



Mile Markers



We Give You the Run-Around

November 1998

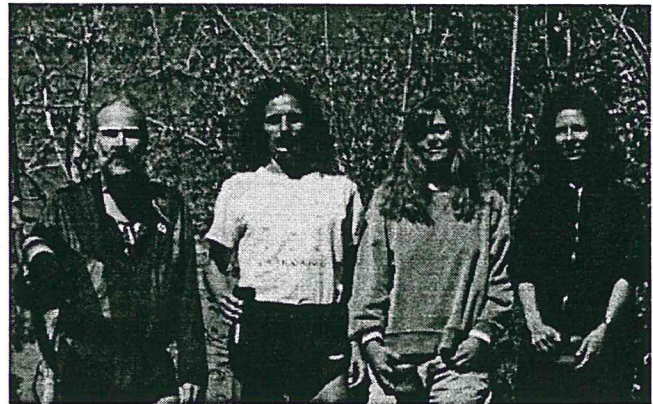
Volume 20, No. 11.

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

Big Tesuque Run is Big Tesuque Fun

The seventh annual Big Tesuque trail run was held on a bright sunny fall day, Saturday October 10th. New race directors Peter Fant and Kathy Mastoras organized a great race and fun event, in keeping with the tradition set by local trail running and firewalking legend Jim Fisher who had race-directed all previous Big-T events.

The race begins at the Aspen Vista parking lot, at 9600' and climbs 5.8 miles along the Aspen Vista trail (a fire road) to 12,000', above the Santa Fe Ski Basin, and then descends the same way. This trail was featured in the September issue of Runners' World magazine along with a handsome color picture of Strider Jim Westmoreland. October 10th was a particularly scenic day, as the aspens were near peak color and a crisp morning turned to warm and sunny day. The female winner was Gretchen Ellis,



The Winners

the male winner Joachim Oberst. The female masters winner was Mary Lou Gooris, the male masters winner Jim Westmoreland.

Thanks to generous sponsors, friendly volunteers and racers, and tasty refreshments, Big-T '98 was a complete success.

Big T '98 results:

