



# Mile Markers



*We Give You the Run-Around*

December 2000

Volume 22, No. 12.

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

## Feature Event

Once again, the year-end **banquet** will be held at **Carmen's Pizzeria**, 1201 Cerrillos, in Santa Fe. The fiesta will occur on **December 14th at 7:00pm** and will include lots of food, drinks, jokes, memories, regrets, endeavors, ambitions, and other silly things. Come join us the fun!

## Train for the Winter Quadrathlon!

It's time to start our annual training series for the Grants Winter Quadrathlon. Join us Sunday December 10 for the first session. The workout will start at 8 AM at Aspen Vista, and will feature some running, XC skiing, snowshoeing, more running.... The Quad is February 17, 2001! More information on the Quad can be found by following the link on the Strider web page at <http://www.daylight.com/~jj/striders>.

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

Following tradition, there will not be a meeting in December. Instead, we'll meet at the year-end banquet (see story on this page). The next regular meeting will be held on **January 9th** and graciously hosted by **Brigitte** and **Mick Kappler** at **2812 Calle Dulcinea**. Their number is **438-4463**.

## Leadville Trail 100

by Kris Kern

Last month's story got us to the starting line of the Leadville Trail 100. Here's what happen next....

The Leadville Trail 100 starts at **4 AM** in **Leadville, CO**. The course follows jeep roads, single track trail, and a little pavement as it winds south to the ghost town of Winfield and then returns. In addition to me, Striders Jan and Kim Bear, Susan Gardner, Aaron Goldman, and Bob Werner participated in this year's run.

3:30 AM found me standing in the rain at the start grinning like an idiot. I was nervous, excited, you name it. We were off. The boulevard was incredible. Besides the mud, everyone was wearing rain gear, and at the rise just after the tracks, the road was filled with glowing suits of all colors. Fantastic. I forget who gave the advice a month ago, but around Turquoise Lake, I turned around and looked at the line of lights stretched off into the distance. Beautiful.

I took it easy going into May Queen. **Strider Susan Gardner** had told me about Blake Wood at Barkley, stepping off the trail so as not to let anyone push you out too fast. I listened. I stayed at the back of a line that was going slower than I would have liked, but that was the idea. I then ran comfortably to Fish Hatchery. The rain stopped, I turned coming off the power line and saw the rainbow, with dark clouds behind it. I took off my jacket. It started raining again... I ran comfortably through Halfmoon then on to Twin Lakes. My crew was great, making sure I ate even more than I thought I should. I was downing 2 bottles of water and a bottle of gatoraid between each aid station. I also was downing a can of Ensure at most of the stations, then taking a sandwich and snacks on the trail. I kept meeting friends on the trail, Bernie from Alb climbing Sugarloaf, **Jan Bear** on the descent, **Craig** from San Antonio, who I had met at Lake

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City 4 weeks ago, on the drop into Twin Lakes. My friend **Tom Garrison** was at Twin Lakes. I missed my crew there and set out with an empty bottle. Luckily I met **Sam Gardner** around the corner who was there to pace his sister. I filled up from his water bottle and set off for Hope Pass

I struggled over Hope Pass. My knees got sore, then my ITB on the descent. This worried me. At the trail head, I dropped my waist pack with my crew, then went to Winfield, arriving in 11:26. I missed the rest of my crew there going in, but found Tom Garrison's sister (a PT) and his wife. His sister worked my legs for a bit, and I started out. I then found my crew, including Cindy (another PT). She stretched my ITB some more. This worked - no knee problems on the return. I ran most of the road back to the trail head and picked up my pacer for Hope Pass. Jim does not run much, but is a strong hiker. We climbed well, better than I had on the way out. I felt much better by the time I got back to Twin Lakes.

I really liked this part, getting to see friends on the trail. Jan had passed me at Winfield, and I caught up to him leaving the Hope Pass aid station. His wife **Kim** was going down as I climbed. **John** and **Judy Thieme**, friends I had made one year earlier while crewing both passed. **Aaron Goldman** and **Dick Upshal** from Los Alamos. At Twin Lakes I changed shoes, ate, filled water bottles, then set out with my second pacer, **Ray**. Ray was the only ultrarunner on my crew, having done one 50k and one 50 mi. We kept a good pace as dusk fell. Big problem though. I left Twin Lakes without a flashlight, and just as it got dark, we passed the woman hanging glow sticks. The trail would be dark until the road. We pushed on with one flashlight and still made pretty good time. Arriving at Halfmoon, I realized that it was still possible to make 25 hrs. But it would be tight and I would have to average 15 min/mi the whole way. Including sugarloaf. I changed from shorts to tights and we hit the road, running much of the way to Fish Hatchery. This was another great stretch, a gentle slope down, with incredible stars above.

