



Mile Markers



We Give You the Run-Around

August 2000 Volume 22, No. 8.

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

Feature Event

The 6th Annual Eldorado Run/Walk 5K, 1 Mile Dash. and 1 Mile Fun Run, Saturday, August 26th. See enclosed entry form for more information.

Run for the B.E.A.C.H. 5K Run and Fun Walk

Breast Cancer Education, Awareness, Cure & Hope

The Fourth Annual Run for the B.E.A.C.H. will be held in beautiful Midtown Ruidoso, New Mexico on Saturday, September 30, 2000. Proceeds from the race are used to defray mammogram costs and expenses for the men and women of Lincoln County.

When: Saturday, September 30, 2000, 6:45 a.m. Registration & Packet pick-up, 7:40 a.m. Aerobic Warm-up w/ Cathi McIntosh, 8:00 start

Where: Ruidoso, NM

Fee: \$20.00. includes T-shirt.

Prizes: 1st, 2nd & 3rd place runner in each category. the prizes will be determined eight weeks before race date. Grand prize to overall fastest male and female runner. Keep your number handy as there will be a drawing for many other prizes. Also a special salute to breast cancer survivors.

For more information, see <http://www.ruidoso.net/beach>.

Barbara Crane" <cranes@zianet.com>

Come One, Come All! Club Meetings Held on Second Tuesday of Each Month at 7pm

On the 8th, the Striders Meeting will be graciously hosted by **Diana Hardy** and **Jim Westmoreland** at **2363 Camino Carlos Rey**. Their number is **438-8602**. See the map for directions.

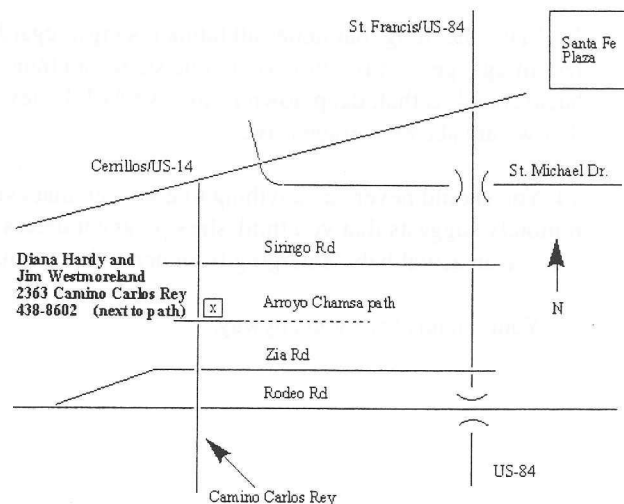
Lamy Run and Potluck

MRU is sponsoring its **annual Lamy run** and **potluck** brunch on Sunday morning **August 27th at 8:30 A.M.** This is a fun run. Walkers are also welcome. We will meet at the Lamy train station at 8:15 for transportation to the start. This scenic run starts in the Eldorado area at the narrow-gauge railroad track, and we run along the trail that parallels the track into the station. Total distance is about 7 miles. There will be a water stop at 5 miles (where the track crosses US 285).

We plan to begin our brunch at the shaded picnic area next to the station around 10:00. MRU will supply drinks (water, juices and sodas), paper plates, cups and utensils. Please bring something to eat, including a little extra to share with other participants. We expect to clean up and depart the picnic area by about 11:30.

Directions to Lamy: Follow Interstate 25 North bound past Santa Fe and exit South on US 285. Follow US 285 about 6 miles until you see the sign for Lamy and make a left turn on NM 553 into Lamy. You cannot miss the train station; there isn't much else there.

