



# Mile Markers



*We Give You the Run-Around*

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

March 1998 Volume 20, No. 3.

## Wake Up and Smell the Running Socks

Late the other night, after reading through several old issues of Runner's World by the light of my running watch, so as not to disturb anyone, I fell into a deep sleep. Soon I was in the midst of a wondrous dream.

I dreamed I was out running, on a typically windless day in Santa Fe, when I came to a cross street on the Arroyo de Los Chamisos trail. Three cars stopped to let me across.

A little later, while running on Rodeo Road, I met two female running friends of mine. They told me that they hadn't gotten a single catcall in the last month.

When my run was over, I stopped by a local store to buy a paper. I found that Nike had apologized to its Asian workers for the low wages it was paying and was giving them all a lifetime pension, effective immediately. At the same time, the company was moving its manufacturing operations to Pojoaque and was promising to pay workers enough money so that one wage-earner could support a household.

"We got carried away by profits," a company official said, shamefacedly. "I just can't understand it."

Once home, I switched on the TV to watch the Olympics.

To my pleased amazement, an announcer was reminding viewers that while no Americans had yet won a medal, who cared? While the Falkland Islands were ahead in the medal count, barely in front of Switzerland, U.S. athletes had given their best — and wasn't that what counted?

As I gazed on, it dawned on me that the TV folks had failed to produce a single sentimental feature story about a U.S. athlete.

There were no marathoners who had surmounted the mental and physical trauma of a broken toe in childhood. There wasn't a single account of a high-jumper who, through strict self-discipline, had regained belief in himself despite the childhood taunts of "You're weird!" every time the fledgling athlete headed for the track.

I dreamed on. I dreamed that the Striders had discovered a cache of money in an old pair of Sauconys and would be able to finally afford a race clock.

Everything comes to an end, however, and before I knew it I was again awake. My dream, I realized with a sinking heart, was just too good to be true.

But wait a minute, I thought. Sure, there was a wind outside, and yes, I would have to watch the cars, as well as some of the people in them.

It is also true that the Olympics were still treated like a war we had to win. (The winter Olympics were still being shown on CBS, I found. All the really neat sports were over, and they were down to snowball-throwing.)

And that old pair of Sauconys, of course, didn't contain anything but a bad smell.

But on the other hand, I was still running in what are diplomatically (and erroneously) called "the mature years." And while in various ways those years had taken their toll, and I couldn't always remember acquaintances' names, I still was able to answer to my own.

That was something, wasn't it?

Things could be a lot worse, I realized. I put on my running gear and was out the door before you could say CBS.

-Tom Day.

## RACE CALENDAR

### March 1998

- 7 **Run for the Future**  
Socorro, 5K, 835-2507.
- 7 **Jack Rabbit Run**  
1 Mile, Rio Rancho, 867-5323.
- 15 **Run For The Future 5K**  
Alb., NM, - Jeff Turcotte, 505-831-8417
- 28 **Lone Tree Run for a Reason**  
Alb., 5/10k, Gil's 268-6300.
- 29 **Run for the Nuns 5K**  
Santa Fe, NM, 983-2789 or 982-1889

### April 1998

- 4 **Keep Rio Rancho Beautiful Fun Run 5K/10K, Rio Rancho, 867-5323**
- 11 **Jackie Joyner Kersee Run**  
Alb., 5k, 485-3099.
- 12 **Run for Recovery**  
Alb., 5/10k, Gil's 268-6300.
- 18 **Jack Rabbit Fun Run, 5K/10K**  
Rio Rancho, NM, 867-5323
- 18 **Workout for Hope 5k**  
Santa Fe, 989-1819.
- 18 **AWUIR 10K/5K, 1 Mile Walk,**  
Alb., NM - Joe Sutton, 505-831-7214
- 19 **Albuquerque's Finest 5K**  
Alb., NM, Charles Otero, 345-4274
- 19 **Run for the River 5K**  
Santa Fe, NM, -John Horning, 988-9126
- 25 **Run For Crime Free New Mexico**  
5mi, 5K, Alb., NM - Erica Moss, 246-0898
- 25 **Corrida de Espanola 10K/5K, 5K & 1mi**  
Walks, Espanola, NM -Bererly, 753-6064
- 26 **Run For Recovery 8K, 2 Mile Walk, Kids**  
K, Alb., NM - Bobby Keogh, 883-7222 #231

