



Mile Markers



We Give You the Run-Around

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

July 1996 Vol. 18, NO. 7

"I WAS BEGINNING TO LOSE MY SENSE OF HUMOR"

Personal Worst by Tish Hamilton

To understand my personal worst, it helps to know something about my (almost) personal best, which was my first marathon, in New York, in 1989. The day was overcast and cool, my training had been unwittingly on target, and I clocked away at a steady pace and qualified for Boston in my very first attempt. Imagine the excitement! Clearly, if I ran a 3:40 in my first marathon, I'd run *at least* 3:20 in the next. Maybe 3:15. Maybe I was the next Grete Waitz!

I trained for my second marathon with doubled intensity. I upped my mileage, my speed work, my eating (my weight!). Fatigue and colds be damned: I had a plan. I told my friends where and when to look for me based on finishing times of 3:15-3:30.

Brown droplets of humidity hung over New York City on the morning of Nov. 4, 1990. Runners sprawled in the grass at Fort Wadsworth in shorts and singlets. It was hot. My stomach was unhappy. I lined up just behind the elite runners. The first mile of the New York City marathon is the steepest: up the Verazzano Narrows Bridge. With the starting cannon booming, choppers whupping overhead, and 25,000 hollering, eager runners behind you, you shouldn't really notice that it's a hill. I did.

I darted up the bridge with my friend Patti, a 3:04 marathoner, and down the other side, hitting the 2 mile mark in under 15 minutes. Uh-oh. Too fast, even for this nouveau Grete Waitz. Sweat was already pouring down my forehead. I began to worry. Reeling it in a bit as we hit Brooklyn and the first of the screaming crowds, I noticed, by mile 5, that I was already tired. Uh-oh. Perhaps it was time to readjust my goals. 3:25 was still a PR by 15 minutes.

The sun rose above the haze, the day warmed up to 72 degrees. By 10 miles, 3:30 sounded good. At the half marathon, I thought, "Well, I can still qualify for Boston." By 20, I was walking, drinking Gatorade from every volunteer and every spectator who would give me water. Breaking four hours seemed

reasonable, even honorable. Eleven-minute miles, twelve-minute miles. When would it end? A man in Harlem shouted, "Honey, don't walk now!" I said, "Easy for you to say!" I was beginning to lose my sense of humor. Lisa and Mike, my dear, persevering friends who didn't abandon hope when I didn't show up at my predicted times, waited in Central Park. At mile 24, they jumped in the race, running—if you want to call it that—alongside, Lisa in cowboy boots. How long can 1.2 miles take? I swear I wasn't walking. Fifteen minutes. The final time? 4:27. I was OK, laughed even, oh, well, it's just a race, there'll be others, until the next day at work, when someone asked me how it went, and I burst into tears.

Eleven attempts later, I still haven't bested my first marathon time by more than a few minutes. But each race offers its lessons. I remember them every time I run another marathon and promptly forget them as soon as it's over. To cannibalize the words of E.L. Doctorow, it's a marathoner's fate to suffer the same epiphanies over and over. Why else would we run again?

Editor's Note: Tish Hamilton has left Santa Fe for Back East, where she is working for a new women's sports fitness magazine that will be published by Conde Nast. We wish her and Eric Marquard the best of luck but will miss them.

Perhaps they will let us know if they find intelligent life in New York City.

BAD...WORSE...TERRIBLE

Everyone has a "personal worst" run or race. To see yours in print, write it up and send it to Mile Markers, 2260 Calle de Arce, Santa Fe 87505.

UPCOMING RACES

July 6, Las Vegas Fiesta Run, 10K run, 5K run and walk. 425-8829.

July 13, Tarahumara Benefit Run, 268-6300. This six-mile hilly, loop course includes a 6-mile run and walk, a 12-mile run and an 18-mile run. An entry form for this benefit for the Tarahumara is included in this newsletter.

July 20, First Annual Sports and Wellness 20K and 20K relay, Albuquerque, 256-3625. This is a benefit for UNM Children's Hospital. In the relay, each of two people runs a 10K.

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

Aug. 4, La Luz Mountain Run, 865-8612.

