



# Mile Markers



*We Give You the Run-Around*

P.O. Box 1818, Santa Fe, NM 87504

January 1997 Volume 19, No. 2

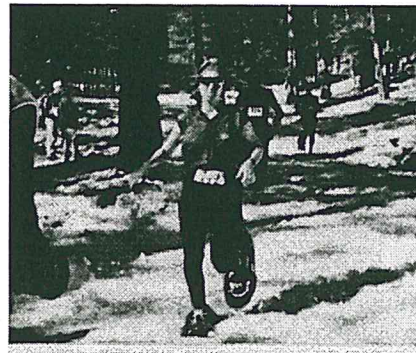
## 1997 Snowshoe Classic Shines Bright

The morning of the 4th Annual Santa Fe Snowshoe Classic dawned bright and clear, as the sun finally warmed and thawed Winter's icy grip on Santa Fe. This much loved race is a 4.5 mile romp starting in Hyde Park and covering the Borrego and Bear Wallow trails. A record 110 participants followed a well marked trail in perfect condition thanks to the recent snows. Thanks to the warm temperatures, several competitors wore rather sleek and skimpy outfits, exercising their right to "bare arms" (see photo).

The Hon. Governor Gary J. was dashing in his lycra suit, finished among the top few, and praised the race graciously to the assembled paparazzi (Journal North & New Mexican). The men's winner was Tom Sobol, a world class snowshoe racer with an impressive ponytail, even for Santa Fe. The women's winner was Strider favorite Shirley Van Slooten.



*Race Director Craig Heacock and his wife Elizabeth*



*Karen "8-Ball" Factor bounds toward the finish.*

### 4th Annual Santa Fe Snowshoe Classic Jan. 18, 1997

#### Men

1. Tom Sobal, Leadville, 33:00
2. Craig Heacock, Santa Fe, 36:19
3. Dan Armijo, Los Lunas, 36:55
4. John Gilbert, Durango, 38:28
5. Mike Arnstein, Santa Fe, 39:33
6. Mark Seaton, Mosca, CO, 41:02
7. Steve Ilg, Rio Rancho, 42:14
8. Geoff Streit, Los Alamos, 43:07
9. Gary Johnson, Santa Fe, 43:13
10. Dean Klingner, Abq, 43:17

#### Women

1. Shirley Van Slooten, Santa Fe, 48:56
2. Jennifer Leon, Los Alamos, 50:08
3. Ann Allan, Santa Fe, 51:57
4. Melissa Lee-Sobal, Leadville, 53:44
5. Diana Hardy, Santa Fe, 53:47
6. Jackie Marr, Los Alamos, 56:09
7. Tove Shere, Santa Fe, 56:29
8. Mary Uhl, Santa Fe, 56:35
9. Susan Klingner, Abq, 57:00
10. Suzanne DeVore, Mosca, CO., 57:05



## RACE CALENDAR



---

### February 1997

---

- 9 **Corrida de Los Locos**  
9am, Santa Fe Downs.
- 15 **Mt. Taylor Winter Quadrathlon**  
Grants, 13Mi Bike, 5Mi Run, 2Mi XC Ski, 1Mi Snowshoe (times two, with 4500' of climbing!).
- Rio Grande**  
Las Cruces, 8Mi & 5K Run, 5K Walk
- MRU Winter Runaround**  
Albuquerque, 2.5 & 5 Mi
- President's Day Fun Run**  
Rio Rancho, 5K & 10K Run, 5K Walk

---

### March 1997

---

- Run for the Future**  
Socorro, 5K Run, 5K Walk, 1Mi Kids Run
- Run for the Future**  
Albuquerque, 5K Run, 5K Walk, 1Mi Kids Run
- Pecos Valley Stampede**  
Roswell, 1/2 Marathon, 10K & 5K
- Run Old Mesilla**  
Las Cruces, 10K & 5K Run, 5K Walk, 524-7824
- T-VI**  
Albuquerque, 10K & 5K Run, 5K RW

