



Mile Markers



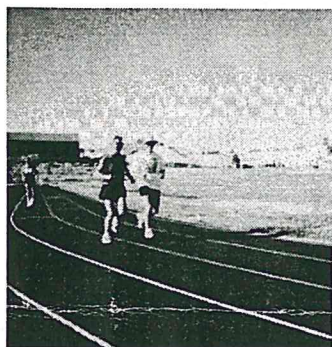
We Give You the Run-Around

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

November 1997

Volume 19, No. 11.

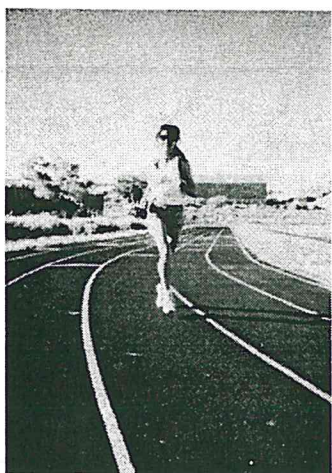
Tracksters in Action



*Cathy Mastoras and
Beth Rauch
...striding...*



*Dale Goering and
Richard Brazell
...loafing!...*



*Diana Hardy
...loping...*



*Paul Scott
...swimming?...*

DAZZLED BY MY OWN CHICANERY

A Cautionary Tale

by

John Carroll Pollak

Owing to my incomplete mastery of myself, circumstances can govern the ebb and flow of my vanity, and it was flush as I anticipated running the Canal Run 10 Miler along Portage Canal in the Keweenaw Peninsula of Upper Michigan from a state park on the shore of Lake Superior into the village of Hancock. I had grown up in the area, and some of my former classmates, friends, and acquaintances from more than twenty-five years before would likely be either runners or spectators, and I wanted to run well. No, not well; I wanted to run very well. My mission was made all the more piquant for not having been an athlete in high school.

About 300 of us, a very few familiar to me, the rest strangers, surged forward along the tree-shrouded mostly flat road with occasional gently rolling hills on a cool morning as the rising sun dissipated the mist and a delicate breeze from the lake caressed us. It was good to be alive and running, and I was running well. My pace through the first few miles remained fairly constant, hovering between 6:05 and 6:10 per mile. I was ahead of everyone I knew, so I just relaxed and ran without concern or purpose other than to finish well.

A growing harmony produced by footsteps in synchronization with my own forced me to notice that I had company at about mile 5. A young man who appeared to be in his late 20s had attached himself to me, running to my left and just slightly behind. I tested his commitment to my pace by ever so slightly surging forward to pass the few stragglers ahead of us who had gone out just a bit too fast and also by slowing down ever so slightly on the increasingly frequent but still small hills. The Kid was with me step for step.

Matters remained unchanged as we approached the last

continued on page 3

RACE CALENDAR

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

JAWBONE OF AN ASP

Otto and I were out jogging with dad
(I mean the term lightly, though no disrespect).
A snake in the grass tried to fang the ol' cad;
Matter of chance that it didn't connect.

The snake's seeming aim was the neighborhood scrotal.
Crying, "Allah Akbar," daddy dove for the shed.
Save that it missed, it be all anecdotal,
The viper a son-of-whatever-he-said.

Even more scary, the rattler he slew
Lived near our puppy farm, gimme a break!
John stomped the asp with an old running shoe.
That was the way that my pop stopped the snake.

- Susie Shepherd

Recommended

The Striders Fowl Day Run is friendly, fun, unique, and there are usually lots of prizes! Moreover, the run is a charity event in cooperation with the Salvation Army to help the needy of Santa Fe.

See the Fowl Flyer in this issue!!

EXTRA! DU ELDORADO Saturday, Nov. 8th

There will be an informal, unofficial, and impromptu Duathlon in Eldorado this Saturday, November 8th. Call Kris Kern or Ann Allan for more info, or email Kris at k_kern@lanl.gov.

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

mile when I thought of something annoying. Was I going to pace The Kid for half this race only to have him out-kick me at the end? Youth usually trumps age when it comes to short bursts of speed, and no one I know of trembles at the threat of my kick. But what choice did I have? My only hope lay in using to my advantage my knowledge of the end of the course. Within the last mile it would rise steadily for about a half mile at a fairly steep incline away from the canal to the main street of the village and then level-off for the last quarter or third of a mile to the finish. I had to set The Kid up and then surprise him at the crest.

As we started up the hill I very deliberately went into an exaggerated arm-swing, leg-pumping motion to lull The Kid into a plodding step which I hoped would induce a sort of torpor in him and out of which I planned to explode at the top. He followed my cue. Only vaguely was I aware that a Stranger slowly pulled-up on the other side of The Kid and then moved ahead of us; nor did I care. I was focused on my plan, and no Stranger was going to mess it up. At the crest I transferred all of my climbing motion directly into a sprint and hoped that the shock of seeing me pull away would cause The Kid to surrender psychically. I sprinted with abandon and without anxiety or self-doubt. If The Kid was going to beat me he would do so on his own determination and ability. I wasn't giving anything away. I finished in 62 minutes, a few seconds ahead of The Kid and a few seconds behind The Stranger.

