



# Mile Markers



*We Give You the Run-Around*

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

September 1996 Vol. 18, No. 9

## The Big Tesuque and the Worthiness of Running

25 September 1994

7:00 A.M.

I am running the "Big Tesuque" this morning. It is an 11.5 mile race from the parking lot at Aspen Vista up State Road 475 to the radio towers and back down.

Race director Jim Fisher, himself an ultra-runner, firewalker, chemical engineer, and Nature enthusiast, states on his racing flier, "On a clear day you can see for miles and miles and miles." At the towers one can see what Fisher alludes to.

I am nervous this morning. Perhaps because I am reflecting on last year's "Big Tesuque" when my legs turned to rubber the final three miles. Runners with much stronger legs passed me, and I finished with a disappointing time.

From my study room window I see the sky is clear. I relish this thought and welcome the silence. Outside ravens caw. Fisher's call for the race is two hours away.

8:30 A.M.

I am in my pick-up truck reading the results of the Las Vegas Meadow City Invite high school cross-country meet. I pay particular attention to the farings of the runners from Espanola Valley, even though it is still early in the season.

My race number is 7. A lucky one? I ask. In my Sports in Literature class, we read Heywood Broun's "The Fifty-first Dragon." The theme is superstition. I don't know if I believe in magic or not. All I know at this moment is that in 20 minutes I will run up a mountain and then back down. A line from Broun's story is: "Life is a matter of facts."

10:45 A.M.

The "Big Tesuque" is over. Albert Fernandez, a Pojoaque teacher and runner, and I extend hands. "Nice run," I say.

"It's beautiful, isn't it?" he answers.

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## The Big Tesuque (continued from page 1)

I look towards the top of the mountain and the trees; their leaves glisten, such as yellow and gold aspens will. I give thanks for my health and strength and walk towards my faithful pick-up truck. I do not sit in it but instead lie on its bed. I let the sun's rays hit my face. I stretch and rub my legs, for they ache. But I don't mind the aching today as much as I did a year ago. I beat my time by eight minutes. Each year the miles become a little more difficult; but each year the satisfactions become a little more pleasing.

Tom Day, a Santa Fe woodworker and writer, says to me, "It's right when you come out of the tree line and look off to your left. What is that, eleven-thousand feet? That's what makes it all worthwhile to me."

His comments make me think of writing and the worthiness of both it and running. I think of the great American writer William Faulkner who said in his Nobel Prize address: "I believe that man will not merely endure; he will prevail."

Today running allows me to honor these words.

--Richard Curry

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### SOME THANKS FROM CITY HALL

(The following letter was received by the Striders following the Sylvia Pulliam Memorial Run in Santa Fe. Striders who helped the city government put on the run included Nancy Pollak, Diana Hardy, Jim Westmoreland, Jim Fisher, Dale and Kenny Goering, Jim Hannan and Danica Girard's husband Jim.)

Danica Tutush Girard  
P. O. Box 1818  
Santa Fe, NM 87504

Dear Danica:

On behalf of the City of Santa Fe Parks and Recreation Fort Marcy Complex we would like to extend our gratitude to the Santa Fe Striders for their timing of our Sylvia Pulliam Memorial Run.

As usual, your people did an outstanding job with the timing aspects and everyone was real pleased with the results.

I apologize for not having enough shirts to give to your staff, but we did order some extras and we will save five (5) for your people.

Once again Danica, Muchas Gracias and see you soon to start coordinating our La Tierra Torture Bike Race.

Best Wishes,  
Silver Ortégá, Manager  
Fort Marcy Complex



...And On the Second Day...

On Aug. 24 and 25, Jim Fisher ran the Leadville (Colo.) Trail 100 in a time of 28:05:14. On July 12-14, Jim finished the even more hilly Hardrock 100, in the San Juan Mountains of southwestern Colorado, in a time of 42:12:30.

We're talking miles, on the one hand, and hours, minutes and seconds on the other, folks.

\* \* \*

Dale Goering also took to the hills, winning the La Luz trail run, for men 65-69, in a time of 2:04.

Dale also won his age group at Pike's Peak, running up the 14,110-foot mountain in 3:38.

\* \* \*

Jary Earl was first in the 50-59 age group for women at the Jemez Pueblo 5K, covering the dirt course in 27:03.

The pueblo also put on a half-marathon, which drew several Striders. The event was distinguished by a group of eight to 10 horses that galloped unexpectedly across the course at about the two-mile mark.

\* \* \*

Diana Hardy ran a 21 flat 5K at Salida, Colo, for first place among women. Jim Westmoreland ran the course, which was in a valley and relatively flat, in 18:07 for fourth place among men.

