



Mile Markers



We Give You the Run-Around

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

December 1996 Vol. 18, No. 12

FOWL DAY RUN BRIGHTENS THE HOLIDAYS

Ninety-five runners and walkers turned out for the annual Fowl Day Run in the arroyos and roads north of Fort Marcy Park. Pete Bowman and Justine Fox-Young were the winners, together with a couple of dozen others who took home prizes from a random drawing.

The Salvation Army collected more than 1,300 pounds of food from the race. The club president, Danica Girard, received the following letter from the Capt. George Beauchamp of the Salvation Army after the event:

"The weather may not have been the brightest, but the generosity of your club certainly brightened the day. We would like to personally thank you and all the participants for helping us to help others. With the help of caring people such as yourselves, we can make a difference.

"We appreciate your support of the work of the Salvation Army and for joining us in our effort to help the less fortunate.

"Your contribution of approximately 1,348 pounds of food, 49 items of clothing, two turkeys and \$20 in donations is very much appreciated.

"May God bless you during the holiday season."

Elaine Coleman was in charge of garnering prizes for the drawing after the 5K race. Businesses and others were generous, and prizes were:

Steaksmith, dinner for 2; Diego's dinner for 2; Peppers, two dinners for 2; Tomasita's, dinner for 2; Baking Co., lunch for 2; Cloud Cliff Bakery, 24 bread certificates;

(continued on page 2)

Little Drops of Water

He wished the world to wonder why it was he ran.

"With each sure step of mine, I grind granules to ocean sand.

To you it may appear to be a little odd,

my project of promoting the eternal plan of God."

-Michael G. Sutin

FOWL DAY (continued from page 1)

Alpine Sports, three ski tunings; Santa Fe Spinning, two memberships; Fort Marcy, two memberships; Furr's, \$10 certificate; Creative Nails, one pedicure and one manicure; massages, 2; Rio Grande Coffee Co., gift basket;

Wild Oats, foot-care bag; Syndicate Hair Studio, haircut; Tom's Sports, duffle bag; Jackalope, tinwork mirror; Ramblin' Cafe, lunch for 2; Kenny Goering, medicine bag; Barbara Severs, earrings;

Peggy VanHulsteyn, Birders' Guide to Bed and Breakfasts; Elaine Coleman, her Santa Fe on Foot; Garcia Street Books, \$25 gift certificate; Jim Hannan, two puppets; Sunrise Foods, juice; New York Bagel, bagels (not counted but estimated at in the thousands).

Five City Hall volunteers helped out with the race, which the Striders and the city co-sponsored. The city also provided water bottles and sunglasses for participants as well as fruit and water. A city ambulance was also provided.

The course, by the way, was about 100 yards short this year because someone impersonating the newsletter editor put the cone for the first turn-around 50 yards closer to the start than it should have been.

RESULTS

Jim Westmoreland was the first male finisher overall at the 20K Pecos Valley Roundup in Roswell with a time of 1:14:50. At the Corrida de Taos, Jim was second overall in the 5K and third overall in the 10K.

Diana Hardy was the third female finisher overall in the 5K Albuquerque Turkey Trot with a time of 19:39.

STRIDERS' NEW CO-SPONSORSHIP POLICY

At the November meeting I presented a plan for addressing any co-sponsorship issues in the future. I looked to our agreement with the City of Santa Fe for co-sponsorship of the Santa Fe Run-Around as an example.

When we decided to co-sponsor the Santa Fe Run-Around with the City of Santa Fe two years ago, the first step we took was to put all our expectations and responsibilities from each party in writing. I suggested to the club that from now on we follow this procedure with all individuals and organizations who may be interested in co-sponsoring an event with us.

Any party interested in working with the Striders should present a formal proposal outlining all responsibilities and expectations. This includes all pertinent details from financing and insurance to providing for volunteers and delegating race duties. The club president should act as a liaison in helping to draw up the proposal as needed. The club president should then present the proposal to members at the next meeting for a vote.

If the club approves the plan, a representative from the other party and the club president should officially sign it. This will then serve as the official co-sponsorship plan.

