



# Mile Markers

*We Give You the Run-Around*

February 1999 Volume 21, No. 2.

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

## '99 Locos Loops Lovely Las Campanas

139 runners showed up for the 1999 Corrida de Los Locos, held for the first time at Las Campanas, on Saturday, January 23rd. The new course began and finished at the golf clubhouse, and toured the golf course along the cart paths for four miles. The new venue was well received by participants. The course was scenic, safe, and challenging, with lots of small hills to cover (rollers, in biker lingo).

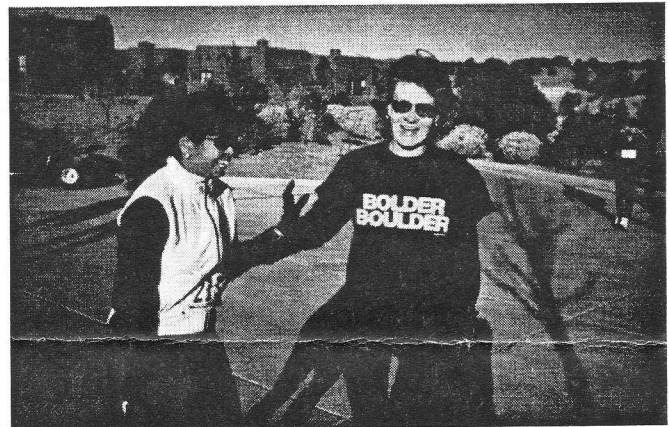
Organized by the Striders in cooperation with Las Campanas, the race directors were John Pollack and Tom Day, with Dale Goering setting the course. And now a word from the female winner, Diana Hardy:

"To Dale and Kenny Goering, Tom Day, and John and Nancy Pollack - The Race Directors for the Los Locos Run:

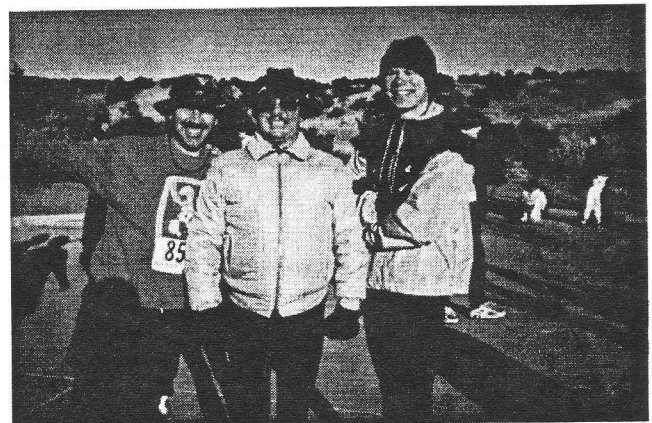
Thank you for organizing a fantastic race! It was indeed a first-class event. You also had a good turn out of participants, despite the schedule change done 1 - 2 months ago. The weather was perfect: the temperature was cold at the start, but it was great for running and there were no headwinds to contend with. The course was challenging: there was hardly a flat stretch during the difficult 4.1 miles. Needless to say, my calf muscles were sore the next day.

The course was beautiful: we could see the Santa Fe and Jemez mountains in the distance and we were running in a uncrowded, somewhat rural environment. The breath-taking views and the up-and-down motion of the course took my mind off my own lack of oxygen. The facilities were up-scale: we convened and socialized in the warm "garage" of the Las Campanas clubhouse and the bathrooms were nice. The event flowed smoothly: you started the race on-time, you got the results out

*(continued on p.4)*



*Chalouy Jermance and Kathy Kirsling share a laugh and enjoy the morning.*



*Ray Cody, Dick Danforth and Bob Lucker are ready and raring to go, more or less.*

## RACE CALENDAR

### February 1999

- 7 **MRU Winter Runaround** - Albuquerque, 271-2746
- 13 **Mt. Taylor Winter Quadrathlon** - Grants, 287-4802, 800-748-2142, [www.grants.org](http://www.grants.org)
- 14 **Jane Bryl President's Day Run** - 10k/5k, Rio Rancho, 891-9640.
- 27 **Cahoon Park Run**- 10k, Roswell, 624-6720.

### March 1999

- 7 **Run for Our Kids**- 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, 982-1889.

### 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.
- 11 **Run for the Ditches**- 10K/5K, Albuquerque, 345-1100.
- 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.

### May1999

- 1? **Shiprock Marathon & Relay**- 598-0117.
- 1? **Zoo Run** - 10K/5k, Roswell, 627-5507.
- 2? **Run for the Zoo** - 10K/5k, Albuquerque, 764-6280.
- 2? **Seeds of Awareness 10K** - Santa Fe, 988-1951.
- 2? **AOC All Comers Track/Field** - Albuquerque, 293-3693.
- 8? **Bandelier Marathon & Relay** - Los Alamos, 672-0816.
- 22 **Rape Crisis Center 10K/5K** - Santa Fe.

