



Mile Markers



We Give You the Run-Around

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

April 1997 Volume 19, No. 4

Shelly Steely Speaks, Stirring Striders

Shelly Steely, a 1992 Olympian, gave Strider members some training tips at the March club meeting. The Albuquerque resident, who placed 7th in the 3000m run in Barcelona, also proved to be a very pleasant person. Not only that, she didn't give commercials for the Team Endurance training group, her business in Albuquerque. (As a service to our members though, we'll give you her number, which is 242-7862.)

Here are some impressions from Striders who heard her presentation:

Dale Goering: "First of all, I was encouraged to go to the track." Dale noted that Steely emphasized that "anybody who does any running, she feels, has to go to the track."

Dale also was struck by Steely's suggestions about varying workouts. "You don't just go to the track and do the same old thing every single time," was one of the messages that Dale got from the presentation. There's no point, he said, in "just beating yourself to death with 400's."

Steely also made it clear that proper workouts for one person might not be the right thing for someone else. Suzanne Garney: "I didn't expect her to be so relaxed. She didn't seem obsessive" about running.

Suzanne also was struck by Steely's recommendation that people who train don't have to run every day, a routine that just sets them up for an injury.

Steely did have some specific recommendations, however, saying that runners need to build up their speed, their endurance and their strength, Suzanne pointed out.

Jim Hannan (host of the meeting, by the way): "I kind of really enjoyed her attitude," which he remarked was one of

"perservering" despite difficult times. (Steely has overcome some tough physical problems in her running career.)

Jim also liked Steely's idea of "mixing things up" -- doing 300s and 500s on the track as well as 400s.

And he was struck by her emphasis on doing regular speedwork, but being smart about it. "You've got to do it, but you can't overdo it," as Jim said.

-Tom Day.

Among her accomplishments, Shelly currently has the 8th best ever road 5K at 15:22, the 9th best track mile at 4:25, and the 5th best 3000 at 8:41. Last Saturday she ran the Crescent City Classic 10K in a steamy New Orleans in 34:14.

The 1997 Mt. Taylor Quadrathlon

From the South Side of Santa Fe on clear evenings the outline of Mt. Taylor, 120 miles away to the west, can be seen clearly against the orange of the setting sun. To the athletes, the mountain looms larger as the day approaches. Aloof, astute, the mountain asks "Are you worthy? (you wimp)."

The 1997 Quad on February 15th was blessed with a clear day and perfect snow conditions. 620 participants biked, ran, skied, and snowshoed 4600' and 45 miles up Mt. Taylor and back down to the quaint and hospitable hamlet of Grants, NM. The Quad is known for its friendly and numerous volunteers and for its devoted following of participants. A high spirited community of racers and racegivers combine with a beautiful and formidable setting for this memorable and exceptional event.



RACE CALENDAR



April 1997

- 5 **Stealth Duathlon**
Holloman AF Base, 5m/25m, 475-7328
- 12 **Run for Asthma Control**
Albuquerque, 8K/3K/1K Run, 3K Walk, 256-3625.
- 13 **Run for Recovery**
Albuquerque, 10K & 5K Run, 2mi Walk, 268-6300.
- 13 **Cedro Peak Mountain Bike Race**
Albuquerque, 243-8443.
- ? **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 **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.
- 27 **June's La Bajada Run**
La Bajada, 988-3428.
- ? **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.
- 3 **Spring River Race for the Zoo**
Roswell, 10K/2m walk, 624-8830.
- 4 **Run for the Zoo**
Albuquerque, 5/10K, 1m, 5K walk, 764-6280.
- 10 **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**

Alamagordo, 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.