Later, if changes are requested, they must be approved and signed off on by both parties.

The members at the November meeting approved this policy, and from now on all co-sponsorships will be put in writing. If anyone has questions, please feel free to contact me.

--Danica Girard

A BRIEF REPORT ON THE YEAR

In 1996 the Striders co-sponsored two races with the City of Santa Fe. The cooperative relationship worked out very well.

The Santa Fe Run-Around, the club's flagship race, was under this dual sponsorship for the second year. The Striders' traditional Have a Fowl Day Run was co-sponsored by the city for the first time.

Much of the work that went into forging this relationship with the city was done by Danica Tutush Girard, the club's president, with the able help of John Pollak, who was president of the club for the five years before the current year.

Some officials at City Hall recently have given out signals that the city-Strider arrangements for the two races may have to be changed. Let's hope the relationship continues.

The club-city cooperation has been one way for the club to reach out to the community. Danica and others involved with the club want people to feel that the Striders is for anyone who likes to take a run--whether fast or slow doesn't matter. People run for lots of different reasons, and everyone should be able to find a place in the club. Coming in last can be just as much a triumph as coming in first.

NEW STRIDERS

Suzanne Garney and Daniel Kane are new members of our running club.

This year's treasurer, Jim Hannan, not only kept the books up to his CPA standards but also encouraged--and will continue to do so--community outreach for the club.

...Finally, This:

When I was a kid, the afternoon mail sometimes would bring a magic ring that I had sent for, or, once or twice, a real big league baseball cap.

Now that I'm grown up (hold the snickers), a little of the magic may have gone out of life. But I've found in the last two years with Mile Markers that the afternoon mail can still bring nifty stuff.

Sometimes the mail carrier has brought a poem, funny or philosophical; sometimes a story, letting us all in on a tough time that's far enough in the past to laugh about; sometimes it's been tips about running or information on an upcoming race.

Thanks, and keep the cards and letters coming in for the next person to wear the club's green eye-shade.

--Tom Day

UPCOMING RACES

Jan. 1, Egg Nog Jog, 4-mile run, 2-mile walk. Gil's, 268-6300.

Jan. 25, Santa Fe Snowshoe Classic, 4.3 miles, Craig Heacock, 984-2388. This event has become a local favorite.

Jan. 26, Albuquerque Super Bowl Sunday 5 and 10K, 2-mile walk, Gil's, 268-6300.

Feb. 2, Corrida de Los Locos, Santa Fe.

NOW FOR THE REAL ELECTIONS

The Striders' annual dine-out-and-elect-officers meeting will be held at Molly's Kitchen and Lounge, 1611 Calle Lorca, at 7 p.m. on Tuesday, Dec. 10. Molly's is a moderately priced restaurant.

Up for election are the club president, vice president, treasurer and newsletter editor.

In addition, the club continues to look for a race director for the Santa Fe Run-Around. Astoundingly, no one has yet come forward to volunteer for this rewarding position.

Also at the meeting will be discussions of the upcoming Corrida de Los Locos.

This annual pre-Christmas meeting is for all members, families and friends.

CLUB OFFICERS

Strider officers are
Danica Girard, president,
989-1819.

John Pollak, vice
president, 983-2144.

Jim Hannan, treasurer,
986-0218.

Tom Day, newsletter
editor, 473-3159.

EVERYONE HAS TO

pay their dues with the coming of the new year to continue receiving the many benefits of being a Santa Fe Strider. Don't forget to sign the Road Runners Club of America waiver form.

Willow Flycatcher

Progress

The new built homes obliterate
the oft faint trace of trails
to wilderness where once the way was straight.

The black asphalt steel pavers know
no guilt where no wild flowers grow
in fishing for the grail of greed.

The stars have lost their ancient ways.
Structure taint replaces where once trees
grew tall, now fallen far from grace.

Michael G. Sutin

5K Follies

By John Otter

At 9am on a pleasant day in May, the 5K (3.1mi) race of the Santa Fe Sr. Olympics was held around the SFHS track. I had entered at the behest of Blanche, who is trying to increase participation in seniors programs.

