



Mile Markers



We Give You the Run-Around

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

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40th Annual RRCA Convention a Huge Success

Thanks to the Santa Fe Striders, I was lucky enough to represent our club at the Roadrunners of America's Convention in Colorado Springs this past June. A kick-off for the RRCA's 40th anniversary celebration year, the event was highlighted by a Running Times fun run, picnic and auction; a tour of the USOC Olympic Training Complex; the RRCA Health and Fitness Expo; and, on the last day, the Garden of the Gods 10-Miler.

Imagine spending four days with runners, some 400 of them, from all over the country! Every jam-packed day began with a fun run and offered a dazzling array of well-presented workshops and classes. With topics as diverse as successful race directing, stretching, self-defense, spinning a club web page, and creating a dynamite newsletter, making a choice of classes was often difficult.

One of my favorite sessions was **Newsletters - Desktop Publishing Programs and Editing**. Jan Seely, outgoing editor of RRCA's Footnotes, was the key presenter at this informative workshop. Some tips were: use photos whenever possible (try to find a photographer who's good) or, if not, get creative with clip art; always give phone numbers in the race calendar; include beneficial information on training and nutrition; in every issue, include club fun runs, training and speedwork sessions; avoid burnout - appoint a proofreader or assistant editor; and, finally always cite sources.

A lively workshop titled **So You Want to be a Race Director?** answered the question, "What do runners want?" The presenter's credentials were impeccable: he was the prime organizer of the annual Boulder Boulder. This session included a colorful slide show with key scenes from that famous race and covered such topics as feeding, aid stations, volunteers (the Boulder Boulder needs 2,300!), the finish line, the "Mash" unit, Lost and Found, media coverage, celebrity and political involvement, costumes, teams, involving neighbors, costumes, wheelchairs, themes, and thanking

sponsors.

The Women's Self-Defense Clinic stressed **BAT**: Be aware of the situation; Assess it; and Take action. Four presenters (three women and one man) led a large roomful of us through such maneuvers as the Pinky Peel, the Thumb Peel, a variety of choke holds, ground defense, and verbalization. They reviewed basic self-defense tactics and rules to survive by.

Best-selling stretching guru Bob Anderson, in his low-keyed, humorous but highly effective manner, presented **STRETCHING**, a couple hours of stretching and body work. The audience sat on the carpeted floor and followed along. The fun really began when Anderson passed out a dozen different kinds of "body tools," from the Theracane to the Knobble and The Stick (dubbed the "Most Interesting New Product" at the world's largest medical expo in 1991) and we tried everything out.

If you'll recall, Bob Anderson, was here in Santa Fe years ago for a pre-race clinic. After his session, I asked him if he was interested in coming to Santa Fe again and his response was quite positive. Maybe we could find a sponsor to pay his expenses for a clinic before some future Santa Fe Run-Around...Ideas, anyone?

There was more, much more, to the convention than I've included here. But perhaps even more gratifying than the fun, highly-informative workshops, the camaraderie and fresh inspiration I gained from the 40th annual RRCA Convention will remain with me always. For runners, the convention was an experience that I would highly recommend.

-Elaine Coleman

RACE CALENDAR

August 1997

- 3 La Luz Trail Run**
Albuquerque, 9 miles & 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.
- 7 El Mas Grande II**
Alb., 10 & 5k, 7:30am, 345-4274.
- 13 Westside Trotters Run for Diabetes**
5K & 10mile, 899-1487.
- 13 Eldorado Run for the Gold**
5K, 7:45am at Eldorado School.
- 14 La Tierra Torture Mtn. Bike Race**
10am, Santa Fe, 438-1491.
- 14 Big Tesuque Run**
Santa Fe, 9AM, 11.6mi, Jim Fisher, 455-0259.
- 21 Taos Triathlon**
758-1980.
- 28 Duke City Marathon**
& 1/2mar, 5K, 20K walk, 890-1018.

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.

November 1997

- 3 Humane Ass. Doggie Dash**
Alb., 4mile run, 2mile walk, Gil's.
- 15 27th Baylor Pass Trail Run**
Las Cruces, 5.9mi, 524-7824.
- 16 NM USATF State XC Champs.**
Kathy Fones, 865-8612.
- 22 Fowl Day Run 5K**
Santa Fe, 989-1819.
- 27 Turkey Run**
Alb., 5 & 10K, Gil's.

Recommended

The Santa Fe Trail Run on September 1st (Labor Day) is one of the two biggest runs in Santa Fe along with the Runaround. It starts downtown and is sponsored by the city as part of our annual Fiesta.

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

Don't Be Silly -- That Can't Be The Sound of Horses' Hooves"

by Tom Day

The New York City Marathon has its Verrazano-Narrows Bridge, and the Boston Marathon has what Eastern flatlanders call Heartbreak Hill. But only the Jemez Pueblo half-marathon can boast of galloping horses and a rattle-snake, in the same year.

The year was 1996. The horses, riderless and numbering somewhere between 6 and 10, came roaring across the course at about mile 1 1/2. Loud shouts from alert runners who saw them coming prevented other runners, less tuned into the outside world, from being trampled. The rattle-snake was spotted by an Albuquerque-area runner, Beth Davenport, also a half-marathoner.

