



Mile Markers



We Give You the Run-Around

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

March 1997 Volume 19, No. 3

¡Que Viva Los Locos!

Sunday, February 9th was a perfect day for the annual running of the Striders Corrida de Los Locos, held at the Santa Fe Downs. That is to say, it was bone chilling cold with a stiff turn-you-around breeze. Race directors Dave Sneesby and John Pollack were assisted by several volunteers and there were over 100 participants. The main sponsor was Tom Tiano Sports, who donated trophies and provided long sleeve T-shirts.



Dave Sneesby with the Striders loudspeaker (or is that redundant?).



Danica Tutush-Girard tries to keep her hands warm.



Diana Hardy accepts her trophy and dinner voucher gladly.

Thanks to Andrea Buzzard for these photos!

Overall Male:

David Segura	23:07
Leon Serna	24:31
Waylon Wade	25:05

Overall Female:

Jo Edwards	26:48
Diana Hardy	29:32
Trish Shain	31:50

0-19 Male:

Tobin Oldach	28:00
John Valdez	33:34
Eric Rogers	33:39
Cam Stark	39:12
Timmy Martinez	57:11

0-19 Female:

Rebecca Konno	45:11
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20-29 Male

Lee Garcia	26:29
Christian Charbon	29:13
Sriram Swaminarayan	48:01

20-29 Female:

Elizabeth Gilbert	34:11
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30-39 Male:

Charlie Drysdale	25:44
Peter Fant	25:48
Paul Mahr	26:10
Jeremy Yang	28:53
Paul Scott	30:27

30-39 Female:

Julianne Salman	32:31
Maria Day	33:30
Linda Wiseman	34:05
Shari Kelley	35:58
Rebecca Lujan	36:46

40-49 Male:

Jim Westmorland	25:53
Lyle Amer	26:27
Duncan Hammon	26:37
Ernest Cato	27:14
Chris Vigil	27:47

40-49 Female:

Tove Shere	34:47
Chalouy Jermance	35:55
Martha Sutter	37:25

Elaine Flower	37:27
Rosemary Martinez	43:47

50-59 Male:

Robert Werner	31:03
Lewis Terr	32:57
Clyde Gossert	34:55
Cecil Stark	35:04
Bob Baker	36:51

50-59 Female:

Donna Berg	36:33
Jean Lawton	44:01
Elaine Coleman	48:22
Lorraine Serna	50:09
Terra Dunbar	51:30

60+ Male:

Dale Goering	31:47
John Polk	34:14
Michael Sutin	38:10



RACE CALENDAR

March 1997

- 8 **Run for the Future**
Socorro, 5K Run, 5K Walk, 1Mi Kids Run, 835-2507.
- 8 **Jack Rabbit Run**
Rio Rancho, 1mile, 867-5323.
- 15 **Pecos Valley Stampede**
Roswell, 1/2 Marathon, 10K & 5K, 624-8830.
- 16 **St. Patrick's Day Swim**
Alb., individual & relay swims, Highland HS pool, 281-3605.
- 22 **M Mountain Off Road Duathlon**
Socorro, 5K/25K/5K, 838-1610
- 22 **Run Old Mesilla**
Las Cruces, 10K & 5K Run, 5K Walk, 524-7824.
- 29 **Lone Tree Run For A Reason**
Albuquerque, 10K & 5K Run, 2m walk, Gil's, 268-6300.

April 1997

- 5 **Stealth Duathlon**
Holloman AF Base, 5m/25m, 475-7328
- 13 **Run for Recovery**
Albuquerque, 10K & 5K Run, 2mi Walk, 268-6300.
- ? **Run to the Owl Bar**
Socorro
- 19 **Workout for Hope 5K**
Santa Fe, 5K Run/Walk, 989-1819.
- 19 **Corrida de Española**
Española, 10K&5K Run, 5K&1Mi Walk, 685-4646.
- 20 **Run for the River/Earth Day 5K**
Santa Fe, 988-9126.
- 20 **Abq's Finest**
Albuquerque, 1/2mar, 3.8mi. walk, relay, 345-4274.
- 20 **MVTC Triathlon**
Las Cruces, 5K Run/20K Bike/400M Swim, 524-7824.
- 26 **AWUIR**
Albuquerque, 5K&10K Run, 1Mi Walk, 831-7214.
- 27 **Nor-West Cheetas All-comers T&F**
Milne, 897-4762.
- ? **USCAA Corp. Challenge**
Albuquerque, 5K & 10K Run
- ? **Spring Turquoise Trail**
Albuquerque, 1/2 Marathon, 20K Relay, 5K Run/Walk

May 1997

- 3 **Shiprock Marathon**

Shiprock, 327-5595.

