



Mile Markers



We Give You the Run-Around

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

November 1996 Vol. 18, No. 11

RUN IN AN ARROYO, HELP THE POOR

This year's Fowl Day Run, which for the first time includes the City of Santa Fe as co-sponsor with the Striders, will take place at 9 a.m. Saturday, Nov. 23.

The event is a benefit for the Salvation Army. There is no entry fee, but participants are asked to bring \$10 or more of non-perishable food.

Sweaters and jackets will also be accepted by the Salvation Army.

Registration for the event is on race day only and consists of bringing the food, and/or clothes, and signing away your rights.

Jim Hannan, the race director, encouraged all Striders to come to the race and support the Salvation Army.

"The food contributed by us will help many Santa Fe residents enjoy the holiday season," he pointed out.

"If you haven't run the course before," Jim said, "it's a combination of arroyo, trail and dirt road, with a good hill climb in the middle."

"I want to thank all the volunteers that make this fun race such a big success," Jim added, "particularly Elaine Coleman, Danica Girard and Silver Ortega from the City of Santa Fe."

Volunteers from the City of Santa Fe will help with the race. In addition, the city has donated 110 water bottles and

50 pairs of sunglasses to give to participants.

The city is also planning to bring fruit and water for the people who take part in the event.

The Fowl Day course has been officially described over the years as a 5K. Like much official information, this is incorrect.

The course is less than three miles, although the arroyo sand makes it seem longer.

The course, by the way, passes in front of the Governor's Mansion. Lucky participants may catch a glimpse of Gov. Gary Johnson riding his new motorcycle.

A random drawing for prizes will follow the event.

IT'S TRUE

One day last month, Cosmas Ndeti of Kenya, three-time winner of the Boston Marathon, ran 25 miles in 2:13:58 in Kenya at altitudes of 5,000 to 7,000 feet. It was part of his training for the New York City Marathon.

The future of the Big Tesuque Run is uncertain following an announcement by Jim Fisher, the director of the race, that he will no longer cooperate with the Santa Fe Striders in putting on the event.

"The ongoing Big Tesuque Run is hereby canceled, unless a new sponsoring organization can be found," Jim wrote in a letter to officers of the Striders.

In the letter, which included harsh criticism of some Striders and bitterly denounced what he said was the club's failure to provide adequate support for the race, Jim said he had taken a loss on the 1996 race of \$900 to \$950.

He said he had always given the club the profits from past races. Bad weather on the day of this year's race reduced the number of runners and contributed to the loss.

Unlike other Strider-sponsored races, the Big Tesuque Run, an annual autumn mountain race of 11.6 miles, has been a hybrid event. The lines of responsibility between the race director and the Striders were never clearly set out.

In his letter, Jim wrote that the Striders haven't appreciated his hard work on behalf of the race. On race days, he said, "a few of the Striders would condescend to show up" to help. He said he had done virtually all the work on the event.

At one point he wrote that "After begging, pleading, getting down right nasty, and everything else, I could not get the Striders to help me find more cash paying sponsors for this event. No one cared (because they knew Jim Fisher's check book would have to cover any losses.)"

Striders president Danica Girard gave the following response:

On behalf of the Santa Fe Striders, I was very sorry to hear about Jim Fisher's dissatisfaction with the 1996 Big Tesuque Run. I know it is clear to those of us who have participated and volunteered in this event for the last five years that he has done a remarkable job in making this event so successful.

However, as club president, I also was disappointed when I contacted him by phone and left messages expressing my concern for the future of this event and for a dialogue to resolve any issues, and my calls went unanswered. I felt these issues needed resolution, so I met with the club officers to discuss them. These were our conclusions.

In the past, our agreement with Jim Fisher was to help him with insurance for the Big Tesuque Run and volunteer support on race day. As a result, several Santa Fe Striders did help him consistently with various race day tasks for the last five years. This year he also approached the club for financial help and we agreed to loan him money. Rather than collecting on the loan and in light of the fact that he made monetary donations to the club from past races, we returned any money he tried to pay back to the club, which was approximately \$835.

In his submittal to the newsletter, Jim expressed his intention to discontinue the current arrangement with the Striders and to seek other sponsors. After reviewing the situation, the club officers agreed that it was in his best interest and the Club's for him to do so. We sent him an official letter, which stated our position, and we returned his money.

Because of the confusion that occurred from this "hybrid" co-sponsored event, I will be drafting an official club policy on how to handle co-sponsorships with individuals and organizations in the future, so that the Striders can avoid these problems. I will present this policy at the next club meeting.

