



# Mile Markers



*We Give You the Run-Around*

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

May 1997      Volume 19, No. 5

## **Steve Scott Surfaces in Santa Fe**

Steve Scott, the miler and road racing star of the last fifteen years, made an appearance at Santa Fe Prep on Wednesday, April 2nd, on behalf of Prep's annual Terry Fox Run cancer fund raiser. Terry Fox was a Canadian teenager who lost a leg to cancer and subsequently vowed to run across Canada to raise awareness and funds for cancer research. After covering over 2000 miles, he lost his battle with cancer but not before achieving his goal most heroically.

Steve Scott made some remarks, signed autographs and visited with the participants and general public. Contributions went to the Terry Fox Foundation. Steve Scott himself is a cancer survivor who was diagnosed with testicular cancer and underwent lymph-node and testicular surgery but not chemotherapy, and appears to be currently cancer free. He emphasized the importance of early detection, and self-examination of the testicles.

Steve Scott has run sub-4 minute miles on 136 separate occasions, a world record. He is now 41 years old and hopes to be only the second master to break the 4 minute barrier (Eamonn Coghlan has run 3:58 as a master).

A run was held on Thursday, April 3rd at Rancho de las Golondrinas in La Cienega in association with the Terry Fox fundraiser.

*Thanks to Jerry Dorbin for reporting on this event. Jerry is also recovering from surgery and is doing very well. He, however, prefers examination by a close friend instead of self-examination. -ed.*



## **Running as Metaphor by Richard Curry**

Susan Sontag wrote in her book "Illness As Metaphor" that "cancer is a disease that can strike anywhere" and "far from anything spiritual, the body is, just the body." (Sontag believes the opposite which her book title implies.)

Contracting cancer crosses my mind from time to time. An aunt died of lymphoma in 1979; my father died of cirrhosis in 1992; there have been many others, namely acquaintances.

When I read that elite American miler Steve Scott would be speaking in Santa Fe on April 2 to promote the Terry Fox Run, I wanted to listen. He and Terry Fox are true inspirations. "Know your body," said Scott. "Life is such a risk." Fox risked his life running across Canada; he eventually succumbed to cancer.

Last year I entered a new age-group bracket. The next nine years will reveal a lot about the rest of my life. For now I note the changes in my body while I stand alone in front of the bathroom mirror. I am aware of the risks if I don't run. So I bend down to tie the laces of my shoes.

Scott, a masters runner who has completed a world-record 136 sub-four minute miles, said, "Cancer is not just battling the disease. The word implies death."

Sontag opens her 85-page book by writing, "Illness is the night-side of life." Cancer might be called the day-side of death. It runs its course in time, although it can be beat.

Steve Scott is a survivor of testicular cancer. (Seven thousand cases are reported per year.) "I'm not driven to run

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## RACE CALENDAR



### 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**  
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.
- 18 **Jay Benson Triathlon**  
Kirtland AFB, 3mi/12mi/400m, Barry Field 262-0565.
- 25 **Cerrillos Run**  
Cerrillos, 5&15K, 268-6300.

### June 1997

- 1 **Rocky Mt. Qualifier All-comers T&F**  
865-8612.
- 1 **Nightingale Classic 10/5K**  
989-8634.
- 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

### 4th of July Midnight Run

Albuquerque, 4mile, 268-6300.

### Fleet Feet Freedom 8K & 1mile

Albuquerque, 299-8922.

### Independence Day Run,

Las Cruces, 8k & 1mile, 526-0593.

### Alien Chase

Roswell, 5&10K, 624-8830.

### Bastille Day Run

Las Cruces, 8k, 524-7824.

### Dino Dash

Albuquerque, 5&10K, 1mile, 841-2839.

### Burn Lake Triathlon

Las Cruces, 526-0593.

### Zuni Fitness Run

5k, 1/2mar, 2mile, 782-2665.

### 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, 1.5k/40k/10k, 425-7545.

### August 1997

- 3 **La Luz Mt. Run**  
Albuquerque, 9miles&5000', Kathy, 865-8612.
- 10 **Hot Chile Run**  
Santa Fe, 5&10k, David Soveranez, 473-7228.
- 10 **Children's Hospital 5K**  
Albuquerque, 256-3625.
- 16 **Los Alamos Triathlon**  
20k/400m/5k, 662-8173.
- 17 **Men R Pigs 5K**  
Albuquerque, John Reardon, 299-1361.
- 23 **Zuni Fitness 25mi 5-person relay**  
782-2665.
- 24 **Abwa Run for Education**  
5&10K, Karen Owen, 344-7124.

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



### Corrida de Española Results

The 2nd Annual Corrida de Española was held on April 19th on a bright, cool morning, with friendly and enthusiastic runners, organizers, volunteers, and with the courteous and efficient escort and guidance of the Española Police Dept.

The men's 10K winner was Peter Fant, the women's 10K winner was Sissel Trondseth. Over 50 winners were Lee Emery and Donna Berg. In the 5K, the men's winner was Leon Serna, the women's winner, Genevieve Fox. 50 and over winners were Jimmy Aralos and Sara Cochrane.