July 1997

- 3 **4th of July Midnight Run**
Albuquerque, 4mile, 268-6300.
- 4 **Fleet Feet Freedom 8K & 1mile**
Albuquerque, 299-8922.
- 4 **Independence Day Run,**
Las Cruces, 8k & 1mile, 526-0593.
- 5 **Alien Chase**
Roswell, 5&10K, 624-8830.
- 12 **Bastille Day Run**
Las Cruces, 8k, 524-7824.
- 13 **Dino Dash**
Albuquerque, 5&10K, 1mile, 841-2839.
- 19 **Burn Lake Triathlon**
Las Cruces, 526-0593.
- 19 **Zuni Fitness Run**
5k, 1/2mara, 2mile, 782-2665.
- 19 **Women's Fest**
5K, 857-0964.
- 20? **Wings of the SW Wind Messenger & Popay Foot Race**
5 & 10K, 1mile, 982-6761.
- 27? **Las Vegas Triathlon**
Las Vegas, NM

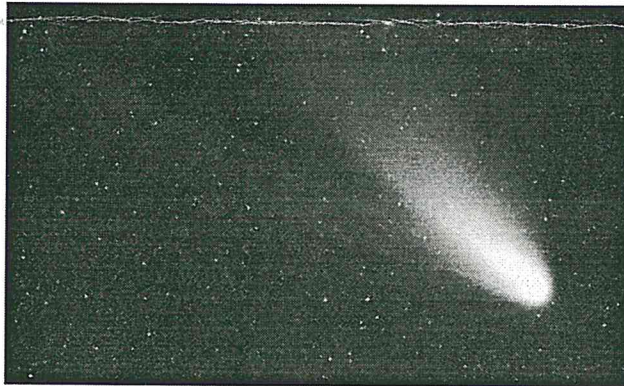
Corrections? Additions? Send 'em in! -ed.

Winter Reflections on Water Rationing

Night's silent sleet silhouettes freeze dried trees.
Storm residue plumes pined mountain tops.
November frost sticks fast to wild high weeds.
The snaps, crackles, and pops of icy krispies
corn crunch when running potholes underfoot.
She strides along arroyo bottom shallows
with strong kix, and then she stops and pees.
It's nature's subtle way to impose pause.

When wet melt downloads toward the undammed gate
and minds to wind its way to lone star state,
of all things learned at mother's knee, I know
despite the promised end of tunnel light
derived from use devices beyond cite,
the waters flow so long as God sends snow.

-Wanda Longstrider.



Hale-Bopp

Do yourself a favor and view the Hale-Bopp comet. It is quite something. Quite something indeed. To be more specific, a rather bright something with a long tail-like something. Almost as good as Star Wars. After peering and hopping and using generous amounts of imagination with the much celebrated Halley a few years back, this was quite fulfilling. If you wish to be thus fulfilled, wake up before sunrise while it's still dark look up in the eastern sky, or in the evening, look to the northwest. There's a web page if you're into that, see <http://www.skypub.com/comets/hbguide.shtml>.

May The Force Be With You.

"A Writer from Runner's World Wrote That Hills Are Our Friends"

by
Richard Curry

Bob Edwards, race director of the Pecos Valley Stampede, told me over the phone, "Outside of Vaughn, it's 90 miles of oblivion to Roswell."

Driving south on 285 made me realize how oblivious drivers are to the limits of speed. They pass without mercy. One faithless steer and life gives way to death.

Thank God I am a runner. In shoes, time and speed are more compassionate. I am more obsessed with the speed of my heart. Maybe it is why we runners wear watches. Prior to the start of the PVS half-marathon, a runner asked me the time I was shooting for.

"Anything this side or that of an hour and a half would be good for me," I said.

Forty-five minutes later at six-mile hill I came upon him. He asked, "Where are you from?"

"I'm from up in Santa Fe."

"What's the elevation up there?"

"Seven thousand feet."

"Really? It's 7,000 feet? You must run a lot of hills?"

"They're hard to avoid. No matter where I run I come upon them. They're usually pretty steep. What's the elevation here?"

"Thirty-six hundred. You're forty aren't you?"

I told him I was. Following the race, Jesus Macias, from Juarez, Mexico, asked me my age.