Not being accustomed to running races shorter than 10K, I trained on two local 5K road races and some interval (speed) workouts around a track. I don't regret the training, but it was not necessary, as there was no strong competition in my age group (55-59). The fastest contestant overall was 66.* He finished a half minute ahead of me.

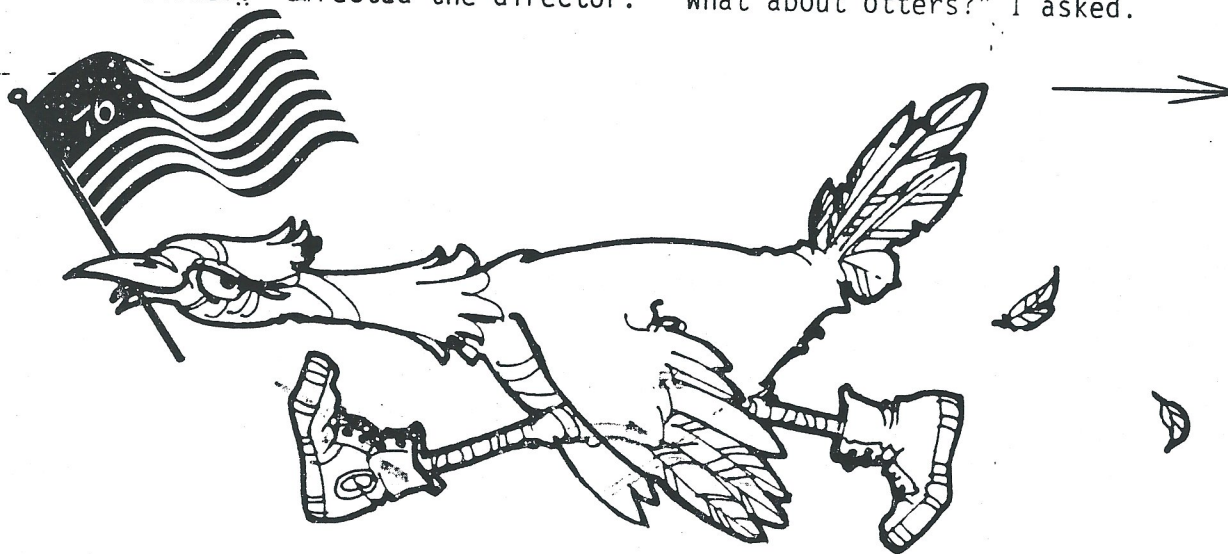
The New Mexico Sr. Olympics were held in July in Las Cruces. At 3900' elevation, it's lower and hotter than Santa Fe. I arrived the afternoon before the 5K race, the final stop of a 4800 mile, month long, tour around the West. On tour I ran a half dozen times and hiked or backpacked seven days, but it didn't feel like a race training program. The second morning before the race, I went for a run near Durango. The morning in the wooded countryside was glorious. I overdid it...badly, as testified by sore legs, which became sorest the day of the race.

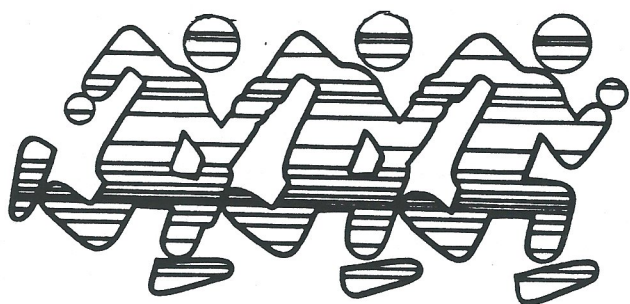
I planned to sleep in my van at 6200' in the mountains 45 minutes from town. However, because contestants were required to gather at 5:30am for a 6am start, and because I didn't trust my alarm clock, I parked in town. Mistake. It was too hot to sleep until 9am, at which time a violent wind/lightning/thunder/rain storm occurred until time to get up.

