



# Mile Markers



*We Give You the Run-Around*

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

September 1997

Volume 19, No. 9

## La Luz Trail Run Visited by Mysterious Creature; "Sandia Simian" Sighted

The La Luz Trail Run in Albuquerque took place on Sunday morning, August 3rd, in beautiful weather conditions both at the start at 6000' and at the finish, atop the Sandia Crest, at 10,600'. Approximately 350 runners and walkers (and mostly run/walk-ers) completed the event including several Striders. An unconfirmed sighting of the little seen "Sandia Simian" added a bizarre twist to an otherwise glorious, if strenuous morning.

"I heard some rather heavy breathing behind me." reported a Santa Fe runner who prefers to remain anonymous. "And some rather heavy footsteps. But at first I figured it was just another runner with bad breath. Then when I turned at a switchback "it" was gone up the hillside and disappeared into the woods in a flash. It was sturdily built, with dark brown fur." Race organizers were unavailable for comments and did not confirm nor deny the existence of the "Sandia Simian."



*(Editor's note: no photo of the creature was taken. The above is a MileMarkers file photo of a similar creature sighted on Atalya Mtn. in Santa Fe, where such creatures are more commonplace.)*

### Strider Results at La Luz

Chris Chavez 1:34:45 (2nd AG)  
Jim Westmoreland 1:43:52  
Jeremy Yang 1:46:02  
Richard Curry 1:54:27

Shirley Van Slooten 1:58:05 (3rd AG)  
Dale Goering 1:59:33 (1st AG)  
Aaron Goldman 2:13:40 (3rd AG)  
Diana Hardy 2:00:21 (3rd AG)

## RACE CALENDAR

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### September 1997

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| 1  | <b>Santa Fe Trail Run</b><br>5&10K, 268-6300, 982-3639.                |
| 7  | <b>El Mas Grande II</b><br>Alb., 10&5k, 7:30am, 345-4274.              |
| 7  | <b>Run for the Hills</b><br>10&5k, 7:30am, 823-9360                    |
| 13 | <b>Westside Trotters Run for Diabetes</b><br>5K&10mile, 899-1487.      |
| 13 | <b>Eldorado Run for the Gold</b><br>5K, 7:45am at Eldorado School.     |
| 13 | <b>Ambulance Chase</b><br>Roswell, 622-5440.                           |
| 14 | <b>La Tierra Torture Mtn. Bike Race</b><br>10am, Santa Fe, 438-1491.   |
| 14 | <b>Big Tesuque Run</b><br>Santa Fe, 9AM, 11.6mi, Jim Fisher, 455-0259. |
| 21 | <b>Taos Triathlon</b><br>758-1980.                                     |
| 21 | <b>Tarahumara Benefit Run</b><br>6-12-18 miles, Gil's, 268-6300.       |
| 21 | <b>Governor's 10K</b><br>Cloudcroft, 682-2894.                         |
| 27 | <b>White Sands Duathlon</b><br>(5K/20K/5K), 678-3374.                  |
| 28 | <b>Juan in a Million 5K</b><br>Las Vegas, NV, 702-877-9072             |
| 28 | <b>Duke City Marathon</b><br>&1/2mar, 5K, 890-1018.                    |

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### October 1997

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

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### November 1997

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| 3  | <b>Humane Ass. Doggie Dash</b><br>Alb., 4mile run, 2mile walk, Gil's. |
| 15 | <b>27th Baylor Pass Trail Run</b><br>Las Cruces, 5.9mi, 524-7824.     |
| 16 | <b>NM USATF State XC Champs.</b>                                      |

Kathy Fones, 865-8612.

- |    |   |
|----|---|
| 22 | <b>Fowl Day Run 5K</b><br>Santa Fe, 989-1819. |
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| 27 | <b>Turkey Run</b><br>Alb., 5&10K, Gil's. |
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### December 1997

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| 6 | <b>White Sands/Alamagordo Marathon</b><br>1/2 mar., 5K, 382-8869. |
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| 6 | <b>DLR Reindeer Roundup 5&amp;10K</b><br>822-0476 |
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- |    |   |
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| 13 | <b>Reindeer Run 10K &amp; 2mi</b><br>Roswell, 624-8830. |
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### Recommended

The Big Tesuque Trail Run is a fun and scenic high altitude, challenging 11.6 mile run on the Aspen Vista Trail, on Sunday, September 14th. Though beautiful, be warned that it can often be snowing in September on the summit!

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

### Jemez Run

We heard the hammering hooves of Jemez horses,  
Over the fields beside the running courses,  
Across the river from its mountain sources,  
We felt the breeze and sun,  
We felt the ancient forces.

The runners moved over the rust and crimson land,  
Feet fell upon the reddish rock and sand,  
Farther stretched the path the distance spanned,  
And at the end the smiling people,  
Gave us a sno-cone and a nice hand.

-Juan Tabe

### The Black Spot

The City's Chile Run is not so hot.  
The staff assigns each sixty a black spot.  
to scare their exit from the asphalt lot  
about ten minutes after the pistol shot.

