



Mile Markers

We Give You the Run-Around

July 1998 Volume 20, No. 7.

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



20th Run-Around Cool, Fast and Fun A Good Time is Had by All

Runners enjoyed a bright cool morning for the 20th Annual Santa Fe Run-Around, presented by the Striders in cooperation with the Santa Fe Parks and Recreation Dept. The 5K top three men were Simon Gutierrez, Sal Gonzales, and Jose Rael, the top women were Magdalena Thorsall, Becki Wells and Amy Manson. The top three 10K men were Phillip Castillo, Don Trujillo, and Rick Stuart, and the top three 10K women were Sissell Trondseth, Jamie Kendrig, and Suzanne Garney (yay Striders Sissell and Suzanne!).

The Wings of America coaching clinic was represented well at the race with approximately 35 entrants, including special guest and running guru Jeff Galloway, who spoke briefly to the runners at the start, in praise of the assembled runners and running itself. Jeff Galloway and the other clinicians were made honorary Striders for the day.

Thanks to an enthusiastic and coffee-and-donut-enhanced army of about 40 Striders and city volunteers, outfitted in matching orange vests, plus 7 police officers, the race proceeded safely and

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5K Finishers

1. Simon Gutierrez	15:20
2. Sal Gonzales	17:39
3. Jose Rael	17:40
4. Magdalena Thorsall	17:49
5. Mark Barela	17:51
6. Joey Gia	18:05
7. Becki Wells	18:05
8. Amy Manson	18:35
9. Greg Hoover	18:38
10. Jim Westmoreland	18:43
11. Cami Wells	18:44
12. Dan Anaya	18:59
13. James Mansfield	19:10
14. Pamela White	19:19
15. Paul Tachau	19:53
16. John Valdez	20:07
17. Ray Jesus	20:07
18. Roxy Hunt	20:13
19. Sean McCormick	20:17
20. Brian Wagner	20:26
21. Ty Lujan	20:28
22. Tamsen Schurman	20:31
23. Emmet Hunt	20:33
24. Jim Hannan	20:35
25. Brian Chee	21:10
26. David Jackson	21:16
27. George Crowshaw	21:29
28. Merlin Tafoya	21:35
29. Larry Duke	22:06
30. Dennis Williams	22:07
31. Patrick Tyson	22:08
32. Robert Luckner	22:13
33. Alan Robertson	22:27
34. Sam Berne	22:28
35. Mary Jo Boot	22:30
36. Kristi Carlson	22:45
37. Cody Shepherd	22:46
38. John Campbell	22:47
39. Gavin Lujan	22:52
40. Richard Jones	22:54
41. Richard Martinez	23:01
42. Will Graves	23:05
43. Ralph Saunders	23:06
44. Charlie Young	23:10
45. Paul Owen	23:12
46. Alice Kinlichee	23:14
47. Tim Burrell	23:15
48. Gilbert Chavez	23:16
49. Tracy Downing	23:31
50. Louie Carl	23:42
51. Gus Lujan	23:48
52. Kristin Bennet	24:01
53. Philip Romero	24:16
54. Wendy Hollister	24:19
55. Bob Vandiver	24:25
56. Henry Valdez	24:44
57. Roger Liljestrand	24:45
58. Melissa Velarde	24:47
59. William Mansfield	24:48
60. Myra Truax	24:50
61. Kelly Upshaw	24:51
62. Lisa Abramson	24:55
63. Stephanie Milan	24:52
64. Rad Acton	25:02
65. Lehigh Sheppherd	25:02
66. Beth Barry	25:06
67. Stephen Lucero	25:10

