



# Mile Markers

*We Give You the Run-Around*

January 1999 Volume 21, No. 1.

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

## Meet the New Striders Officers!

The 1999 Strider officers were elected at the December 8th end of year meeting over pizza and beer at Carmen's on Cerrillos Road. Outgoing president Tom Day was commended on his fine job during 1998 and given a rousing cheer. He seemed to be in the best mood of all, however, gleefully turning over the reins of power to new president Kris Kern. Outgoing VP Danica Tutush was similarly thanked for her good works, as Beth Rauch was voted into office unanimously. Suzanne Garney and Jeremy Yang didn't get off so easy, however, and were returned to office as treasurer and newsletter editor, despite their best efforts. Richard Curry has been designated race-director of the 1999 Santa Fe Runaround, a critical role in any Striders year. The new officers consented to take time out of their busy schedules to talk to Mile Markers, to introduce themselves and share their ideas for the Striders. *(Actually, they were threatened with the revelation of embarrassing personal details, carefully researched by our editorial staff, who are all graduates of the National Enquirer school of investigative and imaginative journalism).*

### 1. Where were you born and when did you come to Santa Fe?

**Kris:** Pennsylvania. Moved to NM in 1995. Came to Santa Fe last night.

**Beth:** Michigan. 1997.

**Suzanne:** Addis Ababa, Ethiopia. 1994.

**Jeremy:** Barnet, England. 1992.

### 2. What is your occupation?

**Kris:** Trained as a physicist, working as an engineer for General Atomics

**Beth:** Supermom.

**Suzanne:** I'm a research analyst for ERIM, Int'l.

**Jeremy:** Computer nurd. I send a lot of email.

### 3. When did you start running?

**Kris:** High school

**Beth:** As a child to keep up with my four older siblings, or just to get home in time. Then I ran track in high school.

**Suzanne:** I started running my senior year of high school. On my own, for fun.

**Jeremy:** When I was eight, I ran around my house 64 times, until my mother wondered if I needed sedation. I've kept this sort of behavior up since then, more or less.

### 4. What sort of running do you enjoy?

**Kris:** Any, but endurance running is my fav.

**Beth:** Trails of Eldorado and the mountains.

**Suzanne:** Mostly trail runs with friends.

**Jeremy:** Trails, hills. Atalaya and La Luz and the like. (And around my house.)

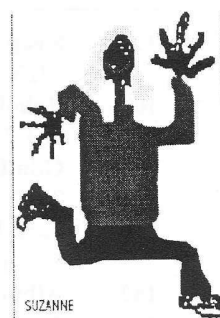
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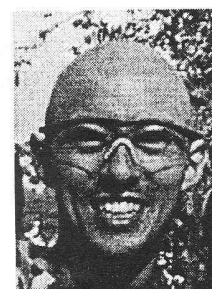
Kris Kern, Pres.



Beth Rauch, V.Pres.



Suzanne Garney,  
Treasurer



Jeremy Yang,  
Newsletter Editor

## RACE CALENDAR

### 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
- 23    **Corrida de Los Locos** - Santa Fe, 5Mi Run, 473-3159
- 24    **Super Bowl Sunday** - Albuquerque, 5&10K Run, 2Mi Walk, 268-6300
- 31    **Santa Fe Snowshoe Classic** - Hyde State Park, Craig Heacock, 260-4714.

### February 1999

- 7     **MRU Winter Runaround** - Albuquerque, 271-2746
- 13    **Mt. Taylor Winter Quadrathlon** - Grants, 287-4802, 800-748-2142, www@grants.org
- 13    **President's Day Run** - 10k/5k, Rio Rancho, 867-5323.
- 27    **Cahoon Park Run**- 10k, Roswell, 624-6720.

### March 1999

- 6?    **Run for the Future** - 5k, Socorro, 835-2507
- 14?   **Run for the Future** - 5k, Albuquerque, 831-8431
- 20?   **Pecos Valley Stampede**- half-marathon, 10k,, Roswell, 624-0257.
- 27?   **Run Old Mesilla** - 5k/10k, Mesilla, 524-7824.
- 28?   **Run for the Nuns** - 5k, Santa Fe, 983-2789.