Spring River Race for the Zoo

Roswell, 10K/2m walk, 624-8830.

Run for the Zoo

Albuquerque, 5/10K, 1m, 5K walk, 764-6280.

Bandelier Marathon

Los Alamos, marathon, ultra, 672-0816.

16-17 AAA-AAAA HS Championships

Santa Fe Indian School, 24hr relay, 989-6350.

17 Alb. Sr. Olympics T&F

Albuquerque, 291-6277.

17 Saturday in the Park

Alamogordo, 5K, 1/2&1mile, 439-4142.

18 Abq. Track Club All-comers T&F,

Milne, 828-0182.

18 Run for the Ditches

5&10K, 345-1100.

18 Prima Conference Fun Run

Albuquerque, 5K, 268-6300.

18 Santa Fe Century

Santa Fe, 25&50&75&100m bike rides.

25 Cerrillos Run

Cerrillos, 5&15K, 268-6300.

June 1997

- 1 **Rocky Mt. Qualifier All-comers T&F**
865-8612.
- 7 **Santa Fe Runaround**
Santa Fe (Striders), 989-1819.
- 7 **Milkman Triathlon**
Dexter, 500m/20K/5K, 624-8830.
- 8 **Taos Marathon**
Taos, mar&1/2mar&5K&relay, 776-1860.
- 14 **La Luz Friendship Run**
Alb., 1/2mar&4.4m&1m, 437-3510.
- 14 **MADD Run for Your Life**
Los Alamos, 5K, 672-1639.
- 28 **Los Alamos Mini-Marathon**
Los Alamos, 20K&5K, 672-9519.
- 29 **Wheeler Peak Run**
Red River, 11m&5K, 268-6300.

Corrections? Additions? Send 'em in! -ed.

Letter to the Editor

December 16, 1996

Dear Retiring Editor:

The winds are cold, the curbs cluttered with leaves and debris. It is time to wrap up the running year.

This supplements my recent letter to you published in the September, 1996, Mile Markers that attracted world-wide interest.

The Washington D.C. Associated Press staff recently reported that the chair of the House Banking domestic and international monetary policy subcommittee stated: "The time will come (when) it will no longer make sense to continue producing a coin that does not circulate and whose costs outweigh its benefits."

The AP reported: "The penny's status has fallen so low, stores leave them out in help yourself boxes. Does anyone bend down to pick up a penny anymore?"

The answer, of course, is "yes," and, I take this opportunity to report to the successor trustee of the property group running and walking fund my personal running and walking pick up results for 1996.

But first: a report from (a) Jennifer Sutin Leonard of Alamo, CA: one dime and 13 pennies found while running to work in the garage to her office in Walnut Creek, CA, on October 7, 1996; (b) Ellen Sutin Macdonald, one quarter and five pennies; and (c) Bob Werner, one penny found on July 8, 1996, and one dime found on December 11, 1996, whose results are included in my results below:

1. quarters - 21
2. dimes - 51
3. nickels - 25
4. pennies- 405

5. canadian pennies - 2

6. one peso - Estados Unidos de Mexico

7. assorted tokens, including one pornographic "connect with a scorpio" token and one Sun Tran of Albuquerque school token.

Runners! Protest to your Congressmen. Or, this may be the last running and walking penny pick-up report.

Very truly yours,

(signed)

Michael G. Sutin.



(Next month: a report from the Steroid-free Running Bodybuilders Junk Car & Appliance Pick-up Club!! Hot sites for discarded washers and refrigerators are revealed! -ed.)