A familiar looking lady leaned over the side of the finish chute and gave The Stranger a kiss. +Hey, I said to myself, +isn't that Diane? Yes! And didn't she marry Ray? Yes! Oh, no! That must be Ray, and he just beat me! Agghhh!+ And so it was. Ray had been in the class ahead of me in school. But more importantly he had also been the running back on the football team; point guard on the basketball team; good track and field athlete; and winner of the annual award for the best all-around athlete, student, and citizen. He was currently serving as principal of our former high school and was about to be appointed superintendent of the school district. And he had just beaten me. So mesmerized had I become by The Kid that I didn't recognize or even care about The Stranger.

There is a lesson here somewhere, and it has something to do with not becoming so consumed with matters at hand that you miss greater opportunities.

September Meeting Wrap-Up

Margaritas, grilled corn on the cob, homemade poppy-seed cake, and John Pollak's soon-to-be famous, white borscht with mushroom soup (a family recipe from his Polish grandmother) were a few of the things you missed, if you didn't attend the September Striders meeting and potluck, graciously hosted by newly weds and club members Suzanne Garney and Dan Kane.

Sumptuous food was followed by scintillating conversation on the following topics: The November Fowl Day Run; charitable giving in the club; the club's T-shirt dilemma; and storage space for Striders finish line equipment and other club materials.

Fowl Day Run: After discussing the details of what it takes to stage the November Fowl Day Run, which will take place the Saturday before Thanksgiving, November 22, 1997 and benefits the local Salvation Army, several volunteers came forward to help with event. Diana Hardy will serve as race director. Suzanne Garney will help with door prizes. Elaine Coleman will help with publicity.

Charitable giving: The idea that we could do more with the Fowl Day Run and helping the community came up. After discussing several options, we decided the Santa Fe Striders will contact a local charity (United Way, or whoever is appropriate) for an empty stocking-type program and adopt a family for Christmas. I will get the names of the individuals and a list of what each family member needs. Striders who want to contribute should contact me, Danica Girard, to get information on the list and choose from it. We are then asking that Striders bring these gifts wrapped to our annual Christmas meeting, where I will collect them and take them to the charity.

T-shirt dilemma: Again after voicing several concerns and ideas in regard to our build of surplus T-shirts, here are some of the solutions we discussed.

1. Offer a no T-shirt option at our races.
2. Offer T-shirt pick-up at Tom Tiano's in Santa Fe and Gil's Runnershoe World for runners who sign up for a race but miss it on race day.
3. Order less T-shirts at the start.
4. Offer the T-shirts to runners at the Fowl Day Run for their food contributions.
5. Offer some of our current surplus T-shirts to local schools.

Along the lines of option #5, I contacted Wings of America, a running group for Native American youth and St. Catherine's Indian School to donate some of T-shirts. They were happy to take a few off our hands and extended their thanks.

-Danica Tutush Girard

RESULTS

Old Santa Fe Trail 10K:

Shirley Van Slooten - 44:15 (1st overall)

Corrida de Taos 5K:

Shirley Van Slooten - 19:19 (1st overall)

GRAND PRIX STANDINGS...

Striders Diana Hardy, Shirley Van Slooten and Jim Westmoreland are all contending for the New Mexico USATF Grand Prix titles, in Open Women, Masters Women, and Masters Men, respectively. Diana and Shirley are currently leading their respective categories, and Jim is 2nd. Good luck y'all!

Strider Politics

The climactic and much ballyhooed end-of-year Striders December Meeting, party, and election are almost upon us.

If you would like to run for a Striders office, nominate another sucker -- er, I mean candidate -- or perhaps vote, be sure to attend the December meeting and get those campaign speeches ready!

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.

Brave the cold and see the latest in reflective and thermal fashions!

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.

November Meeting

The November meeting will be at Danica Tutush Girard's house, 218 Hyde Park Estates, on Tuesday, Nov. 11th.

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. The phone number is 989-1819.

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

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 Mile Markers editorial offices, c/o Jeremy Yang, at 1729 1/2 Agua Fria, SFNM, 87501, or email to jj@daylight.com.

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, 988-5474

JJ@daylight.com

THE 17th ANNUAL FOWL DAY RUN

**A benefit for the Salvation Army--Please join us in fighting
hunger over the holidays!**

STARTING TIME: 9:00 AM, Saturday, November 22, 1997

START/FINISH/COURSE: The course consists of road running and cross-country/arroyo running, and it will start and finish in Ft Marcy Park. There will be a 5K run and a one to two mile fun walk.

ENTRY: Open to all runners and walkers. Donations of non-perishable food items will be required for entry (suggested donation is approximately \$10 or more of non-perishable food items).

Food donations will be distributed through Salvation Army Food Boxes to local needy families during the holidays. In addition to food donations the Salvation Army will also be accepting sweaters and jackets.

PRIZES: There will be a random drawing for prizes at the conclusion of the run/walk. In addition, bonuses and prizes will be given out to many registered participants at the time of registration.

**NO PRE-REGISTRATION. RACE DAY REGISTRATION ONLY: 8:15 TO 8:55 AM
AT STARTING AREA.**

**POST-RACE REFRESHMENTS WILL BE SERVED TO ALL PARTICIPANTS.
FOR INFORMATION: CALL 438-8602 or 989-1819.**

**BROUGHT TO YOU BY: THE SANTA FE STRIDERS & THE CITY OF SANTA FE
SANCTIONED BY: ROAD RUNNERS CLUB OF AMERICA (RRCA)**

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