finish. Without him I wouldn't have.

I learned most of my race preparation DON'Ts during my early running years. My enlightenments have been: don't eat anything for at least five hours before racing except for a banana; either run short and easy miles or none at all the day before a race; and don't go to happy hour within 48 hours prior to a race.

--DIANA HARDY

Freedom of the Run

It matters not if lanes are open
or if tire air is growing low;
lace up twelve eyelets tightly,
the race is starting on the road.

-Michael G. Sutin

Run-Around (continued from page 1)

Many runners who started the sport during the running boom have put on years as well as miles, and if there aren't any 70 and over runners in this year's Run-Around, there are sure to be soon.

The Run-Around finish, like the start, is at the Plaza. Pre-registration is \$11 (\$9 for Striders and City of Santa Fe employees.) Race-day registration is \$13 (\$11 for Striders and City of Santa Fe employees.)

The city government is waiving fees again this year. (Looking ahead beyond the Run-Around, the city also has agreed to help the Striders sponsor the annual Fowl Day Run and will waive fees for that race too.)

The Run-Around course is the same this year as in the past, but a second water station may be added to help runners. The 10 K course, as many local runners know, is somewhat tough, and no personal record, as far as is known, has ever been set on it. The course, which has a climb of 300 feet, includes Alameda, Camino del Monte Sol, Garcia, Corrales, Old Santa Fe Trail and Camino Cabra.

The 5 K course goes up East Alameda, as does the 10K, but then continues straight, while the 10K runners turn right at the Alameda/Palace intersection. The 5K runners hit the turn-around point on Camino Cabra.

Volunteers are still needed for a variety of chores during the race. City Hall employees are helping out, but Striders

are needed too. Skills to be learned by volunteering include how to hand out water and how to stand in the road as a course marker. Danica Girard, the race director, will be glad to give you a job if you call her at 989-1819 or come to the May 14 meeting of the Striders.

On the night before the race, Danica will host a packet-stuffing party starting at 6 p.m. The club will provide pizza and stuff to drink for those who come to help.

To get to her and husband Jim's house, go 4 miles along Camino La Tierra to a 4-way stop. Then keep going for one more mile. You'll see a green water tank on the left and a sign on the right saying Salve Tierra. Turn left on a dirt road right after the tank and go for a mile. On the right will be a bunch of mailboxes, including one red lobster mailbox. Turn right; the house you're looking for is the first one on the left.

Sponsors for the Run-Around this year include Sky-High Spinning, Tom's Sports Center, Sunwest Bank, San Francisco Street Bar and Grill, St. Vincent Hospital and McPartlon Roofing. Without the assistance of the sponsors the race would not take place.

Awards will be Chimayo weavings to the overall finishers and the top three finishers in each age group.

Run-Around awards are among the niftiest around.

An entry form is included in this newsletter.

By Tish Hamilton and Eric Marquard

Several weeks before the historic 100th running of the Boston marathon, we received our coveted, much-sought-after, struggled-for race numbers. I had qualified with a PR a full five minutes below my necessary qualifying time. My bib number? 23,975. Imagine being the very last person to start the New York City marathon. That was me.

A week before the marathon, the *Wall Street Journal* reported that "besides the 38,500 authorized runners—four times last year's field—another 10,00 to 20,00 bandits" were expected to show up. The prospect, according to the WSJ, "terrified" organizers. It is not reassuring to hear that your race organizers are terrified.

The flights to Boston were filled with lean people wearing running shoes and race T-shirts with their duffel bags tucked under their feet (too risky to check!), water bottles sticking out of the seatback pocket. The closer you got to Boston, the more runners there were. The nearest available hotel room was in New Hampshire.

There was little evidence of spring in Boston (April is the cruelest month). It was raining and cold the day before the marathon. The expo was jam packed. You couldn't get near the booths handing out free samples of Mrs. T's pierogis and PR Bars or the booths selling "official" 100th marathon gear.

Luckily race day dawned with clear skies. The line for the buses to the start wrapped around Boston Common. It took about a half hour to get on a bus. We got on at 8 a.m. and headed in a long line of buses to the Mass Turnpike. Suddenly, we were going through a nice Victorian neighborhood and someone on our bus noticed that we were not headed to Hopkinton anymore. Our buses had taken a wrong turn. We were lost. Once we found our way back to the Turnpike, someone on our bus felt sick, so we pulled over. All the men got off and lined up beside the bus to pee. A German tourist-runner photographed them. We drove another 20 minutes and our bus broke down. A mechanic was called to fix the alternator. The German runner photographed him, too. When we got to Hopkinton, the line of buses

waiting to get into town was over a mile long. We decided to walk. By the time we got to the start area, it had taken over 2 and a half hours, longer than it would take Uta Pippig to win the race.