### April 1999

- 3?    **Keep Rio Rancho Beautiful Run**- 5k/10K, 867-5323
- 10?   **Rehoboth Race Series** - 5k, 2M walk, Gallup, 863-2916.
- 11?   **Gila Bears Mtn Run**- 26 miles, Silver City, 662-2397.
- 17?   **Jack Rabbit Fun Run** - 5k/10k, Rio Rancho, 867-5323.
- 18?   **Albuquerque's Finest 5K** - 345-4274.
- 18?   **Run for the River 5K** - Santa Fe, 988-9126.
- 18?   **Capulin Canyon Mtn. Run** - 23 miles, 829-9142.
- 24?   **Run For Crime Free NM** - 5k/5miles, 266-7711.
- 24?   **Corrida de Española** - 5K/10K, 753-6064.
- 25?   **Run for Recovery 8K** - Alb., 883-7222x231..
- 25?   **NorWest Cheetahs All Comers Track and Field** - Albuquerque, 897-4762.

*The 1999 USATF race schedule and others will be published soon and excerpted here.*

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

## Recommended

To paraphrase a popular office-ism, you don't have to be loco to run the **Corrida de Los Locos**, but it helps. Cold, wind, and occasional precipitation seem to enhance the pleasure of the many fans of the "Locos Run". This year a new venue promises additional thrills and off-road fun. The race will be held at the exclusive (well, up till now) **Las Campañas Clubhouse** on Saturday, January 23rd, presented by the Striders and race-directed by Tom Day and John Pollack. See entry form in this issue. See you there!

The **6th Annual Santa Fe Snowshoe Classic** will be held on Sunday, Jan. 31st. This year Craig Heacock, with his wife Elizabeth, is again organizing the race, while attending med school and raising his new baby daughter. It's a great event for world-class snowshoers and beginners alike, where you might even see a governor in his sleek lycra bodysuit.

## Shoe Drive! (Act Locally)

Shoe Drive to benefit Wings of America Last month we announced a shoe drive to support runners in Africa. This month, we have a small change - we have now teamed up with Wings of America to distribute our donated shoes to **Native American** communities. Start your spring cleaning early by bringing your used and CLEANED shoes to the January Strider meeting! We'll collect shoes and ship them to needy runners.

-Kris Kern.

Dear Editor:

The December, 1998 issue of Mile Markers, seeming to want for serious literary contributions and exhibiting both a paucity of written material and an excess of white space, I have felt compelled to contemplate the state of finds for the so-called Property Group Running and Walking Fund for 1998 (and some left over 1997's hidden away in a secret cache or two awaiting re-discovery in 1998).

My theme for this report is taken from the December 2, 1998, article in the Santa Fe New Mexican having a headline heralding "Dementia and Creativity: Are They Connected?"

It so happens that a wealthy Californian stockbroker was diagnosed as suffering from frontotemporal dementia, a tragic wasting disease of the brain. The stockbroker began to paint. He quit his job to concentrate on being an artist. "He developed odd compulsions, like searching the street for coins."

"A borderline psychosis has the ability to shape the creativity that pours out." And now you know the rest of the story.

But if you do not get it, here it is--the accounting for coinage collected from the gutters and curbs of the urban fleshpots for fleet feet:

Quarters: 21  
Dimes : 70  
Nickels : 32  
Pennies : 535  
One Canadian penny (1948)  
Two 25 Danmarks  
Total Finds: 661 (a record)

For prior reports, see Mile Marker issues: September 1996; March, 1997; February, 1998. All Striders certainly save these issues.

"Experts still are far from understanding where creativity comes from, and how it may or may not coexist with illnesses or the brain, be they neurological or psychiatric in origin."

I am experiencing moments of lucidity that allow me to keep a fast foot in the realm of reality. This may be hard for the reader to accept given the obsession to detail reflected by the following listing of specific third party contributions to the product above reported:

1. Bob Werner: one penny, Blue Corn World Head Quarters, 7/14/98; one dime, Camino San Acacio, 1/25/98; one penny, dirt Alameda, 7/28/98.
2. Jonathan Brown Sutin, Successor Trustee: one penny, Broadway and Martin Luther King, Jr. Boulevard, 7/2/98.
3. Esther S. Sutin: one dime, Albertsons, 6/11/98; one penny, Washington Avenue, Zozobra night (could have been flattened); one dime, Santa Fe Airport, 7/28/98; one penny, Acequia Madre, 1/26/98.
4. Ian Sutin Macdonald: one penny, Santa Fe Pacific Ry. to Lamy, 6/4/98; one penny, Safeway parking lot, Palo Alto, California (?date).
5. Jennifer Sutin Leonard: one penny, Raphael Chicago, Chicago, Illinois; one penny, Broadway Plaza, Walnut Creek, California (?date)
6. Zak Leonard: one penny, Tucson Mall, Tucson, Arizona, Walnut Creek, California, 4/15/98; one penny, Capitola, California, 9/98.