(continued on page 3)

Again, the Santa Fe Striders thank Jim Fisher for all his hard work and effort. For the sake of the runners who have enjoyed this event in the past, we wish him luck and hope he obtains other sponsors who meet to his satisfaction.

Danica Tutush Girard

1996 President, Santa Fe Striders

CAREER OPPORTUNITIES

The Santa Fe Striders announce openings for two coveted positions for the year 1997. The two are race director for the annual Santa Fe Run-Around, the Striders' flagship race held in June, and newsletter editor.

Members of the Striders who are interested in either of these positions should send a full resume, together with three letters of recommendation, examples of work if appropriate and a personal running photo to the Santa Fe Striders, PO Box 1818, Santa Fe, N.M. 87504.

Anyone who finds these requirements onerous may simply call Danica Girard, the Striders' president, at 989-1819, and she will beg you to take whichever job you are interested in.

SPINNING TALK SET FOR NOVEMBER MEETING

Ronit and Derwyn Harris, Strider members and owners of Sky-High Spinning, will give a short presentation about a new form of endurance training called spinning at the November meeting.

Spinning uses a stationary bike, used for cross-training, with a 40-pound flywheel that doesn't let you coast and a tension knob to help you simulate hill training.

The meeting will be on Tuesday, Nov. 12 at the home of John Pollak, 144 Pine St. Pine is off West Alameda opposite the Feed Bin. John's phone number is 983-2144.

The pot luck begins at 7 p.m. and the business meeting starts at 8.

HUMPTY DUMPTY

A fun-loving jogger from Vegas

Was clumsy and fell on his tragus.

"To boot," he insisted,

"My ankle got twisted.

Next time they'll be on the same pagus."

RESULTS

540 women ran the Duke City 5K in late September. Only two came in ahead of Shirley Van Slooten.

Shirley ran a 19:27, winning the 40-44 age group by almost two minutes. She was first among masters women.

Shirley also won the 5K at the 18th annual Corrida de Taos, with a time of 19:07.

Other results:

White Sands Duathlon: Dale Goering, second, 60 and over, 1:45:24 (the race was a 5K run, 30K bike ride and another 5K run.)

At the Corrida de Taos, Diana Hardy was the overall women's winner in the 10K with a time of 40:39. Craig Heacock was second in the men's 10K with a time of 33-plus.

At the Duke City Marathon, Richard Curry, in the 35-39 age group, ran a 3:34:19 and John Otter, in the 55-59 age group, ran a 3:55.

At the Duke City half-marathon, Patricia Shain ran 1:44:54, Barbara Severs ran a 2:16:44 and Elaine Coleman covered the distance in 2:24:41. On the men's side, Robert Werner ran a 1:38:49, for second place in the 55-59 age group, and Tom Day ran a 1:47:24.

At the Big Tesuque Run, Craig Heacock won the 18-29 age group competition among men with a time of 1:24:26; Jim Westmoreland was second in the 40-49 age group with a time of 1:33:09; Robert Werner was second in the 50-59 age group, in 2:00:53; and Dale Goering was first in the 60-and-over age group in 1:54:39.

Among women, Diana Hardy was second in the 30-39 age group with a time of 1:57:47; Elaine Flower-Maudlin was third in the 40-49 age group, in 2:13:25; and Donna Berg was the masters winner, with a time of 2:09:37.

Seventy-three runners braved the cold and blizzardy conditions to take part in the race.

Dale Goering's run-and-ride competition drew about 20 people who made their way along the trail by the railroad tracks from Rabbit Road to Highway 285, a distance of 11.2 miles.

The team of Jeremy Yang and Paul Scott won the event, in which two people share one bike, taking turns biking and running. Their time was 1:08:00.

Second were Michael Hurlocker and Tobin Oldach, 1:11:42; Barb Dutrow and Carl Gable, 1:18:11; Graydon Anderson and Dave Sneesby, 1:21:23; June Dickinson (who biked the course) and John Pollak (who ran it), 1:37:45; Donna Berg and Martha Sutter, 1:42:06. Bob Werner ran the course in 1:43:11, and Elaine Coleman ran the course in about 2:30:00.

The course, which crosses some arroyos, would have been rougher if Dale hadn't gone out the day before with his shovel to fill in some of the worst spots.

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AMAZING OFFER

Contributors to Mile Markers receive, absolutely FREE, a monthly copy of the newsletter with payment of their annual dues.