Harry Messenheimer <hmessen@nmia.com>



Things That It Took Almost 40 Years to Learn

by Jeremy Yang <jj@daylight.com>

1. Never under any circumstances take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings".
3. There is a very fine line between "hobby" and "mental illness."
4. People who want to share their religious views with you almost never want you to share yours with them.
5. And when God, who created the entire universe with all of its glories, decides to deliver a message to humanity, He WILL NOT use, as His messenger, a person on cable TV with a bad hairstyle.
6. You should not confuse your career with your life.
7. No matter what happens ... somebody will find a way to take it too seriously.
8. When trouble arises & things look bad, there is always one individual who perceives a solution & is willing to take command. Very often, that person is crazy.
9. Nobody cares if you can't dance well. Just get up and dance.
10. A person who is nice to you, but rude to the waiter, is not a nice person.
11. Never lick a steak knife.
12. Take out the fortune before you eat the cookie.
13. "The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.
14. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
15. Your friends love you anyway.

Life is Not a Race

by unknown author

Have you ever watched kids on a merry-go-round Or listened to the rain lapping on the ground? Ever followed a butterfly's erratic flight Or gazed at the sun into the fading night?

You better slow down. Don't dance so fast, time is short, the music won't last.

Do you run through each day on the fly? When you ask, "How are you?" Do you hear the reply? When the day is done, do you lie in your bed with the next hundred chores running through your head?

You better slow down. Don't dance so fast, time is short, the music won't last.

Ever told your child, we'll do it tomorrow And in your haste, not see his sorrow? Ever you lost touch, let a good friendship die 'Cause you never had time to call and say "Hi"?

You better slow down. Don't dance so fast, time is short, the music won't last.

When you run so fast to get somewhere you miss half the fun of getting there.

When you worry and hurry through your day, it is like an unopened gift.... Thrown away...

Life is not a race. Do take it slower.

Hear the music, before the song is over.

How to Survive a Heart Attack When Alone

Since many people are alone when they suffer a heart attack, this article seemed in order. Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is to be beating normally again. 20 Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save their lives!

From **Health Cares, Rochester General Hospital** via *Chapter 240's newsletter* and from *The Beat Goes On ...* (reprint from The Mended Hearts, Inc. publication, Heart Response)

Be a friend and please inform as people as possible.

Mike Sutin

Pennies for Everest

When one moves along inchmeal slow,
with ease, one can pick a penny
from street curbsides, out of the sand.

But when one's rapid on the go,
the fleeting eye might not scan any
from desert dust trails on the land.

And with an aschenbrenner fuhrerpickel¹
one can nurse a rusty nickel
from the rock encrusted "Yellow Band."

To find a green back dollar bill
is an infrequent and unexpected thrill
that glorifies and expands each gland.

Don't trip upon a slim ten cents,
a slip some say makes no good sense;
but, if you fall -- here -- take my hand.

The winning runner gives and takes no quarter
in the quest to make herself a martyr,
on center stage of life's grandstand.

528600.wpd



¹ It is rumored that the author owns an ancient long handled, wood shaft aschenbrenner fuhrerpickel made in Austria that, rumor continues, he used in his first and last ascent of Pico de Orizaba (18,800 feet) in Mexico 1978 in the company of Bob Werner, famous alpinist and ultra-marathoner, in an expedition led by Phil Ershler, who later climbed Mount Everest on his third try in 1984. (Sir Edmund Hillary used a long handled ice ax made by Claudius Simond, a French supplier of climbing equipment, in his pioneering conquest of Everest on May 29, 1953.) An earlier American Everest attempt, the Chinese-American expedition in 1982 ended in defeat and tragedy. Marty Hoey, the only woman member on the team, with whom the author and Werner and Ershler had summited Mt. Rainier in 1980, died in a freak accident at 26,600 feet. Rumor suggests that the author's axe was, in fact, Mallory's ice axe, lost on Everest's ridge in 1924 (60 feet below the crest of the northeast ridge, some 200 yards east of the First Step, a Swiss ice axe made by Willisch of Tasch and attributed to Irvine forty years later because of a triple nick, was found in 1933), or, the axe might have been Heinrich Harrer's (climbed north face of the Eiger in 1938 and became Brad Pitt in Seven Years in Tibet). Further rumor suggests the author is, in fact, Brad Pitt. The Encyclopedia Brittanica did not specifically state that the author's axe was, in fact, the same used to mortally wound the purged and banished Lev Davydovich Trotsky in Mexico City in 1940, but that is the convential wisdom. Only one of these rumors is true.