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ALL YOU NEED IS A STAMP

Stories, poems, race results and whatever else interests you about running will interest other people as well. Mail your contributions to Mile Markers, 2260 Calle de Arce, Santa Fe 87505.

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## UPCOMING RACES

Sept. 14, Run for Diabetes, 10-mile run, 5K run and walk, Westside Trotters in the Albuquerque area, 899-1487.

Sept. 15, Big Tesuque Run, 11.6 miles, Jim Fisher, 455-0259.

Sept. 29, Duke City Marathon, half-marathon, 5K run and walk and 20K walk, 890-1018.

Oct. 6, Corrida de Taos, 5 and 10K, 2-mile walk, Gil's, 268-6300.

Oct. 20, Corrales Harvest Festival 5K run and walk, Gil's, 268-6300.

Nov. 16, Fowl Day Run, Danica Girard, 898-1819.

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## EAT AT ELAINE'S

The Striders' September meeting will be on Tuesday, Sept. 10, at Elaine Coleman's, 899 E. Zia Rd., near the corner of Zia and Old Santa Fe Trail.

The potluck will start at 7 p.m. The business meeting will be at 8 p.m. Among business items will be:

--Final arrangements for the Big Tesuque Run.

--Discussion of getting together a group of Striders to help the city the La Tierra Torture Bike race.

--Discussion of the possibility of having a booth at a Road Runners Club of America expo at the Albuquerque convention center the day before the Duke City Marathon. Running clubs may bring T-shirts, newsletters and other paraphernalia.

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OUT OF THE GUTTER  
(or Urban Intersection Chronicles)  
by Michael G. Sutin

A much belated farewell and thank you to Bob Julyan, from one who is also a former *Albuquerque Journal* sports columnist. (I started when the Journal offices were up the stairs on the second floor at Fifth and Gold in Albuquerque; copy was sent by pneumatic tubes to the linotype operators).

Julyan wrote right about running, but not about the economy. His last running column appeared on April 25, 1990.

His column on Running which appeared on October 28, 1987, in the Sports section of the Albuquerque Journal, commented on the economic benefits of running. He wrote that one thing he never found running along the roads is money.

For many years, a small group of runners dressed out in the Albuquerque downtown area and went for nooners up towards University Hill on jaunts covering from some five and one-half to some eight miles daily (depending somewhat upon whether or not the two-mile UNM golf course route was included). All members of the group usually also devoted parts of each weekend to running their respective neighborhoods on longer training runs (as most serious runners are wont to do). Since 1986, I have been running out of Santa Fe.

The original group, like Julyan's running column, went by the wayside as all groups do and was replaced by successor members. This is the only published report of the economic activities of the group.

The only thing which ever stopped members of this group - was money - picking up coinage of the realm, the flotsam and jetsam of the wealth of the community, dropped along the curbs and gutters and in intersections by heaven knows who.

Although the attention of the urban runner is generally directed toward avoiding and dodging unleashed and vicious dogs, unleashed and vicious motor vehicles, potholes, ice slicks, mud slides, sprinkler heads, shopping center parking lots, and lost people wanting directions, the group also learned to casually focus on the discovery of lost coins.

The results of the last known official accounting of the collection (known as the Property Group Running and Walking Fund) are worthy of publication. Running is worth it.

The last accounting was as follows:

Pennies - 2243, or \$22.43  
Nickels - 180, or \$9.00  
Dimes - 329, or \$32.90  
Quarters - 82, or \$20.50  
Fifty Cent Pieces - 2, or \$1.00

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One Dollar Bills - 4, or \$4.00  
Five Dollar Bills - 1, or \$5.00  
Ten Dollar Bills - 1, or \$10.00  
Total Items - 2842  
Total Value in U.S. Currency - \$104.83

The problem is--no one can remember when the last group accounting was made; probably over ten years ago. However, my personal collection count for the last ten years is at least an average of a coin a day and, infrequently, even an occasional greenback. Some five years ago, my personal count was something like:

Pennies - 1,298, or \$12.98 (Abe Lincolns)  
Nickels - 89, or \$4.45 (Thomas Jeffersons)  
Dimes - 163, or \$16.30  
Quarters - 60, or \$15.00  
Fifty Cent Pieces - 0, or \$0.00  
One Dollar Bills - 3, or \$3.00  
Five Dollar Bills - 1, or \$5.00  
Mexican cinco centavos - 2  
Mexican uno centavos - 1  
Canadian pennies - 6  
Canadian dimes - 6  
Canadian quarters - 3  
East Caribbean pennies - 3  
Netherland Antilles pennies - 1  
Guatemala pennies - 1

