



Mile Markers

We Give You the Run-Around

September 1999

Volume 21, No. 9.

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

The 1999 Pike's Peak Ascent and Marathon

On August 21-22 were the Pike's Peak Ascent and Marathon, respectively, each starting in Manitou Springs, Co., climbing 7800' to the summit of Pike's Peak, at 14,100. Several Striders and other locals were among the 1595 ascent and 740 marathon finishers. Most notably, Strider Erica Larson won the marathon in her first attempt (having done the ascent twice), reaching the summit in 3:05 and descending in 1:41 for a total of 4:46. Here are some of Erica's comments:

Going down was actually fun and you could really go hard. I think going down could be tedious if you were having a bad day though. The most challenging thing was keeping your undivided attention and concentration on the footing. It was easy to almost get out of control on the steep parts. But I only had one little fall.

I felt great the whole race. I just had a really good day. When I got to the top, I felt strong and I knew I would be able to really push on the way down. I thought it was a little warm until we got above tree line. There was a cloud right over the peak while we were running which made it nice and cool near the top. That was one of the most satisfying races for me. I really enjoy the mountain running.

Other results:

On his 13th ascent, Dale Goering placed for the 10th time, 1st 65-69 in 3:49.

Barb Dutrow was 3rd 40-45 in 3:28.

Renowned local ultra-mountain runner Senovio "Leo" Torres of Cordova, NM, got a new age group record for 45-49 (3:59).

Gretchen Ellis of Los Alamos was 1st 25-29 at 2:53.

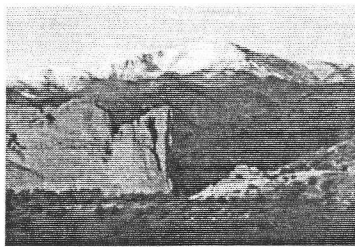
Beth Davenport, Carl Gable, Jeremy

Yang, Paul Maudlin, Steve Ellis, also completed the ascent, and Chris Chavez completed the marathon.

Having completed my first ascent, I must say this event is impressive in many ways. As with our La Luz run, you stand at the start line with the finish line in full view atop a formidable mountain. Pike's Peak looms above as it has for genera-

tions before, for native peoples, for westward explorers and migrants and adventurers. The distance from City Hall in Manitou Springs to the summit is coincidentally 13.3 miles, very close to a half-marathon, so the marathon is almost exactly the round trip. Also impressive are the organizational and logistical accomplishments of the organizers. Delivering water, food, equipment, volunteers, and emergency services to the top and several aid stations, coordinating a convoy of 20 vans and additional busses to retrieve the ascenders, plus the expertly executed registration apparatus were all exceptionally well done. The run itself is increasingly impressive, as the miles and vertical feet go by. I started slow, trying to save myself for the killer last 3 miles above treeline that Dale had warned me about. I sang the Supremes' "Ain't No Mountain High Enough" to a mostly ambivalent audience though I was having my doubts. Indeed, at 11 miles my fatigue was supplemented by a vague dizziness encouraging me to pat the boulders lovingly as I passed, but I didn't resort to hugging them as several needed to. On top there were a lot of happy folks, completely "high" on Pike's Peak.

-Jeremy Yang.