### More Results

Kathy Mastoras and Trish Shain placed at the Albuquerque's Finest 1/2 Marathon" (is this marketing or what?) on April 20th, Kathy running a 1:39:03 and Trish a 1:40:36.

Shirley Van Slooten won the "Run for Asthma Control" in Albuquerque on April 13th, completing the 3K in 12:07. Olympian heptathlete and fellow asthma sufferer Jackie Joyner Kersee was present and autographed Shirley's 1st place award.

### Workout for Hope—A Great Success

Several people came forward to help with the Workout for Hope 5K Race—John Pollak, Tom Day, Dale Goering, Jim Westmoreland, Diana Hardy, Suzanne Garney, Dan Kane and Danica Girard. The event took place on April 19 at Fort Marcy and was a great success, raising approximately \$9,000 for the Beckman Research Institute and City of Hope for AIDS and cancer research. Several of our volunteers were able to assist with as well as run the 5K. In all, about 50 runners/walkers participated and about 250 people were there for the aerobics and other workouts.

Thanks again to everyone for your help!

Danica Tutush Girard  
Club President

### Fun Sun Run

Casting short shadows on the street  
is a fine function for fleet feet.  
To run on sun is nothing new,  
it is what man was meant to do.  
There's no expense for things to use,  
except, perhaps, a pair of shoes.

-Michael G. Sutin

### Wedding Announcement!

Diana Hardy and Jim Westmoreland "tied the knot" in beautiful, sunny Jamaica. Yeah Mon! We were married at the Swept Away resort in Negril on April 8, at 5pm. Our day was quite adventurous. We explored the boundaries of our love by scuba-diving 100' down to see exotic fish and coral reefs; then by parasailing 100' up into the air to see the horizon. Our ceremony was simple and very beautiful. The Rev. Winston Lewis asked us to describe a human quality about each other. I mentioned Jim's sensitivity and his attentiveness to me. He said that I was outspoken. Indeed! Then we had champagne, cake, and took lots of pictures.

We met through the Striders running club during the summer of 1991. I had joined in the spring. Jim would say comments to me like "nice view" as he ran past me. I noticed that he was fast! We were both shy and awkward for awhile. Gradually, I noticed that Jim has a sense of humor and would make me laugh. He still does!

To celebrate our union, we invite you - the Striders members and other friends - to a cookout we'll host on Saturday, May 10 at 6:00pm - our Jamaican wedding party! Our street address is 2363 Camino Carlos Rey. BYOLC!! (Bring Your Own Lawn Chairs!!) For directions, please call us at 438-8602. Thank you for our fate in meeting each other!

*Thanks to our on the spot reporter in Jamaica who observed the happy couple's every move in compiling this exclusive report. I'm sure I speak for all the Striders in wishing Diana and Jim a lifetime of happiness, good fortune, and good running together. -ed.*

*Reenactments of actual scenes from Diana and Jim's honeymoon!*





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anymore," he said, "but I run to enjoy it. (Running) is an enlightening experience."

Whether illness and running are metaphors for life, I don't know. But I have a strong inclination that the latter will outlive us all.

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### May Meeting

The next meeting for the Santa Fe Striders will be at Danica Tutush Girard's House, 218 Hyde Park Estates, on Tuesday, May 13. The potluck will begin at 7 p.m., followed by business meeting at 8 p.m. On the agenda for this month's discussion will be the Santa Fe Run-Around, scheduled for June 7, 1997 at 8 a.m. on the plaza; the Strider policy on door prizes; and some opportunities to time and assist other local races, plus any other new business.

To get to Danica's house, go up about 3.5 miles on Artist's Road/Hyde Park Road. Turn right into the Hyde Park Estates subdivision. There is a metal sign on a large stone. If you get to Ten Thousand Waves, you've gone too far. The subdivision has dirt roads. You'll make a right at the first "T" intersection, then follow it for about a half a mile. Take the first road off to the left, Paseo Monte. Follow it for about .3 of mile. It goes uphill, then curves to the right. Once the road bends, Danica's house is first one on the right and on a corner lot. It's two-story, green siding with a shake roof. It is marked with a post—C3 and red letters—3232. There will be a barbecue for those who want to grill. If you get lost, call 989-1819.

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### April Meeting Wrap-Up

Dale and Kenny Goering hosted great meeting last month, full of lots of goodies to munch and also a very productive session. We discussed the duties of producing flyers and t-shirts for the Run-Around and several people volunteered. (Thanks for your help!) We also touched base on volunteers for the April Workout for Hope. We also decided to send a Santa Fe Strider representative, Elaine Coleman, to the Road Runners Club of America national convention, which will take place June 5-8 in Colorado Springs. Elaine agreed to bring back information on what other clubs are doing to be successful and ideas for improving our club.

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.

### WEEKLY RUNS

Striders, guests, and other random runners 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.

### Track!

The Striders' informal but enthusiastic speed workout group meets 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.

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### 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](mailto:jj@daylight.com) or send me a photo for the online photo album! -ed.

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

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### 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



## 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