-Mike Sutin

Note: 10K entrants sixty years and older were designated with a black circle at the Sylvia Pulliam Hot Chile Run.

## Beginning Trail Running

I started trail running about two years ago and liked it immediately. It's kind of like hiking, except you're running. It's kind of like road running, except there aren't smoke-spewing cars trying to mow you down. So what's not to like? Ok, so you might encounter a few hills, and some rocks and roots, and an occasional vicious carnivore. They can be fun too.

If you happen upon some "real trail runners" you'll meet quite a few crackpots and various nutcases, an added benefit. These folks think nothing of a 50 mile moonlight jog. Of course, I think nothing of it either, at least no more than I think of piercing my nipples with a rusty javelin. The trail runners are actually a very friendly lot, and their smiles and good nature easily makes up for their questionable personal hygiene and wild-eyed look.

Near Santa Fe, my favorite trail run is the Atalya trail (170). Starting from the trailhead at the St. John's visitor parking lot, it winds up the mountain, about 3.5 miles and 1700' to the summit and a great view of the city. During the school year you are likely to encounter some Johnnies sitting cross-legged by the trail, discussing Kant or Cubism while chewing on a healthful seaweed-bar. There are actually several trails, so you can choose to take the same way back down or not. Some of the trails are endangered by new homesites, and the main trail itself passes through St. John's and other private land. There is concern that access to this beautiful area will be further restricted by development ("No, not more development in Santa Fe!").

Some other great trails start from Bishop's Lodge. The lodge will provide you a map if you act nice and guestlike. You can run up to the lookout and view Nun's corner on Hyde Park Road, and then run down to Hyde Park Road on Juan's trail if you wish. Again there is an extensive network of trails in this area if you are willing to explore.

If you don't like hills there's the Lamy RR trail, all the way from S.F. to Lamy, or the trails behind the Radisson (formerly the Picacho) Hotel, the "La Tierra" area. There's a great trail starting across from the ski rental place on Hyde Park Road, marked "Hiking Trail", and of course the Winsor and Chamisa and Borrego trails, accessible from Hyde Park Road. If you're an outlaw-type, there's the lovely Santa Fe Watershed area, banned from recreational use for dubious reasons.

Close to Albuquerque, there is the Embudito Trail, starting near the top of Montgomery, or Elena Gallegos, off Tramway Blvd., or Tres Pistoles Canyon, near I-40 before Tijeras on the left, or of course the La Luz trail to the Sandia Crest. And many more. There are maps.

If you want to try a trail race, a good first one is Gil's Wheeler Run in June, starting from the town of Red River, 11 miles total, about 1500' climbing, about half on trails. The fa-

mous La Luz Trail Run, in August, is 9 miles but straight up the crest 4500'. There is a 400 runner limit. The Big Tesuque Run up the Aspen Vista Trail (6 miles, 2000' each way) is also great. It is scheduled for Sunday, September 14th this year. And don't forget June Dickerson's Laid Back Tetilla Peak Run in May.

Happy Trails! -Jeremy Yang.

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## I'll Leave it to Science

by Richard Curry

As runners we know that our sport has become extremely scientific. Some runners know their exact number of steps per mile; others know about their maximum oxygen intake, while others have the keys to marathon success.

On August 3 I ran the La Luz Trail Run. I finished in 1:54:27. The last time I ran the LLTR was August 8, 1993. I finished in 1:54:27. I threw science out the window. My training is not that precise. For me to have the exact same time on a nine-mile mountain run four years apart prompted me to delve a little further.

Every now and then when something puzzles me I turn to a book for an answer. This book is one which I trust; its answer will reveal a truth. I asked myself, "Is there any significance in my running the exact same time today as I did four years ago?"

I held in my hands *Walden* by Henry David Thoreau. I valued its words and randomly opened to page 64. There I read, "Both time and place were changed, and dwelt nearer to these parts of the universe and to those eras of history which had attracted me."

Thoreau's place in literary history is secure. Running is time. Running is place. The La Luz Trail is a member of the Universe. It, too, has changed. There runners gather. The challenge lies ahead. Someone once said, "You can never step in the same river twice."

While running the LLTR I occasionally looked upward towards the towers. It was then that I stumbled. Finally they were there: the towers, the top, the finish. There I heard someone say, "Run, make it look good." Runners walk for reasons.

On I read. Thoreau asked, "What should we think of the shepherd's life if his flocks always wandered to higher pastures than his thoughts?"

Hmmm. I am led to wonder if the step of the runner is the same as the stroke of the swimmer. I'll leave it to science.

## RESULTS

Jemez Steve Gauchpin 1/2 Marathon:  
Pete Fant - 1:18  
Jeremy Yang - 1:35

Pike's Peak Ascent:  
Chris Chavez  
Dale Goering  
Reece Tatum 3:25

Pike's Peak Marathon:  
Reece Tatum 5:50 (8th marathon this year)

"Going up Pike's Peak was cake, coming down was Hell, Big Time! See ya at the races -Reece"

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### Thanks Tom, Thanks Steve Gauchpin

Thank you to Tom Day for recommending the Steve Gauchpin Jemez Half-marathon in his article last month: "That Can't be the Sound of Horses' Hooves, Can It?" The run was beautiful as promised. Steve Gauchpin is a former national class marathon and mountain runner from the Jemez Pueblo, who competed in the US Olympic Marathon Trials in 1968, and who won the Pike's Peak Marathon 6 times in the 60's and 70's, and the La Luz Trail Run 5 times. He continues to support running in his community and in New Mexico and has been recognized by the State Legislature for his work and running accomplishments.