We didn't have time to go to the Athletic Village—a large tent over a muddy field described in the local papers as an athletic Woodstock. We lined up in corals based on our bib numbers. The gun fired promptly at noon. It took Eric's group about 6 minutes to reach the starting line. It took mine 13:30. It was reported that it took only 29 minutes to get the entire 38,707 field over the starting line. An estimated 2,000 bandits crashed the race, well below the anticipated hordes.

We ran over the line and promptly stopped again. The first mile was like that, stop and start, jog and walk, and took about 10 and half minutes. After that, you were able to pick up the pace. The race was crowded the whole way, much like New York City marathon. By the time I reached them, several of the water stops had run out of Gatorade. Past the water stations, the ground was slick, covered with smashed cups and fluids. Most of the runners around me walked up the Newton hills, especially the last one, Heartbreak. Not me, though! I trained at altitude! I kicked that hill's butt, clocking a mind-boggling 9:08 pace. It was 54 degrees, about 50 percent humidity and head winds described by the local papers as "punishing," but those guys have never been to Eldorado, where the wind blows down garbage containers, flattens real estate signs, and moves patio furniture across the desert. My clock finish was 4:03; Eric's 3:33.

After crossing the finish line, we again began waiting. It took over an hour to get my post-race clothes off the baggage bus. The next day it again began pouring rain, the flights were all delayed, and the airport, crowded with limping, hungry runners, sold out of food.

A friend described the event as organized chaos. Considering all the potential disasters, the race organizers did a good job. But then, runners are a fairly well-behaved lot. If you must have a crowd, let it be one of runners.

UPCOMING RACES

May 19, Run for the Ditches, 10K, 5K walk, Albuquerque, 345-1100.

May 19, Cerrillos, Devil's Throne 5K and 15K, Gil's, 268-6300. This longtime favorite is followed by a picnic and pot luck. The official course description is "very hilly." Gil has a way with understatement.

June 1, Santa Fe Run-Around, 989-1819. A Strider/City of Santa Fe 10K, 5K and 5K walk.

June 9, Taos Marathon, team relay (five people, 26.2 miles), half-marathon, 5K and 5K race walk and fitne walk. 776-1860, or send SASE to PO Box 2245, Taos, 87571.

June 15, MADD Run for Your Life, Los Alamos, 5K, 672-1639.

June 23, Arriba New Mexico, 22 and one-half miles, Taos Ski Basin, Jim Fisher, 455-0259.

June 23, Wheeler Peak Run, 11 miles and a 5K, Red River, Gil's. 268-6300. Last year, Strider John Pollak suggested some Striders might like to meet the night before for a camp out or the like. Runner-campers can reach John, who is familiar with the course for the run, at 983-2144.

June 29 (that's right, not in July this year), Los Alamos Mini Marathon, which includes a 20K and a 5K. Gary Wall, 662-5665.

MARATHON BARBECUE

The May meeting of the Striders will feature a video of the Boston Marathon interspersed with a pot luck and some business about the upcoming Santa Fe Run-Around.

Jeremy Yang will host the meeting, and he'll have a barbecue ready for those who bring something to cook. He also has a nice big TV on which to show the race.

The pot luck starts at 7 p.m. on Tuesday, May 14 (the second Tuesday of the month, as usual.) Jeremy lives at 2076 Placita de Quedo. Take Vista del Sur, which is right across the street from the Pacheco Street Post Office. Both the first and second rights are Placita de Quedo.

MCCURDY RESULTS

Jeremy Yang ran a 40:19:59 for a fourth place finish in the 30-39 men's age group at the Corrida de Espanola 10K. Richard Curry came in fifth in the age group with a 40:26:41.

In the men's 5K, Craig Heacock ran a 15:33:92 for second place in the 20-29 age group. Jim Westmoreland ran a 17:54:82 for a first place in the 40-49 age group.

In the women's 5K, Danica Girard ran 23:55:06 for second place in the 20-29 age group, and Diana Hardy ran a 19:59:14 for second place in the 30-39 age group. Diana was the third woman overall.

In the 5K men's walk, Joe Shain was second in the over-50 category with a time of 35:06:34.

