



Mile Markers



We Give You the Run-Around

April 1998 Volume 20, No. 4.

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

Spring Road Racing Season is Here!

A full slate of road races in Santa Fe, Albuquerque, and Northern New Mexico offers a fine spring of events for your running pleasure.

This month in Santa Fe we have the Workout for Hope on the 18th, the Forest Guardians' Run For the River on the 19th, and the Corrida de Española on the 25th.

In May on the 3rd there's the Zoo Run in Albuquerque, which along with the Duke City Marathon is one of the two biggest races of the year. On May 9th the Bandelier Marathon (and relay and other distances) is a great event up in White Rock. There is a new run produced by the Santa Fe Rape Crisis Center on May 3rd also in Santa Fe. If you can make it up to Boulder one of the best big runs in the country is the Bolder Boulder 10k where you can run with 35,000 others on May 25th, Memorial Day.

And on June 6th in Santa Fe is our own flagship run, the Santa Fe Run-Around, co-sponsored by the Santa Fe Striders and the City of Santa Fe Parks and Recreation Department. The 10k and 5k will begin on the historic Plaza as it has since returning from its exile two years ago. This is the 20th annual Run-Around and it promises to be quite special. After the race, the Santa Fe to Lamy Rail-Trail Celebration is taking place starting at the railyard, and the Striders are cooperating with the Santa Fe Conservation Trust to co-promote these events for a very special day in Santa Fe.

-Jeremy Yang.

If you would like to volunteer to help with the Run-Around, either on race day or with prior organization, please contact race director Jeremy Yang at 989-1000 (work), 988-5474 (home) or jj@daylight.com.

Mountains and Mole Hills

Until I met the ultra-marathon runners, I used to think that marathon runners were accomplishing something really amazing. But the 100 milers make a mere 26.2 sound like a jog in the park. Then my friends had triplets and compared with tending to them, a mere 2-day ultra doesn't seem all that impressive any more either. It seems like there's always someone rougher and tougher, no matter what feat of endurance or strength you come up with. Football players withstand terrible pain, playing with sprains and broken bones and taking terrific hits, but is the labor of childbirth any less impressive? For most every mountain climber, there is someone who climbed the same mountain with more weight, or less help, or a higher mountain. Or less leg power, fewer physical gifts, or even maybe physical disabilities. Maybe for some disabled person, walking one mile is a greater accomplishment than an Olympic record is to a world class athlete. Maybe if an omniscient handicapping system could exist, ordinary people would be setting world records of strength and endurance every day.

Measuring the accomplishments of others and ourselves is a tricky business. We strive for excellence, and we honor and reward it in others. "Do your best." has a compromising ring to it, suggesting that "your best" may not be very good at all. Yet, we recognize that flyweight boxers aren't to be matched with heavyweights, and Little League teams don't play grownups, yet they may still achieve excellence. In our own running races, we categorize according to age and sex, but what about a category for a mother of two recovering from knee surgery? How are we to judge?

Striving for excellence does have meaning, but comparing two performances is problematic. At least in running, we have the brutal honesty of the stopwatch. At least we can be thankful we're not Olympic figure skaters!

-ed.

RACE CALENDAR

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
- 3 **Seeds of Awareness 5k/10k Run**
SF Rape Crisis run, 988-1951
- 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
- 25 **Bolder Boulder 10K**
303-444-RACE, 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

Recommended

The Corrida de Española is a fine event with a friendly neighborhood feel and a helpful group of organizers. The Española police work with the organizers to make for a safe race despite the racecourse going along the main street. The run, now in its 3rd year, benefits youth baseball and softball. (See entry form in this newsletter.)

- 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 -**
348-6444
- 27 **Los Alamos Mini Marathon 5/20K, Los**
Alamos, NM, Robert Reedy, 672-9519

July 1998

- 3 **4th of July Midnight Run 4 miles, Alb., Gil's,**
268-6300
- 4 **Fleet Feet Freedom 8k, 3k walk Alb.,**
299-8922.
- 7 **UNM Twilight Meet all-comers track&field,**
925-5014.
- 12 **Dino Dash 5k/10k/1mi, 841-2839.**
- 14 **UNM Twilight Meet all-comers track&field,**
925-5014.
- 19 **Burn Lake Triathlon 541-2554.**

August 1998

- 2 **La Luz Mtn. Run 9 miles, 865-8612.**
- 5-9 **State Sr. Olympics 9 miles, 865-8612.**
- 8 **Carrabbas 5k/10k/10k inline skate TCR, 256-**
3625.
- 23 **Steve Gauchpin 1/2mar/5k, 834-7592.**
- 29 **SFCC Run for Wellness 5k/15k/1.5mi walk,**
428-1291.
- 30 **Western Regional USATF 15k/5k Racewalk**
898-9510.

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

Frostbite in Mississippi!