You know it's time to join E-MAIL ANONYMOUS when:

1. You wake up at 3 am. to go to the bathroom and stop to check your e-mail on the way back to bed.
2. You name your children eudora, aol and dotcom.
3. You turn off your modem and get this awful empty feeling, as if you just pulled the plug on a loved one.
4. You spend half of the plane trip with your laptop on your lap... and your child in the overhead compartment.
5. You decide to stay in college for an additional year or two, just for the free Internet access.
6. You laugh at people with 14.4-baud modems.
7. You start using smileys in your snail mail.
8. You find yourself typing "com" after every period when using a word processor.com
9. You refer to going to the bathroom as downloading.
10. You can't call your mother... she doesn't have a modem.
11. You check your mail. It says "no new messages." So you check it again.
12. You don't know what gender three of your closest friends are, because they have neutral screen names, and you never bothered to ask.
13. You move into a new house and decide to netscape before you landscape.
14. You tell the cab driver you live at <http://1000.edison.garden/house/brick.html>
15. You start tilting your head sideways to smile.
16. After reading this message, you immediately e-mail it to a friend. (HMMMMMMMMMMMM)

Diane K-H
2/21/00



NEW MEXICO ASSOCIATION
USA TRACK & FIELD
31 SANDHILL ROAD, LOS LUNAS, NM 87031
505/865-8612 FAX 505/565-8387 e-mail foneskn@aol.com www.usatf.org/assoc/nm

NEWSLETTER

CALENDAR:

July 20, 2000

- July 22 Burn Lake Triathlon, Las Cruces, 541-2554.
Zuni Fitness 5K&1/2 Mara., Youth Duathlon, 2mi.Run/Walk, 782-2331.
- July 23 Pojoaque Butterfly Run 5&10K, 1mi.Walk, Eric Vigil, 455-9355.
- July 25-30 USATF National Junior Olympics, Buffalo, NY.
- July 26-30 NM Senior Olympics, Las Vegas, NM, 623-5777.
- Aug 4-5 Bulldawg 100mi. Relay, Las Cruces, 526-5394.
- Aug 6 La Luz Trail Run***, Rodger Sack, 821-8419.
- Aug 10-13 USATF Nat'l Masters Championships, Eugene, OR. Eugenechamps.com.
- Aug 12 Summer Fun 5&10K, 5K Walk, Las Cruces, 524-7824.
8th Annual Desert Sun Run 5&10K, NM Boys Ranch, 864-7381.
- Aug 13 Avon Global Women's Circuit 5&10K, Victor Nemudrov, 294-7545.
- Aug 20 Governor Johnson's Run 10K***, Cloudcroft, Martha Slane, 687-2133.
Wings of America/SF Indian Mkt Wind Messenger Foot Races, Anne, 982-6761.
Run to Break the Silence 20K, 5K Run/Walk, ¼ Kids, Bernalillo, 891-9640.
Greyhound Rescue 5&10K, 2mi.Walk, Gil's, 268-6300.
- Aug 26 Zuni Fitness 25mi. Reservation Relay, 5mi. Youth Relay, 2mi. Walk/Run, 782-2331.
- Aug 27 Rancho Viejo 5&10K, 5K Walk, 1K Kids, Santa Fe, Nina Neilson, 983-6921.
- Sept 3 Western Regional 15K Racewalk Championships, Santa Fe, Theresa Aragon, 473-5785.
- Sept 4 Turtle Marathon, ½ Mara., 5K, Roswell, 627-5507.
Santa Fe Trail Run 5&10K***, 2mi., Gil's, 268-6300.
- Sept 9 Run for Diabetes 5K & 10mi., Patrice Leddy, 899-1487.
- Sept 10 Run for the Hills 5&10K, 5K Walk, 1K Kids, TCR, 256-3625.
- Sept 15-Oct 1 Olympic Games, Sydney, Australia.
- Sept 16 Zuni Fitness Coronado's Curse 5&10K, 2mi.Walk/Run, 782-2331.
Run for National AIDS Brigade 5K, Paul Smyth, 254-8220.
- Sept 17 NM Marathon, Charles Otero, 345-4274.
- Sept 23 Alzheimers Memory Run 5K Run/Walk, Rodger Sack, 821-8419.