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

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



### Recommended

The Mt. Taylor Quadrathlon in Grants on Feb. 13th may be the best organized endurance event in New Mexico. Of course, it has little choice, with four sports, three transition areas and seven transitions for 600 athletes. The town of Grants seems to all volunteer for this mid-winter sports festival. Go solo or in a team. See [www.grants.org/new/quad/](http://www.grants.org/new/quad/).

**Santa Fe Snowshoe Race this weekend! -- See flyer this issue.**

## THE ANCIENT RUNNER

The world of the runner is full of gurus and shamans. Despite their implied promises and the advice of cardiologists, orthopods, podiatrists and urologists, we are all going to slow down as we age, probably suffer injuries which take longer to heal, and eventually we will meet the grim reaper.

We seek salves, punctures, massages, pills, and magic elixirs that would guarantee us more time on the road. But, like our sedentary sisters and brothers, we are flesh and bone, blood and sinew, skin, hair and teeth. All the characteristics that propel us down the road, propel us ever surely toward the day when we must acknowledge that our watches are accurate and we have lost some seconds, perhaps even minutes, from our training and racing paces.

Our slower resting pulse rate, the pureness of our pores, our superior oxygen efficiency, although promoting greater sense of well being, will not alter the fact that we are slowing with age. True, we may think we look better, we may be certain we feel better, we may even reason that we think better .... but, mostly, .... we dazzle ourselves and our friends with claims which are, at best, subjective.

Each of my own daily runs reminds me of my sixty and three years of human frailty. The aching Achilles' tendon in my right lower extremity, the rebelling plantar fascia in the left, an old overstretched calf muscle, an ancient pulled groin, all awaken me each time I run to an awareness of the mortal being that I am. As I stumble about like a spastic sloth during the first mile or two of every run, I wonder why I am not arrested for public drunkenness. But, as my frame and attached parts warm to the task, and my mind drifts toward the elusive "runner's high," my integrated wholeness comes together. I, once again, shift from the staggering old guy I seem to have become, toward the smooth machine of youth that my primal self knows I am. The pace quickens as the pain decreases and I become at first a loping cat and then a swift gazelle as I glide over the street that, only moments ago, was the pounding enemy.

Halfway through my eight miler I am at one with nature. I fit, somehow, into the created order of all things. As I reach the open desert course, where my running trail often takes me, it becomes the rolling tundra, the savannah, the mountain pass, the desert vastness of milleniums ago. The small animals and birds are my relatives. The arroyo I cross becomes the dry river bed of some long forgotten time and the ancient junipers wave their centuries of growth to remind me of my kinship with ages past. In some unexplainable way, the sky seems bluer and the crisp air brings all senses into total alertness. For a moment .... I feel immortal.

In the last few minutes of my run, as I pass the house of my good neighbor, I see him sitting in his recliner, nursing a beer and peering out at me over his roll of excess fat. I

acknowledge that fate may make him my pallbearer .... but, in truth, he will never experience the totality of life that I experience each day that I run. For if I have run today, I have truly lived. I tuck myself into bed knowing I am a physically and mentally superior being. I am not shaken from that faith until the morrow .... when I creak and groan, drag my moribund self from my bed, and stumble on ruined legs to stoop beneath a hot shower until I am able, at last, to stand erect. In half an hour I no longer limp and whimper and I begin to plan for the next run. For, you see, on the next run I will fleetingly regain my eternal self.

Foolishness? Oh yes! But, in the momentary wholeness, what does the foolishness matter?

-Jay Pierson

### Hot Cocoa

My Sunday run begins at crack of dawn.  
I must not wake my sleeping spouse and son.  
I steal from warmth of bed to night of pitch,  
unslip the latch to exit slavery's gate  
and enter freedom's road without a sound.

The morning orange halogen distorts  
the wall of fog that frames the frozen way  
while tips of fingers numb by break of day.  
The slap of rubber sap upon the asphalt  
is absorbed within the wetness of my breath.

It's hard to know how runners get a high  
from exercise designed to start the heart  
before the day star rises in the darkened east.  
Perhaps it's knowing that the family sleeps  
while no demands disturb my distant dreams,

or interfere with composition of blank verse  
to occupy a mind that seeks a space  
in which to reverence the silenced black  
and thoughts of nature's god, of deserved peace,  
well-earned when life's loop runs at journey's  
end.

-Mike Sutin

(LOCOS - continued from p.1)

quickly, and you provided nutritious snacks and warm drinks for us to replenish ourselves afterwards.