**"A Homage to the 1989
Duke City Marathon"
by Richard Curry**

Oftentimes my running takes me to the city land-fill. Amidst this barren space, I find the solitude for which I long. I refer to it as the waste land, with due respect to T. S. Eliot.

Bags flap in the wind, pinned against mesh fences. Carrion crows scour this land of waste. Monster tractors bulldoze garbage into the earth and it is gone.

Eliot writes of an "unreal city" where there is no sound of running water. There is colored glass, old men with wrinkled breasts, scavengers, millionaires, flat horizons, distant mountains, frosty silence in winter, and the thunder of spring.

This morning a tint of orange is sheltered by the Sangre de Cristo mountains. The waste land is quiet, almost lonesome. Crows spread their wings and fly at my passing. Abandoned dogs snarl. I hear their bark, see their teeth, and quicken my pace. I don't look back. Eliot writes, "I could not speak and my eyes failed. I know nothing, looking into the heart of light, the silence."

I sense inhabitants of the waste land cherish the silence; they must love the darkness. Footsteps of a runner must sound like thunder. I run away from the waste land and in front of me is Santa Fe, city of Holy Faith. There I see life but in one breath it ends. I return to the waste land.

I hear her breathing. Or is it mine? At mile 23 of the 1989 DCM she passes. Her legs are long, brown, and sleek. I long to stay with her, but my legs are short, white, and tired. She is gone.

Nothing will grow at the waste land. Its chains are locked. I push my arms, for again there are dogs. But they know me now and eat their garbage. Red marble-eyed ravens converge and flock around scattered refuse. I want to leave the waste land.

I run faster. Eliot's words are with me, as if a remembrance of seven years past. I am pleased they are not words of a love song. Towards town I run. There a different city awaits.



You are here.