Aug. 11, Lamy Run, 292-2056. This is a joint race between the Master Runners Unlimited of Albuquerque and the Striders. More information is included in a story in this newsletter from the Master Runners.

Aug. 25, Steve Gachupin half-marathon and 5K, Jemez Pueblo, 834-7392.

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OFFICERS

Danica Tutush Girard,
president, 989-1819

John Pollak, vice
president, 982-2144

Jim Hannan, treasurer, 986-0218

Tom Day, newsletter editor,
473-3159

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RESULTS

Jim Westmoreland and Diana Hardy each took first place in the June 15 Zuni Fitness Series biathlon. Jim covered the 12-mile bike course and 10K run in 1:18, and Diana in 1:24.

Due to a course mixup, another entrant shared the first-place award with Jim.

Jim and Diana also did very well at Taos on June 9. Jim won the half-marathon among men, and came in first-place overall, with a time of 1:23:16. Diana ran a 1:39:18 to place fifth among women in the race.

Diana suffered from some tendinitis in her knee, which began hurting around the 9th or 10 mile, but was able to finish with encouragement from her sweetie.

Meanwhile, Dale Goering came in first (where else?) in the 65-69 age group in the 5K MADD Run for Your Life in White Rock. His time was 21:56.

Dale came in third in the 50 and over age group at a Flagstaff duathlon, covering 4.2 miles running and 20.2 miles biking in a time of 1:29.

JULY MEETING

Jim Hannan will light up his barbecue for the July meeting, which begins at 7 p.m. Tuesday, July 9 (the second Tuesday of the month, as usual.) Jim lives at 151 E. Barcelona, and his telephone number is 986-0218.

Most Strider meetings are low-key, and everyone is welcome.

WOE AIN'T ME

I might as well just say it: This year began, for me, with what I can only describe as an undefined but overwhelming sense of loss. This is a feeling familiar to many people, but I hadn't experienced anything quite like it before.

About all I wanted to do was sit in bed, listen to the haunting strains of Pink Floyd and read a book on depression called "Speaking of Sadness."

It wasn't nearly as much fun as it sounds.

To the age-old question of the philosophers--"Why should I get up, anyway?"--I had no answer. I didn't even care that my favorite roses, which I have faithfully tended for many years, would soon be showing signs of life.

In short, this wasn't the usual anxiety rush, marked by your garden-variety fear and trembling, angst and dread.

Heck, I could deal with that.

This was far worse. This was too much like real life. This was what those people wrote about that we read in English class.

Maybe turning 57 wasn't all it was cracked up to be. If it hadn't been for my loving family, I might have started wandering around libraries all day.

Then came a call from Trish Shain, a friend of many years who was training for the Shiprock Marathon. She sent me an entry form. Figuring a focus might do me some good, I mailed it in.

During February, March and April I ran, like so many others, in the wind and the snow. Ah, early spring in Santa Fe!

Somewhere along the roads I began, little by little, to wear out my sadness as well as my running shoes.

In the May 4 marathon, I ran a little too fast for the heat --does this strike a chord with anyone?--and became severely dehydrated. For the last six miles I gulped down water, ate more oranges than I usually eat in a month and sponged my head at every aid station to try to stop the steaming.

I finished. It took me more than four hours, longer than I wanted. But I finished.

And my depression? A week or so after the race, when my head had cleared, I looked for it, and it was gone.

Let's see now, where's the Shoe Goo?

--Tom Day

WEDNESDAY RUNS

Each Wednesday at 6 p.m., Striders and other runners leave from the Plaza, by the Palace of the Governors across from the Plaza clock, for a run of five or so miles. There are fast runners and slow runners, and everyone is welcome.

POST IT

Efforts having failed to link the "Mile Markers" toaster with the Internet, please mail newsletter contributions to Mile Markers, 2260 Calle de Arce, Santa Fe, NM, 87505.

Mile Markers welcomes personal stories, race results, cartoons, reprints and odds and ends.