The awards were unique: I happen to be the first woman finisher - a lucky incident - but then, I was chasing after Jeremy Yang the whole way. Thank you for not getting those silly trophies that stand 3 feet high! I will enjoy the plaque and the pottery bowl much better for years to come.

I look forward to participating/assisting in next year's event. You will be a tough act to follow!"

Regards,

- Diana Hardy

LOS LOCOS '99 - RESULTS

1. Ben Ortega	22:43
2. Eric Peters	22:54
3. Craig Heacock	23:24
4. Leon Serna	24:07
5. Tom Burnett	24:10
6. Ibo Toonces	24:33
7. Dennis Rinde	24:39
8. Peter Fant	24:55
9. Duncan Hammand	25:10
10. Charlie Drysdale	25:24
11. Jim Westmoreland	25:49
12. Steve Chase	26:24
13. Chris Lopez	26:35
14. Eric Rogers	26:49
15. Dan Anaya	26:56
16. Alex Montano	27:05
17. Ted Atkins	27:07
18. Vincent Martinez	27:09
19. Tobin Olpach	27:12
20. Richard Curry	27:42
21. Pete Romero	27:52
22. Jorge Atuna	27:53
23. Jeremy Yang	27:56
24. John Valdez	28:05
25. Michael Rivera	28:11
26. Diana Hardy	28:15
27. Mike Sisneros	28:24
28. Scott Darling	28:40
29. Joseph Cortez	28:43
30. Sean McCormick	29:28
31. Patty Danforth	29:33
32. Kris Kern	29:39
33. Robert Findling	29:50
34. Michael Benelli	30:30
35. Robert Werner	30:33
36. Douglas Hughes	30:59
37. Eddie Estrada	31:11
38. Shari Kelly	31:18
39. Burt Grapin	31:20
40. Trish Shain	31:24
41. Lewis Terr	31:59
42. Wolky Toll	32:20
43. Jim Hannan	32:23

44. Amy Oleson	32:25	92. Ray Cody	36:42
45. Cecil Stark	32:28	93. Maria Day	36:53
46. Lynn Pickara	32:31	94. Rob Day	36:53
47. Lou Tilmont	32:33	95. Jon Schlusser	37:00
48. Reynie Quintela	32:36	96. John Jennings	37:07
49. Tony Gonzales	32:41	97. Ted Williams	37:09
50. David Giles	32:44	98. Ernest Rocha	37:14
51. Kathy Kirsling	32:45	99. Caryl Acuna	37:34
52. Dan Kelly	32:50	100. Chalouy Jermance	37:36
53. Darla Graff	32:52	101. Chuck Wilder	37:41
54. Holland Shepard	32:53	102. Dick Danforth	38:01
55. Gavin Lujan	32:56	103. Adam Price	38:10
56. John Loleit	33:01	104. Rebecca Lujan	38:13
57. David Likoff	33:11	105. Jim Vanevery	38:30
58. Kevin Skely	33:13	106. Kathleen Flaherty	38:53
59. Judy Patel	33:19	107. Arturo Sanchez	39:04
60. Tove Shere	33:22	108. Elizabeth Chambers	39:10
61. Manuel Jaramillo	33:23	109. Amy Ecclesine	39:35
62. Judy Winnegar	33:34	110. Glenn Thornton	39:40
63. Steve Rogers	33:38	111. Timothy Chavez	39:58
64. Randy Perraglio	33:44	112. George Llewellyn	39:59
65. Scott Hubbard	33:51	113. Jake Garcia	40:24
66. Bob Luckner	33:57	114. Sally McLean	40:44
67. Shane Campbell	34:03	115. Nat Shipman	40:58
68. Gus Lujan	34:08	116. Gary Richards	41:01
69. Vivian Reinikainen	34:12	117. Catherine Auckland	41:13
70. Lori Lynch	34:17	118. Michelle Wykoff	41:15
71. Steven Desgeorges	34:24	119. Rhonda Black	41:22
72. Richard Kelly	34:27	120. Lisa Haley	41:22
73. Shaun Murray	34:38	121. Ellen Grapin	41:37
74. Charles McCanna	34:46	122. Anna Maestas	41:43
75. Paul Martinez	34:47	123. Carolyn Robinson	42:19
76. Michael Dyea	34:49	124. June Dickinson	42:40
77. Roger Liljestrang	34:57	125. Ellen McCrary	42:45
78. Edmundo Perez	35:18	126. Karen Mensing	42:53
79. Mike Sutin	35:30	127. Christine Doyle	43:09
80. Beth Davenport	35:23	128. Evelyn Schwartz	43:37
81. Margaret Murray	35:35	129. Nicole Burnett	43:38
82. Jerry Shere	35:36	130. Marna Burnett	43:39
83. Donna Berg	35:48	131. Samantha Thomas	44:03
84. Jessica Stenz	35:50	132. Robert Aragon	44:36
85. Kris Peterson	35:54	133. Jim Corbin	46:55
86. Alex Tafoya	36:10	134. William Hall	53:57
87. Phillip Crump	36:18	135. Jeff Sobol	60:51
88. Roy Cope	36:18	136. Joan Malone	61:44
89. Martha Sutter	36:24	137. Maxine Blake	61:58
90. Michael Glenn	36:25	138. Joseph Montoya	61:58
91. Christy Kelly	36:26	139. Wayne Quilico	68:10



Tom Day and Dale Goering mark the course in their luxurious Las Campañas executive golf cart.