"Cuarenta," I said, "¿Y tu?"

"Cuarenta y uno." The last three miles we ran together. Then I overheard a heavyset Mexican woman say to a friend, "I said about a hundred 'Our Father's' the last mile." She had just finished the 10-K.

Perhaps prayer is needed on the roads or at the end of a race. Age will take care of itself. Time and speed are for those who endure.

Corrida de Española, Numero Dos!

...will take place on April 19th, with the 10K starting at 7am and the 5K at 8:15, at the Española Plaza. This benefit run will fund McCurdy baseball and softball. I enjoyed this run very much last year, it was friendly and the course is good. But the first 5 Españolans I asked to find the Plaza had never heard of it, so I suggest you get directions before 6:30am. An entry form is included in this issue of Mile Markers.

Run For The River!

Santa Fe's favorite tree-huggers, the Forest Guardians, are holding the 2nd Annual Earth Day 5K Run/Walk, starting at 10am on Sunday, April 20th (see entry form in this issue). The run will start near the community of La Cieneguilla on county road 56, near the soccer fields, and the endangered Santa Fe River.

The 7th Annual "June's La Bajada Low Key Run"

June Dickinson's annual run up La Bajada will be held this year on Sunday April 27th at 10am. Retrace the footsteps and wagon tracks of Don Pedro de Peralta up La Bajada at his final challenge before beholding the promised land of Santa Fe. It's about 5 miles. June's run is low-key but the barbecue and picnic afterwards may be competitive. See the notice included in this newsletter, well weathered to resemble Don Pedro's 17th century maps.

It's Track Workout Season

The Striders' informal but enthusiastic speed workout group is beginning to meet on Tuesdays at 5:30pm at the Santa Fe High track for various combinations of 400s, 800s, miles, etc. All are encouraged to participate. Call Paul Scott at 983-7816 for more info.

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

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

Striders Monthly Meeting

The February meeting will be held on Tuesday, April 8th, at Dale and Kenny Goering's house in Hondo Hills. Go 3 miles past Rodeo on Old Las Vegas Hwy., left onto Ute Circle across from 9 Mile Rd., 2nd driveway on the left. Their number is 983-6616. Potluck dinner is a 7pm, followed by agendas, motions, votes, and occasional ideas, speeches, and points of order.

The "Striderweb"

<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.

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 jj@daylight.com (email preferred; 2nd best is a floppy disk, but beggars can't be choosers!).

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.

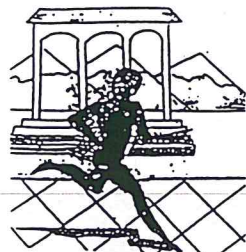
Everyone is welcome.

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



CORRIDA DE ESPANOLA

10K * 5K RUN/WALK * 1 MILE RUN/WALK

Race Day: April 19, 1997

Money Raised Will Be Used to Fund McCurdy Baseball & Softball



\$10.00 REGISTRATION FEE: INCLUDES T-SHIRT, REFRESHMENTS, DOOR PRIZES.

Do not mail checks after 4/05/1997. Make check payable to: Corrida de Espanola.

JOIN IN ESPANOLA'S SECOND ANNUAL RUN ON MAINSTREET!!!!

BRING THE WHOLE FAMILY - 1 MILE RUN/WALK PERFECT FOR CHILDREN AND FIRST TIME RUNNERS. STROLLERS AND WHEELCHAIRS WELCOME. PLEASE NO BICYCLES, ROLLER SKATES/BLADES, OR DOGS.

T-SHIRTS, REFRESHMENTS, PRIZES AND AWARDS!