Mental preparation is as important as physical. I had strategized for a track course, but, surprise, this was to be a road race on NMSU campus roads. Fortunately, I've experience in such courses, and it was enough for me to know that the course was fairly flat and which sections were up or down.

The assertive director described the course, explaining that it was well marked, and cautioning repeatedly to "always run on the left or you will be disqualified." Numbers were handed out but pins had been forgotten, so the start was delayed while they were fetched.

Meanwhile, I appreciated the extra time to warm up my sore legs, but my fellow age-group contestant from Santa Fe needed to use a bathroom, no provision for which had been made. One was located and the director said she would wait for his return. A skunk wandered through the assemblage. "No animals allowed!" directed the director. "What about otters?" I asked.





The starter's gun misfired (of course) and the race was restarted verbally. About a mile into the race, the two runners closest ahead of me moved to the right side, but the two ahead of them, by a hundred yards or more, had gone straight ahead on the left past a road branching 90° to the right. I spied the small arrow on a post far to the right which indicated a turn. Responding to shouts, the two who were off course ran back and, not long

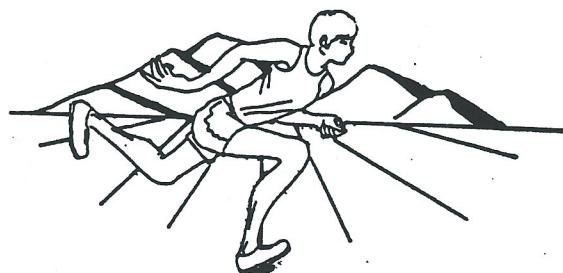
after, regained their former positions.

The middle part of the course was a long gentle downhill, my forte. I was almost holding my distance behind the 56 year old who won in Santa Fe. One fellow passed me in this stretch, however. Rounding the first of two final 90° turns, those two were still only 100 yards or so ahead. With only three-quarters of a mile to go, could I catch them, I wondered? I like to save something for a sprint to the finish, but usually for no more than a tenth of a mile. Did I want to pain myself for this much longer distance?

I enjoy long training runs. Still, they go more easily if I can lose myself in fantasy. One of my favorites (not unusual, I suppose) is the finish in which I sprint past competitors to edge them out at the wire. On several occasions I have come up on runners near the finish only to find them able to speed to the finish ahead of me. The fantasy finish was as yet unfulfilled.

I tried moving faster. Son of a gun! I was gaining on them. The more catching them seemed possible, the faster I went, amazed that I could. At the final turn, a monitor surprised everyone by sending us to the far right. The final stretch was uphill, not my forte, but I was still closing. Spectators were cheering loudly, I was told but don't remember. I passed both runners and finished just before them, by one and three seconds. Nevermind that my victims were in other age groups. My fantasy came true. And I had run a personal best time by over a minute. So much for careful training!

No one was disqualified for running on the right side. The director forgot the fellow who left for the bathroom and started the race a half minute before he returned. He ran a personal best time anyway and was happy. One fellow bested me in my age group-- by 2 min 17 sec! (19:04). Nevertheless, he was unhappy because only three years ago he had run in the 16s, he said. At the awards ceremony, I was given the bronze medal, but then that was corrected.



Road races are seldom perfect in design and/or conduct. One can always find something to grouse about. However, if one doesn't take them too seriously, and, when training, have some fantasies that can be fulfilled sometime, something can be found to be happy about too. Be happy.