GRAND PRIX SERIES

NM USATF BOARD MEETING: The next board meeting will be held at 7:30PM on Wednesday, August 9, 2000 at the home of Ken & Jamie Woodley, 8125 Otero Dr. NE, Albuquerque, 821-0340. On the agenda will be scheduling of the 2000 Cross-Country season, so please plan to attend if you wish to host a cross-country meet.

NM USATF ANNUAL MEETING: The 2000 Annual Meeting of NM USATF was held on June 24th. The following were elected as Officers and Standing Sport Committee Chairs: President, Ron Mascarenas; Vice-President, Mary Lou Gooris; Secretary, Jamie Woodley; Long Distance Running, John Bryl; Youth, Arlena Dickerson; Racewalking, Marjorie Holmes; Masters Track & Field, Norm Fones; Masters Long Distance Running, Don Shepan; Men & Women's Track & Field, Mike MacEachen. Approved by the Board to be the Chair of the Medical Committee was Joe Kolb, and Chair of Public Relations & Media is Carl Brasher.

ELDORADO RUN

6th ANNUAL RUN/WALK 5K (3.1 MILES), 1 MILE RUN FOR THE CHILDREN
AND 1 MILE DASH FOR ADULTS. THIS IS AN ECIA EVENT.

August 26, 2000 7:00 Packet pick up and continued registration
7:45 5K run and walk
8:45 1 mile run for children
9:15 Adult 1 mile sprint
9:30 awards and raffle (approximate time!)

Start and finish at Eldorado Elementary School.

Water, Powerade, fresh fruit and coffee at the finish.

T-shirts, refreshments, and AWARDS!!! Bring the family!!!

Ambulance service at start and finish. ICE CREAM PARTY FOR ELDORADO
CLASS WITH MOST RUNNERS. Strollers welcome. No bicycles, roller skates or
dogs. Must be present for raffle. Raffle prizes include: sports equipment, gift
certificates, and restaurant meals. No refunds.

* * * * * ***DETACH HERE*** * * * * *

I will participate in the 5K run _____ 5K walk _____ 1 mile kids _____
(Anyone registered in a 5K can also run in the 1 mile sprint with no additional charge.)

Age on race day _____ Grade on race day: _____ Sex: M _____ F _____
Last Name: _____ First _____
Address: _____ Phone: _____
City: _____ State: _____ Zip: _____
Medical Problems: _____

T-Shirt Size (circle one) **Adult** S M L XL **Kids** S M

\$10 registration fee. \$35.00 FAMILY MAX!!! No refunds. Checks only.

Make checks payable and return to: "Eldorado Run"

Do not mail after 8-20-00 6 Nido Lane

May return to the school. Santa Fe, New Mexico 87505

TEACHER'S NAME: _____ (FALL 2000)

Waiver: I understand and assume full responsibility for any injury or accidents which
may occur during my participation in the ELDORADO RUN. By my signature, I
hereby waive and release all the organizations and / or sponsors for the ELDORADO
RUN, because of my participation in the above said event.

Signature: _____

Parent's signature if under 18: _____ Date: _____

T-SHIRTS TO THE FIRST 300 APPLICANTS AND ALL ELDORADO STUDENTS
AND RESIDENTS WHO ENTER. Remember to pre-register – it's appreciated!

Registration packet available to those who register early!

Please use the back of this sheet to list out family members, grades, ages and events, if
this form is being used as a family entry. Include phone number!