| | | | | | |
|-------------------------|---------|----------------------|---------|------------------------|---------|
| 1 Oberst, Joachim | 1:22:43 | 31 Hansen, Heather | 1:53:33 | 60 Jaramillo, Manuel | 2:10:14 |
| 2 Westmoreland, Jim | 1:27:35 | 32 Rosen, Richard | 1:54:01 | 61 Standish, Miles | 2:10:27 |
| 3 Herzog, Eric | 1:27:56 | 33 Ramos, Michael | 1:54:14 | 62 Gardner, Susan | 2:11:14 |
| 4 Chavez, Chris | 1:32:30 | 34 Werner, Rob | 1:54:18 | 63 Thompson, Richard | 2:12:52 |
| 5 Fant, Peter | 1:33:04 | 35 Adams, Paul | 1:55:24 | 64 Chernoff Allan, Ann | 2:13:37 |
| 6 Ellis, Gretchen | 1:37:54 | 36 Morelos, Floyd | 1:55:37 | 65 Allan, Reid | 2:13:38 |
| 7 Montano, Alex | 1:40:04 | 37 Rogot, Mary | 1:55:38 | 66 Goldman, Aaron | 2:13:55 |
| 8 Szantho, Andras | 1:40:32 | 38 Sponagle, Liz | 1:58:58 | 67 Shandler, Laurence | 2:16:03 |
| 9 Gable, Carl | 1:41:26 | 39 Bair, Lous | 1:59:25 | 68 Ghashghaee, Mehrzad | 2:17:23 |
| 10 Cheykaychi, Santiago | 1:41:34 | 40 Pratt, Doug | 1:59:41 | 69 Davenport, Beth | 2:18:12 |
| 11 Vigil, Chris | 1:42:58 | 41 Antuna, Jorge | 1:59:41 | 70 Danforth, Richard | 2:24:56 |
| 12 Szantho, Tamas | 1:43:07 | 42 Mastoras, Kathy | 2:00:05 | 71 Zabinski, Mary | 2:25:36 |
| 13 Shashaty, Bill | 1:43:47 | 43 Pickard, Lynn | 2:01:26 | 72 Llewellyn, George | 2:31:26 |
| 14 Murphy, Michael | 1:44:21 | 44 Berg, Donna | 2:01:32 | 73 Space, Marc | 2:36:27 |
| 15 Gooris, Mary Lou | 1:44:25 | 45 Wilson, Bob | 2:02:19 | 74 Allen, Gerald | |
| 16 Young, Jeff | 1:45:15 | 46 Young, Charlie | 2:02:59 | 75 Hinman, Laurie | 2:37:14 |
| 17 Larson, Erica | 1:45:17 | 47 Schack, Tom | 2:03:51 | 76 Ruud, Steven | |
| 18 Shepard, Cody | 1:47:03 | 48 Ferraiuolo, John | 2:04:20 | - Rademacher, Steve | |
| 19 Mathews, Sarah | 1:47:12 | 49 Gishey, Christine | 2:04:29 | - Thompson, Dorothy | |
| 20 Schraad, Mark | 1:47:46 | 50 Lockhart, Read | 2:04:29 | - Naranjo, Charles | |
| 21 Suzanne Garney | 1:48:09 | 51 Pierson, Jay | 2:05:52 | - Schmidt, Joanne | |
| 22 Van Slooten, Shirley | 1:48:18 | 52 Perez, Edmundo | 2:06:32 | - Cox, Kim | |
| 23 Narges, Randy | 1:48:21 | 53 Terr, Lewis | 2:06:33 | - Montes, Lysle | |
| 24 Hardy, Diana | 1:48:24 | 54 Hartman, Fred | 2:07:06 | - Houx, Mike | |
| 25 Danforth, Patty | 1:49:40 | 55 Whitt, Randy | 2:07:21 | - Trondseth, Sissel | |
| 26 Schulhofer, David | 1:51:40 | 56 Pfeiffer, Craig | 2:07:29 | - Terry, Ted | |
| 27 Kennedy, Victoria | 1:51:47 | 57 Crump, Philip | 2:08:53 | - Viramontes, Richard | |
| 28 Hinman, Dave | 1:52:25 | 58 Stark, Richard | 2:09:30 | - Fletcher, Russ | |
| 29 Kollar, Liz | 1:52:53 | 59 Cioncio, Nancy | 2:10:11 | | |
| 30 Lamb, Allen | 1:53:10 | | | | |

RACE CALENDAR

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

January 1999

- 1 **Egg Nog Jog - Albuquerque**, 4Mi Run, 2Mi Walk, 268-6300
- 9 **Desert Trail - Las Cruces**, 7.4 Mi Run/Walk, 524-7824
- 17 **ARR Twosome - Albuquerque**, 857-0964
- 24 **Super Bowl Sunday - Albuquerque**, 5&10K Run, 2Mi Walk, 268-6300
- 31 **Corrida de Los Locos - Santa Fe**, 5Mi Run, 473-3159

February 1999

- 8 **MRU Winter Runaround - Albuquerque**, 271-2746
- 13 **Mt. Taylor Winter Quadrathlon - Grants**, 287-4802, 800-748-2142, www.grants.org

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



*Dedicated Big-T volunteers,
on duty at 12,000'*

What It All Means to Trail Along on Goering's Rail

Ignite my mono-jet gas blaster.
I am a pumped up rocket master.
And save my sinews from ankle plaster.
I think that if I went too much faster,
my spot would still be next to laster.

Don't assert I am just a piker,
or accuse I am a lazy striker:
I am sure that I can take'a hiker
(especially a standing still hitch hiker);
the problem is to beat a biker.

