



# Mile Markers



*We Give You the Run-Around*

March 2001 Volume 23, No. 3.

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

## Marathon de Santa Fe...

...beginning in 2002 is being planned by the Santa Fe Striders. Come join in the organization at the monthly meetings and stay tuned for the first ever marathon in town.

## Santa Fe Run Around Date Change

...to June 2, 2001, 9am

## The Boston Inferno

by Robert French

As I write, February is moving into March. There was a time, in a former life, when March was important to me because it was the month before the Boston Marathon, always held at noon on the third Monday of April (which may or may not be Patriots' Day). For ten consecutive years I ran Boston. Since I lived only forty miles from the starting line in Hopkinton, it was easy to get there. The hard part started when the gun went off.

I've written in these pages previously about my WORST Boston. It was my second marathon. The first had been run in 50-degree temperature, with a slight drizzle. Perfect. But the day of Boston was cloudless, with temperatures in the eighties. I went out much too fast, with the result that I have no memory of the last few miles. I was crashing. Just had to keep going, and that

*continued on next page*

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

On the 13th, the Striders Meeting will be graciously hosted by Strider member Elaine Coleman at 899 Zia Rd. From town, a left off Old Pecos Rd. or a right off Old Santa Fe Trail. Her number is 983-9747.

## The Quad of 2001

by Jeremy Yanbg

There once was a thing called the Quad.  
Not so much a race as a plod.  
Bike, run, ski, showshoe  
Up Mt. Taylor they do,  
Some folks who are really quite odd.

This year's Quad was snowy and clear,  
Elevating our heroes' good cheer,  
They pranced up that hill,  
Like our friends Jack and Jill,  
And to the Monte Carlo for beer.

"The life unexplored", Plato stated  
"ain't worth diddly." And he was educated.  
So like our Greek friend did,  
The mountain we ascended,  
And thanks to its views were elated.

So Mick, Kris, and Neil went up that hill,  
Then Holland and Jeremy and more still,  
We didn't break a crown,  
We made it up and down,  
Then fetched a pail of beer and had our fill.

## Winter Quadrathlon Cooldown

by Holland Shepherd

I did have a great time, and probably should have written something up. I am already psyched for next year. However, in the mean time there is a lot going on. I have another race on March 10th in Utah, ski 4 miles, run 6 miles, bike 28 miles. The ski is one you can skate so I like it a lot. Just learned to skate 2 years ago. I enjoyed experiencing the Quad with you guys. It was a good first Quad experience.

Stay Fit,  
Holland

## *The Boston Inferno continued from prtevious page*

took all my concentration. I ended up spending several hours on the floor of the Prudential Center while friends poured liquids on and into me. Every time I tried to stand up I would become dizzy and collapse. Bad race. Not because of the time (3:08 - same as my first marathon), which was OK for me, but because I ran it badly and paid the price.

My BEST Boston, curiously, was my slowest time. The year was 1976: the Boston Inferno. Temperatures had been over 100 for several days before the race, and these were New England degrees, humid and debilitating, totally different from similar temperatures in New Mexico. The Boston papers had been warning of possible deaths. On race day the temperature was again over 100 - someone measured 106 off the pavement - and the sun was blazing. Shade would have been welcomed, but the race started at the traditional time of noon. The sun would be overhead, relentless and unforgiving. When the runners lined up in Hopkinton, there was an eery silence instead of the usual energetic chatter. We were looking at each other and wondering: "Who's going to die?" I have never been in such a sombre group of runners.

I met a Dartmouth classmate before the race. We agreed to run together for a while and chat. Forget about time. There seemed to be an unspoken agreement among the runners: this was to be a distance run, not a race. And most important, the spectators, bless them, turned out en masse with garden hoses, water bottles, iced towels, the works. For practically the whole distance I ran through water. There was no thought of time. Look around.

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## **Quadruple the Fun!**

by Mick Kappler

At first, I was simply going to go to Mt Taylor with a Jeremy Yang and Kris Kern, as if to only casually ride or run. But my fellow Striders would have nothing of the it and planted the seed of the idea of doing the event. The encouragement that followed lead to "Well, you're going to be there anyway, you have to do it!" I decided to enter the Mt. Taylor Winter Quadrathlon 2001.

What a great choice! The 13M bike (+1800' elevation) felt easy and the other runners made me feel fast over the 5M (+1200'). Jeremy Yand lent skins that aided in my scoot over the 1'+ of packed snow (+1200') and Kris Kern lent snoeshoes for the trek (+600') to the summit. The snow was quite deep, so I cleared a path (see picture)! The view was spectacular! Then second half was all downhill!