Still on target, I got through Fish Hatchery quickly and Jim's wife **Corissa** paced me to the power line, where I picked up Jim again for going over sugarloaf. I thought if we can make May Queen in 3 hrs, we'll have 3 hrs left to finish. We climbed well again, Jim advising me to back off here, push harder there. It worked. A young runner was being pushed hard by his pacer to stay in front of us. He finally just sat down on the road within 1/2 mi of the top. The aid station there was a nice surprise. I had some hot soup, then had to drag Jim away from the Rice Crispie Candy. We jogged/ran to the trail head, then hiked quickly out to the road. We passed a few people here - 2

women with really cool LED lights on their hats, someone puking on the paved road just shy of the aid station. Then we were there, May Queen, with 3 hrs left to make it to the finish. I came in excited, alert, and anxious to go!

For the last leg I was paced by my brother, **Biff**, who flew out from DC to help me. (I would later tell him: this is his fault for starting me running 20 years ago.) He was great, 2 days at 10,000 ft and here he was in the middle of the night working to keep me moving. I made a quick decision to live with the blisters forming on the balls of my feet and keep moving. I haven't decided if it was a mistake. We took over 1.5 hrs to get around the lake. I didn't know how far we had to go, I should have known the course better. We passed someone on the dirt road who said we had 5-6 to go. And just over an hour. At 24 hrs we were at the RR tracks and turning onto the dirt road to the boulevard. I was now struggling to keep moving. I didn't think we could make it and I couldn't remember how long the boulevard was. Just keep moving. I couldn't talk.

There is a short downhill at the lower tracks on the boulevard. I ran down that. And then remembered: "*You can do more than you think you can....*" It is inspirational. I made a decision, that even if I didn't make 25, I was going to be as close as I could get. I started running to the next glow stick, walk. Run to the next shadow, walk... Eventually, we rounded a bend and could see the end of the dirt road far off. Biff said "*you make it there in 15 min, you'll have 10 to make it to the finish.*" Somehow I made the pavement, and was on 6th st, trudging up the hill. Cindy joined us. 10 min to go. we crested the hill, 6 min. I ran hard to the bottom and started up toward the finish, 4 min. Walk. Run. Biff said "*if it hits 2 min, you gotta sprint*" It didn't. I hit the last block and ran across the line in 24:57:49. Made it!

After a shower I crawled into bed. I woke one hour later, and walked back to the finish line. I stood there and watched runner after runner cross the line, each one victorious. It still gives me chills. It's a fantastic race.

I had a great race, and a great time doing it. My crew and friends were terrific in supporting me. I've been running for 20 years, sometimes good, sometimes bad. But this is one of the most memorable runs I've ever done.

## Fowl Day 2000

by Mick Kappler

The Fowl Day Event benefiting the Salvation Army Food Bank was a success! There were 59 participants raising 1000 pounds of non-perishable goods. Also, participants ran, walked, or jogged a 5K course through the arroyos and neighborhood around Fort Marcy Park. Following the 5K, dozens of prizes from local merchants were raffled. Fowl Day was made possible by the following volunteers and merchants:

Dale Goering  
Danica Tutush  
Elaine Coleman  
Ginny Seamster  
June Dickenson  
Jeff Della Penna  
Jim Westmoreland  
Jerry Shere  
Kris Kern  
Mick Kappler  
Peter Fant  
Suzanne Garney  
Tove Shere

Active Endeavors  
Alpine Sports  
Aroma Coffe  
Bicycle Zone  
Big Tequque Event  
Bill Mann's  
Bike & Sport  
Blue Sky Soda  
Borders  
Carmen's Pizzeria  
Cloud Cliff