10K Finishers

1. Phillip Castillo	33:20
2. Don Trujillo	36:16
3. Rick Stuart	37:27
4. Charlie Drysdale	38:01
5. Ben McMahon	40:43
6. Jeff Sallade	41:12
7. David Telles	41:52
8. James Muntz	42:01
9. Sissell Trondseth	42:04
10. Elphonso Curley	42:28
11. James Kendig	42:51
12. Gabriel Parmer	43:27
13. John Fenwick	44:02
14. Suzanne Garney	44:04
15. Darla Graff	44:09
16. Bill Shashaty	44:14
17. Paul Prentice	45:31
18. Wesley Cottier	46:28
19. Dooley Cornelius	46:33
20. Michael Ramos	46:48
21. Lewis Terr	47:15
22. Robert Werner	47:31
23. Lavinia Barber	47:40
24. Paul Maudlin	47:42
25. Paul Martinez	47:47
26. Manuel Jaramillo	47:53
27. Doug Pourier	48:18
28. Maria Moriarty	48:37
29. Victoria Kennedy	48:52
30. Holland Shepherd	49:17
31. Peter Romero	49:39
32. Richard Crawford	49:54
33. Don Holloday	50:10
34. Robert Cantwell	50:12
35. Javier Posa	50:13
36. Lee Aschkenes	50:34
37. Jim Koster	50:42
38. Susan Ross	51:13
39. Richard Young	52:03
40. Philip Crump	52:19
41. Lisa Old	52:41
42. Anita Stewart	53:14
43. Marcus Rickert	53:22
44. Melinda Henrie	53:33
45. Roy Cope	54:07
46. Thomas Wattles	54:41
47. Lynn Rogers	54:58
48. Elaine Flower	55:03
49. Gretchen Wilken	55:08
50. Rhonda Black	55:15
51. Margaret Alexander	55:16
52. Javier Rael	55:18
53. Beth Davenport	55:20
54. Martha Sutter	55:21
55. Ernest Rocha	55:31
56. Kimberly Lisagor	56:01
57. Roberta Tafoya	56:09
58. George West	56:11
59. John Jennings	56:31
60. Melissa Vigil	56:52
61. Cecelia Muntz	56:58
62. Rhett Muller	57:32
63. Barbara Muller	57:33
64. Margaret Chavez	57:40
65. Ted Williams	57:49
66. John MacCuish	58:32
67. Mike Sutin	58:57
68. Michael Wattles	59:08

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RACE CALENDAR

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 5K, Pojoaque, 852-4265 ext. 31 (*CORRECTION*)
- 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.

November 1998

- 7 Pecos Valley Roundup, Roswell, 10/20k, 2 mile, 627-5507.
- 14 28th Baylor Pass Trail Run, Las Cruces, 5.9mi, 524-7824.
- 15 NMUSATF State X-C Championships, Kathy Fones, 865-8612.
- 21 Fowl Day Run, Santa Fe, 5k, Striders run.
- 27 Albuquerque Turkey Run, 5/10k, 2 mile, Gil's, 268-6300.

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

Recommended

I don't know about this run firsthand but Kennalee Nemudrov of the Albuquerque Road Runners Club has cordially invited the Striders to the 12th Annual RRCA Women's Distance Festival 5k. (She is the race director.) There is a new site ("Old Alameda Bridge"), lots of food, drinks, and give-aways, plus flowers to the first 150 women. The race is on Saturday, July 18th. (Only women and girls may register and compete, but males are welcome to attend and/or volunteer!) See entry form in this issue.

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smoothly, though there were some traffic jams at the port-ollets.

Wheelchair racer Robert Cantwell started in front soon after the scheduled 8am start time, but was overtaken on the hilly course by some outstanding runners. Handmade weavings from Ortega's of Chimayo were awarded to all overall and age-group winners.

Devil's Throne

1.

It's a Tom Day day, I'd say.
You can contemplate the cosmos way out here.
It's as lonely as a rusty railroad spike; I fear
that I'll be dead last again this year.

2.

There is no hill or mountain you can't climb
when your head's preoccupied with rhyme.
I sold my soles to the Devil for earthy dust and grime.
At sixty-two, to finish it takes a long two hours time.

3.

I'm appalled by the silence
of infinite space;
remember, Mike, it's a fun run,
not even a race.
To prepare for life's long journey,
first take a trip inside.
For you can run
but you can't hide.
There's no safe place
the mind can't find.

-Michael G. Sutin

MRU of Albuquerque Invites Striders to Trail Run and Potluck at Elena Gallegos

Master Runners Unlimited cordially invites Santa Fe Striders members and friends to join us in a Saturday morning trail run and potluck brunch on Saturday, July 11th, at 7:30am.