Please send articles, race results, running tips, poems, cartoons and the like to Mile Markers, 2260 Calle de Arce, Santa Fe 87505. Deadline is the 25th of the month.

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Following the Steve Gachupin half-marathon at Jemez Pueblo, I heard someone at the results board say, "The hard part is you're out there running all alone. The runners in front of you are out of sight." I turned at hearing these words, for they sang true like a ringing bell. A story that came to mind was "The Loneliness of the Long Distance Runner" by Alan Silitoe. Then I thought of running in the second person.

Even though you are out there running alone, you get the feeling of triumph. Triumph is you have made the effort to get out of bed, pack your running gear, jump behind a wheel, and head to the starting line. You take off one pair of shoes and lace another.

Triumph is knowing you do this in any season, knowing the first step will be one of many. It is you and the pounding of your feet; it is the breathing of your being. You are one with the seasons.

Whatever the season all you know is that miles loom ahead and you are alone. There are times you feel like stopping; but stopping is what keeps you moving. You feel the rhythm; you feel your heartbeat; you feel your lungs; you feel alive; at times you feel dead.

You pray for your family so far away. You pray for your family so close to home. You feel the presence of the earth, the sky, the grass, the sand, the trees, the rocks, the water, the animals. Your thoughts are on running. You pray the run will last forever; other times you pray the run will end.

Triumph is you are running alone and chasing what is in front of you. Today there is no one save the sky, red rock formations, and the dirt road. But there is someone and something behind you. You know you will see them all again and they again will see you. Each time they will be different. But for now they are out of sight. So you run until it takes you home. Then you know what it is that you have done.

--Richard Curry

WEEKLY RUNS

Hardy Striders continue to meet at 6 p.m. on Wednesdays at Lincoln and Palace, across from the Plaza clock, for a 5-mile or so run.

Everyone is welcome.

THEY SIGNED UP

The Striders welcome new members Frank Patania and John Otter, both of Santa Fe.

***** UPCOMING RACES

Nov. 9, PAL/Sandia Pueblo Run Against Gangs, Guns, Graffiti, 5 and 10 K, one-mile walk. 332-0102 or 867-4541.

Nov. 23, Fowl Day Run, 9 a.m., Magers Field.

Nov. 28, Albuquerque Turkey Trot, 5 and 10K, 2-mile walk, Gil's, 268-6300.

THE 1996 FOWL DAY RUN

A BENEFIT FOR THE SALVATION ARMY

STARTING TIME: 9:00 AM, Saturday, November 23, 1996

REGISTRATION: 8:15 AM TO 8:55 AM

RACE LOCATION: Ft. Marcy Park, north parking lot west of the baseball field.

COURSE: This is a cross country 5k, including arroyo, trail and road conditions.

WALK: There will also be a fun walk of one to two miles.

DONATIONS: Donations of non-perishable food items will be required for entry (suggested donation is approximately \$10 or more of food).

Donations will be distributed through the Salvation Army to local families during the holidays. In addition to food donations the Salvation Army will also be accepting sweaters and jackets.

PRIZES: There will be a random drawing for prizes at the conclusion of the run/walk.

INFORMATION: 986-0218

POST - RACE REFRESHMENTS WILL BE SERVED.

THE 1996 FOWL DAY RUN IS SPONSORED BY :

**THE SANTA FE STRIDERS
THE CITY OF SANTA FE**

**.... RUN AGAINST HUNGER AND
HAVE A FOWL DAY**



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.

SOME RECORDS

Jim Hannan passed along some world and U.S. road-race records from Runners World, via the Internet. Some of these records are:

Women: The 5K world record is 15:05, set by Rose Cheruiyot of Kenya. The U.S. record of 15:14 is held by Vicki Huber.

The 10K world record is 30:39, set by Liz McColgan of Great Britain. The U.S. record is 31:06, held by Lynn Jennings.

Uta Pippig of Germany holds the world half-marathon record, a 1:07:58 she ran in Kyoto. The U.S. record is 1:08:34, set by Joan Benoit, now Joan Benoit Samuelson, in Philadelphia in 1984.

Men: The world 5K record is 13:12, set by William Mutwol of Kenya in 1992.

The 10K world record is 27:20, set by Joseph Kimani of Kenya. The U.S. record is 27:48, held by Mark Nenow.

The half-marathon record is 58:51, held by Paul Tergat. The U.S. record is 1:00:55, set by Mark Curp.

Marathon note: Alberto Salazar ran a 2:08:13 at the New York City Marathon in 1981, but the course later was determined to be about 148 meters short.

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