Some notable individual treasure trove days for me have been:

1. 6/6/96 - 30 pennies - intersection of Park Avenue and San Francisco Street, Santa Fe, New Mexico.
2. 7/22/91 - 3 quarters, 3 dimes, 2 nickels, 20 pennies - Dallas, Texas.
3. 1991 - 43 pennies on surface street leading to the St. Catherine Ridge, Santa Fe, New Mexico (with Randy Bartell and Richard L. C. Virtue).
4. 2/14/89 - 53 pennies and one dime - in back of Delgado Advertising and Public Relations, off Paseo de Peralta, Santa Fe, New Mexico.

Intensity in the local collection effort has increased in recent years.

Because of the somewhat mangled nature of many of the coins, the Fund has been preserved in its original state. The Fund has not been placed at interest or expended on brews at local watering holes - despite strong periodic feints toward the latter result by certain individual group members. To paraphrase Henry David Thoreau, "In mangleness is the preservation of the world."

Fund members value quantity over quality (a penny a day keeps the doctor away, the mystique surrounding the lucky penny, etc.). The quantity of these finds was surprising given the competition for the dollar and the number of street runners and street walkers in Albuquerque.

The patron saint of the Fund is Oliver Goldsmith (c. 1730-1774) author of She Stoops to Conquer. The favorite movie is George Washington Slept Here (1942), based on the Kaufman-Hart play and starring Jack Benny and Ann Sheridan. The favorite poem is Abraham Lincoln Walks at Midnight (in Springfield, Illinois), by Vachel Lindsay (1879-1931). Unverified rumors abound that

following a week of excessively dry scavenges in the cracks and fissure of the asphalt, Fund members stooped so low as to inquire of long haired Yale Park denizens on the University of New Mexico campus, "Do you have any spare change?" Panic has caused Fund members to pry out of the melting asphalt "lost souls" deserving of a final resting place.

Although various runners have at times contributed items to the Fund, the original principal successor contributors over the years were Susan K. Vosberg, Camille E. Bennett (first trustee), Kester L. Oman (who tore the ligaments in his ankle dashing for a discolored dime), Jonny (present trustee), some characters called Pauli, B.H., Split, Freddy a/k/a the ex-checker, and the columnist (retired first successor trustee) (who suffered a gashed head and nine stitches running into a sign in the Eastdale Shopping center, Albuquerque, New Mexico, while attempting to pinch a penny), all of whom have been named as the first inductees into the Albuquerque Runners Economic Hall of Fame.

Later members include Chief Dude, City Dave, Spuggs, Porno, Dog Head, Worm, Juan, Steve, Pat, Rosco, Mrs. Head, My Friend and Neighbor, Little Ms. Kirkman, Josh, Jessicer, Robert Runningrabbit, Elleanor, Melliser, The Destroyer, Scott, Esther, Ellen, Jennifer and Brian.

With a tip of the hat to J. D. Kailer, my editor.

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#### WEEKLY RUNS

At 6 p.m. on Wednesdays throughout the year, a group of Striders and others gather at the Palace of the Governors, across from the Plaza clock, for a weekly run. Runners go at a variety of paces, and the courses range from about 5 to about 7 miles. Everyone is welcome.

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#### \*\*\*\*\* OFFICERS

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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# WATER-LOGGED

By Jack Lippincott

**W**ell, here it is, the article my running buds begged me to write (not for their instruction, but so I would quit *preaching* to them every time they're a captive audience- usually on long runs). My topic is Running-in-the-Water, and I am on a mission to sell the rest of the world - well, OK, the *running* world - on the many benefits of this particular form of activity. Ho-hum, you say; another boring rant about a goofy "cross-training" regimen, when I hardly have enough time for *regular* training... **DON'T TUNE OUT!!** Hey, sorry I yelled; but you *must* hear this.

First of all, let me make clear what we are talking about. This is not "moonwalking" in the shallow end of the pool, or water aerobics, or synchronized swimming, or any other kind of swimming, though these are the common associations with in-the-pool exercise. Basically, water-running is *running*, accomplished in *deep* water, ideally wearing some kind of flotation belt or vest designed for the task. You assume an upright posture, swinging your arms and striding with your legs more or less exactly as you would "on land," but without a foot strike at the bottom of each stride. (It is not my purpose here to teach proper methods; Dave Brennan or other Aqua-gurus, in person or in books, give great direction/coaching, if you are seeking to optimize these workouts. My whole trip is to make you *aware* of it as a valid training option). For runners, you see, this is **NOT** cross-training. It is specialty running, much like hill work, track work, stair-steps, bounding, or any other unique form of jogging done with specific goals in mind. This one is a means of real training-effect without impact-related bone and muscle stress.

