



Mile Markers

We Give You the Run-Around

June 1998 Volume 20, No. 6.

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

The BB50, Bandelier Marathon and Ultra-Marathon

Striders Team of "Streakers" Flash to Victory!

May 9 dawned a gorgeous New Mexican day for the BB50 and Bandelier Marathon and 50 Miler, Race and Relays held in White Rock. The Blonde Streaks, a 50 mile all female 4x12.5 relay team comprised of Striders members Kristi Carlson, Barb Dutrow, Erica Larson and Shirley Van Slooten, won the all female relay division with a time of 6:36. This time set a new course record, crushing the previous record of 7:54 by 1:18! The Streaks were second overall relay. Third overall relay team was "The Meltdowns", also an all Strider team consisting of Tom Day, Suzanne Garney, Danica Girard, and Jim Hannan. First woman in the Ultra was new Strider Susan Gardner. First female in the Marathon was Strider Patty Danforth. Many other Striders participated in all events of this annual run fest on the scenic high mesas near the atomic city. Congratulations to All! (See full race results on p. 4.)



"The Blonde Streaks", 1998 Bandelier Ultra-50 Relay Winners

RACE CALENDAR

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
- 7 **Run for Quality 5/10K/2mi walk**, Gil's, 268-6300.
- 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
- 19 **UNM's Sunset Fiesta Run, 3 mi fun run, kid's 1/8, 1/4, 1/2 mi races**, Albuquerque, 277-4347.
- 21 **Wheeler Peak 11 Miles**, Red River, NM - 800-348-6444
- 21 **Arriba NM Mtn. Run, 22.5mi**, Taos, 455-0259.
- 27 **Los Alamos Mini Marathon 5/20K**, Los Alamos, NM, Kris Kern, 661-6293.

July 1998

- 3 **4th of July Midnight Run 4 miles**, Alb., Gil's, 268-6300
- 3 **Caballo Mtn. Run, 26.5mi**, Los Alamos, 662-5959.
- 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.
- 18 **ARR's Women's Distance Fest 5K**, Alb., 857-0964, 294-7545.
- 19 **Wings of the SW Wind Messenger 5/10K, 1mi**, Santa Clara, 982-6761.
- 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.
- 9 **Three Peaks Mtn. Run, 18.7mi**, Santa Fe, 455-0259.
- 8 **Carrabbas 5k/10k/10k inline skate TCR**, 256-3625.
- 16 **Men R Pigs 5K**, Alb., 299-1361.
- 16 **Giant / Inter-Tribal Indian Ceremonial Half Marathon, 5k, 5k fun walk**, Gallup, 863-1134, 863-1118.
- 23 **Steve Gauchpin 1/2mar/5k**, Jemez Pueblo, 834-7592.

- 23 **Wings of America/Wind Messenger 5K**, Santa Fe, 982-6761.
- 29 **SFCC Run for Wellness 5k/15k/1.5mi walk**, 428-1291.
- 30 **Western Regional USATF 15k/5k Racewalk** 898-9510.

September 1998

- 6 **Governor's 10K**, Cloudcroft, 682-2894.
- 7 **Santa Fe Trail Run, 5/10K**, Gil's, 268-6300.
- 12 **Westside Trotters Run for Diabetes, 5k&10mi**, 899-1487.
- 13 **Run for the Robert Taylor**, 823-9260.
- 19 **Memory 3k walk/5k run for Alzheimers**, Edee Snider, 266-4473.
- 20 **Belen Noon Optimists Run for Non-Violence, 5/10k**, 864-7283.
- 20 **Greyhound Rescue Run, 5/10k, 2mi walk**, Gil's, 268-6300.
- 27 **Duke City Marathon, 1/2 mar, relays, 5k**, 890-1018..

October 1998

- 4 **Corrida de Taos, 5/10K, 2mi walk**, Gil's, 268-6300.
- 10 **Big Tesuque 11.6mi Mtn. Run**, Santa Fe, Peter Fant, 466-3837.
- 11 **La Loma 5/10K/1mi**, Rio Rancho, Ruben Gallegos, 891-9640.
- 17 **Fall Classic 5/10K**, Las Cruces, 524-7824.
- 18 **Corrales Harvest Fest 5/10K, 2mi walk**, Gil's, 268-6300.
- 24 **Ryan's Run 5K/2mi walk**, Patrick Strosnider, 884-7666.