CERRILLOS DEVIL'S THRONE

5Km & 15Km



SUNDAY, MAY 19, 1996

8:30 A.M. SHARP

CERRILLOS, NEW MEXICO

(BETWEEN SANTA FE & ALBUQUERQUE ON HIGHWAY 14
3 MILES NORTH OF MADRID, NEW MEXICO--SEE MAP)

SPONSORS:

GIL'S RUNNERSHOE WORLD

DISTANCE:

15Km & 5Km

COURSE:

ALL DIRT, VERY HILLY

AGE DIVISIONS:

19 & UNDER, 20-29, 30-39

40-49, 50-59, 60 & OVER

AWARDS:

**TROPHIES TO FIRST THREE
IN EACH AGE DIVISION FOR
MEN AND WOMEN**

PRE-ENTRY

GIL'S RUNNERSHOE WORLD, 3515 LOMAS NE
ALBUQUERQUE, NEW MEXICO, 87106, 268-6300. WE
ASK THAT EVERYONE PRE-ENTER SO AS TO PREVENT
A LOT OF PAPER WORK AT THE RACE SITE--ALTHOUGH
WE WILL HAVE REGISTRATION AT THE RACE SITE.

ENTRY FEES

\$5.00 PRE-ENTRY WITH NO T-SHIRT
\$6.00 AT RACE SITE WITH NO T-SHIRT
\$12.00 PRE-ENTRY WITH T-SHIRT
\$15.00 AT RACE SITE WITH T-SHIRT

MAKE CHECKS PAYABLE TO GIL'S RUNNERSHOE WORLD

GENERAL INFORMATION

STAY FOR AWARDS CEREMONY AND POT LUCK AFTER THE RACE.
THERE WILL BE AN AID STATION AT THE TURNAROUND IN THE 15Km.
PACKET PICK-UP AT GIL'S ON SATURDAY, MAY 18 FROM 11:00 A.M. TO 4:00 P.M.

CERRILLOS DEVIL'S THRONE ENTRY FORM

WAIVER OF CLAIM (MUST ACCOMPANY REGISTRATION). IN CONSIDERATION OF THE ACCEPTANCE OF THIS REGISTRATION ENTRY, I, THE UNDERSIGNED, ASSUME FULL RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THE TOWN OF CERRILLOS AND GIL'S RUNNERSHOE WORLD 5K AND 15K RACE, OR WHILE I AM ON THE PREMISES OF THIS EVENT AND I HEREBY RELEASE AND HOLD HARMLESS THE SPONSORS, PROMOTERS, AND ALL OTHER PERSONS AND ENTITIES ASSOCIATED WITH THIS EVENT FROM ANY AND ALL INJURY OR DAMAGE, WHETHER IT BE CAUSED BY NEGLIGENCE OF THE SPONSORS, PROMOTERS, OR OTHER PERSONS ASSOCIATED WITH THIS EVENT OR THEIR AGENTS OR EMPLOYEES.

NAME _____ AGE _____ SEX _____ PHONE _____

ADDRESS _____ CITY _____ ZIP _____

SIGNATURE _____

SIGNATURE OF PARENT IF UNDER 18 _____

CIRCLE ONE: T-SHIRT SIZE M L XL OR

TANK TOP (LIMITED NUMBER-- REGISTER EARLY!!) L XL

RACE: 5K 15K

Big Tesuque Run

In April, just before the break of spring,
swift mountain runners take to wing
to clear fallen debris of trees
from trails first worn on Tesuque's
steep rugged slopes, now retraced
to forest service land to ease the pace
and root out fence that gave offence
to sacred peaks; where forests dense
and thick with stark grey barked aspen
once stood to wait for storms to happen,
the whipping winter winds of Winsor,
slicing trunks like cloth with scissors.

-Michael G. Sutin

ADVERTISEMENT: THE SEQUEL

The following notice
appeared in the March
newsletter: "FOR SALE OR TRADE:
DWJM, 65, slightly used but
only 20,000 actual miles. Apply
in person.--jbd."

Mile Markers has now received
the following note: "About that
personal...Happen to know that
unit's got more than 20,000 on
it...Suspect someone's tampered
with the odometer. By the way,
what's the "J" in DWJM stand
for, "Jive?"--gka."

(Editor's note: For those
who don't know jbd and gka,
they're just a couple of wild
and crazy guys.)

THE FAB FOUR

Strider officers are

Danica Tutush Girard,
president, 989-1819

John Pollak, vice president,
983-2144

Jim Hannan, treasurer, 986-0218

Tom Day, newsletter editor,
473-3159

NOT BAD

Patricia Shain, who was the
subject of a fine feature story
in the Albuquerque Journal
North for her determination to
run a marathon despite having
been diagnosed several years
ago with multiple sclerosis,
ran the Shiprock Marathon in
3:52.

Patricia, 39, was the second
female finisher in the May 4
race.

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SEND 'EM IN

Mile Markers welcomes
stories, results, poems,
cartoons and just about
anything else associated with
running. The deadline is the
25th of each month.

Send contributions to Mile
Markers, 2260 Calle de Arce,
Santa Fe, NM 87505.

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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.