-Mike Sutin

RECOMMENDED

The **Striders Fowl Day Run** is on Saturday, November 21st at 9:00AM. This is a great event in many respects. The run is fun and challenging: starting in the arroyo by Ft. Marcy, up dirt roads to the Governor's Mansion and back for an on/off road hilly 5K. The weather is often chilly but "interesting": perhaps there'll be a light dusting of snow. The entry fee is unusual: \$10 worth of non-perishable food donated to the Salvation Army to spread holiday cheer among those in need. There are often a generous supply of door-prizes thanks to local sponsors, and always a friendly and contagious pre-holiday spirit.

See flyer this issue.

What Has Santa Fe Running Come To, Anyway?

What kind of a race was this?

There was no banner that said Start. There was no finish line board to record places and times.

There were no cops on motorcycles, fresh from Dunkin' Donuts, leading the way.

A couple of runners started early. They weren't disqualified; nobody even objected. How can you disqualify someone when the race organizer announces that there aren't any rules?

Is this what running had come to in the city that's home to the Santa Fe Striders?

The answer: you bet, and that was just fine for the bikers and runners who gathered on an autumn day for Dale Goering's annual bike-n-ride. The event, on Sunday, October 18th, was designed as a team competition, with each team consisting of two people and one bike. The course, which is the trail along the railroad tracks, starts at Rabbit Road and ends at the intersection of Highway 285 and the tracks, about 11.2 miles away, near Lamy.

Teams can trade off biking and running, or, if they wish, decide that one person will ride the whole way and the other person run. Those are the rules, but they can all be broken. "Solos are welcome — runners or bikers," read the instructions for the race. One team had planned to have one of its members run the whole way, while the other, who was injured, ran just part way. The plan didn't work out, but Dale hadn't objected.

The morning was clear and bright. If anyone started out the day still plagued by night-time demons — those nasty little fellows that sneak around in the dark and try to persuade us that life isn't really worth all the trouble — the morning sun vaporized them along with the frost.

There was one accident. Slate Stern, who was teamed up with Jan Bear, fell and cut his nose and lip badly enough to require stitches. Several days after the accident, Slate said that he had been running full tilt about a quarter of a mile from the finish when Jan, on the bike, came up behind him and said something. "I looked back quickly," Slate recalled. He lost his footing and went straight down. Slate vowed to come back next year and noted that for now, "I don't have to wear a Halloween costume!"

The winning team consisted of Kris Kern and Jeremy Yang, who set a course record with a time of 1:05:58. After all the riders and runners had made it down the trail to the finish, Dale told the assembled group that there weren't any awards.

He was wrong. Everyone won a beautiful Sunday morning, running or biking with others who shared their belief

that since we're not really that grown up anyway, why not just act like kids?

After the race, Dale and Kenny Goering invited everyone over to their house for a potluck. Try to wheedle that out of the organizers of the Duke City Marathon.

-Tom Day

Incident on the Arroyo Chamisa Path

On Tuesday evening, September 29, I was running on the Arroyo Chamisa path (the path that runs from Sam's Club to Zia and St. Francis). I enjoy running in the late summer/early fall to see lots of wildflowers in bloom. I was coming up from Sam's Club with one mile to go to reach my house. Suddenly, I heard faster footsteps behind me. I thought, "okay, I'll get out of the way". I looked behind me to see what side of the path the person was on. What I saw was a young man with a wild look in his eyes looking straight at me. I thought, "Oh God, I'm in trouble!" What I didn't see, at first, was his erect penis protruding from his pants. I yelled for HELP and ran like hell. Of course, no one was around. I felt like he was gaining on me. I looked behind me again, my strategy was to dart in another direction if he came close. Luckily he gave up the chase after 2/10ths of a mile. I ran home and immediately called the police to file an incident report.

Geez! I've been running on this path for years and never had any trouble. Ladies and Gentlemen, please be careful when running alone anywhere. Hopefully this incident is isolated and will rarely occur. This incident changed my outlook on running for awhile. Now I will run on streets, next to houses and I won't run on the path without a running partner. Finally, I am encouraged to attend the track workouts more often. You never know when running fast will win you more than races.