Recommended

The Los Alamos Mini-Marathon 5k and 20k will be held June 27th at Sullivan Field. The start for both races is at 7:30am. This year features a new, FLATTER, 5k course that winds through Los Alamos National Lab. The 20k course has a small change, but preserves the scenery it is well known for. For more information, contact race director Kris Kern at 661-6293.

-Kris Kern.

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

Club Endorses Full Race Participation by Kenyans

At its May meeting, the Striders voted unanimously to send a letter to the Road Runners Club of America, to which we belong, and to its publication, "Footnotes," objecting to the barriers that some U.S. road races now put in the way of Kenyan runners. The letter was signed by the president, vice president, and treasurer (Tom Day, Danica Girard, and Suzanne Garney).

Club members at the meeting also voted to send the letter, with some changes, to the Albuquerque Journal. A number of Kenyans are among world-class runners who train in Albuquerque.

Excerpts from the letter to the RRCA follow:

As many runners know, the sensational success of Kenyan distance runners has produced an unfortunate backlash. Some U.S. race officials, hoping to give American runners, particularly men, a better shot at road-racing money, are placing artificial barriers in the way of the Africans.

The Santa Fe Striders, a running club in New Mexico, objects to changing the rules of road races to give U.S. runners a better chance at winning. It is unfair to the Kenyans and demeans the international sport of running.

The barriers being placed in front of the Kenyans take a variety of forms, according to national news reports. Rules for some races have been changed so that only U.S. runners are eligible for prize money. In other cases, race officials have adopted an Olympic-style team concept, limiting the number of Kenyans or excluding them altogether...

The Santa Fe Striders understand that some members of the running community believe that giving U.S. runners an edge in U.S. sponsored events will act as an incentive.

But we agree with those race officials and runners who believe that road races should be open to runners the world over.

The fastest runners, wherever they come from, should get the prizes. That is the beauty of our sport.

Giving U.S. runners unfair advantages at winning creates an illusion of success, based on exclusion, but not the real thing.

The victories of Kenyan runners should be seen as a wake-up call, not a reason to change the rules...

Don Kardong, a former Olympic marathoner and president of the Road Runners Club of America, to which our running club belongs, has written that "It's time to stop blaming the Kenyans for working hard and racing with conviction."

Kardong has also been quoted as saying that "What we re-

ally need to be doing is going to the root of the problem, which is how to develop top American runners."

The Kenyans have trained hard to attain their pre-eminence in road racing. They have played by the rules of their sport. We shouldn't change those rules just because not enough Americans are coming in first.

-Tom Day.

Counterpoint -- Kind Of

This is only kind of a counterpoint to Tom's letter in the sense that I totally agree with the content of his letter. However, I do want to raise the question of whether the Striders participation in this debate as a club is appropriate. I would also like to express my hope that if we do participate in this fashion, that it is clear to all Striders that dissenting viewpoints are welcome and valued.

On the first point, it should be clear that the purpose of the Striders is to promote the enjoyment of running, and not to advance any political agenda (except maybe more running paths). Perhaps there are times when running and politics overlap, and good judgement and conscience must be used. I believe Tom has considered this, but others' judgement may be different.

On the second point, it is certainly a tenable argument that these pro-American rule changes are fair by treating all foreign runners equally, and giving Americans a boost. And you can believe this without being a racist.

Personally, I would like all runners faster than me to be disqualified!

-Jeremy Yang.

My Corrida

Training schedule. Taper! Will I peak at the right time? What pace should I set? How do I get a workout around three jobs? Can I race this weekend? Should I? These seem to be the thoughts racing through my mind as I headed to Corrida de Los Espanola last weekend. I could do the race, but it was a workout. This was my tempo run for the week; warm up, set a pace at the start, and maintain it. It's a workout. I didn't even look at the course map.

The first person I saw when I arrived to register was Terri, a student in a class I taught last fall. Terri had a rare morning away from her kids. She was there to run with a friend, Becky, who had run her first 5k the week before and was now going to try her first 10k. I registered and instead of warming up properly spent some time talking to Terri and Becky.

Then the start. I hit my pace early, but by 4 miles was fad-

ing. I slowly slid from the front to finish several minutes from the time I wanted. I was a little disappointed that I didn't run strong the whole distance, but soon set off for a warm down. As I headed along the course, I met Terri and Becky, steadily running the last half mile. They were talking and enjoying the run. I watched them have a spirited finish. Jeremy Yang showed up and I was soon coerced into running the 5k event just for the workout. This was at a slower pace, and I talked to runners along the course. As I got to the end, there by the finish line were Terry and Becky, cheering wildly for every finisher.

