



Mile Markers

We Give You the Run-Around

October 1998 Volume 20, No. 10.

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

Duke City Marathon 1998 One Fine Day

Several Striders participated in the Duke City Marathon on Sunday, Sept. 27th in Albuquerque. There was a marathon, half-marathon, and 5K. Races began in downtown and followed race courses along Rio Grande Blvd. and the bikepath along the river. The event was well attended, well supported, and well received. The perfect weather helped too. Congratulations to Patty Danforth, 2nd in 35-39, 6th overall woman!



*Patty Danforth and Cathy Mastoras,
perky and powerful at mile 24!*



5th Annual SFIS Memorial 5K Fun Run/Walk Set for Oct. 3rd

The Santa Fe Indian School cross country program will host its 5th Annual Memorial 5K Fun Run/Walk on Saturday Oct 3rd at 8am on the campus of the Santa Fe Indian School, 1501 Cerrillos Road. Registration opens at 7am in the football stadium behind the Francis Abeyta Memorial Gym. Participants can pre-register in Coach Gorospe's office in the gym after 4:40pm Monday-Friday.

The registration fee for the run/walk is only \$5. For an additional \$5, participants in the run can purchase a Running Brave Team t-shirt. T-shirts will be on sale to the public for \$10. Awards will be given in four age categories: 19 and under, 20-29, 30-39, 40 and over.

"This year's memorial run/walk is to honor past Santa Fe Indian School runners and athletes," stated SFIS cross country coach, Mike Gorospe. "We hope all kinds of runners and walkers will come out to show their support for these young people. We've kept the registration fee low so everyone can participate in what we feel should be a fun event for the whole community."

Participants are encouraged to attend the Running Brave's Invitational Cross Country meet immediately following the fun run/walk. "It's going to be a monster meet," predicted Gorospe. "I've invited over 35 teams and expect between 25 and 30 schools to show up. That's a big meet."

Proceeds from the fun run/walk will benefit the Santa Fe Indian School running program. For information call 989-6350.

RACE CALENDAR

October 1998

- 3 **5th Annual SFIS 5K Fun Run/Walk**, 8am, Indian School, \$5 or \$10 w/ t-shirt, 989-6350.
- 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 **Run-and-Ride +Picnic**, 2-humans w/ one bike, 11.2 miles on Lamy Rail Trail, 8:30am, 954-4384 (see flyer in this issue).
- 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, 473-3159.
- 27 **Albuquerque Turkey Run**, 5/10k, 2 mile, Gil's, 268-6300.

December 1998

- 5 **DLD Reindeer Roundup 5/10k**, 822-0476.
- 6 **Jingle Bell Walk and Run for Arthritis 5k**, 265-1545.
- 12 **Reindeer Run 10K & 2mi**, Roswell, 627-5507.

Que Viva La Fiesta Run - 1998

When you get along in grey-beard years
and your glory running days are past,
is it time for sick sorrows' tears
as you drag in at distant last?

If you still recall sweet victory's taste,
then gather your ribbons while ye may,
before your knee responds like pallid paste,
and you subsist by aspirin and Ben Gay.

Say farewell to rigid competition
to trophies, medals, turquoise rocks,
and stifle thoughts of youth's ambition,
put to pasture thinning Thor-Lo socks.

Mike Sutin

RECOMMENDED

Big Tesuque Run, Saturday, October 10th. Starting at Hyde Park Road and following the Aspen Vista trail to the radio towers at 12,000' over Santa Fe. Approximately 6 miles and 3000' of elevation up, then back down the same way. This run has spectacular views and a much-loved off-road course. Extreme weather adds to its charm. This year the Striders resume their sponsorship as Peter Fant and Cathy Mastoras assume the race directorship.

On Sunday, October 18th is the annual Run and Ride on the Lamy Rail-Trail, organized by Dale Goering. This is an "unofficial race" and fun event. 11.2 miles on the dirt path along the railroad tracks. Teams consist of two humans and one bike. This year there is a potluck picnic at Dale and Kenny Goering's house after the race. Call 954-4384 for more info. See flyer in this issue.

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

Oct 19 Mon - Ride - Picnic Sunday

General Rules of Competition

A team consists of two participants and one Mountain bike. One member runs while the other rides. Team members plan their own strategy. Team members reverse their roles as often as they like-or not at all. The object is to get both participants and the bike across the line as fast as possible. Times will be recorded as soon as the last person or bike crosses the finish line.