THE LAMY RUN - SUNDAY, AUGUST 11, 1996 AT 9:30AM

The run will be approximately 7 miles down the old narrow gage train tracks from Santa Fe to Lamy. All runners should^{BE} at the Lamy site next to the station by 9:30AM on Sunday, August 11th. The runners will be taken to the starting place at 10:00AM. There will be no short race down the highway to Lamy because of increased traffic in the area. The Santa Fe Striders will be joining us.

There will be a picnic next to the Lamy train station upon completion of the race. This is a potluck picnic. MRU will furnish the drinks, water, and ice. The Legal Tender Restaurant was not open as of June 10th. It may be open by August.

For more information call Bill Gilmore at 292-2056.

Loop Bajada
(April 28, 1996)

1.
A. ramidus
human detritus
snails, millipedes
dung beetle balls
fossilized seeds
four million years
from Lucy's bones
Middle Awash
Ethiopia
2.
oxen cart path
corn seed stubble
to fire rock
and pumice rubble
the fire shines
in cloud by day
and night with ash
in each full lung
and livestock dung

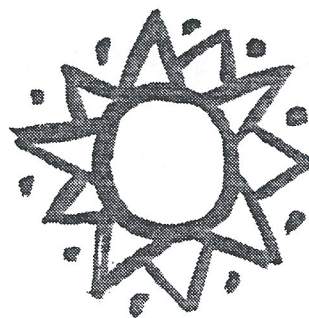
Endnote:

1. "Fire closes Bandelier. Hundreds fight blaze that has torched some 4000 acres," Sunday Santa Fe New Mexican, April 28, 1996.
2. Exodus, XL, 34-38, The Holy Scriptures

-Michael G. Sutin

TARAHUMARA

BENEFIT RUN



Time:

PURSE

Dinner:

Awards:

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

destination to be announced day of race.

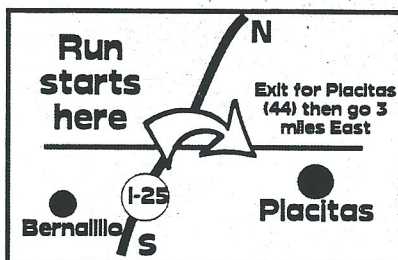
Awards go to first 3 in each age group for each race: Men and Women 18 and under, 19-29, 30-39, 40-49, 50-59, 60 and over

Fee:

Sponsors

Face HQ

For info call Gil at (505) 268-6300

**DEADLINE FOR ENTRY: July 11**

Category ☐ 6 Mi Run ☐ 6 Mi Walk ☐ 12 Mi Run ☐ 18 Mi Run
Age Group ☐ 18 or under ☐ 19-29 ☐ 30-39 ☐ 40-49
 ☐ 50-59 ☐ 60 and over
Sex ☐ Male ☐ Female
Dinner ☐ Dinner Only ☐ Dinner (plus Benefit Run noted above)
T-Shirt Size ☐ Large ☐ Xtra Large

Athlete's Entry, Waiver and Release

I certify that I am physically able to compete in the Tarahumara Run, that I have trained properly, and can compete in this race. I expressly assume full responsibility for all risk associated with my participation in this event including, but not limited to any injuries, death or damages that I may inflict on myself or other participants, the events of the weather, high altitude, heat and/or humidity, pedestrian or vehicular traffic, the conditions of route selected for the race, and all other risks and hazards of participation in this event, from any and all claims for injury, death or damage, whether it be caused by negligence of the sponsors of this run, or other persons, or public or private entities associated with this event. I agree that the foregoing waiver and release is contractually binding and not a mere recital.

Signature of Applicant

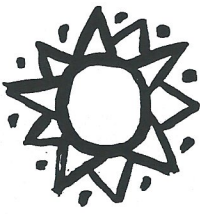
Signature of Parent/Guardian if under 18

SEND ENTRY FORM WITH CHECK MADE PAYABLE TO:

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TARAHUMARA BENEFIT RUN



c/o Gil's RunnerShoe World
3515 Lomas NE
Albuquerque, NM 87106

Dear Interested Participant:

The Raramuri, inhabitants of the Copper Canyon and Sierra Madre Mountains of Mexico, are running for survival. Currently the 40,000 remaining indigenous people are facing starvation, fading water and land resources. Additionally, the Mexican Government is finding it difficult to provide the staple crops so necessary for the Tarahumaras' existence.