"Some eminently sound minds have produced great art... Yet illness and art are also "closely linked." "

Respectfully submitted:

/s/ Mike Sutin

Mike Sutin, former Fund trustee and contributing artist (poet) to Mile Markers.

cc: Jonathan Brown Sutin, Trustee

## 5. Why do you run?

**Kris:** Ummmm. I could go on here about stress management and outlets and fitness and competition, but in reality it's a way to challenge myself, meet people, and have fun.

**Beth:** So as not to embarrass self in triathlons. Fitness, mental health.

**Suzanne:** It's an easy way to stay in shape while consuming mass quantities of food!

**Jeremy:** Why not?

## 6. What other activities do you enjoy?

**Kris:** Biking, swimming, skiing, climbing, sex, drinking, eating, breathing...**Beth:** Triathlon, karate, reading, family time, travel.

**Suzanne:** Hiking, cross-country skiing, swimming reading

**Jeremy:** Many athletic and non-athletic things from acrobatics to zymurgy, from a-capella singing to zen-golf.

## 7. Why did you agree to be a Striders officer?

**Kris:** Blackmail. If I didn't agree to it, certain Striders would release embarrassing stories about me. Actually, I volunteered because the Striders is a good organization and is going places. I think I can contribute to that.

**Beth:** I said I was willing to do "a little something". I couldn't make it to the election meeting, and voila! I'm VP already!

**Suzanne:** The first year my husband Dan volunteered me, and after that it just seemed like the thing to keep on doing.

**Jeremy:** I'm hoping this job will be a stepping stone to the paparazzi.

## 8. What plans do you have for the Striders in 1999?

**Kris:** Increasing membership and involvement. We have a great core of people involved that have done great service to the club. But we need to get more members active.

**Beth:** Publicize the Striders and recruit new athletes.

**Suzanne:** I would like to involve more members in the volunteer activities that we take part in throughout the year. Most of the activities are races that benefit worthy causes, and I think it is a great way in which lend a hand to the community.

**Jeremy:** Put more embarrassing pictures in the newsletter.

## 9. What's the weirdest thing that has happened to you while running?

**Kris:** I met this guy named Yang...

**Beth:** Running in the Eldorado wilderness area with my dog Paddington, we heard a coyote, close by, who then proceeded to follow us for over a mile. Were we being stalked or was he just getting a workout?

**Suzanne:** I was overtaken on a trail run in Virginia by a big, burly naked man (wearing running shoes, no less... and no more), who was being pursued by two cops. The strange thing is, at the time, this scene didn't frighten me; I was just amazed by how fast all three of them were. I never did catch up with them, I never did find out what transpired in the end, and I never ran on that trail again!

**Jeremy:** Running through the French Quarter, during Mardi Gras, has to take the (King) Cake.

*Say HI to the officers at the next Striders run and tell them your suggestions for 1999!*

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## Tucson Marathon Report

In the freezing predawn hours, runners boarded busses for the Tucson Marathon on Dec. 6. Luckily the rain had stopped, but temperatures remained in the 30's (not the typical gorgeous SW day) leaving icy spots on the road. All was going well until about 1.75 hrs into the race when a headwind developed... gusts up to 30-40 mph which continued to strengthen as the morning wore on. This, of course, provided runners with the necessary excuse they needed to not run the target time. The course ran down along side the Santa Catalina mountains for gorgeous vistas stretching for 100's of miles. There were 1030 finishers.

I ran a 3:15, for 1st age and 2nd masters 15th woman, 130/1030 (It was a PR for me by 7 minutes, providing support that increased training WILL overcome increased age, YEAH!) But what was really great, was the "age adjusted time" (whatever that mathematical function is) posted next to our finishing times. Mine was 2:49:11!!!!

-Barb Dutrow.