Club International  
Diego's Cafe  
Dominos  
Elaine Coleman  
Evolve  
Il Vicino  
Haagen Daaz  
Harry' Roadhouse  
Jackalope  
Java Joe's  
Las Chivas  
Ohori's  
Old Mexico Grill  
Peggy van Hulsteyn  
Outside Magazine  
Pepper's  
Santa Fe Mtn Sports  
Santa Fe Spa  
Santa Fe Sports &  
Images  
Second St. Brewery  
Syndicate Hair Studio  
Wild Oats  
Whole Foods

## Big Tesuque 2000

by Peter Fant

We had a great race, with almost 60 people pre-registering, and then a little over 20 more showing up the day of the race. Total runners for the day was 75 (some pre-reg didn't show). The race day turnout was lower than expected, due to the terrible looking weather in Santa Fe and Albuquerque. Up on the mountain, however, it was beautiful and the storm didn't reach the mountain until the afternoon. Overall, because of the bad looking weather, we lost about \$150. This money came out of the bank account, so we will just need to get a couple more sponsors next year. As of 11/12, the results (and pictures) have not been mailed out because I am waiting for one more photographer's pictures. Results have been e-mailed out, however, to those that provided an e-mail address.

## >>> Race Calander <<<

12/8 Tuscon Marathon

12/9 XC USATF JO Championships  
Reno, NV

1/20 Corrida de Los Locos, 4M  
Santa Fe, NM (in Las Campanas)  
dkgoering@cs.com (Dale)

6/9 (tentative) Santa Fe Runaround, 5K  
& 10K  
Santa Fe, NM (at the Plaza)  
<http://www.daylight.com/~jj/striders/>

5/12 Bandelier Races, Marathon & 50M  
relays  
White Rock, NM  
HAAC: FMI - <http://www.cybermesa.com/~kernkt/HAAC.htm>

6/30 Los Alamos Mini Marathons, 5K &  
10K  
Los Alamos, NM  
HAAC: FMI - <http://www.cybermesa.com/~kernkt/HAAC.htm>

8/4 Canmore Challenge 12K, 6K & 1K  
Canadian Rockies  
Kelvin.Broad@nau.edu (Kelvin)  
<http://www.mountainrunning.com>

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Date: Tue, 21 Nov 2000 11:30:51 -0600  
Subject: Christmas Run  
To: mick@daylight.com  
From: danny.russo@us.pwcglobal.com

I will be visiting Santa Fe over the Christmas holiday and was hoping there would be a run sometime near Christmas Day!?

Please let me know so that I can register!

Danny Russo

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### **A Message From the President:**

by Kris Kern

It has been a fun 2 years as president of the Striders. I am always guilty of comparing the Santa Fe Striders to the Tidewater, VA Striders that I briefly joined before moving west. The Santa Fe Striders are a great group, so involved and friendly to anyone who enjoys running. I remember how welcome I felt when I first moved here and showed up at the Corrida de los Locos. You don't get that at every big city running club. For that reason, it's been an honor for me to serve as president these past 2 years.

Now it's time for me to take a break, however. Please join us at the December meeting to elect new leadership for 2001. Anyone requesting a recount will immediately be nominated as a race director!

### **Voces del Rincon/Voices from the Corner**

Mike Sutin's periodic poetry space in Mile Markers is preempted this month by this announcement: Santa Fe's Pennywhistle Press has published Mike's first book of poetry entitled Voces del Rincon/Voices from the Corner that will be available at better local bookstores if you complain long and hard enough. Otherwise, \$15.00 orders can be placed as follows:

Call your order to (505) 982-0066  
or fax it to (505) 982-8116  
or write to: Pennywhistle Press  
Post Office Box 734, Tesuque, New Mexico 87574

Or--  
SPD/Small Press Distribution, Inc.  
1341 Seventh Street, Berkeley, CA 94710-1409  
Tel. (510) 524-1668 Fax: (510) 524-0852

Mike says the book includes the ultimate running poem, "Bring 'Em Back Alive" as well as many other poems about the idiosyncracies of the Northern New Mexico scene.

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## **Renew Your Membership**

Don't miss another exciting issue of Mile Marker, the world reknown and self-acclaimed premiere literature from those who give you the Run-Around!. New next year is the Santa Fe Strider Race jersey, included in the membership for \$25. If you don't want the jersey, the membership is still only \$15 - what a deal! A membership application is on the last page.