# Quest Mortgage

*It's Not A Great Rate Without Great Service.*



SNOWSHOES ACCESSORIES

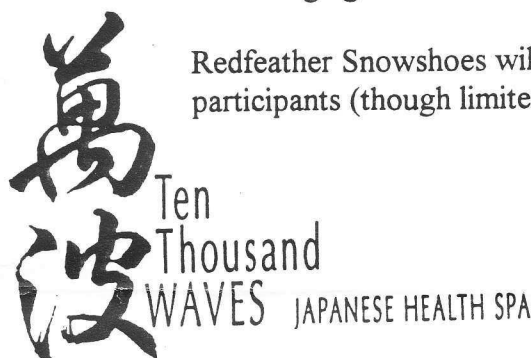
## The Sixth Annual Santa Fe Snowshoe Classic

Sunday, January 31 10:00 am  
Hyde Memorial State Park

A 4.5 mile wilderness run on the Borrego and Bear Wallow Trails, starting and finishing in the State Park (exactly one mile after the Park Headquarters)

Age group and raffle prizes (including Redfeather snowshoes!), clean mountain air, and a challenging and beautiful course

Redfeather Snowshoes will be available for inexpensive rental; parking is free for all participants (though limited-- please carpool!)



Low snow location--Norski Trail, on left just before the SF Ski Basin, same time and date-- call if conditions look questionable. Cash prizes for biggest carpools!!  
For more info or carpool connections call Craig at 260-4714 (ABQ) or John at 992-8316 (Santa Fe)

### Santa Fe Snowshoe Classic

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

Address \_\_\_\_\_ Phone \_\_\_\_\_

City, Zip \_\_\_\_\_ Need to rent snowshoes? \_\_\_\_\_ (\$3 extra)

Waiver: I, the undersigned, do hereby agree to hold harmless the race directors, race volunteers, sponsors, and all related parties from any and all liability resulting from my participation in this race. I verify that I am physically fit and capable of running in this event and have sufficiently trained for this race. I realize that there are serious risks inherent in the sport of snowshoeing and am willing to accept the results of those risks.

Signature \_\_\_\_\_ (Parent's signature if under 18)

Make checks payable to: Craig Heacock/SFSC (\$8 before Jan. 24, \$12 after)

Snowshoe rental not guaranteed for day of race registration-- 40 pairs will be available-- Reserve early!

Send to: 336 Tulane Pl. NE, ABQ NM, 87106



Camping Equipment & Outdoor Clothing

### New Members:

Omar Diaz  
J. Curt Hoffman  
Amy Oleson  
Samantha Thomas  
Robert Findling  
Darla Graff  
Vivian Reinikainen

Welcome to the Striders!

### February Meeting

The February Striders meeting, social and potluck will be held at Beth Rauch's house in Eldorado, on Tuesday, February 9th. Directions: Take the Lamy/Eldorado exit off I-25, 2nd light right onto Avenida Vista Grande (at Agora Mall), past the RR tracks, right on Azul (tenth right after RR tracks), then the third right on Camerada Rd. to #7. 466-2729.

Potluck and social begins at 7pm, followed by various notions, motions and promotions. **ALL ARE WELCOME AND ENCOURAGED TO ATTEND!**

### Salvation Army Thanks Striders

Salvation Army officers John and Dee Webb sent the Striders a thank you letter expressing their deep gratitude for the Fowl Day Run and the food donations from it. The 1500 pounds of food included 26 turkeys and 45 boxes of food, the most ever. Great work Striders!

-Kris Kern.

### Shoe Drive Continues!

At the January meeting we collected about 10 pairs of used running shoes for our shoe drive. Wings of America has contacted Billy Mills at Pine Ridge and we will soon ship the shoes to needy runners. We will send a second shipment in February, so bring your cleaned, used running shoes to the February meeting!

### Local runner qualifies for Olympic trials

Santa Fe runner Josie Edwards-Scott qualified for the Olympic marathon trials next year by running the Houston Marathon on January 17 in a time of 2:48:30, 11th woman in a world class field. Congratulations Josie!



## PAST DUE TO RENEW!

### 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!

Unrenewed members will be deleted from the database this month (hey, I'm not kidding this time!).

### 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 or 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