Transportation back to the start line will be provided. Transportation help may be needed. Please call if you could help.

Water at the start, at Vista Grande in Eldorado and at the finish.

Solos are welcome-runners or bikers.

In case of inclement weather the event will be held Sunday Oct. 25.

Check IN

Release of liability forms to be signed between 8-8:15

No pre-event sign up necessary, but a call to 954-4384 would be helpful so adequate transportation can be provided.

Start

Rabbit Road & the Railroad tracks 8:30 sharp

Finish

Highway 285 and the Railroad tracks. (Approximately 11.2 miles)
Course along the track can be rough & rocky-proceed with caution.

Picnic

A picnic is planned at the Goering residence at 34 Ute Circle-participants are asked to bring a pot luck or picnic lunch to enjoy after the event.

Drinks will be furnished.

954-4384 for Information

Please call To let me know how many
Teams will be present

1998 Strider Track Workouts Wrapup

Starting in April, runners have met at the SFHS track at 5:30 on Tuesdays for an hour or so of speed work, plus the company and support of fellow runners. This informal group has been meeting on Tuesdays from the late spring to early fall for four years and has grown steadily. Inspired by other running clubs and coaches groups, which may charge substantial fees for supervised workouts, our group proceeded on the belief that beneficial and safe speed workouts could be conducted without expert coaching.

It is widely accepted that road racers benefit from speed work by increasing their leg turnover and efficiency at race pace. Physiologically, most people will get fast by running fast. Mentally, most will feel more comfortable going fast after practicing fast. Fast running can also increase risk of injury, however, and proper warmup and stretching is essential. Even more importantly, muscles and joints mending from a recent race or hard workout are more susceptible to injury and should be allowed to heal. Of course, healing takes longer and longer as we age, however gracefully.

This year's track runners varied in age from high-schoolers to sexagenarians, and in level from nationally-ranked to first-year runners. Workouts were selected by many of the runners in a cooperative spirit, with each runner deciding how much to attempt. The workouts varied, but generally consisted of 200's through 1600's, usually with a rest jog of half the speed interval. The total speed usually was about 2.5 miles. Thanks to the wide range of talent and good turnouts, most everyone always had others of like pace to run with. During the summer months, we averaged 15 or so runners, several times topping 20.

Congratulations to everyone for all the good workouts and see you again next year!

-Jeremy Yang.

Creede Mountain Run

While visiting friends in Creede, Colorado, Dan and I ran the Creede Mountain 12 Mile Run, which begins at 8,850ft and climbs to 10,500ft. I was pretty impressed with Dan's time (2:15) as he doesn't even run! I completed the race in 1:45. It's a great race and I highly recommend it for those who like a challenge and the reward of fantastic views. There is also a 22 mile run, which also begins at 8,850ft, but climbs to a substantial 12,500ft. Maybe we will attempt that next year!

-Suzanne Garney

RRCA 2001 Convention main topic of October Striders Meeting

Representatives of Albuquerque running clubs are scheduled to be at the October meeting of the Striders to talk about plans for the national convention of the Road Runners Clubs of America in the year 2001. The convention will be held that year in Albuquerque. They had hoped to be at the August meeting but couldn't make it.

The meeting is on Tuesday Oct. 13th at the home of Elaine Coleman, 899 Zia Road. Elaine's house is at the corner of Zia and Old Santa Fe Trail. Her # is 983-9747.

The meeting starts at 7pm with a potluck dinner, followed by business at 8.

Membership Renewal

It's not too soon to renew your Striders membership for 1999. Don't miss any of the last 12 issues of this millenium!

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.

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 419 E. Palace Ave., SFNM 87501, or email jj@daylight.com.

1998 Striders officers:

Tom Day, president, 473-3159

Danica Tutush Girard, vice president, 983-7129
danical@ix.netcom.com

Suzanne Garney, treasurer, 473-9073
suzanne_garney@erim-int.org

Jeremy Yang, newsletter editor, 341-9526
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. _____

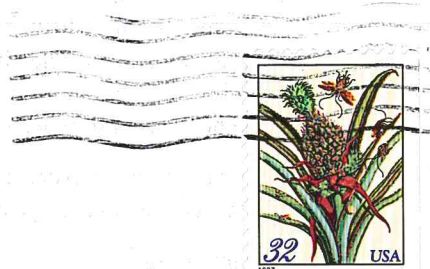
Date _____

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Santa Fe Striders

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Santa Fe, NM 87504



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Santa Fe, NM 87505