



# Mile Markers



*We Give You the Run-Around*

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

October 1997 Volume 19, No. 10

## New Duke City Marathon Course Popular With Striders

The 14th Annual Duke City Marathon took place on Sunday, September 28th, starting at Lomas and 2nd St. in downtown Albuquerque, on a near perfect New Mexico fall morning. There were also half-marathon and 5K events, and a relay marathon, with Striders participating in each.

The new course included a stretch along the Rio Grande bike path, and crossed the new Montañito Bridge. Most runners liked the new course (the old course included a lot of streets around UNM, some with traffic unabashed), though some complained that the coming and going lanes were not well defined.



Among the runners who completed the full 26.2 were Cathy Mastoras, Pete Fant, Trish Shain, Reece Tatum (10th this year!), **new Strider** Robert Lucker, Chris Chavez, Patty Danforth, and Governor Gary (2 weeks away from an Ironman!). Doing the half were Diana Hardy with Jim Westmoreland pacing her, Paul Scott and Jeremy Yang. Jary Earl and Jim Westmoreland were seen in the 5K, Suzanne Garney and Danica Girard ran on a relay team, and Jerry Dorbin and Kris Kern were at mile 24 serving malted barley carbo-drinks to thirsty runners from the Hash House Harriers aid station.

## Striders Track Season 1997 Wrapup

A few years ago Jeremy Yang, Jon Brown and I started meeting at the SFHS track on Tuesday to do battle on the curves and curse the straight-aways. We honed our speed, weaned ourselves of expensive coaches and had some nice PR's to show for it by summer's end. We ripped off workouts from coaches and books, but mostly seemed to learn and re-learn some basic tenets: run within yourself, it's not speed work it's speed play, race on the weekends, work together on Tuesday, the specific workout isn't always as important as the quality, listen to other people they're smarter than you think and running is cool.

A few early friends came and went along the way, it is always nice to have fresh blood. The next year we switched to Tuesday evening at 5:30. Since then it has grown and grown, this year we had a number of workouts with over 15 people. The organization is nonexistent, the workout is decided casually, people run as much or as little as they like or do whatever they want. The cooperation and support is phenomenal. Ask anyone who has run in groups with paid coaches, sooner or later you learn they keep coming back for the friends and support.

As runners we are all at least a bit of a loner, often times iconoclastic and some of us downright dysfunctional. On the track we can run together, if sometimes only part of a lap, cheer each other on or not and work together against that elusive and brutally objective clock. Along the way we've had some fun and gotten faster. Next spring or anytime you are all invited to give it a try. This year our regulars included: Barb Dutrow, Beth Rauch, Cathy Mastoras, Carl Gable, Chris Chavez, Dale Goering, Danica Girard, Diana Hardy, Eric Erb, Jeremy Yang, Jim Westmoreland, Kris Kern, Paul Scott, Ray Tell, Richard Curry, Richard Brazzel, Shaun McCormick, Suzanne Garney, and Tom Day.

It was great running with you. Thanks - Paul Scott.

*(Editor's note: Paul Scott is not a candidate for governor, but is trying to work off karmic debt.)*

## RACE CALENDAR

### 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.
- 12 Dale's Run & Ride**  
2 humans + 1 bike, 13 miles. 8:30am.
- 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.

### December 1997

- 6 White Sands/Alamogordo Marathon**  
1/2 mar., 5K, 382-8869.
- 6 DLD Reindeer Roundup 5&10K**  
822-0476
- 13 Reindeer Run 10K & 2mi**  
Roswell, 624-8830.

### January 1998

- 1 Egg Nog Jog**  
Alb., 4 mi run, 2 mi walk, Gil's.
- 17 Santa Fe Snowshoe Classic**  
4.5mi, Craig Heacock, 984-2388.
- 25 Superbowl Run**  
Alb., 5/10K, Gil's.

### February 1998

- ? Corrida de los Locos**  
Santa Fe

### Recommended

Dale's Run & Ride on Sunday, October 12th is a unique, fun, casual, challenging, teamworking, scenic, non-competitive or competitive, friendly, 13 mile biking and running event. Two athletes, one mountain bike, from Rabbit Road along the trail by the RR tracks to Eldorado. See the non-entry non-form in this newsletter for this non-official Striders event.

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

### Striders

Give us long sleeved combed cotton shirts  
to warm us from the winter's sharp:

- black, like a Pecos background  
to moon-less stars
- cobalt blue as an aspen vista  
in late fall  
just before the first frost
- purple, dyed dark for caped royal  
colonies of peaks  
when fringed in winter's snow
- forest green from thick cool groves  
of undiscovered ancient pines

Save us from summer's unwelcomed heat  
and sleeveless halter tops of white.  
We are the anvil of the sun.  
Metastasize O malignant melanoma.  
The fourth sign of the zodiac savors skin.

The Crab.



## Glory Days

Reading in Mile Markers about Reece Tatum's quest to run 10 marathons this year reminded me of the time I beat him in a 5K.

The time was quite a few years ago, though the exact year eludes my usually razor-sharp memory. The place was the Fowl Day Run.

Ordinarily, I would see Reece, a faster runner than I am, only at the start of races. But at this particular Fowl Day Run, with about a quarter of a mile to go I found myself about even with him.

The Fowl Day Run, as most Striders know, is a true cross-

country course, with some hard, though short, hills, and lots of arroyo sand.

Before the race to the finish line, there are several retaining walls, each a couple of feet high or so. Runners have to jump down, or otherwise negotiate these drops before heading home.

