



Mile Markers



We Give You the Run-Around

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

July 1997 Volume 19, No. 7

The 19th Annual Santa Fe Runaround



Former marathon junior world record-holder David Segura won the men's 5K at the Santa Fe Run-Around, in a time of 16:30. Mary Parnick of Santa Fe was the women's 5K winner at 21:11. This was the 19th year the Striders have staged the popular road race. Ex-college star Miles Baron from Los Alamos won the men's 10K, 34:57, and Strider Sissell Trondseth of Santa Fe was first woman, 44:48. Members of the club won or placed in several age groups at both distances. More than 200 runners entered, approximately equally last year's sign-up, but the day dawned dark and

gusty, this year, throwing a cold shower on the live turnout. Race officials said attendance was satisfactory under the blustery conditions. David Segura, a former Santa Fe High trackman, once ran a sub-2:13 marathon in the national junior championships (under 20). Now in his thirties, he was first overall in the Run-Around 5K, in 16:30. Mary Parnick of Santa Fe did the five kilometres in 21:11 to take first place, female. Many Los Alamos runners, several from Santa Fe and a small representation of out-of-state visitors competed. -staff.

RESULTS

5K

Women

19-under

1. Kristin Pickell, 24:12
2. Britt Pickell
3. Jeanine Steffy

20-29

1. Katy Steffens, 24:25
2. Frances Noone
3. Elaine Craig.

30-39

1. Katherine Van Essen, 21:20
2. Theresa Curry
3. Kristi Leonard

40-49

1. Jude Nanshe, 25:29
2. Chalony Jernance
3. Cecilia Muntz.

50-59

1. Hollis Elkins, 27:04
2. Lorraine Serna

Men

19-under

1. Tom DeForest, 18:07
2. John Valdez

20-29

1. Miles Fitzgerald, 17:17
2. Chris Hassell
3. Gavin Lujan.

30-39

1. Leon Serna, 16:54
2. Pete Bowman
3. Florentino Coriz

40-49

1. Eric Erb, 18:15
2. Danny Anaya
3. Jim Muntz

50-59

1. George Croshaw, 22:01
2. Richard Curry
3. Ernest Rocha

60-69

1. Richard Hutson, 23:36
2. Gregg Bemis
3. J. R. Martinez

10K

Women

20-29

1. Kristin Abernathy, 48:34
2. Cynthia Seiller
3. Lucinda Romero

30-39

1. Cozy Danforth, 45:28
2. Suzanne Garney
3. Maria Day

40-49

1. Eva Peterson, 49:08
2. Margaret Chavez
3. Margaret Alexander

50-59

1. Judy Stevens, 1:07:09.

Men

30-39

1. Rick Stuart, 36:46
2. Charlie Drysdale

40-49

1. Con Dooley, 44:10
2. Owen Van Essen
3. Ted Winston

50-59

1. Robert Werner, 46:35
2. Clyde Gossert
3. John Jennings

60-69

1. George West, 57:35

2. Michael Sutin.

RACE CALENDAR

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

August 1997

- | | |
|----|--|
| 3 | La Luz Trail Run
Albuquerque, 9miles&4500', 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. |

September 1997

- | | |
|----|--|
| 1 | Santa Fe Trail Run
5&10K, 268-6300, 982-3639. |
| 7 | Governor's 10K
Cloudcroft, 682-2894. |
| 13 | Westside Trotters Run for Diabetes
5K&10mile, 899-1487. |
| 14 | La Tierra Torture Mtn. Bike Race
10am, Santa Fe, 438-1491. |
| 21 | Taos Triathlon |

758-1980.

- | | |
|----|---|
| 28 | Duke City Marathon
&1/2mar, 5K, 20K walk, 890-1018. |
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October 1997

- | | |
|----|---|
| 4 | Whole Enchilada Fest 5K&1mile
Las Cruces, 527-5167. |
| 5 | Corrida de Taos
5&10K, 2mile walk, Gil's, 268-6300. |
| 11 | Loma 5&10K
Rio Rancho, Reuben Gallegos, 891-9640. |
| 18 | Fall Classic
5&10K, Las Cruces, 524-7824. |
| 19 | Corrales Harvest Fest
5K, Gil's, 268-6300. |
| 19 | NM Racewalkers 10K
Judy Clymer, 899-4288. |
| 25 | NM Tech 49ers 5K walk, 10K run
Socorro, 835-5131. |

Recommended

The La Luz Trail run on August 3rd is demanding but spectacular. A 9 mile hill climb to the top of Sandia Crest, 4500' up. The \$22 entry includes a one-year USATF membership, T-shirt, and a ride down the world's longest tram. The limit is 400 and it always fills, no race-day registration.