>>> Race Calander <<<

8/10-13 National Masters USA T&F Meet
in Eugene, OR.

8/20 Wings of America/Santa Fe Indian
Market Wing Messenger Foot Races
5K, Children's Run and Fitness Walk
Santa Fe Indian School, Santa Fe, NM
505-982-6761 (Anne)

8/20 2nd Annual Run to Break the Si-
lence 20K, 5K, 5K Walk, 1/4M Kids
Hosted by Presbyterian Ear Institute
and the High Desert Wind Runners
Santa Ana Casino, Bernalillo, NM,
(Marcy Montiel)

8/26 6th Annual Eldorado Run/Walk 5K, 1 Mile Dash.
and 1 Mile Fun Run
Eldorado Elementary School (entry
enclosed)

8/27 8:30am MRU's Annual Lamy Run and
Potluck
Eldorado, NM, (Harry Messenheimer
<hmessen@nmia.com>)

9/15 2000 Olympic Games in Sydney,
Australia.

9/30 8am Run for the B.E.A.C.H. 5K Run
and Fun Walk
Ruidoso, NM, (Barbara Crane
<cranes@zianet.com>)
<http://www.ruidoso.net/beach>

10/1 Duke City Marathon

10/21 Banderlier Races

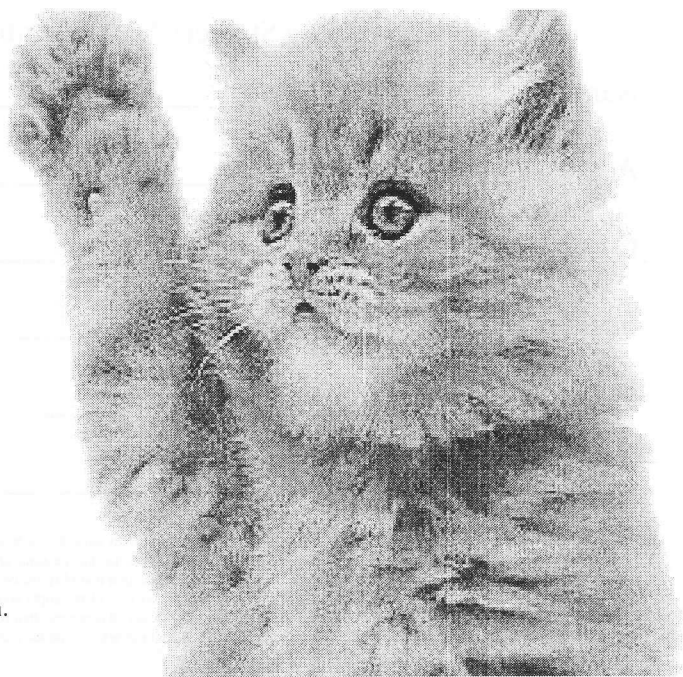
12/8 Tuscon Marathon

Far Away

10/15 Atlantic City Marathon
Atlantic City, NJ 609-601-1RUN
<http://www.virtualac.com>
acmarathon@aol.com

Yoke of the Month

He who goes forth with a fifth on the fourth, goes
stumbling forth on the fifth.



Cyber Information

Looking for running information on-line? See our
website at <http://www.daylight.com/~jj/striders> or
<http://www.racegate.com> for all kinds of goodies.

Weekly Workouts

Striders, guests, and other random runners meet at **5:45pm**
on **Tuesdays** at the **Santa Fe HS track** for speed workouts,
and 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, car-
toons, 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 Mick Kappler, at 441 Greg Ave., Santa
Fe, NM 87501, or email mick@daylight.com.

2000 Striders Officers

Kris Kern, President, 661-6293
kernkt@gat.com
Tove Shere, Vice President, 473-0388
trim8s@nets.com
Eric Peters, Treasurer, 466-2460
RunAdventr@aol.com
Mick Kappler, newsletter editor, 438-4463
mick@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



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