### May 1998

- 2 **Shiprock Marathon / Relay, Half-Marathon**  
Walk, Shiprock, NM, Shirley Lowe - 598-0117 or Charlene Sanders - 368-6306
- 2 **Spring River Race For The Zoo 10K/2**  
Mile Walk, Roswell, NM, 624-8830
- 3 **Run For The Zoo 10K/5K, 1/2 Mile**  
Walk, Alb., NM, Anna Reade, 764-6280
- 9 **Bandelier Marathon, Ultra Mar., Relays,**  
Los Alamos, NM, Rene Lecaie, 672-0816
- 16 **Saturday In The Park 5K, 1/**  
2&1 Mile, Alamogordo, NM, 439-4142
- 17 **Run For The Ditches 5/10K, Run/**  
Walk, Alb., NM, 345-1100
- 17 **Golden Corral Half Marathon, 5K Run/**  
Walk, Alb., NM - Ruben Gallegos, 891-9640
- 23 **Fort Bayard Run, 8/2 Miles, 5K Walk, Fort**  
Bayard, NM, 538-2740

## Getting On Track

A lot of people, old and new, have been asking about our weekly Tuesday Evening Track sessions so I'm hoping this year will be bigger and better than ever. Of course the weather can turn or be sunny and beautiful. Luck for us the layered look is in vogue this season.

For those who have yet to experience the camaraderie and simple ecstasy of Tuesday Night at the Track, come on out. The last couple years we've had a good size group with all sorts of nice people running a wide range of paces. It's really a lot of fun, a great workout, an excellent way to hone those times and sharpen those legs or just build fitness. Everyone is welcome: nobody is too slow or fast, you're welcome to do as much, as little or whatever you like. We meet at the Santa Fe High School Track. At first we'll meet at 5:15 to warm up and start by 5:30. When we have more light in April, we'll start at 5:30. For more information feel free to call Paul Scott @ 988-5474 or see you out there starting March 10th.

--Paul Scott.

- 25 **Bolder Boulder 10K**  
303-444-RACE, [www.bolderboulder.com](http://www.bolderboulder.com)
- 31 **Avon Womens 5K Series, Alb., NM -Ruben**  
Gallegos, 891-9640

### June 1998

- 6 **Nightingale Classic 5/10K, 5/1 Mile Walk,**  
Alb., NM, Helen, 898-8634
- 6 **Santa Fe Runaround 5/10K, Santa Fe, NM,**  
Jeremy Yang, 988-5474
- 7 **Taos Marathon/Relay, 1/2 Mar., 5K Run/**  
Walk, Bruce Gomez, 776-1860
- 13 **La Luz Friendship Run, 1/2 Mar. 4.4/1 Mile**  
Run/Walk, La Luz, NM, Larry, 437-3510
- 13 **MADD Run For Your Life 5K, Los**  
Alamos, NM, Ted Williams, 672-1639
- 21 **Wheeler Peak 11 Miles, Red River, NM - 800-**  
348-6444
- 27 **Los Alamos Mini Marathon 5/20K, Los**  
Alamos, NM, Robert Reedy, 672-9519

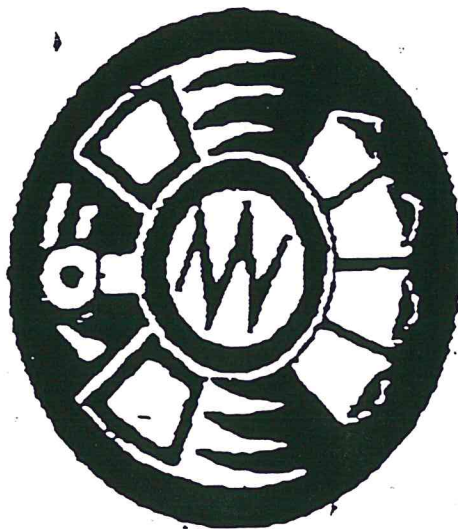
*Corrections? Additions? Recndations? Send  
'em in! -ed.*

# St. Catherine Indian School

*Proudly Hosts*

The Second Annual  
Five Kilometer

## Run for the Nuns



Sunday March 29, 1998  
8:00 AM

St. Catherine Indian School  
801 Griffin Street  
Santa Fe, NM 87501  
Contact: (505)983-2789  
(505)982-1889