---

### April 1997

---

- Run for Recovery**  
Albuquerque, 10K & 5K Run, 2mi Walk
- Run to the Owl Bar**  
Socorro

**Corrida de Espanola**  
10K & 5K Run, 5K & 1Mi Walk

**ATOC All-Comers T&F**  
Milne

**MVTC Triathlon**  
Las Cruces, 5K Run/20K Bike/400M Swim

**AWUIR**  
Albuquerque, 5K & 10K Run, 1Mi Walk

**USCAA Corp. Challenge**  
Albuquerque, 5K & 10K Run

**Spring Turquoise Trail**  
Albuquerque, 1/2 Marathon, 20K Relay, 5K Run/Walk

**Fun Relay Meet**  
Milne

### **Corrida de Los Locos is Sunday, Feb. 9th**

This popular Striders run will take place at the Santa Fe Downs Racetrack. See the race entry form included in this issue.

### **Dates Needed**

Sorry about all the missing dates on this page. The 1997 US Track&Field calendar will be out next month so we'll have more info.



## Striders Compete -- And Finish! - EcoChallenge 1996

Striders Carl Gable, Barb Dutrow and Ginny LaForme along with team mates Larry Busby of Santa Fe and Pat Gallagher of Portland OR and support crew Paula Richwalsky of Nambe and Dan McClurg of S.F., competed in the **1996 Eco-Challenge in British Columbia, Canada.** The entire team must stay together for the five events

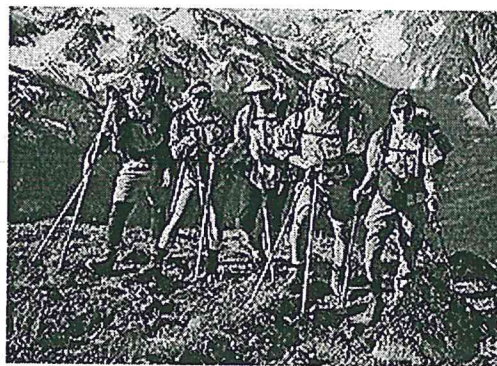


of the race which are horse riding, running, orienteering, mountaineering, technical rope work, white water rafting, canoeing, and mountain biking.

Of the 73 teams that began the Eco-Challenge in British Columbia, we finished in 14th place as a complete team; 59 teams did not finish! We covered the 300 miles and over 45,000' of ascent in 8 days 10 hours and 19 minutes. We were thrilled to be one of the few teams to have survived and completed the toughest adventure race ever held!

The Discovery Channel will be airing a five hour series with a two-hour debut on February 16 at 9 p.m. (ET/PT). It continues nightly from Feb. 17-19 at 10 p.m. All five hours then air back-to-back on Feb. 23 from 1 to 6 p.m. Three of Team New Mexico made the 10 minute highlights video. We were team #51 and had gold/yellow jerseys and red backpacks. Perhaps you will see more of our team's adventure in the five hour series.  
- Carl Gable.

*Carl has now competed in two EcoChallenges, in '95 and '96, and as team leader in '96, showing impressive fortitude, endurance, athleticism, and a profound lack of common sense. Way to go Carl! -ed.*



*From left: Larry Busby, Ginny LaForme, Pat Gallagher, Carl Gable, and Barb Dutrow on top of Lone Goat Mountain.*

---

### The Shocking Truth Revealed! Barb Beats Her Boyfriend!\*

Semi-reliable sources have revealed the following in a Mile Markers exclusive!

A couple Striders runners competed in the **1996 Sunmart-Texas Trail Endurance Runs** held December 14 at Huntsville State Park, TX. This year's event also served as the 50K and 50m USAT&F Championships. The 50K event had a 90% completion rate with 438 finishers.

Leading the pack was Barb Dutrow, who finished the 50K in 66th position at 4:46:23; second place Master's woman and 8th overall female.

Close behind was Carl Gable who finished the 50K in 81st place in 4:51:08. Carl and Barb ran all but 3km together but the last few KM Barb saw a few female runners ahead to pass, gave it a kick and passed 3 women in the last 3km. The 50K winners were: Gary Brinner, 3:24:08, Julie Bergfeld 4:19:51.