Opportunities for viewing wildlife apparently are limitless in connection with the Jemez Pueblo race. A few years ago, Strider Danica Girard and her husband, Jim, camped at Fenton Lake, in the Jemez Mountains, the night before the race. They spotted -- and eluded, you might say -- a bear with two cubs.

Not only that, but early the next morning, they heard outside their tent a loud but unrecognizable animal sound. The sound, which they have never identified, stopped when they turned on a flashlight inside their tent.

The pueblo event includes a 5K as well as a half-marathon. This year, the races will be on August 24.

The course is dirt, which is usually dry. But as Mike Guttman and other Striders can attest, the course can be muddy in spots if it has rained. Along the unique course, runners pass corn fields and irrigation ditches and can see the nearby spectacular red rocks.

The start of the races can be delayed a bit. In this regard, the race is a sharp contrast to another nifty summer race of about the same length, the Los Alamos Mini-Marathon. Entry forms for the Los Alamos race make it absolutely clear that the race will start at "7:30 a.m. SHARP."

A couple of years ago, though, the Los Alamos start was put off 5 or 10 minutes. Rumor has it that only quick action by a race volunteer prevented the race organizer from leaping off the Los Alamos gorge bridge.

(To digress a little, it might be pointed out that while Los Alamos scientists have been lavishly praised for exploding the first atom bomb that long-ago July morning, they have never received due credit for setting it off on time.)

The Jemez Pueblo races are friendly events, and the prizes are handmade at the pueblo. For particulars, and an entry form, runners may call the pueblo at 834-7359.

What I Did on my summer Vacation

by Richard Curry

Vacations are for a very simple reason: to get away.

Every summer I try to make the commitment of doubling my weekly running mileage. Instead of logging 25-30 miles a week from September-May, I plan to log 50-60 miles a week from June-August. Every summer I start out with great intentions. But my summer vacation holds me back.

You see, I have the habit of venturing to Michigan, where my wife's family lives, or Pennsylvania, where my family lives. In Santa Fe, where I live, 50-60 mile weeks are much more realistic.

In MI and PA food and drink mean love and running is just a thought. Homemade pies, cakes, cookies, six-packs, lunch meat, barbecues, and full-course meals have graced the confines of our families' homes for years. At the same you'd be hard-pressed to find a running article spread out on the kitchen table.

There I'm more likely to hear words like, "Why do you want to go out and run in heat like this for anyhow? You'll kill yourself. I don't know what you get out of running anyway. Grab a beer. Do you want something to eat?"

So I grab a beer and something to eat. Heat and humidity can kill a person. I'll run tomorrow. I have already outlined the course in my mind. For now I'll sit on the porch. Maybe there's a thunderstorm brewing. Hey, there's always the Phillies or Tigers.

I am not alarmed when the digital clock reads 10:00am. I rub my swollen eyes; I feel as if I've just finished a 5-K, but my shoes are still in my bag.

Downstairs I smell coffee, toast, bacon and eggs. Before I head to the kitchen table I grab the sides of my stomach. All I can think of are three eggs over easy, crisp bacon, and toast with lots of butter and homemade jam.

"Did you sleep good?"

"Mom, I gotta go out runnin' tonight. I'm gettin' fat. You know I was in pretty good shape before I got here."

"Whaddaya mean? You're not gettin' fat. I'm thawin' out a roast for some mashed potatoes and gravy tonight."

"It's ninety degrees out. The weather report said it's supposed to be ninety-percent humidity today. I don't eat like this anymore." I feel sick. In two weeks the blood has thickened in my veins.

Tonight my brothers-in-law are taking me out for beers. Tomorrow we're going to the lake. Then we're going to the river to barbecue some pork steaks. I surrender the thought of doubling my mileage. I can only blame myself.

But what the hell. I'm on vacation. I needed to get away.

Take me to the river. Where'd you say the cooler is? Is that Bob Dylan I hear? Turn it up. Yes, that's the song. Perhaps I'll pull a Forrest Gump next summer. For now, though, "I'll just sit here and watch the river flow."

A Short Course In The National Senior Olympics 5 & 10K

From the written instructions: "The course is flat, paved and USA Track and Field certified... around and through the U. of Arizona... The 10Km is two loops." While warming up for the 10K, I notice a 3 mile mark located where it would mean that the loop was less than 10K long, but I couldn't find an official to question.

At 7am the 700 participants line up where the start is marked on the map supplied. Without warning the aggregation begins to walk forward, then to jog, then to run moderately down the course. Many runners ask each other whether the race has started. No one knows. Suddenly, someone with a loudspeaker calls a halt. Without explanation of the shifted start, the gun is fired.

I come to the one-mile mark at 6:40. Impossible. Others agree. I finish with a time 5 1/2 minutes less than I ran a 10K race a week before. Runners are universally pleased with their times. I heard "That's 3 minutes faster than I've ever run." and, from a spectator about the winner, "I know what a 6 min per mile pace looks like and no one was running that fast."