## I'm Standing on Shoulders

by unknown author

Bill Clinton, Al Gore and George W. Bush died and found themselves standing at the side of the Jordan River, looking across at the promised land. The Archangel Michael was standing on the other side and shouted over to the three surprised men, *"Contrary to what you have been taught, each of you will have to wade across the Jordan River."* As Michael saw their perplexed looks, he reassured them by saying, *"Don't worry. You will only sink proportionally according to your sins on earth. The more you have sinned the more you will sink into the water."*

The three sages of American political lore looked at one another, trying to determine who shall be the first brave soul to cross the Jordan River.

Finally George Bush volunteered to go first. Slowly he began to wade out into the river, and slowly the water began to get higher and higher, reaching to his waist. George began to sweat, thinking that all of his sins are coming back to haunt him. He was beginning to wonder if he would ever see the other side. Finally, after what seemed like an eternity, he began to emerge on the river's bank.

As he ascended to the other side, he looked behind him to see which one of the other brave souls was going next. A shock of surprise registered on his face, as he saw Al Gore almost in the middle of the river and only his ankles barely touching the water. He turned to Michael and exclaimed, *"I know Al Gore, Al Gore is a friend of mine, and he has sinned much, much more than that!"* Before the Archangel Michael could reply, Al Gore shouted back, *"I'm standing on Clinton's shoulders!"*

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## Yoke of the Month

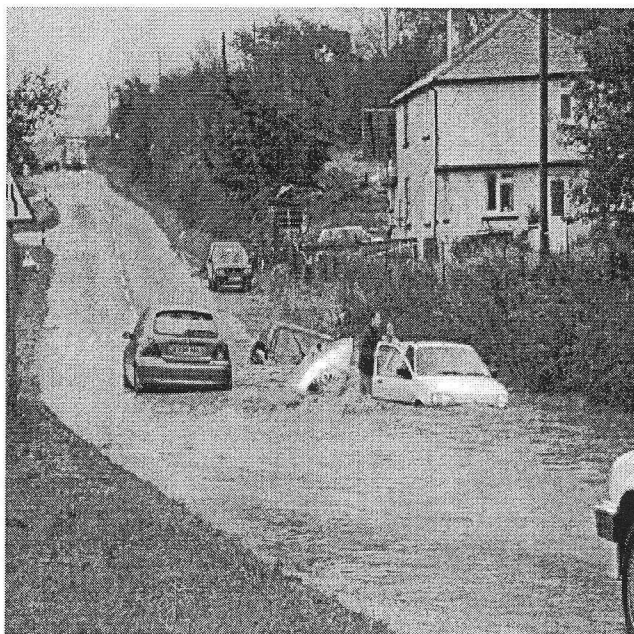
Three old ladies were sitting on a bench outside a nursing home. About then an old man walked by, and one of the old ladies said, *"We bet we can tell how old you are."*

The old man said *"There ain't no way you can guess it."* One of the old ladies said: *"Sure we can. Drop your pants!"* He did. The three ladies looked at him for a few moments and then the other lady said, *"Take off your underwear"*.

The guy dropped his underwear and the old ladies stared at him for a while longer and then they all piped up and said, *"You're 84 years old!!"* The old man was stunned. *"Amazing. How did you guess that?"*

The old ladies laughed, *"You told us yesterday"*.

## JAWS on the Road



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## 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.

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## Weekly Workouts

Striders, guests, and other random runners meet at **6pm** on **Wednesdays** at Lincoln and Palace, across from the **Plaza clock**, for a 5-mile or so run. Everyone is welcome.

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## 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 Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email [mick@daylight.com](mailto:mick@daylight.com).

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## 2000 Striders Officers

Kris Kern, President, 661-6293  
[kernkt@gat.com](mailto:kernkt@gat.com)

Tove Shere, Vice President, 473-0388  
[trim8s@nets.com](mailto:trim8s@nets.com)

Eric Peters, Treasurer, 466-2460  
[RunAdventr@aol.com](mailto:RunAdventr@aol.com)

Mick Kappler, newsletter editor, 438-4463  
[mick@daylight.com](mailto: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. Add \$10 for the Santa Fe Striders new race jersey. 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



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