*Congratulations Barb! You should see my "age adjusted hair-line" -- it hasn't receded at all! And my "age adjusted skin" has not a single wrinkle! -ed.*

Santa Fe Screenprinters and the Santa Fe Striders  
with lots of help from Las Campanas  
present  
**CORRIDA DE LOS LOCOS**

Saturday, Jan. 23, 1999 at 9 a.m.  
Race day registration begins at 8 a.m

Start and finish at Las Campanas clubhouse--see map and directions  
4.1-mile course is hilly and very scenic

Entry fees: \$12 in advance, \$15 race day      Striders members: \$10 advance, \$13 race day

Awards: Ribbons to top three male and female finishers in age groups 14-19, 20-29, 30-39,  
40-49, 50-59, 60-69, 70 and over

Long-sleeve T-shirts to first 175 entrants

Packet pickup on day of race only

For more information, call John Pollak at 983-2144 or Tom Day at 473-3159  
between 9 a.m. and 9 p.m..

Make checks payable to Santa Fe Striders. Advance registrants, mail to Santa Fe Striders, PO  
Box 1818, Santa Fe, NM 87504

ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

Telephone number \_\_\_\_\_

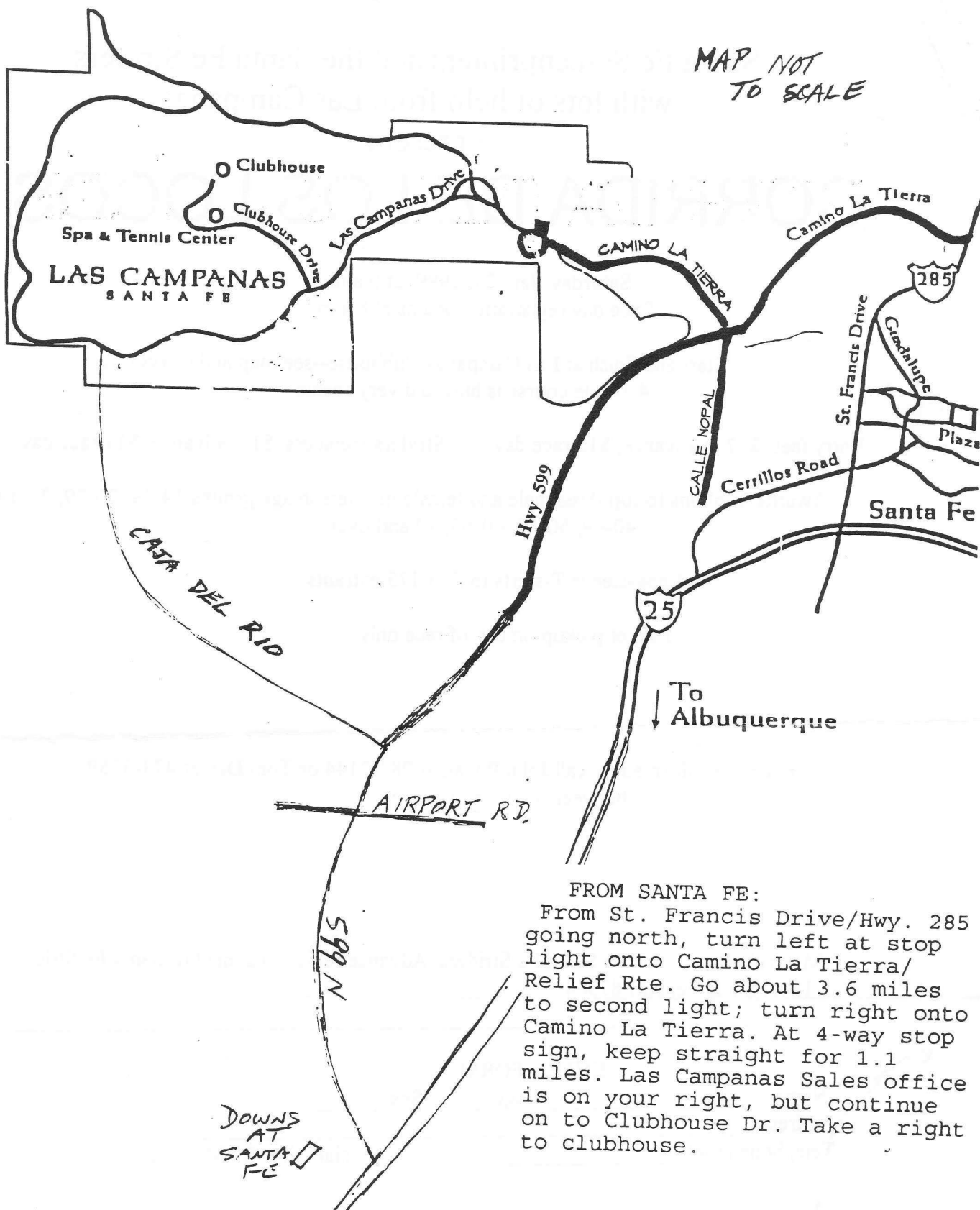
T-shirt size S M L XL

Winter running can be especially hazardous. I release all sponsors, workers, and race volunteers, including Santa Fe Striders, Santa Fe Screenprinters and Las Campanas, from liability for any injury incurred. I am sufficiently fit to run this race and assume all responsibility should anything bad happen to me.

Signed: \_\_\_\_\_

Parents signature (if for minor) \_\_\_\_\_

MUST BE SIGNED



#### BYPASS MAP TO LAS CAMPANAS COMING NORTH FROM ALBUQUERQUE

Traveling north on I-25, go just past the Santa Fe Downs and take Highway 599 North. Go through the 4-way stop at Airport Rd. Go 1.4 miles to Caja del Rio Rd. and turn left. Go 3.9 miles on Caja del Rio. It will deadend at Camino Las Campanas. Turn right onto Camino Las Campanas. Go 1.7 miles to Clubhouse Drive. Turn left onto Clubhouse Drive.



### Jane Bryl

Jane Bryl of Albuquerque passed away last week at age 53 after a long battle with melanoma. She was well known and well liked among the running community, as co-owner of Fleet Feet with her husband John. She was a great supporter of running in New Mexico, sponsoring races and individual runners, and offering discounts to running clubs. She is survived by her husband and two daughters. She will be greatly missed.