RACE CALENDAR

>>> September <<<

Sep 4: Eldorado 5K, Santa Fe, NM - TrishShain - 505-466-6443
 Sep 5: Governor Gary Johnson 10K Run/10KWalk, Cloudcroft, NM - Don Hoffman, 505-682-2984
 Sep 6: Santa Fe Trail Run 5/10K, SantaFe, NM - Patrick Casey - 505-982-3630
 Sep 6: Turtle Marathon, 1/2 Mar. 5K Run/Walk, Roswell, NM - 505-627-5507
 Sep 11: Westside Trotter's Run For Diabetes 5K/10Mile, Alb., NM - Patrice Leddy, 505-899-1487
 Sep 11: Imogene Pass Run, Ouray, CO, www.csbservices.com/ipr/ipr.htm
 Sep 11: Cibola Duathlon, Grants, 5k run/30k bike/5k run, 287-7927x229.
 Sep 12: Santa Barbara Loop Mountain Run, 30.5 Miles, Penasco, NM - 505-662-2397
 Sep 12: 5th Annual Run For The Hills 5/10K, 5KWalk, Alb., NM - Robert Taylor - 505-823-9360
 Sep 12: Run The Lifecourse 10K, Farmington, NM - Debbie Mosley - 505-599-6139
 Sep 18: Memory 3K Walk/5K Run For Alzheimers, Alb., NM - Edee Snider, 505-266-4473
 Sep 18: Coronado's Curse Run, 5K/10K, Zuni, NM - 505-782-2665
 Sep 18: Run For Recycling 10K/5K, Hobbs, NM - 505-392-3971
 Sep 19: New Mexico Marathon, Alb., NM - Charles Otero - 505-345-4274
 Sep 19: 5th Annual Belen Noon Optimists Run For Non-Violence 10K/5K, Belen, NM - Michael Calderon, 505-864-7283
 Sep 19: Greyhound Rescue Run 10K/5K, 2 Mile Walk, Alb., NM - Gil's, 505-268-6300
 Sep 25: 3rd Annual Run for the B.E.A.C.H.. 5K Run, Ruidoso, NM - Cathy, 505-257-9251 or 505-257-6624
 Sep 26: 16th Annual Sun Healthcare Duke City Marathon, Alb., NM - DCM HOTLINE-505-880-1414

>>> October <<<

Oct 2: The Whole Enchilada Festival 5K, 1 Mile, Las Cruces, NM - 505-527-5167
 Oct 3: Northern New Mexico Community College Eagle Run, 8:30am, 1 mile, 5K/10K
 Oct 3: Corrida De Taos 5/10K, 2 Mile

Walk, Taos, NM - Gil's, 505-268-6300
 Oct 3: South Baldy Ridge Mountain Run, 19 Miles, 60 miles east of Socorro, NM - 505 - 662-2397
 Oct 9: October Run 10K/3 Mile, 2 Mile Walk, Roswell, NM - 505-624-6720
 Oct 9: Big Tesuque 11.6 Mile Mountain Run, Santa Fe, NM - Peter Fant, 505-466-3837
 Oct 9: 2nd Annual Bean Valley Races 10K/5K, Moriarty, NM - Susan Simons - 505-286-3162
 Oct 10: 4th Annual La Loma 5/10K, 1 Mile, Rio Rancho, NM - Ruben Gallegos, 505-891-9640
 Oct 16: Fall Classic 5/10K Run/Walk, Las Cruces, NM - 505-524-7824
 Oct 16: Cibola Duathlon 5K Run-30K Bike-5K Run, Grants, NM - 505-287-7927, ext. 228 or 229
 Oct 17: 15th Corrales Harvest Festival 5K Run/Walk, 10K Run, Corrales, NM - Gil's, 505-268-6300
 Oct 23: Lincoln Family Fun Run 5K Run/Walk, Rio Rancho, NM - Gil's, 505-268-6300
 Oct 23: 12th Annual Ryan's 5K Run & 2 Mile Walk, Alb., NM - Patrick Strosnider, 505-842-8960
 Oct 24: Parkinson's Run 5K/10K Runs & 2 Mile Walk, Alb., NM - Gil - 505-268-6300

>>> November <<<

Nov 6: Stone Lions Mountain Run, 20.4 Miles, Los Alamos, NM - 505-662-

Please confirm dates and race data with organizers! Corrections? Additions? Recommendations? Send 'em in! -ed.

RECOMMENDATION

The Santa Fe Trail Run on Labor Day, September 6th, is organized very well by the Santa Fe Fiesta Council and is well attended by runners and spectators. It's fun, festive, well policed and monitored, and you can finish to the sounds of a mariachi band. *¡Que Viva la Corrida de la Fiesta!*

Ragbrai XXVII

Register's Annual Greater Bicycle Ride Across Iowa

During the last week of July, David Giles, Phil Pannabecker, Jake & Jean Carls and I participated in a rather unusual biking event. Talk about a race directors nightmare. 8500 registered riders, 3500 day riders, plus those bikers that just jump in for the ride. The ride lasts 7 days and goes on a different route each year. This year we rode from a starting city of Rock Springs to Bellevue, across the state in a zig-zag fashion. We stayed in very small towns for the night. Imagine 15000 people invading a city the size of Los Alamos or smaller. In some cases the size of the city doubled. So how does one provide showers, food, entertainment and housing for such an event? Most of the cities had committees that met for 9 months prior to the event.

