



Mile Markers



We Give You the Run-Around

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

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FOR THIS STRIDER FROM LOS ALAMOS, 100 MILES SEEMED LIKE...
WELL, LIKE 100 METERS

My Personal Worst (PW)

By Aaron Goldman

Last year I won the Leadville 100 Mile Jackass Award for the dumbest performance of 1994. I managed to go 100 meters in the race and broke an ankle bone from stepping in a pothole slightly bigger than the size of my shoe. This catastrophic (my PW) was shared with my pacer who was going to meet me at the 50 mile turnaround point and my crew who were waiting (and waiting and waiting at mile 20). Why my wife told everyone her prayers were answered is the rest of the story.

I learned that running can be dangerous to your teeth! I ate so much sugar during my frequent runs that my dentist told me he hadn't seen so many cavities in one mouth since he took care of a baby whose mother had left the child sucking on a bottle of milk night after night at bedtime. Fortunately I have healthy gums and teeth with large roots so I did not need to get any teeth yanked BUT my gums needed to be cut so there would be a place for the cement required to hold the king sized bridge that fills my upper mouth. This surgery and drilling came about 6 weeks before Leadville. My

inability to eat solid foods resulted in a weight drop to 140 pounds and for a 6 footer who usually weighs about 150-155, this is not good. I did manage to get up to 145 lbs.

and thought I was ready to run Leadville. Besides I did not want to waste a precious entry and was determined to do it. I had completed Western States the year before under tough weather conditions and figured this was doable. My wife, who was worried about my health, prayed for divine intervention and her prayers were answered. Next time I hope the Lord responds to such requests in a more gentle and less embarrassing way.

(Editor's note: The Jackass Award mentioned by Aaron is a genuine award, presented at the pre-race dinner a year later. The award is a statue of the back half of a jackass. Our congratulations to Aaron for adding this award to his many other trophies.)

INSIDE
Run-Around Results

Late October Run

There are no aspens on Aspen Vista.
The once golden uplifting leaves have left;
The mountain is closing for the winter.

The route to the ridge line is slick in spots.
Icy pot-holes remain from harsh fall rains.
The road is snow patched and frozen in places.

I've got to move along pretty quickly.
The wind whips through my wet cotton jersey,
And drains my body of welcome warmth.

My nose and ears and hands are numb and ache.
My skin is sweat soaked and sensitive to pain.
I've got to keep gaining to stay alive.

My legs are sore, blisters infect my feet.
My back is rubbed raw from my fanny pack;
And yet, I'm pushed and pulled up to the peak.

Beneath my feet, the snow crystals crackle,
As I try to keep going without stop.
I feel that life is ebbing from my core.

Every once in a while I wonder
Why I want to win this tough uphill run.
I pull up short; I wonder if I'm sane.

I need to top-out and end this long race.
To finish is part of the main picture.
To endure is my heroic posture.

This is the tenth month of my cycle;
These are the winters of my running years,
And I feel very cold and very old.

Still yet, I need to put each foot ahead.
My raw will and mind will conquer muscle.
I know now why I want to earn this prize.

Only I can give value to my life.
The only purpose of life is to live,
And men need goals and must strive to achieve.

This struggle is solely with my own self;
And this challenge is a celebration.
I will finish the course; I am alive.

— Michael G. Sutin

SHIPROCK

Just prior to the Shiprock Marathon on 5/4, I said to Tom Day, "After all the training we've done, this ought to be like running on a cloud."

Never before a marathon will I say that again. There were a few clouds, soft and white and scattered, but at about 15 miles my clouds became hard and black and frequent.

While running the cross country course the other day at Espanola Valley HS, Flannery O'Connor's "The Life You Save May Be Your Own" crossed my mind. At the end there's a long, dark cloud looming over Tom Shiftlet's life.

After the SM a long, dark cloud loomed over mine. On Sunday I was tired and depressed. The days that followed allowed me little sleep, and my physical, emotional, and spiritual levels had been deflated by my running performance in Shiprock.

Still today from time to time I try to piece the race together. I convince myself I trained properly; I ate well and got the proper amount of sleep. For the most part now I've "let go" of the race and chalk it up to marathon experience. I know there will be another.

I know, too, I will not talk of clouds. I might talk of them afterwards, but definitely not before. Regardless of what they look like or how they appear, running continues to save my life.

--Richard Curry

UPCOMING RACES

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

June 23, Wheeler Peak 5K and 11 mile, Red River, Gil's, 268-6300.