### Run for the Nuns

Last Name \_\_\_\_\_  
First Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Daytime Phone( ) \_\_\_\_\_  
Evening Phone( ) \_\_\_\_\_  
Male \_\_\_\_\_ Female \_\_\_\_\_  
Age Divisions  
12 & Under \_\_\_\_\_ 13-18 \_\_\_\_\_ 19-28 \_\_\_\_\_ 29-38 \_\_\_\_\_  
39-48 \_\_\_\_\_ 59-70 \_\_\_\_\_ 70+ \_\_\_\_\_

#### Liability Waiver and Agreement for the Second Annual Run for the Nuns.

I, in consideration of this entry being accepted I understand and assume all risks of injury to my person which may occur while competing in the above named race. I, for myself and for my heirs, release St. Catherine Indian School, the Sisters of the Holy Sacrament, Brian Culter, and any and all other sponsors, contributors, and subsidiaries of the Second Annual run for the Nuns.

2. I attest that I am in good physical condition and am mentally capable of competing in this event.

3. I hereby grant full permission to any and all of the foregoing, whether named or unnamed entities to use my name, picture or likeness on any media or form.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If applicant is under 18 years of age, waiver must be co-signed)  
Parent/Guardian Sign \_\_\_\_\_

Race Entry Fees: Through March 15: \$12.00  
Thereafter, \$15.00

T-Shirts to the First Hundred Applicants Only  
Make Check or Money Order Payable to: St. Catherine Indian School,  
801 A. Griffin St. Santa Fe, NM 87501  
(505)983-2789 with any questions.



## MAGNETIC ATTRACTION

at the

### March Meeting

John Armstrong and/or Lynn Huey, representatives of the Nikken company, will be at the March meeting of the Striders to talk about the use of magnets for therapy. A story in Time magazine last year discussed the pros and cons of magnetic therapy, or biomagnetic therapy as the magazine more correctly called it.

Yankee pitcher Hideki Irabu "has dozens of tiny magnets taped to his body," the story noted. But it also noted that Irabu had a tough first year in the majors.

One proponent of biomagnetic therapy said that when magnets are placed on the body, "the positive and negative ions in the blood separate, physically pushing the walls of the blood vessels apart, thereby increasing blood flow to that area." A Florida company that sells magnetic wraps says that they block the sensation of pain.

Others have said there is no evidence the therapy does any good. Come to the presentation and decide for yourself.

The presentation will be about 15 minutes. The rest of the March business meeting will be taken up with momentous club matters too numerous to list here.

The meeting will start with a potluck supper at 7pm on Tuesday, March 10th. The business meeting begins at 8.

Kenny and Dale Goering will host the meeting. They live on Ute Circle; to get there, take the Old Las Vegas Highway to the second entrance to Ute Circle, which is on the left, across the highway from Nine-Mile Road. Once on Ute Circle take the second driveway to your left. Their telephone number is 983-6616.

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.

## Dues Past Due

If you did not pay your annual dues you did not receive this newsletter, and you are not reading this. Nonetheless, it is likely your credentials as a Cool Santa Fe Person envied by the rest of the world may be in question.

Renew **now** to ensure no interruption of your vital Striders services!

Send completed registration form with \$15 to Santa Fe Striders, PO Box 1818, Santa Fe, NM 87504.

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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.

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

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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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## Express Yourself!

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](mailto:jj@daylight.com).

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## 1998 Striders officers:

Tom Day, president, 473-3159  
Danica Tutush Girard, vice president, 989-1819  
[DTGirard@aol.com](mailto:DTGirard@aol.com)  
Suzanne Garney, treasurer, 473-9073  
[Suzanne\\_Garney@erim-int.org](mailto:Suzanne_Garney@erim-int.org)  
Jeremy Yang, newsletter editor, 988-5474  
[JJ@daylight.com](mailto:JJ@daylight.com)

## Santa Fe Striders Club Membership Application and Waiver



Name: \_\_\_\_\_

☐ Renewal  
☐ New member

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 \_\_\_\_\_

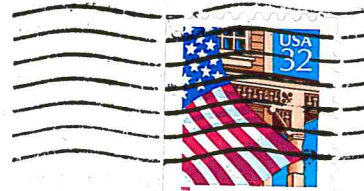
Parent's Signature if under 18 yrs. \_\_\_\_\_ Date \_\_\_\_\_

## Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



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