In those days (did I mention this?) Reece ran races pushing his daughter in a baby jogger.

They never had a chance.

--Tom Day.



## The Runner's Horoscope by Moon Starflake



### Aries (Mar 21 - Apr 19):

Your energetical dynamics and inner strength will be peaking soon. Enter a race and kick butt. Gloating is permitted in moderation.

### Taurus (Apr 20 - May 20):

You may develop a blister on your left foot. Do not become angry with your running shoes, they are not to blame, and do not judge them harshly. Instead, offer them comfort and reassurance, perhaps a cleaning and talcum-powdering.

### Gemini (May 21 - Jun 21):

Watch out for a speeding red pickup truck at the intersection of Old Santa Fe Trail and Paseo.

### Cancer (Jun 22 - Jul 22):

The winds of change are afoot. Time flies in the face of doom. You will reap what you sewed with a stitch in time.

### Leo (Jul 23 - Aug 22):

Whimsy is in the air. Laughter is the best medicine. However, giggles from behind may indicate rips in your running shorts.

### Virgo (Aug 23 - Sep 22):

The rings around Uranus are dark and forboding. Try to look at things as a whole. All things will pass in the end, no buts about it.

### Libra (Sep 23 - Oct 23):

A mysterious and intriguing stranger of palpable spiritual

energy will pass you at mile 4 of your next 10K. Follow for a mile or so, then pass briskly and say "So long, sucker!"

### Scorpio (Oct 24 - Nov 21):

Saturn and Mercury are aligned harmoniously with your dynamic bio-forces this month. Run to the corresponding dealerships in the Santa Fe Auto Park and take a test drive home.

### Sagittarius (Nov 22 - Dec 21):

You may find a strange object in your next PowerBar. It is a sign of good fortune, but don't try chewing it or you'll chip a tooth.

### Capricorn (Dec 22 - Jan 19):

There is a time for every season. Turn turn turn. The answer is blowing in the wind. Baby let me drive your car. You ain't nothing but a hound dog. Let it be. You were born to run against the wind.

### Aquarius (Jan 20 - Feb 18):

You running-passion will transcend all these days; you may find yourself running in your dreams hind end quivering dog-like and rhythmically. In somnambulatory cases you may wake up across town.

### Pices (Feb 19 - Mar 20):

Strange psychical sensations while running may indicate channelling of past runners. Beware of delivering battle news to emperors 26.2 miles away.

## RESULTS

### Roswell Marathon:

Reece Tatum, 4:16 (9th this year)

### Imogene Pass Trail Run:

Barb Dutrow, 3:22 (5th AG)

Reece Tatum, 3:25

Carl Gable, 3:14

Barb Dutrow, 3:22 (5th AG, 31st overall, and only flatlander (Baton Rouge) who placed in any category)

### El Mas Grande II

Diana Hardy, 10K, 37:58 (3rd overall)

Jim Westmoreland, 5K, 15:36 (2nd master)

### Duke City Marathon

(next issue...)

## CRY HAVOC

Tend your family loyally and they'll treat you as well.  
Act the fawning bootlick when you hear the dinnerbell.  
Let 'em know your love is true, and play for midday treats.  
Urge a formal menu listing lots and lots of meats.

If they're tired or testy when the sun drops out of sight  
You'll have to be aggressive or you'll hunger through the night.  
And if you can't get seconds when you requisition more,  
Then, snuffle up, cry, "Havoc," and let slip the dogs of war.

- Otto von Dog

## 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.

## October Meeting

The October meeting will be held on Tuesday, October 14th, at Dale and Kenny Goering's house in Hondo Hills. Go 3 miles past Rodeo on Old Las Vegas Highway., left onto Ute Circle across from 9 Mile Road, 2nd driveway on the left. Their number is 983-6616.

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

## 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.

## 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.

## 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!

## 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)



Oct. 12

Run + Ride

8:30 AM

RUN & RIDE TEAM COMPETITION

SUNDAY-OCTOBER 12      8:30 AM

Check In- Release of liability form to be signed between 8-8:15 AM.  
No pre-event sign up necessary.  
No entry fee-no prizes. (Low budget event)

Start -Rabbit Road & the Railroad tracks      8:30 sharp

Finish- Highway 285 & the Railroad tracks (approximately 11.2 miles)  
Entire course follows the path along the tracks. Course may be rough & rocky.

General Rules of the Competition

A team consists of two participants and one Mountain bike. One participant runs while the other rides. Team members plan their own strategy. Team members reverse their roles as often as they like-or not at all. The object is to get both participants and the bike across the line as fast as possible. Times will be recorded as soon as the last person or bike crosses the finish line.

Transportation back to the start line will be provided. If anyone is willing to assist with transportation- please call.

Water will be provided at the start, at Vista Grande in Eldorado and at the finish line.

Anyone wishing to run the entire course (or parts of the course) solo or ride the course solo is welcome to do so.

In case of inclement weather the event will be held Sunday October 19.

For more information contact Dale Goering 983-6616.

This is a fun event-come enjoy.

Point of Interest- 1996 winning team- Jeremy Yang & Paul Scott 1:08

Fun!

Fun!

Fun!

## 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. \_\_\_\_\_

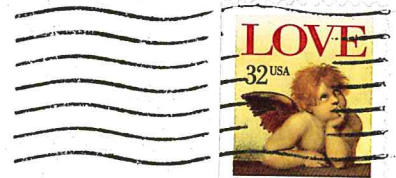
Date \_\_\_\_\_

### Mile Markers

Santa Fe Striders

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