On a recent cross country trip this February I had the opportunity to run the Frostbite 1/2 marathon in Starkville, MS. If you are ever in Mississippi in the middle of winter, this is an excellent, well run event. About 250 participants were on hand for the mid-day start. Despite being the end of January, the day was clear and the temperature was in the 60's. At noon, participants were put on busses and driven 13 miles to the start of the race. The course has a few short climbs in the first 5 miles, nothing to even catch the notice of runners from Northern New Mexico! The next 6 miles are flat, passing through farmland. The challenge of the course comes in the last 2 miles, which feature several steep uphill sections before finishing in town. The race is well organized, with aid stations every 2 miles, and has excellent community support. The after race party is worth staying for, with lots of food and beverages, and awards for a definitely unique set of age groups. This is a good choice for an off season race!

-Kris Kern

Results:

The Frosty 50K, Denver, 28 Feb
Reece Tatum - 5:28

Pecos Valley Stampede, Roswell
Diana Hardy, 1st overall, 10k., 42:57
Jim Westmoreland, 1st overall 1/2 marathon, 1:19:32

Run Old Mesilla, Las Cruces
Diana Hardy, 2nd overall, 5k, 20:15
Jim Westmoreland, 2nd masters, 10k

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.

April Meeting

The April Striders meeting will take place on Tuesday, April 14th, at Suzanne Garney and Dan Kane's house, 2659 via Berrenda. 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. Phone # 473-9073.

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

TRACK!

Track workouts are on Tuesdays at 5:30pm at the Santa Fe High School track. After a 15 min warmup we run 400s, 600s, 800s, etc. in various combinations, interspersed with loud wheezing and occasional cursing. All abilities are welcome to share in this self abuse!

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.

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.

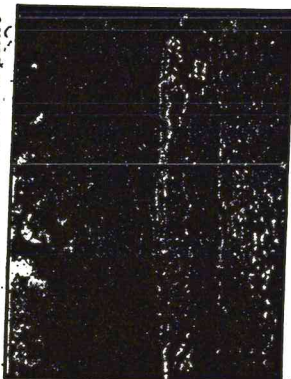
1998 Striders officers:

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

3rd Annual *Run for the River* 5K and Walk

1413 Second Street, Santa Fe, NM.
Each packet includes race t-shirt, a
Boulder bar and other goodies. —

1998 'Run for the River 5k' T-Shirt



◆ **AGE GROUPS:** Classifications are men's and women's divisions ages: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older.

◆ AWARDS/DRAWINGS:

Men's and women's age-group winners and overall winners all win race prizes. A post-race raffle is open to all race-contestants.

◆ **PARKING:** Parking will be available at the race start/finish.

◆ **RUN CAUSE:** Race proceeds benefit the Santa Fe river restoration project and Forest Guardians river advocacy efforts.

◆ **WHAT:** The *Run for the River 5k* is a Sunday morning 5-Kilometer (3.1 mile) run and walk for people of all ages. All runner's receive a t-shirt.

◆ **WHERE:** The race begins Southwest of downtown Santa Fe near the Airport. From downtown Santa Fe take Cerrillos road. From the traffic light at Cerrillos Road and St. Francis continue on Cerrillos Road for 4.5 miles to Airport Road. Take a right on Airport road and go 6.5 miles where the race starts. From Albuquerque take the 599 exit north off I-25. Go to the 4-way stop sign which is Airport road. Take a left on Airport road and go 3.3 miles to the race start. For more information call (505) 988-9126.

◆ **WHEN:** Sunday, April 19, 1998.
Race starts at 10:00 am. Race-day registration until 9:30 am. Additional race forms can be picked up at sports stores and outdoor stores in Albuquerque and Santa Fe and at our website (www.guardians.org).

◆ **PACKET PICKUP:** Early pickup and registration, 8-6 Friday, April, 17th and 12-5, Saturday, April 18th at Forest Guardians office at

Entry Blank

Pre-race registration (until April 17th) \$13.00. Race-day registration: \$15.00.

Mail entry blank to: Forest Guardians, 1413 Second Street, Santa Fe, NM 87505. (505) 988-9126

Name

Last	First

Address

[illegible]

Age

City	State	Zip

Phone

Sex T Shirt
 5K Run 5K Walk

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 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 in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and or humidity, traffic and conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, waive and release Forest Guardians, the County of Santa Fe and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or recklessness on the part of the persons named in this waiver.

Signature

Date: _____

CORRIDA DE ESPAÑOLA
10K * 5K RUN/WALK * 1 MILE RUN/WALK
RACE DAY: APRIL 25, 1998
Money will be used to fund McCurdy Baseball & Softball

**\$10.00 REGISTRATION FEE: INCLUDES T-SHIRT, REFRESHMENTS
& DOOR PRIZES.**

Do not mail checks after 4/10/98. Make check payable to: Corrida De Espanola.

JOIN IN ESPANOLA'S THIRD ANNUAL RUN ON MAINSTREET!!!!
BRING THE WHOLE FAMILY - 1 MILE RUN/WALK PERFECT FOR CHILDREN
AND FIRST TIME RUNNERS. STROLLERS & WHEELCHAIRS WELCOME.
PLEASE NO BICYCLES, ROLLER SKATES /BLADES, OR DOGS.