So what if the course was short? It was the same length for all contestants. Still, I have a strong desire to evaluate my performance. I reach the race director by phone the next day and inquire as to the actual length. "The course is a USA Track and Field certified 10K," said he. "But the 3 mile mark... the one mile time..." said I. Same response. So it's official, if nothing else.

Nevertheless, I calculate from measurements on the map and stepping off distances that the actual length was more like 5.948 miles (rather than 6.213). Sure enough, two days later the 5K is run with a starting line that makes it the same percentage short. If you can't be right, at least be consistent, it is said.

I am at peace. My calculated distances leave me well satisfied with my times, albeit that they are in the third quartile of my age group. My age-adjusted 5K time is my best ever. And it doesn't hurt to know that officials at the highest level of the sport are human too.

-John Otter

PS: Congratulations to Dale Goering who took the silver medal in his age group (65-69) in the 10K. I was only a minute behind him, which I figure is pretty good considering he is 6 years older and so has had more time to train.

Stumbling Block

Capriciously if poorly trained
And suddenly by pothole sprained,
A lady athlete bit the dust
And sat there grumbling in disgust.

Disheartening the unschooled dame
Should stray too far and pull up lame.
She tore her epimysium
While slouching toward Elysium.

-J. Dorbin

Big Tesuque Trail

The wind that rips the forest like the unrelenting
wrath of God waxed hot at those who danced before the golden calf,
topples topless dried up trees into down timbered drainage,
victims of shallow roots, erosion and ancient age,
like burial grounds of elder elephants too old to forage,
leaving priceless tusks of ivory, weathered bones and memories.

-Michael G. Sutin

August Meeting

The August meeting will be held on Tuesday, August 12th, at Jeremy Yang's house at 1729 1/2 Agua Fria. Turn west onto the dirt road 2/10 mile north of Osage, the house is the first on the right. Phone number 988-5474.

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

RESULTS

6/22 Arriba New Mexico! John Otter 5:52:42

6/29 Wheeler Peak Mountain Run:
Jim Westmoreland 1:19:xx 1st overall
Diana Hardy 1:37:xx
John Otter 1:42:37

6/8 Taos 1/2 Marathon
Barb Dutrow 1:37, 4th overall f.
Carl Gable, 1:33:39, 13th overall

6/28 Los Alamos Mini-Marathon 20K
Carl Gable 1:33:11

7/5 Las Vegas 5K
Shirley Van Slooten 19:35, 1st f.

7/19 Women's Distance Fest 5K
Shirley Van Slooten 19:18, 5th overall, 1st master.

7/20 Popay Foot Race XC 5K
Barb Dutrow 20:27, 2nd overall f.
Carl Gable 18:58, 9th overall

7/27 Frontier Days 1/2 Marathon (Cheyenne)
Reece Tatum 1:43

"The Most Beautiful Marathon"

Reece Tatum ran the Snow Mountain Ranch Marathon (#7?) on 7/12 in 4:23. The trail was all around 9000'. Nothing but mountains. "This was the most beautiful marathon I have ever run." says Reece.

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 988-5474 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 the

NEW EDITORIAL OFFICES!

of Mile Markers, c/o Jeremy Yang, at 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
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Jeremy Yang, newsletter editor, 988-5474
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ELDORADO RUN / WALK 5K (3.1 MILES) AND 1 MILE; AN ECIA EVENT.

MONEY RAISED WILL BE USED FOR TRACK MAINTENANCE AND TO PROMOTE HEALTH AND FITNESS FOR THE COMMUNITY.

Race Day September 13 7:00 Packet pick up and continued registration

7:45 5K run and walk

8:45 1 mile run/walk

9:30 Awards and raffle

Start and finish at El Dorado Elementary School.

Water and Powerade at beginning, turn around and end.

First aid at start and finish.

Fresh fruit from Eldorado Supermart and coffee from Rio Grande Roasters at the finish.

Raffle prizes include: Sports equipment, gift certificates, and meal donations. Must be present for the raffle.

T-shirts, refreshments, raffles, and **awards!!!** Bring the whole family!!!

Join us in Eldorado's Third Annual Run!!! 1 Mile perfect for the children!!!

Strollers and wheelchairs welcome. Please no bicycles, roller-skates or dogs.

I will participate in the 5K run ____ 5K Walk ____ 1 mile run ____

Age on race day ____ Grade in on race day ____ Sex M ____ F ____

Last Name: _____ First _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Medical Problems: _____

T - Shirts size (circle one): Adult: S M L XL

\$10 registration fee. **\$35.00 FAMILY MAX.!!!** No refunds. Checks only. Do not mail checks after September 9th. Can return to the school.

Make checks payable and return to "Eldorado Run for the Gold"

6 Nido Lane

Santa Fe, New Mexico 87505

Waiver: I understand and assume full responsibility for any injury or accidents which may occur during my participation in the Eldorado Run for the Gold. By my signature, I hereby waive and release all organizations and/or sponsors for the Eldorado Run for the Gold, because of my participation in the above said event.

Signature: _____

Parents Signature if under 18: _____ Date: _____

T - Shirts to the first 300 applicants and all Eldorado students and residents who enter.
Registration packets available to those who register early!