### Sunmart Texas Trail Endurance Runs

**50 mile:** Susan Gardner, #170, 10:19.

**50K:** Kris Kern, #42, 4:31

Ray Tell, #249, 6:06

## Announcing! The 1999 Mt. Taylor Winter Quadrathlon Training and Brunch Series.

### SCHEDULE CHANGE!!

**To not conflict with the Locos Run, the 2nd workout will be on Saturday, Jan. 16th, not Jan. 23rd.**

Again we'll meet at Aspen Vista at 8am sharp. At the December workout, due to the paucity of snow, we ran to the ski area and snowshoed there on plenty of snow (albeit man-made).

Spread the word! The more the colder.

And be sure to check the Quad web page at:

<http://www.grants.org/new/quad/quad.htm>

For more info, contact me or Jeremy.

--Kris Kern (661-6293).

*(After the workouts, seasoned Quad veterans will offer extensive and authoritative-sounding albeit contradictory advice and precautions on successful Quad training and survival!)*

## TIME TO RENEW!

### Resolve to Renew Your Striders Membership!

It is time to renew your Striders membership for 1999. Don't miss any of the last 12 issues of this millenium! Our operators are standing by! Act now! Send in your \$15!

This January issue of Mile Markers is being sent to all 1998 members, but in February we must delete unrenewed members from the mailing list.

### 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.

### 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](mailto:jj@daylight.com).

### 1999 Striders officers:

Kris Kern, president, 661-6293

[kernkt@gat.com](mailto:kernkt@gat.com)

Beth Rauch, vice president, 466-2729

Suzanne Garney, treasurer, 473-9073

[suzanne\\_garney@erim-int.org](mailto:suzanne_garney@erim-int.org)

Jeremy Yang, newsletter editor, 341-9526

[jj@daylight.com](mailto: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.

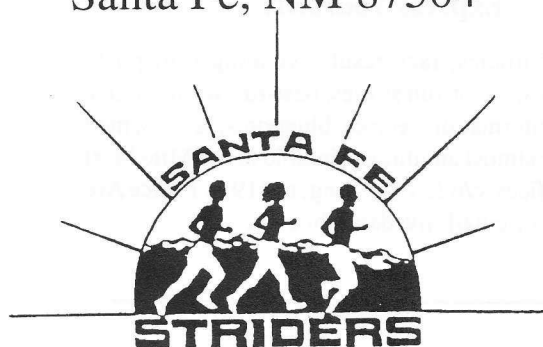
\_\_\_\_\_  
Date

## Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



Diana Hardy & Jim Westmoreland  
2363 Camino Carlos Rey  
Santa Fe, NM 87505