- Diana Hardy

Diana, your courage and strength is impressive and inspiring. We are all very grateful and relieved you were able to escape. Thank you for telling your story in the hope of helping others avoid this situation. Thanks also for arranging a presentation by the Rape Crisis Center during the November Striders meeting, at your house on the 10th (see announcement in this issue). Thanks also for the track workout endorsement (could this suggest a new training technique?). -ed.

Strider Elections Next Month: CALL FOR NOMINATIONS!

Strider offices are filled by election during the December meeting and banquet. All Striders are eligible to run for office. All Striders are eligible to vote. All Striders present are eligible to be plied with cheap liquor and hastily elected into office by a unanimous vote.

Please consider volunteering for office or nominating another person (preferably willing, or at least gullible).

The "nominating committee" is Dale Goering at 954-4384. Please call him with any nominations or questions.

The offices, and a brief synopsis of their duties, are:

President - The buck stops here. So do lots of complaints and the endless red tape of dealing with others of similarly lofty office such as politicians, law enforcement representatives, and port-o-let technicians. You get to read the Striders mail first, including exciting news from the Gatorade research labs and the latest fashions in race numbers. The awesome and unchecked presidential powers are generally acknowledged to increase sex appeal.

Vice President - Polishes the president's running shoes weekly. Must run the president's workouts if the president is injured. Leads impeachment proceedings if necessary, or just to spice up the meetings.

Treasurer - Manages the handsome Strider endowment using "financial instruments" according to the latest economic trends and proven fiduciary practices. If our bookie doesn't answer, buys lottery tickets instead.

Newsletter editor - must be literate as hell and damn tactful too. Being able to make up stuff helps too, I can tell you that.

Iron woman:

Strider Susan Gardner completed the Great Floridian Ironman Triathlon on Sunday, October 25th in 13hrs and 57min. Susan reports an uneventful race (that's good), and no ill effects from swimming in Lake Minneola, which was "the color of strong tea".

November Meeting includes visit from Rape Crisis Center

Representatives of Santa Fe's Rape Crisis Center will give a presentation at the November meeting of the Striders, on Tuesday, November 10th. The meeting will be at Diana Hardy and Jim Westmoreland's house, 2363 Camino Carlos Rey, next to the arroyo. 438-8602.

Also on the agenda are plans for the Fowl Day Run (volunteers?) and the Santa Fe Snowshoe Classic.

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

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.

-> PLEASE NOTE:

It's dark at 6pm! So let's 1) practice safe running (wear reflective vests and/or other attire), 2) use the buddy system, especially with new runners and visitors, since it's extra easy to get lost in the dark. -Suzanne Garney.

Membership Renewal

It is time to renew your Striders membership for 1999. Don't miss any of the last 12 issues of this millenium!

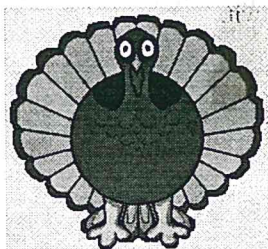
Express Yourself!

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:

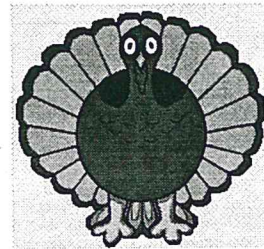
Tom Day, president, 473-3159
Danica Tutush Girard, vice president, 983-7129
danical@ix.netcom.com
Suzanne Garney, treasurer, 473-9073
suzanne_garney@erim-int.org
Jeremy Yang, newsletter editor, 341-9526
jj@daylight.com

The Santa Fe Striders present
the 1998
FOWL DAY RUN



Saturday, October 21st,
9:00AM.

Fort Marcy Rec Center
(in back by tennis courts
and baseball diamond)
Santa Fe, New Mexico



Sponsored by the Santa Fe Striders
in conjunction with the City of Santa Fe
Parks and Recreation Dept.

A benefit for the Salvation Army
and their holiday food drive

Entry fee: \$10 worth of non-perishable food.
Registration: begins at 8:00AM. No pre-registration.
Course: 5k, on/off road including arroyos and dirt roads.
More Info: call Danica @ 983-7129.

Have a Fowl Day with the Striders on November 21st!

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