June 29, Los Alamos Mini Marathon, 20K and 5K, Gary Wall, 662-5665.

July 3, 4th of July Midnight Run, 4 mile, Gil's, 268-6300.

July 21, Wings of the Southwest Wind Messenger and Po'pay Foot Race, 5 and 10K, 1 mile, 982-6761.

New Members

New Strider members are Andy and Judy Winnegar, Michael Wood, Derwyn Harris and Christian Lytle, all of Santa Fe; Richard Curry, of Santa Cruz; Victor Nemudrov, of Albuquerque; and Mike Ward, of Los Alamos.

The Striders would like to remind new members that Wednesday night runs, of five to seven miles (and shorter, for those who prefer) are held at 6 p.m. each Wednesday from the Plaza, across Lincoln Avenue from the clock.

Mile Markers would like to remind new members that stories, poems, cartoons, results and odds and ends are welcome. Send your contributions to Mile Markers, 2260 Calle de Arce, Santa Fe 87505.

SANTA FE RUN-AROUND--THE VIEW FROM THE MIDDLE

Larry Shandler, a Santa Fe pediatrician who has been running for 15 or 20 years, hoped to average about 8 1/2 minutes a mile in the 10K Santa Fe Run-Around.

He did about 10 seconds a mile better than that, finishing the hilly course in 51:49--and earning the distinction of being the runner who finished smack-dab in the middle of the race, with an equal number of runners ahead of him and behind him.

Discussing his finish time, Larry, who is 54, said that "It's lower than my age, which is all that counts."

He has run the course many times. For this year's race he wore the T-shirt, depicting a mountain scene, from the 1984 Run-Around.

Being familiar with the course, he figured he'd do the first mile under 8:30, since he knew the second mile, which includes Camino del Monte Sol, would take longer than 8:30.

When he hits the hills on the Run-Around--which he pointed out is harder than the Old Santa Fe Trail Run--he just tries to "hang in," he said.

Larry doesn't usually try to race anyone, but in the last 50 yards of the Run-Around, he--like many other middle-of-the-pack runners--found a race. Shandler was able to beat his late-race competitor.

The doctor lives on the Old Santa Fe Trail, and most of his running, which averages about 30 mile a week, is done on trails.

"I run basically because I find it relaxing," he remarked.

The June 1 10K was won, on the men's side, by Miles Baron, with a time of 35 minutes; and, on the women's side, by Sarah Higgs, with a time of 44:17.

The 5K winner was Genevieve Fox, among the women, with a time of 19:23; and Leon Serna, among the men, with a time of 16:25.

Age-group award winners in the 5K were:

0-19, men, Scott Gerlach, 19:06; Tobin Oldach, 19:28; Russell Hatch, 19:42.

0-19 women, Melanie Headsteam, 20:18; Nicole Tatum, 32:03; Julia Wise, 39:26.

20-29, men, Craig Heacock, 16:42; Chris Hayhurst, 19:17; Derwyn Harris, 20:07.

20-29, women, Kerry Rodriguez, 24:23; Angela Perez, 24:55; Shirley Chavez, 25:46.

30-39, men, Richard Barrett, 17:28; Pete Bowman, 17:51; Florentine Coriz, 17:54.

30-39, women, Claudia Alarid, 19:45; Diana Hardy, 20:33; Antoinette Jiron, 22:53.

40-49, men, Eric Erb, 17:56; Jim Westmoreland, 18:55; Sal DeBari, 24:30.

40-49, women, Barb Dutrow, 21:38; Shere Tove, 24:13; Jude Nanshe, 25:16.

50-59, men, Louis Marjon, 19:15; Harob Saekon, 24:09; Roy Cope, 26:28.

50-59, women, Vivian Reinikainen, 23,:51; Hollis Elkins, 26:12; Linda Weiner, 28:59.

60-69, men, John Brennand, 21:13; George West, 25:19; Gregg Bemis, 26:55.

There were no 60-69 women.



MORE ON THE RUN-AROUND

10K results:

There were no 0-19 runners.

20-29, men, Carlos DeLatorre, 42:09; Roman Chavez, 42:48; Christian Charbon, 44:13.

20-29, women, Molly Higgs, 46:14; Lindsay Conover, 50:54; Bo Ross, 54:10.

30-39, men, Craig Birrell, 41:41; Dag Dascher, 42:58; Robi Robichard, 44:11.