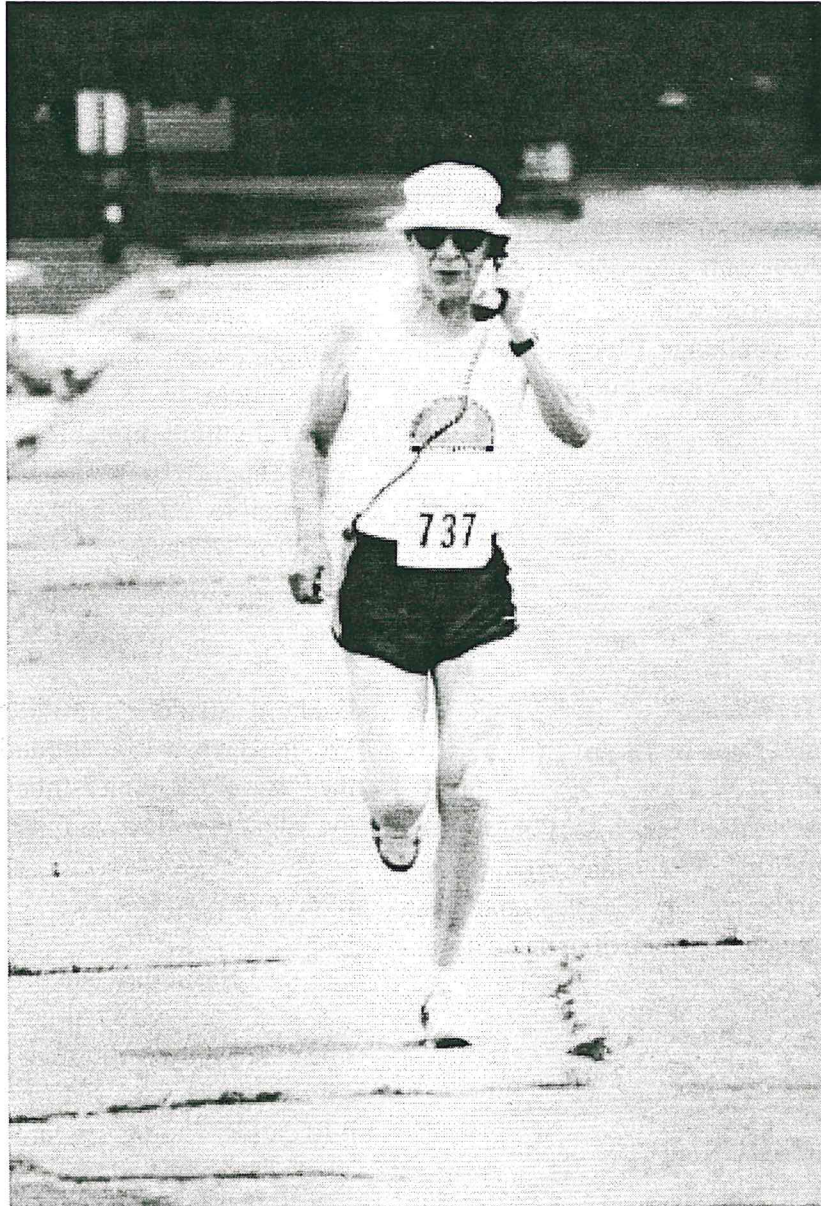
Submarine

I know the way to run in snow is slow;
shift low, I need to creep to stay alive.
Winds blow, then sift soft snow; be still,
asleep.
Macho, relentless, killing sub-machine,
rigged for silent running; run silent, run deep.

-Michael Sutin.

Mile Markers Run-Mate of the Month!

March 1997



Name: Jerry Dorbin

Age: None of your damn buisness, boy.

Measurements: Who wants to know?

Dream Date: Sunset jog with Madonna, then slam some pichers at 2nd St. Brewery.

Quote: "This is I."

Pet Peeve: Excessively numbered throngs of women incessantly demanding my attentions (i.e, over a dozen).

Photo courtesy of Paragon Light, Easton, MD.

Results

Jim Westmorland and Diana Hardy competed in the Runner's Den 5K in Phoenix on Feb. 2nd. Jim had won the trip by being the 1996 Grand Prix series winner for NM. In Phoenix, Jim ran a 16:56 and Diana a 18:55 on a nice sunny day.

Strider Reese Tatum completed the Dallas Marathon on December 9th in a time of 3:37:14, and the Phoenix Dessert Classic Marathon on Feb. 16th in a time of 3:46:30. Reese reports that the Dallas marathon was well supported, but the Phoenix race was half on dirt with lots of painful little rocks to add to the challenge. Reese hopes to run 10 marathons in 1997. Good Luck!

New Legs in Town

Charles Read, formerly of San Jose, CA, showed up recently for his first Wednesday night Strider run. Welcome to Santa Fe, Charles, and don't worry, you'll get used to the lack of oxygen. Eventually.

<http://www.daylight.com/~jj/striders>

is the website for race schedules, club information, running links, and who knows what. Please let me know if you have any suggestions or submissions for the web page. Email me at jj@daylight.com or send me a photo for the online photo album! -ed.

Striders Monthly Meeting

The February meeting will be held on Tuesday, March 11th, at Jim Hannan's house, 151 E. Barcelona Rd., Santa Fe (off Santa Fe Trail). His number is 986-0218. Potluck dinner is a 7pm, followed by agendas, motions, votes, and occasional ideas, speeches, and points of order.

Write for Mile Markers!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to Mile Markers, c/o Jeremy Yang, 2076 Placita de Quedo, SFNM, 87505, or email to jj@daylight.com (preferred; 2nd best is a floppy disk).

WEEKLY RUNS

Diehard Striders continue to meet at 6pm on Wednesdays at Lincoln and Palace, across from the Plaza clock, for a 5-mile or so run, and to flaunt the latest in reflective fashion.

Everyone is welcome.

Saturday Morning Runners

The new Saturday morning workout group reportedly meets at 8:15AM on the Plaza. For more info call Richard Curry at 995-0450.

1997 Striders officers:

Danica Tutush Girard, president, 989-1819
DTGirard@aol.com
John Pollak, vice president, 983-2144
Suzanne Garney, treasurer, 473-9073
SGarney@erim.org
Jeremy Yang, newsletter editor, 473-2706
JJ@daylight.com

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 of 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.

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



Diana Hardy & Jim Westmoreland
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Santa Fe, NM 87505