T-SHIRTS, REFRESHMENTS, PRIZES AND AWARDS!!

PRE-REGISTRATION: Before April 10, 1998

REGISTRATION on RACE DAY: Starts at: 6:00AM

10K Race: 7:00AM

5k Race: 8:15AM

5Kwalk: 8:15AM

1 Mile: 9:00AM

AWARDS AND PRIZES : 10:00 AM

CORRIDA de ESPAÑOLA



***START & FINISH AT ESPANOLA PLAZA - RUN WILL BE ON CITY STREETS**

***WATER & POWERADE AT BEGINNING, TURNAROUND & END**

***FIRST AID AT START & FINISH *REFRESHMENTS AT FINISH**

***DOOR PRIZES: MUST BE PRESENT TO WIN**

***AWARDS WILL BE GIVEN TO TOP WINNERS**

***FOR INFORMATION CALL: Beverly Schutz 753-6064 or Ann McDaniel 685-4646**

I will participate in the: 10K Run_____ 5K Run_____ 5K Walk_____
1 Mile_____ Stroller_____ Wheelchair_____

Age on race day: _____ Sex: M_____ F_____

Last Name: _____ First Name: _____ M/I_____

Address_____ Phone Number()-_____

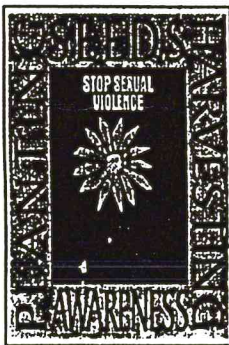
Medical Problems: _____

T-Shirt Size: (circle one) Child Adult (OVER)

Please return to: **CORRIDA DE ESPAÑOLA**
912-B N. Riverside Drive
Espanola, NM 87532

WAIVER: I UNDERSTAND AND ASSUME FULL RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THE CORRIDA DE ESPAÑOLA. BY MY SIGNATURE, I HEREBY WAIVE AND RELEASE ALL ORGANIZATIONS AND/OR SPONSORS FOR THE CORRIDA DE ESPAÑOLA, BECAUSE OF MY PARTICIPATION IN THE ABOVE SAID EVENT.

SIGNATURE: _____ DATE: _____
PARENT'S SIGNATURE, IF UNDER 18: _____ DATE: _____



SANTA FE RAPE CRISIS CENTER

SEEDS OF AWARENESS RUN

DATE: Sunday, May 3, 1998

Celebrating 25 Years of Service

TIME: 7:30 a.m. (10K run)
7:45 a.m. (5K walk/run)
9:30 a.m. (Children's 1 Mile Event)
Awards Ceremony to follow final event

START LOCATION:
Municipal Building Parking Lot
Lincoln & Marcy Streets in Santa Fe

AGE CLASSES:
12 & under 13 - 19
20 - 29 30 - 39
40 - 49 50 - 60
61 & over

Sponsors:

Wolf Canyon Brewery
Camera & Darkroom
Wild Oats
Xerox Corporation
AIW
Trophies Plus
Santa Fe Supermarket
Runner's World
Steel Strike Leather Products
NM Coalition of Sexual
Assault Programs, Inc.
Fairchild & Company

Special Thanks:

Santa Fe Screenprinters
City of Santa Fe
School for the Deaf
Orval Hart
Belleza de la Reina
La Tertulia
Zia Diner
Santa Fe Spa
McDonalds
Santa Fe Striders
Rental Place

AWARDS:
1st, 2nd, and 3rd place trophies will be given to overall female finishers and overall male finishers for 5K and 10K.

Medals will be given to top 3 finishers in each age category.

Certificates will be given to all participants in 1 mile children's event.

Raffle prizes.

ENTRY FEE:
\$15.00 before mail deadline of April 24, 1998
\$17.00 thereafter
\$10.00 for children's event (12 & under)

Long sleeve designer T-shirt to first 300 entrants.

PACKET PICKUP
Saturday, May 2, 1998
1:30 p.m. - 4:30 p.m.

Wolf Canyon Brewery
9883 Cerrillos Road
Santa Fe, New Mexico

Discount coupons for lunch or dinner will be included in runner's packets

- Or -

Sunday, May 3, 1998
6:30 a.m. - 7:10 a.m.
At race location

All proceeds go towards services for survivors of sexual violence. All donations in addition to required entry fee are greatly appreciated.



Name: _____

Address: _____

City _____ State _____ Zip _____

Phone: _____

(Day) _____ (Evening) _____ M _____ F _____ Age _____

Event: _____

5K walk/run _____ 10K run _____ 1 mile children's event _____

T-shirt size: _____

Kids _____ Adult Medium _____ Adult Large _____ Adult XL _____

Mail entry form to:

SFRCC-Awareness
PO Box 16346
Santa Fe, NM 87506

Amount enclosed: _____

Signature (Parent's signature required if under 18 years of age) _____

Date _____

For further race information, call 988-1951