Meet at the Elena Gallegos picnic area double shelter. Signs will be posted to help you find us. Runners and walkers will have their choice of the steep Pino Trail or the Foothills Trail. The Pino Trail is especially good for those in training for the La Luz Run three weeks hence.

We plan to begin our brunch shortly after 9 o'clock. MRU will supply drinks (water, juices and soda). Please bring something to eat, including a little extra to share with other participants. We expect to clean up and depart the park by 11 o'clock.

You may want to carpool, since parking is \$2 per vehicle. Carpools will form at the McDonalds parking lot at Tramway and Montgomery at 7:15. Questions: call Harry Messenheimer at 286-2030. We hope to see you there.

-Harry Messenheimer, MRU

Wings Need New Nest

The Wings of America Native American running association is losing their office space at the St. Catherine's Indian School. If you know of some suitable inexpensive office space in Santa Fe, please call Margie Kamine at 982-6761.

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68. David Sneesby	25:20	95. Daphne Collins	28:14	122. Diana Medina	33:24
69. Albert Gonzales	25:24	96. Jana Sraieroua	28:24	123. Lewis Geer	33:48
70. Jack Martinez	25:27	97. Larry Jones	28:26	124. Robert Aragon	34:37
71. Judy Winnegar	25:30	98. Jermance Chalouy	28:30	125. Karen Farrell	34:42
72. Craig Pfeiffer	25:37	99. Brian McPartdon	28:51	126. Linda Elian	34:43
73. Matt Berning	25:45	100. Kate Whitman	28:55	127. Alan Ackoff	35:08
74. Elizabeth Wagner	25:46	101. Melanie Vigil	28:58	128. Fedelina Morales	35:11
75. Harvey Honyouth	25:53	102. Karri Hatler	29:06	129. Matthew Andre	35:16
76. Huch Acton	26:12	103. Irene Pluimmentz	29:07	130. Cheryl Whitman	35:23
77. Martha Poolaw	26:19	104. Liz Trujillo	29:30		
78. Dale Pine	26:20	105. Oma Gutterrez	29:35		
79. Wendy Gerner	26:20	106. John Hays	29:36		
80. Anita Morales	26:23	107. David Bowman	29:56		
81. Todd Young	26:23	108. Oakley Blasdel	30:02		
82. Lisa Cornelius	26:25	109. Scott Davidson	30:07		
83. Gary Richards	26:42	110. John Byington	30:21		
84. James Marshall	26:52	111. Holly Koster	30:30		
85. Jake Garcia	26:55	112. Saul Cohen	31:28		
86. Julie Shepherd	26:57	113. David Sandoval	31:30	69. Dave Merriman	59:09
87. Steven Rogers	27:33	114. Seth Williams	31:31	70. Virginia Holcomb	59:09
88. Andrew Cornelius	27:36	115. Mark Salvo	31:32	71. Liz Chavez	59:59
89. Janell Graves	27:39	116. Tracy Glatzmaier	31:44	72. Oliver Goldman	60:27
90. Gregg Bemis	27:52	117. Dee Dee McInroy	31:45	73. Gloria Tzuang	60:32
91. Paul Mushen	27:54	118. Kathryn Tillson	31:47	74. Mike Hartman	60:50
92. Janine Hutkin	27:54	119. Lorraine Sema	31:48	75. Steve Slade	61:46
93. Bill Gee	27:57	120. Elizabeth Shattuck	32:34	76. Mary Jordan	62:11
94. Mindy Morales	28:08	121. Elaine Coleman	32:47	77. Jorg Esser	63:12
				78. Tony Smith	63:17
				79. Stan Upchurch	67:30
				80. Dora Epler	67:19



**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

Corrida

At whose feet do we lay fault
for running cold on hard asphalt
O Striders! give us runs on dirt,
so our long range legs won't hurt.

-Mike Sutin.