I suddenly remembered why I really go to races. Sure, the workout is good, but I would do that anyway. Here were people out to have some fun on a Saturday morning, showing their support for their fellow runners. I had forgotten about the workout and was just enjoying being with friends and experiencing some runner spirit.

-Kris Kern.

1998 BANDELIER RACES RESULTS

May 9, 1998

BB50 ULTRA MARATHON

1. Bob Reedy, First Male, First, 50 & Over, 8:42:36, Age 56, Los Alamos; 2. Steve Kozachik, 8:56:32, Age 43, Tucson, AZ; 3. Matthew Sanchez, 9:08:55, Age 45, Albuquerque; 4. TIE Bob Wilson, Age 52, Jemez Springs and Bobby Keogh, Age 49, Tijeras, 9:20:23; 6. Susan Gardner, First Female, 10:43:23, Age 34, Los Alamos; 7. Dianna Keogh, 12:57:42, Age 42, Tijeras.

MARATHON

1. Miles Baron, First Male, 2:49:15, Age 39, Los Alamos; 2. Jeff Petersen, 2:50:48, Age 33, Los Alamos; 3. Jerry Martinez, 3:06:50, Age 48, Velarde; 4. Gary Wall, 3:08:06, Age 50, Los Alamos; 5. David Dixon, 3:15:34, Age 37, Santa Fe; 6. Kristen Kern, 3:20:59, Age 33, Los Alamos; 7. Lion Caldwell, 3:24:26, Age 47, San Fidel; 8. Chris Chavez, 3:36:08, Age 39, Santa Fe; 9. Alex Montano, 3:37:30, Age 40, Pojoaque; 10. Richard Hughes, 3:38:48, Age 43, Los Alamos; 11. Mike Hoog, 3:40:32, Age 34, Los Alamos; 12. Steve Madrid, 3:42:03, Age 37, Albuquerque; 13. Patty Danforth, First Female, 4:02:38, Age 38, Santa Fe; 14. Ted Atkins, 4:21:50, Age 39, Espanola; 15. William Wells, 4:25:41, Age 46, Albuquerque; 16. Devin Farrell, 4:33:15, Age 32, Los Alamos; 17. Reece Tatum, 4:33:48, Age 40, Albuquerque; 18. Laura Sanchez, 4:34:50, Age 44, Albuquerque; 19. James Wendelberger, 4:43:09, Age 45, Los Alamos; 20. Carmen Molina-Paris, 4:45:40, Age 29, Los Alamos; 21. Catherine Miller, 5:19:38, Age 37, Los Alamos; Richard Rivera, 5:38:24, Age 54, Santa Fe; 23. Ted Williams, 5:59:10, Age 50, Los Alamos; 24. Gerald Ansell, 6:16:56, Age 61, Los Alamos; 25. Mike Malinowski, 7:06:25, Age 39, Santa Fe; 26. Marian Nordberg, 9:12:09, Age 66, Cedar Crest.

Marathon Age Group Awards,
Men:

Age 30-39: 1. Miles Baron, 2. Jeff Petersen, 3. David Dixon; Age 40-49: 1. Jerry Martinez, 2. Lion Caldwell, 3. Alex Montano; Age 50 & over: 1. Gary Wall, 2. Richard Rivera, 3. Ted Williams.

Women:

Age 20-29: 1. Carmen Molina-Paris; Age 30-39: 1. Patty Danforth, 2. Catherine Miller; Age 40-49: 1. Laura Sanchez; Age 50 & Over: 1. Marian Nordberg.

ULTRA MARATHON RELAY

1. I Don't Care (David Finnegan, Duncan Hammon, Jerry Martinez, Leo Torres), Male, 160 & Over, 5:46:38; 2. Blonde Streaks (Kristi

Carlson, Barb Dutrow, Erica Larson, Shirley Van Slooten), Female, Under 160, 6:36:52 RECORD; 3. The Meltdowns (Tom Day, Suzanne Garney, Danica Girard, Jim Hannah), Mixed, 160 & Over, 7:02:09; 4. DNA Chain Gang (Laurence Cordova, Beth Davenport, Allen Lamb, Christian Lytle), Mixed, Under 160, 7:02:20; 5. Hills R Us (Scott Darling, Zac Pappas, Lewis Terr, Joe Whiteman), Male, 160 & Over, 7:04:38; 6. Team X (James Farley, Fran Flesner, Sheldon Larson, Ted Williams), Mixed, 160 & Over, 8:03:53; 7. Ravens of the Mundane (Richard Danforth, Rosemary Martinez, Alva Sisneros, Raymond Tell), Mixed, 160 & Over, 9:02:21.