Regular pool running (I do not particularly like the more commercial term "Aqua-jogging") brings with it a host of benefits and advantages, the most important of which include:

**No impact** - This is the number one reason for doing it, particularly for injured runners. Up to now, 90% of the people who run in the pool have started as the result of being hurt (coupled with that maddening "I've got to do *something*" feeling). I admit that I only tested it for the first time last spring after suffering a stress-fracture of the shin (from overtraining and over racing, of course). No less an authority than Frank Shorter had recommended it to me some time earlier, but I still didn't try it until I couldn't run at all. Don't wait for that, because...

**It's a rest AND a run** - low impact also means that a *healthy* runner can substitute two of these workouts a week to keep mileage up, but allow even *higher* quality on hard days, and help the legs avoid that "yesterday stiffness is still there and we haven't even started today's run" feeling that we all know and love. This is especially true for the older athlete. Make no mistake, however; this **IS** running, and you still need occasional off days, too.

**No sweat** - if you have ever tried a mid-day jog in Houston, from June to October, you know that thirty minutes of running necessitates 45 minutes of showering and/or cooling off before dressing, if

you don't want to sweat through your clothes. Your core temperature is *very* slow to come down. This makes noon workouts impossible for most of us. Guess what? Pool running requires **NO** cool down!! It is the perfect lunch time run...

To give you the whole picture, possible disadvantages include:

**Finding a place** - many folks do not have easy access to a pool, especially during lunch. There are several health clubs with pools, but some of *those* have no "deep end." Most YMCA's have wonderful facilities, with liberal lap-swim hours both early and late. Public outdoor pools such as Memorial Park's also work great in the summertime. I use this one, the Rice University pool, and sometimes the Post Oak Y for my noonday workouts.

**Measuring your run** - this was a real stumbling block for me. Like most of the true compulsives among us, I keep a detailed running log, unsullied by any swimming or biking "translations." I became comfortable adding pool miles" by wearing a heart rate monitor, and realizing that my *heart* thought I was running, based on the work it was doing. I then estimated my pace (and thus distance) by determining comparable jogging pulse rates at various speeds. (Your heart won't beat as fast as land-based running, because your legs are not supporting your weight while you run. Also, the hydrostatic pressure of the water helps your heart do its work...)

**Lack of excitement** - to be completely honest, I saw Mr. Shorter again at the last Conoco Run, and he has moved on to some other things - he was too bored in the pool!! Despite Big Frank's negative endorsement, and the fact that runners do like to "cover some ground" when they work out, it is much better than swimming (looking at that **STRIPE**) because your head is out of the water. Do it with others, and you can converse just like on a long run.

If I've motivated you to give it a try, remember it does take a few sessions to get the hang of it, and the fronts of your legs must strengthen a bit to keep up with the backs (because of the all-directions resistance of the water). That is not a bad result, as it remedies muscle imbalance. For more encouragement, come on a long run with me...▲

**Editor's Note:** With the help of twice-weekly pool runs, Jack came back from his stress fracture last summer to run a 2:58 at San Antonio in November, his best marathon race in 10 years. He turned 50 in April. In his first race as a 50 year-old, Jack won his age group at the Lookin' Good 5K in a time of 18:05.



## STRIDER RECIPES

### Spinach Dip with Bread Bowl Recipe

1. Combine the following ingredients in a medium-size bowl:

- 1 10 oz. package of chopped spinach--thawed and squeezed dry
- 1 package of dry Knorr's Vegetable Soup Mix
- 1 package (16 oz.) of sour cream
- 1 cup mayonnaise
- 1 can (8 oz.) sliced water chestnuts--drained
- 3 chopped green onions

2. Cover the mixture and chill for a few hours.

3. Take a round, sourdough loaf and scoop out the middle. Save the bread that's been scooped out.

4. Pour spinach dip into bread bowl and use the bread that's been scooped out for dipping.

**NOTE:** You may use another small sourdough loaf as extra bread for the dip. Also, I use low fat or non-fat sour cream and mayonnaise to reduce the fat and calories. It still tastes good too.

--Danica Tutush Girard

(If you have a recipe suitable for use at a potluck, such as the potlucks at the Striders' monthly meetings, consider sending it to Mile Markers, 2260 Calle de Arce, Santa Fe 87505.)





## 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.