ALL-TIME ULTRADISTANCE BESTS

MEN'S WORLD BESTS - TRACK

30 miles	2:42:00	Jeff Norman (Great Britain)	Timperly	07Jun80
50 km	2:48:06	Jeff Norman (Great Britain)	Timperley	07Jun80
40 miles	3:48:35	Don Ritchie (Great Britain)	London	16Oct82
50 miles	4:51:49	Don Ritchie (Great Britain)	London	12Mar83
100 km	6:10:20	Don Ritchie (Great Britain)	London	28Oct78
150 km	10:36:42	Don Ritchie (Great Britain)	London	15Oct77
100 miles	11:30:51	Don Ritchie (Great Britain)	London	15Oct77
200 km	15:32:39	Yiannis Kouros (Australia)	Coburg	13/14Apr96
500 km	60:23:00	Yiannis Kouros (Greece)	Colac	26/29Nov84
500 miles	105:42:09	Yiannis Kouros (Greece)	Colac	26/30Nov84
1000 km	136:17:00	Yiannis Kouros (Greece)	Colac	26Nov/01Dec84
1500 km	11d 23:04:03	Gary Parsons (Australia)	Nanango	13/25Mar96
1000 miles	12d 19:44:35	Gary Parsons (Australia)	Nanango	13/26Mar96
12 hours	100M 1602Y%	Yiannis Kouros (Greece)	Montauban	15Mar85
24 hours	182M 878Y%	Yiannis Kouros (Australia)	Coburg	13/14Apr96
48 hours	294M 710Y%	Yiannis Kouros (Australia)	Sugeres	03/05May96
6 days	635M 147Y%	Yiannis Kouros (Greece)	New York	02/08Jul84

* = metric distances of 162.4, 293.7, 473.797 and 1022.068 kilometers respectively

notes:

200 km: Yiannis Kouros ran 15:11:10 at Montauban on 15/16Mar85, but no stopped times available
6 days = Jean Gilles Boussiquet ran 640 miles, 21 yards (1030-kilometers) on an indoor track at La Rochelle, 16/22Nov92. Kouros also ran unvalidated 635 miles 1385 yards at Colac on 26Nov/01Dec84.

MEN'S BEST PERFORMANCES - ROAD

where superior to track bests on properly measured road courses

30 miles	2:37:31	Thompson Magawane (South Africa)	Kirstenbosch	02Apr88
50 km	2:43:38	Thompson Magawane (South Africa)	Kirstenbosch	02Apr88
40 miles	3:45:39	Andy Jones (Canada)	Houston	23Feb91
50 miles	4:50:21	Bruce Fordyce (South Africa)	London-Brighton	25Sep83
1000 km	5d 2:27	Yiannis Kouros (Greece)	Sydney-Melbourne	18/26May89
6 days	639 miles	Yiannis Kouros (Greece)	Flushing	20/25May88

* = metric distances of 162.544 and 286.463 kilometers respectively

notes:

1000 miles: Kouros 10 days 10:10:35, Flushing New York, 20/30May88, only one stop time
12 hours: Kouros 101 miles at Flushing, New York, 07Nov84 cannot be validated
6 days: Kouros ran uncertified 658 miles, 1150 yards in first six days of Sydney to Melbourne race, March

WOMEN'S WORLD BESTS - TRACK

30 miles	3:12:25	Carolyn Hunter-Rowe (Great Britain)	Barry, Wales	03Mar96
50 km	3:20:23	Carolyn Hunter-Rowe (Great Britain)	Barry, Wales	03Mar96
40 miles	4:26:43	Carolyn Hunter-Rowe (Great Britain)	Barry, Wales	06Mar93
50 miles	6:07:58	Linda Meadows (Australia)	East Burwood	18Jun94
100 km	7:50:08	Ann Trason (United States)	Hayward	03Aug91
150 km+	13:45:54	Hilary Walker (Great Britain)	Blackpool	05/06Nov88
100 miles	14:29:44	Ann Trason (United States)	Santa Rosa	18/19Mar89
200 km	19:28:48	Eleanor Adams (Great Britain)	Melbourne	19/20Aug89
200 miles	39:09:03	Hilary Walker (Great Britain)	Blackpool	05/07Nov88
500 km	77:53:46	Eleanor Adams (Great Britain)	Colac	13/15Nov89
500 miles	130:59:58	Sandra Barwick (New Zealand)	Campbelltown	18/23Nov90
1500 km	13d 10:29:48	Sandra Brown (Great Britain)	Nanango	13/27Mar96
1000 miles	14d 10:27:21	Sandra Brown (Great Britain)	Nanango	13/28Mar96
12 hours	91M 1258Y%	Ann Trason (United States)	Hayward	03Aug91
24 hours	149M 412Y%	Eleanor Adams (Great Britain)	Melbourne	04/05Aug89
48 hours	227M 1302Y%	Hilary Walker (Great Britain)	Blackpool	05/07Nov88
6 days	548M 558Y%	Sandra Barwick (New Zealand)	Campbelltown	18/24Nov90