Runner needs summer lodging

Becki Wells is the 1998 NCAA Div. I 1500m and 1600m champion and is a senior at University of Alabama. She is a Blackfoot Indian spending this summer in Santa Fe in cooperation with Wings of America, the Native American running association. She is in need of housing for July and most of August, for either part or all of that time, whether a house-sit, an inexpensive rental, or as a house guest. If you are able to help, please contact Margie Kamine of Wings at 982-6761.

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!

Amazingly, we are consistently getting 10-20 runners each Tuesday and new legs every week.

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

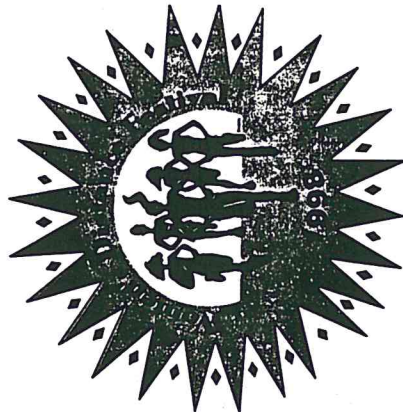
Suzanne_Garney@erim-int.org

Jeremy Yang, newsletter editor, 988-5474

JJ@daylight.com

12th Annual RRCA Women's Distance Festival

Presented by the
**ALBUQUERQUE
ROAD RUNNERS**



5K Run
5K Fun Walk
Saturday
July 18, 1998
"Old" Alameda Bridge

What: 5K Run
5K Fun Walk (No Awards)

When: Saturday, July 18, 1998
7:00 a.m. SHARP!

Where: "Old Alameda Bridge"
Near Alameda & Coors Rd. NW

Course: New! "Old Alameda Bridge"
onto the beautiful Rio Grande bike
path. Accurate 5K!

Parking: Las Tiendas Shopping Center.
N.E. corner of Alameda & Coors
Rd N.W.

Aid: Water at approximately the half
way point.

Entry Fee: \$15.00 Preregistration
\$12.00 ARR Members
\$20.00 Race Day (Everyone)

Registration: By July 16th
Fleet Feet Sports
Hoffmantomtown Center
299-8922
Gil's Runner Shoe World
611 San Mateo N.E.
268-6300

By Mail: ARR
P.O. Box 20011
Albuquerque, NM 87154

Late Registration & Packet
Pick-up: Race Day
6:00 a.m. to 6:45 a.m.

A PORTION OF EACH ENTRY
TO BENEFIT BARRETT HOUSE,
A SHELTER FOR WOMEN AND CHILDREN

Age Divisions: 0-14 40-44
15-19 45-49
20-24 50-54
25-29 55-59
30-34 60-70
35-39 70-up

Lady Clydesdale Weight Divisions:
(These are optional divisions for runners who
would like to compete against others of equal size.
This is strictly optional.)

135-145 lbs.
146 lbs plus

5K RUN AWARDS:
Overall 1st Place:
Pair of Running Shoes
Moving Comfort Running Outfit
Sterling Silver Medal

Overall 2nd Place:
Custom Medal & Gift Certificate

Over 3rd Place:
Custom Medal & Gift Certificate

Age Group and Weight Divisions:
Custom Medals to 1st, 2nd, and 3rd Places

Race day random prize drawings
(Must be present to win)

Refreshments following the race

Cotton singlets to all registrants,
especially designed by Liz Dineen

Flowers to first 100 finishers

For more information, call
Kennalee Nemudrov 294-7545
Paul Grosvenor, 857-0970

SEND ENTRY TO: ARR, P.O. BOX 20011,
ALBUQUERQUE, NM 87154

Name: _____
Address: _____

Phone: Day: _____
Phone: Night: _____

Entry Fee: \$15 (\$12 ARR Members)
\$20 Race Day (Everyone)

Age on July 18th: _____

Shirt Size: ☐ S ☐ M ☐ L ☐ X-L

Optional Weight Div: ☐ 135-145 lbs
☐ 146 lbs plus

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 the 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 act on my behalf, waive and release the Albuquerque Road Runners, the City of Albuquerque, Middle Rio Grande Conservancy Dist., Moving Comfort, the Road Runners Club of America 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 carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Signature: _____

Date: _____

Parent's signature if under 18 years _____

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