MARATHON RELAY

1. Team Rainbow (Mike Dahlstrom, Derek Derkacs, Spencer Despaigne, Raj Jain, Neal Martin, Michael Redondo, Ted Schultz, John Zahrt), 3:09:40; 2. Equipo Xalisco (Ronald Allen, Joseph Cortez, Tim Gallegos, Fred Hampel, Danny Martinez, Troy Nothwang, Michael Ramos, Alex Sandoval), 3:13:55; 3. Goin Goen Gone III (Steve Ellis, Gretchen Ellis, Larry Goen, Greg Hayman, Jennifer Leon, Matthew Lewis, Mark Miller, Amy Robertson), 3:38:16; 4. Random (Julia Fieldsted, Vance Hatler, Karri Hatler, Loren Hatler, Kristi Keffer, Irene Pluimmentz, Marco Werkhoven, Sarah Williams), 3:46:51; 5. Executives on the Run (Tim Babicke, Monica Babicke, Kevin Chadwell, Mike Miller, Laura Kelly, Patrick Lynch, Erik Peters, Melissa Velarde), 3:49:22; 6. Team Tortuga (Billy Baca, Elizabeth Cumby, Magi Ezzard, Paula Hewitt, Alan Overmier, Deborah Overmier, Ronda Quezada, Arlon Waters), 3:51:40; 7. Snazzy Naz (David Hayden, Austin Hayden, Jennifer Hayden, Daniel Holden, Lisa McKinney, Cheryl Miller, Don Nichols, Jane Rust), 3:52:51; 8. Darhters (Ryan McHale, David Moir, Edward Pogue, Evan Rose, Cecil Stark, Tom Tucker, Nicole Watson, Scott Watson), 3:56:23; 9. Sponsored by Nike (Patsy Byers, Wayne Byers, Susan Hammock, Daren Jones, Stephanie Keno, Jonathan Lathrop, Kevin Purtymun, Jason Rothrock), 3:59:16; 10. Kwik Lube (Jose Archuleta, Susan Bachmeier, Jeri Ealey, Ceina Koehler, Michael Kuzmack, Geoff Miller, Alice Rodriguez, John Tapia), 4:01:40; 11. Book Cartel (Lorilee Alexander, Jacqueline Atkins, Donna Berg, Marcia Gallegos, Dan Mahoney, Roger Rumsey, Jackie Stack, Wendy Ward), 4:11:10; 12. Pinecones (Jacob Crespin, Anastacio Crespin, Tim Garcia, Vincent Gchachu, Francine Romero, Charlotte Romero, William Waquie, Joseph Waquie), 4:17:26; 13. 299,792.8 (John Conwell, Valora Conwell, Sherry Petersen, Jeff, Petersen, Eduardo Santiago, Jason Warren, Rebecca Warren, Ginger Young), 4:39:43.

**Bugs, Blisters, Bikes & Boats
350 Adventure Racers with
350 Miles to Go**

**Eco-Challenge, 1996
British Columbia, Canada**

*A slide and video presentation
by Barb Dutrow and Carl Gable*

... will take place at the ...

**Striders July Meeting
Tuesday, July 14th**

At Danica Tutush Girard's house. 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. These are metal signs 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. There will be a barbecue for those who want to grill. If you get lost, call 989-1819.

Potluck begins at 7pm, followed by the presentation

June Meeting

No June meeting!

Heart Walk

The American Heart Association 5K Fitness Walk is on Saturday, June 13th in Santa Fe. The contacts are Catherine @ 823-8706, and Kevin, @ 474-4112. (Not a race.)

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.

**1998 Nike World Masters Games
August 9-22, 1998**

will take place in Eugene, Oregon, is an Olympic-style track and field meet. For more information, call 503-226-1998, or see www.worldmasters.org. Registration is \$200 and includes entry to all events, transportation, and clinics by past champions.

Striders at Community Day

The Striders had a booth at the Santa Fe Community Day celebration on the Plaza on Saturday May 30th. Suzanne Garney and Dan Kane staffed the booth all day with help from Danica Girard and Diana Hardy, handing out Striders information and publicizing our club. Thanks Y'All!

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!

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

☐ Renewal
☐ New member

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.

State: _____ Zip: _____

Telephone: _____

Email: _____

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 or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Date _____

Parent's Signature if under 18 yrs. _____ Date _____

Date _____

Santa Fe, NM 87504



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