Pre-Registration: Before April 10, 1997

Registration on Race Day: Starts at: 6:00AM

10K Race: 7:00AM

5K Race: 8:15AM

5K Walk: 8:15AM

1 Mile: 9:00AM

AWARDS AND PRIZES : 10:00 AM

- * START AND FINISH AT ESPANOLA PLAZA - RUN WILL BE ON CITY STREETS
- * WATER AND POWERADE AT BEGINNING, TURNAROUND, AND END
- * FIRST AID AT START AND FINISH * REFRESHMENTS AT FINISH
- * DOOR PRIZES: MUST BE PRESENT TO WIN
- * AWARDS WILL BE GIVEN TO TOP WINNERS
- * FOR INFORMATION CALL: Beverly Schutz 753-6064 or Ann McDaniel 685-4646

I will participate in the: 10K RUN _____ 5K RUN _____ 5K WALK _____ 1MILE _____
STROLLER _____ WHEELCHAIR _____

Age on race day: _____ Sex: M _____ F _____

Last Name: _____ First Name: _____ Middle Initial: _____

Address: _____ Phone Number: _____

Medical Problems: _____

T-SHIRT SIZE: (circle one) Child Adult (over)

Please return to: **CORRIDA DE ESPANOLA**
915 N. Riverside Drive
Espanola, NM 87532

WAIVER: I UNDERSTAND AND ASSUME FULL RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THE CORRIDA DE ESPANOLA. BY MY SIGNATURE, I HEREBY WAIVE AND RELEASE ALL ORGANIZATIONS AND/OR SPONSORS FOR THE CORRIDA DE ESPANOLA, BECAUSE OF MY PARTICIPATION IN THE ABOVE SAID EVENT.

SIGNATURE: _____ DATE: _____
PARENT'S SIGNATURE, IF UNDER 18: _____ DATE: _____

2nd Annual Earth Day 5K Run/Walk

Along the Endangered Santa Fe River

10:00 a.m., Sunday, April 20

Presented by Forest Guardians

Near the community of La Cieneguilla

On County Road 56 - Near the Soccer Fields

Raffle & Prizes for Winners

For More Information:

Call 988-9126

Beautiful T-Shirts to All
Registered Entrants!!

Forms should be mailed to:

Forest Guardians

1413 Second Street

Santa Fe, NM 87505

Make checks payable to:

Forest Guardians

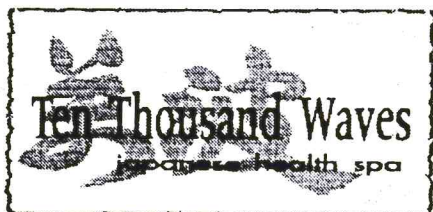
Pre-race registration: \$13.00

Race day registration: \$15.00

Pre-registration will be accepted
until April 18th.



Race proceeds to benefit
Forest Guardians' efforts to
restore the Santa Fe River.



patagonia
BASE CAMP



The Businesses Listed Above Helped Make This Event Possible

Entry Blank

Pre-race registration \$13.00. Race-day registration: \$15.00. Pre .

Mail entry blank to: Forest Guardians, 1413 Second Street, Santa Fe, NM 87505.

Name

Last

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First

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State

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Zip

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Sex

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T Shirt

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Phone

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	5K		Walk
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I know that running a road race is a potentially hazardous activity. I should not enter and run 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 in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and or humidity, traffic and conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, waive and release Forest Guardians, the County of Santa Fe and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature

Date

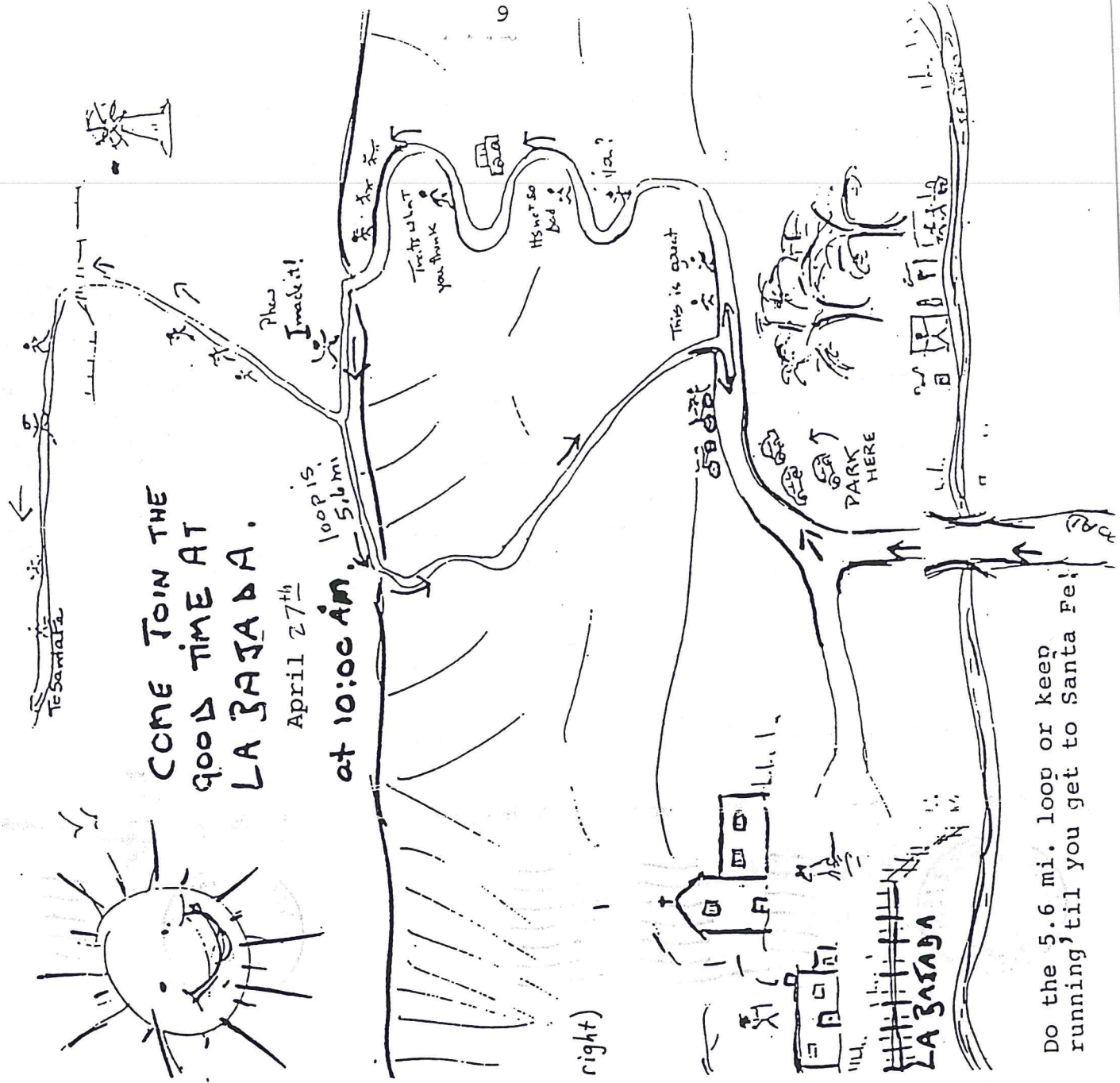
7th ANNUAL LA BAJADA RUN

Sunday, April 27 10:00 am

YES, it's on again!

Meet at LA BAJADA at 10:00 a.m. It's easy to find -- just take the Cochiti Exit, drive 3.6 miles and turn right towards La Bajada Village (and Tetilla Peak). Continue for 1 mile and take a dirt road for 1½ miles and cross over the Santa Fe River. Just beyond the river go right and park. Bring a picnic, lots of water, warm clothes as it can be windy on top of the mesa. Walkers, bikers, dogs are all welcome.

For more information call June at 988-3428.



Do the 5.6 mi. loop or keep running 'til you get to Santa Fe!

Santa Fe Striders Club Membership Application and Waiver



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.

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 _____

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



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