*\*If you don't like this headline, would you have preferred "Barb and Carl Go At It For 5 Hours, Finally Carl Gets A Little Behind!""?? -ed.*



**BEER RUN**  
by **Richard Curry**

On Martin Luther King Jr. Day, I woke up and looked towards the mountains. I wanted to do some LSD. Long, slow distance. I have a dream of running a 3:15 spring marathon.

Recently I read about actress Shirley Maclaine's mountaintop property. After a couple of paragraphs I lost interest. Then I read that the NBA's premier rebounder, Dennis Rodman, kicked a courtside photographer in the groin. Enough already, I went to the kitchen for another cup of coffee and stared out the window. It was over my second cup that I decided to head out towards the eastside and Atalaya, nice and slow. I had to see the mountain in its purest form.

Along the way something interesting happened. My mind played the Schafer beer jingle. It took me back to days in Pennsylvania. For those unfamiliar, it plays something like this:

"Schafer/is the/one ber to have/when you're having more than one/Schafer/pleasure/doesn't fade/even when your thirst is done/The most rewarding pleasure/in this man's life/for people who are having fun."

Why the Schafer jingle? Could it be the LSD? I hadn't done a long run in a while. Did I long for a cold Schafer? No. Lately I opted for more tasting lagers, such as microbrews from places like Crested Butte, St. Cloud, Klamath Falls, Eau Claire, even Santa Fe. The answer came to me while running along East Alameda. Yes, I had come down from the mountain.

A hometown friend told me that a local distributor was selling Schmidt's beer. "Schmidt's?... Really?... Where?..." Schmidt's and Schafer. Two beers from home. The latter jingle stayed with me a long time. It was quite revealing.

Chances were good I'd be having more than one run after this one. A run offers me pleasure,

although it sometimes fades. More often than not it quenches my thirst. It is one of the most rewarding pleasures in this man's life. And for fun...?

Well, as of this writing, Shirley Maclaine's property is still up for sale; DR is suspended for 11 games and \$1,000,000; and for me, instead of buying some out-of-state microbrew for \$9.00 a six-pack, I made a beer run for a 20-pack of Schmidt's at \$6.20. One hundred twenty-five years still brewing with H-two-O right from the City of Brotherly love's Schuylkill River. Yes, the Schafer jingle taught me three lessons: 1. I can't forget my roots. 2. I need to have a little fun in this life. 3. I need to keep doing my LSD: long, slow, distance.

**Stopping by the Bakery on a Hungry Evening**

*(with apologies to Robert Frost)*

Whose cakes these are  
I think I know  
His condo's in the city, though;  
He will not see me stop to stare  
At every croissant and éclair.

My running shoes  
must think it queer  
To pause  
with all these pastries here.  
My run's barely started—still,  
I feel a weakening of my will.

The cashier says,  
"What would you like?"  
(Forgive me, Nikes!)  
"Cream puffs, I think,  
just box up twenty.  
Wait—one donut hole is plenty."

Whipped cream's luscious  
white and deep.  
But I have marathon vows to keep  
And miles to run before I sleep,  
And miles to run before I sleep.

*(submitted by Suzanne Garney)*

## CLUB MEMBERSHIP APPLICATION AND WAIVER



Join the Striders! Annual membership costs only \$15 and includes:

- Discount on Strider race entry fees
- Monthly newsletter
- That warm feeling of belonging to something
- Did I mention the discounts?
- That's about it.

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 \_\_\_\_\_

Parent's Signature if under 18 yrs. \_\_\_\_\_

Date \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

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 PO Box 1818, Santa Fe, NM 87504.



IF YOU HAVEN'T PAID YOUR DUES,  
PLEASE DO SO,  
OR THIS WILL UNFORTUNATELY  
BE YOUR LAST ISSUE.

## Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



Diana Hardy & Jim Westmoreland  
2363 Camino Carlos Rey  
Santa Fe, NM 87505