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

Exercise, Play and Competition For Health and Lifelong Fitness

(There is no point to this rambling semi-coherent essay, except maybe to self-servingly justify my lackadasical "training" program, and of course fill newsletter space... So write something and save us all! This means you Paul.)

Those who say "I took up running in my 30s" may be forgetting how much they ran in their single-digit years. Back then most of us engaged in a wide variety of sporting activities: running, rolling, writhing, jumping, skipping, squirming, scooting, sliding, swimming, splashing, biking, bouncing, wrestling, wriggling, climbing, crawling, diving, dancing. And then there were the outdoor activities. We didn't worry about exercise and fitness back then and we didn't need to.

But now we're older and wiser, kind of. Exercise and fitness are serious concerns costing big bucks for equipment, memberships, books, magazines, videos, nutritional supplements, expert advice, doctors, therapists, and coaches. We strive to go faster and be stronger, to be more fit and look more fit. We race against others, ourselves, and our younger selves. We measure success in seconds and minutes and ribbons and medals. We admire those fastest few who fly high above us.

And yet, professional athletes are suspect role models. Drug enhanced. Anorexic. Chronically injured. Addicted to winning and uncouth in loss. Perhaps winning, perhaps outstandingly fit for their sport, but perhaps not all that healthy, and maybe not really having that much fun. And it seems like an increasing number of amateurs are closely emulating these champions.

Maybe we just haven't figured this thing out yet. The "fitness craze" is a rather new phenomenon. When my high school cross-country team ran down the street back in the mid 70's, people stopped to look. Running was a strange thing to do. I was amazed and delighted that within 15 years, I would run in the Bay to Breakers 12K through the streets of San Francisco with over 100,000 other runners of all sorts. Back in high school the coaches wanted winners and titles, we just wanted to have fun and meet girls (well, 1 out of 2 wasn't bad). At the Bay to Breakers runners in costumes were having fun first and foremost.

But is it necessary to choose between fun and competitiveness? Between fun and trying hard? Does a "serious runner" have to be serious?

People exercise for different reasons. That is their choice. What surprises me is the number who seem to be missing out on (1) the health benefits, and (2) the fun benefits, maybe without even knowing it. The health benefits are lost to drug use, malnutrition and diet-mania, and injury. The fun benefits are lost to the twin philosophical pillars of American sport: "Winning is everything", and "No pain no gain". And maybe just a few of us adults having forgot what we knew well long ago, how to play.

-Jeremy Yang.

Striders Summer Potluck Picnic Sunday, July 13th

A Striders Potluck Picnic is planned for Sunday, July 13th, at 5pm. Beverages and barbecue grilles will be provided.

This picnic is for *all* Striders, their family, friends and guests!

New Striders are especially encouraged to attend!

This is a purely social event (no agenda) for visiting with friends and fellow runners.

The picnic will take place at the home of Elaine Coleman, 899 East Zia Road. To get there from town, take a left off Old Pecos onto Zia. Their number is 983-9747.

Questions? -- call Jeremy at 988-5474 (after July 6)

See you there!

Run Around -- 1997

(A Memorial)

Racing in the rain,
pacing for the gain,
grimacing from the pain.

It isn't the grain
of sand, or the mountain
far ahead of you;

It's the Santa Fe
River run-off drain
filling up your shoe.

-Michael Sutin.

July Meeting

The July meeting will be held on Tuesday, July 8th, at John and Nancy Pollack's house at 144 Pine Street in Casa Solana. Take a right from Alameda just past Plaza Solana. Their number is 983-2144.

Potluck begins at 7pm, followed by motions, agendas, votes and decisions, etc.

Show up to have a say in the picnic beer selection!

RESULTS

Reece's Pieces

Reece Tatum's 4th marathon of the year was the Bandelier Marathon on 5/10. He ran a 4:02 on a very nice day. Water stops only every 3.3 miles. #5 was the Lone Star Marathon - Pepper Chase in Amarillo, Texas on 5/24 (3:29). #6 was the Taos Marathon on 6/8 (4:28). Slow time but a good race. "See you at the races!" says Reece.

Lost and Found at Runaround

Woman's large Newport Blue jacket, neon green with purple collar and zipper. Call Suzanne Garney at 473-9073.

Join the Striders! Annual membership costs only \$15 (\$7.50 after 7/1) 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. *This year we've been averaging 12-15 runners each week!*

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, 1729 1/2 Agua Fria, SFNM, 87501, or jj@daylight.com (email preferred; 2nd best is a floppy disk, but beggars can't be choosers!). This means you Paul!

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
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Santa Fe, NM 87505