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### RRCA Run to Work Day

The RRCA has designated October 21st "National Run to Work Day". Runners and clubs are encouraged to look for "creative, fun, and possibly zany ways" to support National Run to Work Day. Does anyone else think this is stupid? Ok, great, let's do it!

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.

## September Meeting

The September meeting will be held on Tuesday, September 9th, at Suzanne Garneys house. Directions: from Rodeo Rd. going west, turn left onto Yucca, then left onto La Silla Dorado, then left onto Via Berrenda (no road sign), on the left at the big dip is 2659 Via Berrenda. Phone number 473-9073.

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

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## 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.

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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 the

### NEW EDITORIAL OFFICES!

of Mile Markers, c/o Jeremy Yang, at 1729 1/2 Agua Fria, SFNM, 87501, or [jj@daylight.com](mailto:jj@daylight.com) (email preferred; 2nd best is a floppy disk, but beggars can't be choosers!). This means you Paul!

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### 1997 Striders officers:

Danica Tutush Girard, president, 989-1819  
[DTGirard@aol.com](mailto:DTGirard@aol.com)  
John Pollak, vice president, 983-2144  
Suzanne Garney, treasurer, 473-9073  
[SGarney@erim.org](mailto:SGarney@erim.org)  
Jeremy Yang, newsletter editor, 988-5474  
[JJ@daylight.com](mailto:JJ@daylight.com)

Coming  
Soon!

# El Mas Grande II

USATF  
SANCTIONED  
EVENT

Sunday, September 7th at 7:30 AM

Lets get ready to RUN-ble!

**Albuquerque's Fastest 10K**

6.2 miles - Starts East of County Line Restaurant

AND

**Albuquerque's Fastest 5K**

3.1 miles - Starts on Shoulder of Tramway

**and 5K Competitive Race Walk**

★ ★ ★ all races to finish at *Sandia Casino* ★ ★ ★

Packet Pick-up at Sandia Casino Saturday, Sept. 6th at 7:30 AM-10:30 AM  
also Race results to be posted in Casino Hall!

- ☛ Awards Ceremony at Finish Area - 5K - 8:15 AM and 10K - 8:45 AM
- ☛ Timing by Albuquerque Road Runners
- ☛ Water and Mile Markers at every mile for both races
- ☛ Bus Transportation to Start and from Finish after awards
- ☛ Parking available at County Line Restaurant
- ☛ Lodging available at Ramada Limited - 858-3297 - by finish line

Special Drawing  
for  
Southwest Airline  
ticket plus other  
random drawings!



★ Elite Prize Money

★ Clydesdale Weight Divisions

★ Special Age Group Awards

**NO RACE DAY REGISTRATION! NO BANDITS!**

**DON'T MISS OUR EARLY BIRD SPECIAL!!**

**\$14 ENTRY FEE BY AUGUST 1st**

Includes Buffet Breakfast and Finishers T-Shirt during awards ceremony

**\$18** after Aug 1st thru Aug 15th includes T-Shirt only!

**\$22** after Aug 15th up to Sept 6th includes T-Shirt only!

**NO REFUNDS! NO ENTRIES WILL BE WAIVED!**

**IMPORTANT!! READ WAIVER BEFORE SIGNING:**

SHIRT SIZE: S M L L XL (circle one)

☛ MAKE CHECKS PAYABLE TO AND MAIL ENTRY FORM TO:  
(CHECK ENTRIES)

**C. OTERO SPORTS COMPLEX**

**2308 HEADINGLY N.W. ALBUQUERQUE, NM 87107  
505 345-4274**

I AM ENTERING:  5K = 3.1 Miles  10K = 6.2 Miles

MENS WEIGHT DIVISION WT. \_\_\_\_\_ (180 IBS & OVER)

FEMALE WEIGHT DIVISION WT. \_\_\_\_\_ (140 & OVER)

NAME: \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

**IMPORTANT!! READ WAIVER BEFORE SIGNING:**

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 also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather, including extreme cold and wind, and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I also am fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back onto the course after finishing. I am fully aware that switching race numbers or allowing someone else to wear my number is a fraudulent act and I agree not to do it. In the event that I sustain injury of illness while participating in this event, I hereby authorize any emergency first aid, medication, medical treatment or surgery deemed necessary by any medical personnel. I also, give permission for tending medical personnel to execute on my behalf my permission forms of other necessary medical documents and to act on my behalf if I am not immediately available to do so. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assignees or anyone acting for or on their behalf from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full support or assistance on the course after seven hours. Applicants for minors accepted only with a parent or guardian's signature.

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

# 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