Tarahumara—as the Spanish named them—are among the greatest runners in the world. Their feats have been documented for over 100 years by westerners who marveled at a people who would run one hundred or more miles without stopping. Now, with pressure from mining interests and logging interests, this northern Mexico group of Native Americans is succumbing to the fate of most of the original continental cultures. For centuries the Tarahumara have been insulated from the outside world by the inaccessibility of the Copper Canyon, but over the past 40 years their protection has been stripped away by the desire to harvest the resources of the Canyon lands. As the loggers and miners continue to work deeper into the homeland of the Tarahumara, they strip the forest leaving nothing but an eroding landscape. Land, once available for the staple crops of beans and corn, is now unavailable. Continued deforestation is leading to the loss of animal species that were once part of the Tarahumara food source. Now the people of Copper Canyon, who are dry-land farmers, are being severely impacted by a 4 year drought.

This year Rio Grande Travel and Reno Airlines will sponsor the development of the first in a series of annual fund-raisers to aid the people of the Copper Canyon. This event will take the form of a 6 mile run/walk, a 12, and 18 mile run which will take place the morning of July 13, 1996, with a casual dinner in the evening. Your race fee will be used to purchase food and water filtration systems for the Tarahumara. It will also continue to encourage running as a cultural event among the Tarahumara. We look forward to your interest and support in this worthwhile event.

Marc Calderwood, CTC
President, Rio Grande Travel

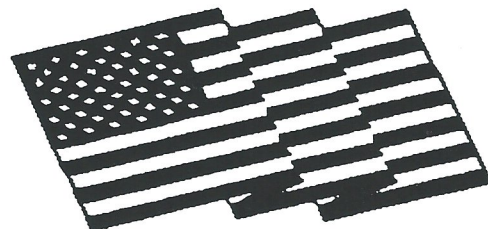
Las Vegas Fiesta Run

Saturday July 6th, 1996

Course: 10k run - Montezuma to Las Vegas Plaza. 5k run and walk - Rodeo Grounds on Hot Springs to the Plaza. 1 mile children's run from Mills Ave. bridge over the Gallinas river to the plaza.

Sponsors:  

Pre-registration deadline: Wednesday July 3rd **\$10.00**
 Children's 1 mile Run (13 and under): **\$6.00**
 Late Registration: **\$15.00**



Return this form and make check payable to:
 Las Vegas Fiesta Run
 Hispano Chamber of Commerce
 P.O. Box 1343
 Las Vegas, NM 87701 Phone: (505) 425-8829

| Time |
|-----------------------|
| 5k Walk & Run 7:45 am |
| 10k Run 7:45 am |
| **1 Mile Run 9:00 am |

Las Vegas Fiesta Run Application

Please
Print

| | | | | | | | |
|----------------|--|--|--|--------------|--|------------|--|
| Name | | | | Age | | | |
| Address | | | | Phone | | | |
| City | | | | State | | Zip | |

Circle
one

| Sex | Male | | Female | |
|-----------------|------|---------|--------|-------|
| Distance | 5k | 5k Walk | 10k | 1mile |
| T-Shirt | S | M | L | XL |

Age Divisions are the same for 5 & 10 K.

| Male | Female |
|------------|------------|
| 17 & under | 17 & under |
| 18-29 | 18-29 |
| 30-39 | 30-39 |
| 40-49 | 40-49 |
| 50-59 | 50-59 |
| 60-69 | 60-69 |

Trophies: Overall female & male finisher in 5k & 10k. 1st three finishers in each division.
****Trophies** 1st- 7th place for children only in mile run. Adults can participate & receive t-shirt.

RELEASE

In consideration of accepting this entry, the undersigned, intending to be legally bound, hereby waives any and all claim for damages they may have against the Fiesta Run, its agents and employees, or the City of Las Vegas, for all injuries suffered by the undersigned or the minor on whose behalf consent is given in said event.

Signature _____ **Date** _____

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If participant is under 18, Parent or Guardian must sign



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.