30-39, women, Patty Danforth, 45:31; Mary Parnick, 46:42; Dawn Travelstead, 52:13.

40-49, men, Oliver Trujillo, 35:17; Dan Tallon, 38:11; Jose Castro, 39:57.

40-49, women, Shirley VanSlooten (pushing her daughter in a 3-wheeler), 47:20; Martha Sutter, 50:44; Barbara Severs, 52:31.

50-59, men, Robert Werner, 45:50; Lorenzo Marquez, 46:02; John Otter, 48:29.

50-59, women, Donna Berg, 52:41; Dora Epler, 1:01:58.

60-69, men, Larry Fowler, 48:03; Robert Ingalls, 56:17; Michael Sutin, 52:59.

There were no 60-69 women.

Other Striders' times were, in the 5K, Chalouy Germance, 26:45; Bob French, 27:35; Reece Tatum, 32:03; John Vestal, 34:28; and in the 10K, Phil Pannabecker, 44:21; Paul Maudlin, 45:27; Jim Hannan, 51:37; John Jennings, 52:06; Elane Flower, 55:37; Saul Cohen, 1:06:21.

Danica Tutush Girard, race director for the Run-Around, would like to thank the following people for helping with the race, which began and finished on the Santa Fe Plaza: the Pollak family (John, Nancy and Justin), Danica's husband Jim, Elaine Coleman, Chester Rail, Jim Fisher, Jim Hannan,

June Dickinson, Ronit Harris, Dale and Kenny Goering, Tom Day, Grayden and Maggie Anderson, Carl Gable, Jim Westmoreland, Diana Hardy, Craig Heacock, Vivian Reinikainen, Shirley Van Slooten, Mary Platts, Peggy Rudberg, Jay Bush, Christine Jeffers, Silver Ortega and anyone else whom Danica inadvertently left out.

JUNE MEETING

There isn't one, since by tradition the Striders rest on their laurels, so to speak, after the annual Santa Fe Run-Around.

Monthly meetings will resume in July and are held on the second Tuesday of the month.

WEDNESDAY RUNS

Each Wednesday at 6 p.m. a fun run is held from the Plaza, by the Palace of the Governors across from the clock. There is a variety of courses, anywhere from 5 to 7 miles. Everyone is welcome.

NO E-MAIL, PLEASE

"Mile Markers" is not yet fully online, so just send your stories, poems, results, suggestions and just about anything else associated with running to Mile Markers, 2260 Calle de Arce, Santa Fe 87505. The deadline is the 25th of the month.

DEVIL'S THRONE AND OTHER RESULTS

The May 19 Cerrillos 5K and 15K drew a group of Striders undaunted by the big, steep hill called the Devil's Throne. Or maybe they figured that Gil's friendly community picnic after the race made up for it.

At any rate, in the 5K, June Dickinson ran a 28:14, giving her top honors in the 60 and over women's category; Dora Epler ran a 30:43, making her the women's 50-59 winner; Jerry Dorbin won the 60-and-over men's race, with an official time of 31:41, although he says he ran a 34:29; and Nicole Tatum, age 9, ran a 34:34.

In the 15K, Jim Westmoreland came in third in the men's 40-49 age group with a time of 1:01:21; Diana Hardy won the women's 30-39 group with a 1:10:04; John Pollak ran a 1:10:38; Dale Goering ran a 1:13:10 to win the 60 and over men's title; Shirley VanSlooten won the women's 40-49 group with a 1:13:30; Robert Werner ran a 1:14:09; Reece Tatum ran a 1:15:34; Tom Day ran a 1:20:05; and Michael Sutin covered the course in 1:40:48.

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May 11 Bandelier 50-miler
Aaron Goldman, age 64, tied for third place with a time of 9:36:38.

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May 4 Shiprock Marathon
Richard Curry, 3:36:19;
Patricia Shain, 3:52; Tom Day, 4:10:30.

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April 28 Turquoise Trail Half-Marathon

Andy Winnegar, 1:39;
Patricia Shain, 1:51; Judy Winnegar, time not available.

MILE MARKERS

The only running newsletter that has real poems in it.
[Advt.]

Tailwinds, the newsletter of the South Coast Running Club of Coos Bay, Oregon, quotes G.K. Chesterton as having written that a person "must love a thing very much if he not only practices it without any hope of fame and money, but practices it without any hope of doing well."

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.



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.