Most of the cities blocked off the entire down town area-bikes only. Food vendors had a field day. Each city would put out a publication the day before we would arrive and let us know where the food, entertainment, etc. would be located in the next town. Midwestern hospitality is somewhat different than we are used to. Often people would give you a key to their house and let you have the run of the place. We stayed in the city manager's house one night. Most of the nights we stayed in our own tents. One of our tents blew away one night. One other night we had lightning strikes very close to our camp site. A little bit of excitement.

You see almost anything and everything in this kind of a ride. The first town we rode through, there were so many bikes on the street, we had to get off the bikes and walk them through town. You could start riding any time you wanted to each morning. Some started as early as 4:30 Am and others waited till 10: AM. This meant that 50 miles of road were completely covered with bicycles. At one point I counted-it took us only 5 minutes to pass 100 bicycles. All 50 states were represented, plus 13 Foreign countries. Many bike clubs have their own team buses with rack on top so they could dance & party half the night. Many teams had special T-Shirts-we saw helmets with Spam cans attached, helmets with toilet paper rolls, helmets with Martini glasses attached. We saw all kinds of bikes-recumbents, old bikes, new bikes, fat women, mountain bikes, etc. We saw one guy riding without a bicycle seat. 75 miles standing up can't be comfortable.

The down side to this years event was the weather. The "Veterans" said this was the longest, hardest and hottest event ever. One day it got to 102 degrees (air temp) with humidity near 90%-the heat index was 122 and the pavement temp. was near 130 degrees. Needless to say many people had to drop out. Phil and I hung in to the very end-530 miles in 7 days and we dipped our wheels into the

Mighty Mississippi.

This event is so popular that it is getting rather difficult to get in. We had some Iowa connections. If anyone is interested, the event has extensive coverage on the Internet. This truly is a great event. Maybe another year.

-Dale Goering

RECIPE: A new twist on pasta from Rick Gee

Pasta Pancakes:

1 Tbsp. Olive oil
3 cups cooked spaghetti
1 egg (or two egg whites)
1/4 to 1/3 cup parmesan cheese
1 tsp. Black pepper
1 tsp. Italian seasoning
Cayenne pepper to taste

Combine egg, cheese and seasonings in a large bowl. Add pasta and mix until pasta is evenly coated with egg mixture.

In a 12 inch non-stick skillet, heat oil over medium heat. Add pasta and spread out to cover pan bottom. Cook for 8-10 minutes on each side over medium heat, or until desired crispness. Optional: add more olive oil for second side crispness.

Notes:

*If you have only a 10 inch skillet, reduce pasta to 2 cups

*For even crispier pancakes, use extra thin spaghetti or vermicelli.

*Experiment with seasonings. Some of my favorites: rosemary, oregano, crushed red pepper instead of cayenne, garlic powder, feta cheese. Be creative.

Leadville 100-Miler

On August 21-22, Susan Gardner completed the Leadville 100-miler, a mountainous ultra-marathon starting in Leadville, Colorado. Here are some of her notes:

I've run a couple 100's, but this was my first Leadville. I trained harder and more thoughtfully for this race than any before. The first half of the race was marvelous. I love to climb and I was climbing well. The clouds kept the weather cool. I met some great people. I was lucky enough to have a stellar impromptu crew (Rod Hammond's crew and my pacers) meeting me — something I hadn't anticipated. I had a flower behind my ear, the run was beautiful, and life was great. The first real problem came at Winfield. I'd already changed out one contact lens at Twin Lakes — it had soaked up half the sun block from my face and had become as opaque as butter. My crew thankfully scrounged my glasses and had them for me at Twin Lakes. My brother and I headed out into the twilight, and I still felt good and reasonably cheerful. By Half Moon I was fading fast. I was having trouble running with my glasses in the dark and rain (I've never run with my glasses before), I had started feeling queezy and was therefore not eating enough, and my legs were tiring. I may have gone out too fast. My brother brought me into Fish Hatchery (we were counting step by now — run xxx steps, power walk xxx steps). My second pacer picked me up and we slogged through the night to the finish line. I finished, although there was nothing elegant about it.