% metric distances of 147.6, 240.17, 366.512 and 882.43 kilometers, respectively

notes:

150 km: Ann Trason ran 13:21:45 at 93.25 miles (150.07 km) on one running watch

Santa Rosa, 18/19Mar89

24 hours: Yelena Siderenkova (Russia) ran 154M 1161Y (248.9 km) at Podolsk, 10/11Feb96
on 133-meter indoor track

WOMEN'S BEST PERFORMANCES - ROAD

where superior to track bests on properly measured road courses

30 miles	3:01:16	Frith van der Merwe (South Africa)	Kirstenbosch	25Mar89
50 km	3:08:39	Frith van der Merwe (South Africa)	Kirstenbosch	25Mar89
40 miles	4:26:13	Ann Trason (United States)	Houston	23Feb91
50 miles	5:40:18	Ann Trason (United States)	Houston	23Feb91
100 km	7:00:48	Ann Trason (United States)	Winschoten	16Sep95
100 miles	13:47:42	Ann Trason (United States)	Flushing	04May91
200 km	19:00:31	Eleanor Adams (Great Britain)	Milton Keynes	03/04Feb90
1000 miles	12d 14:38:40	Sandra Barwick (New Zealand)	Flushing	15/28Sep91
24 hours	151M 706Y%	Sigrid Lomsky (Germany)	Basle	01/02May93

% metric distances of 148.1 and 243.656 kilometers, respectively

notes:

50 km: van der Merwe also ran 3:04:30 at Verwoerdburg on 05Aug89 on a point-to-point course that was substantially downhill

50 miles: van der Merwe ran 5:54:43 for 89.2-kilometers (56 miles) at Comrades Marathon, 31May89 [about 5:18:10 pace for 50-miles]

AMERICAN MEN'S BEST PERFORMANCES - TRACK

50 km	2:52:47.5	Barney Klecker (Minnesota)	Tucson	15Nov81
40 miles	4:08:30.2	Ken Young (Illinois)	Chicago	14May72
50 miles	5:21:21.7	Ken Moffitt (California)	Santa Monica	09Sep78
100 km	7:00:12	Bernd Heinrich (Vermont)	Brunswick	24Aug85
100 miles	12:27:01	Bernd Heinrich (Vermont)	Ottawa	19May84
200 km	16:55:12	Rae Clark (California)	Portland	29/30Sep90
24 hours	165M 427Y	Rae Clark (California)	Portland	29/30Sep90
48 hours	240M 23Y	Brian Purcell (California)	Dallas	24/26Nov89
6 days	577M 1100Y i	Stu Mittleman (New York)	Boulder	27Dec84/2Jan85

AMERICAN WOMEN'S BEST PERFORMANCES - TRACK

50 km	3:20:23	Ann Trason (California)	Santa Rosa	18Mar95
40 miles	5:17:55	Ann Trason (California)	Santa Rosa	18Mar89
50 miles	6:16:06	Ann Trason (California)	Hayward	03Aug91
100 km	7:50:08	Ann Trason (California)	Hayward	03Aug91
100 miles	14:29:44	Ann Trason (California)	Santa Rosa	18Mar89
200 km	21:08:47	Sue Ellen Trapp (Florida)	Portland	28/29Sep91
24 hours	136M 946Y	Sue Ellen Trapp (Florida)	Portland	28/29Sep91
48 hours	225M 1436Y	Sue Ellen Trapp (Florida)	Sugeres	03/05May96
6 days	487M 1585Y	Donna Hudson (New York)	Colac	16/22Nov87

Back to [The Best of Times](#) | Back to [Homepage](#)

(Thanks to Jim Hannan for the
info on the All-Time
Ultradistance Bests, which was
compiled by Runners World.)



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.