I should be thankful and pleased that I finished, and I am. The course is spectacular and challenging, the aid stations friendly and well run, and, borrowing a phrase from Sarah Tynes, I loved every step (even the lousy ones).

-Susan Gardner

Sickness

Control of colon is increasing weak.
With frequency, the off-trail bush I seek.
This is a snail-like course to cop-a-peak.
It's slow, there's pain; I know of what I speak.

The lungs implode from chest with gentle wheeze.
Victim to fallen arch and aching knees,
as senior years approach the mid-sixties,
does each long run routinely fail to please?

The tops of hills now seem so hard to seize.
The pounding downs of dales are not with ease.
Despite the fact that no run is a breeze,
my lagging legs still succumb to the disease.

-Mike Sutin

September Striders Meeting

The September meeting will be held on Tuesday, September 14th at the home of Tove and Jerry Shere. Go south on Camino Carlos Rey across Rodeo Road until it ends at Governor Miles Dr. Turn right on Gov. Miles. Turn left on the second Nizhoni (its a loop). Then turn right on Pueblo Puye and go to 3045 on your right. Their phone number is 473-0388. Potluck begins at 7pm, followed by various agendas, motions, announcements, and other club business.

NNMCC/Española Eagle Run on October 3rd

On October 3 the Northern New Mexico Community College in Espanola, NM is having it's annual Eagle Run starting at 8:30a.m. The Run includes a 1 mile walk/run, 5K run and 10K run. It's for ages up to 60 and over. This run is held in conjunction with the Espanola Valley Arts Festival. -Bette Guillen <bguillen@nnm.cc.nm.us>, NNMCC

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 WORKOUTS

Track workouts are at Santa Fe High School, starting at 6:00pm, Tuesdays. Come one, come all, and bring a workout for us to try!

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 441 Greg Ave., SFNM 87501, or email jj@daylight.com.

1999 Striders officers:

Kris Kern, president, 661-6293
kernkt@gat.com
Beth Rauch, vice president, 466-2729
rauchbeth@aol.com
Kathy Mastoras, treasurer, 466-3837
pgkmfant@aol.com
Jeremy Yang, newsletter editor, 341-9526
jj@daylight.com



Northern New Mexico Community College

EAGLE RUN

Date: **Sunday, October 3, 1999**
Place: **NORTHERN'S Espanola Campus**

1 mile walk/run 8:30 A.M.
5K run..... 9:00 A.M.
10K run..... 9:30 A.M.

AGE GROUPS

9 & Under
10-14
15-19
20-29
30-39
40-49
50-59
60 & over

Trophies to top (3) male and female finishers in 5K & 10K. Certificates to top (3) male and female finishers in each age group. Ribbons to participants in 1 mile walk/run.

T-Shirts to first 150 registered runners

Registration Fee: \$12.00

Proceeds to NORTHERN'S Scholarship Fund

Call (505) 747-2117 or 2118 for more information

Registration is open up to 1/2 hour before each race

Mail or hand deliver registration forms and fee to:

CONTINUING EDUCATION Dept.

Northern NM Community College
921 Paseo de Oate
Espanola, NM 87532

Name _____

Phone _____

Address _____

City

State

Zip

Male _____ Female _____ Age _____ 5K _____ 10K _____ 1 Mi. _____
T-Shirt size: Boy's large _____ Men's Small _____ Med _____ Large _____ X Large _____

I hereby waive and/or release all rights and claims for damages I may have against the organizers and/or sponsors of the EAGLE RUN.

SIGNATURE OF APPLICANT OR PARENT IF UNDER 18 _____

HELD IN CONJUNCTION WITH THE ESPANOLA VALLEY ARTS FESTIVAL

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. _____

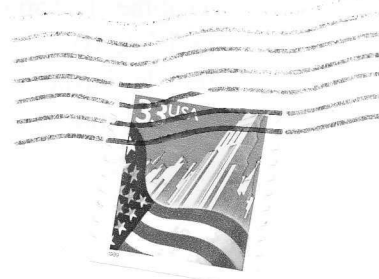
Date _____

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



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