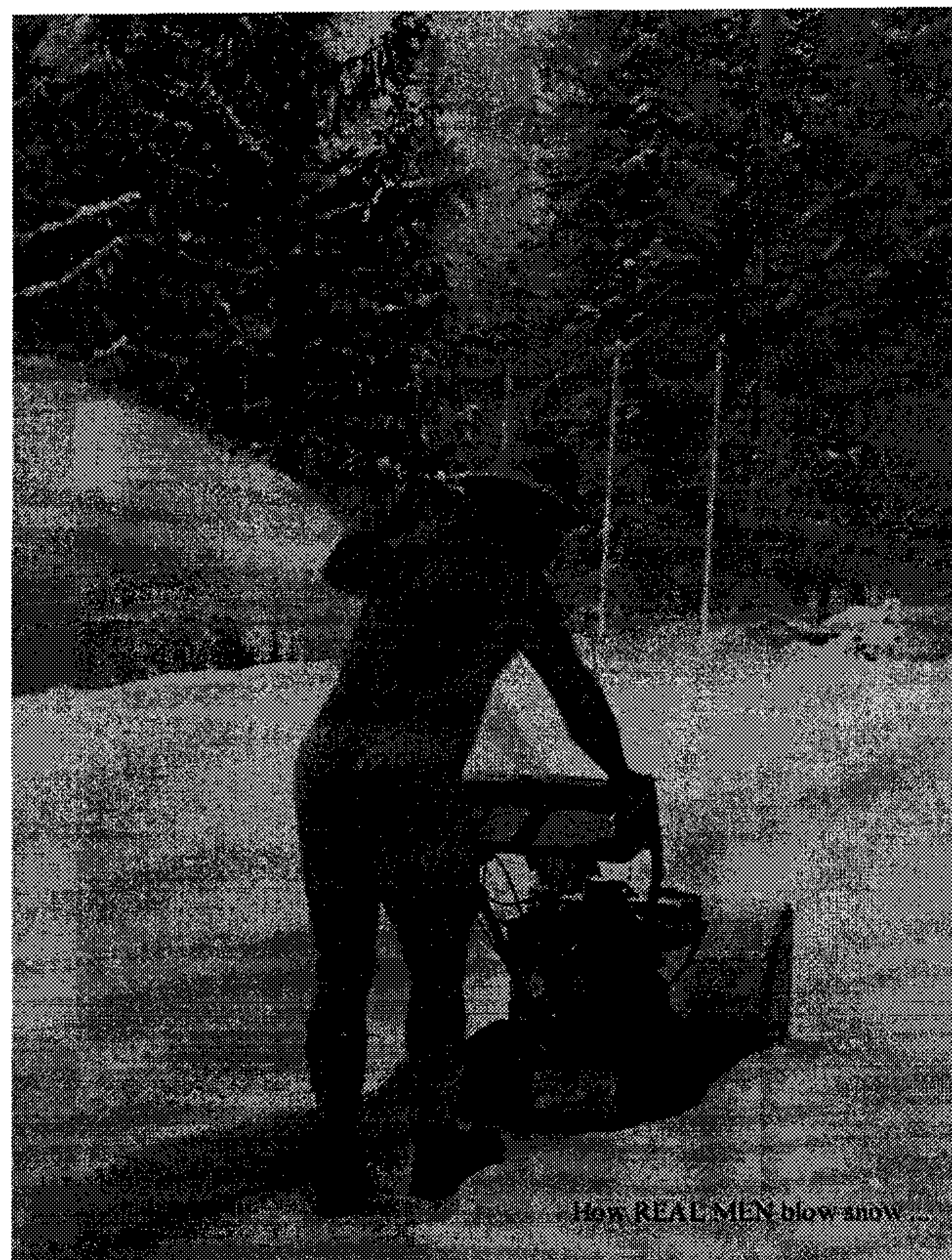
## **Striders in the Quad**

compiled by Kris Kern

38	Jan Bear	Solo:M 45-49	4:42:08
60	Michael Kappler	Solo:M 35-39	5:02:06
67	Jeremy Yang	Solo:M 40-44	5:09:18
78	Kristen Kern	Solo:M 35-39	5:13:13
102	Holland Shepherd	Solo:M 45-49	5:29:17
133	Kim Bear	Solo:F 40-44	5:56:53

Mick, here are other SF'eans that finished. Are any of them Striders? I think a few are. If you can verify any, add them to the results! I didn't check teh teams, cause who knows who is on them. KK

71	Alfred Von Bachmayr	Solo:M 50-54	5:10:01
72	Larry Busby	Solo:M 40-44	5:10:19
94	Chris Keyes	Solo:M 25-29	5:24:44
98	John Horning	SOLO:M 30-34	5:27:31
114	Nick Heil	Solo:M 30-34	5:41:12
131	Robert Rikoon	Solo:M 45-49	5:55:57
132	Philip Hadley	Solo:M 25-29	5:56:52
138	Michael Hurlocker	Solo:M 45-49	5:59:00
146	Greg Homan	Solo:M 40-44	6:08:11
175	James Siebert	Solo:M 50-54	6:38:07
194	Tricia Dailey	Solo:F 25-29	7:07:44
205	Lisa Valaika	Solo:F 35-39	7:25:01
210	Michael Yesley	Solo:M 60-64	7:35:50



*The Boston Inferno continued from previous page*

Enjoy the Boston experience. I did. I finished in 3:16, good for 833rd place. I was forty-one years old, and delighted.

The spectators saved lives; and so did the decision of the runners to be sensible. One runner was briefly hospitalized and released in hours. That was it. Amazing. I think that everyone in that race left it feeling satisfied. Nobody set PRs, but we had run a smart race. We had done it right. We survived.

The moral of the story? Time isn't everything.

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### Strider Looking for Afternoon runs

I'm looking for company on runs of approximately 6 miles between the times of 2:30pm and 5:00pm on weekdays. If anyone is interested, contact me at 438-4463 or runner@daylight.com.

Brigitte Kappler

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### Long Runs are Planned

I will be meeting with the marathon training group for **Joints in Motion** of The Arthritis Foundation and we gladly welcome any other runner/walkers to join us. Both 2 and 4 legged varieties are welcome. **Sunday March 4th, 18th and 25th** we will be gathering at **3:00 pm at Rabbit RD. and the RR tracks**. Take St. Francis to it's end and turn right. At the tracks and make an immediate left. These workouts will be from 2 to 2 1/2 hours in duration. Please bring your own water supply. Questions??? Contact **Tove Shere @ 473-0388**.

## Last Chance for Membership Renewal

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!. Your membership is status as of this printing is indicated on the address label (00=paid thru 2000, 01=2001, :-)=complimentary). New this year is the Santa Fe Strider Race jersey, included in the membership for \$25. The jersey is New Mexico yellow with runners climbing a mountain. Women and men sizes S, M, L and XL are available. If you don't want the jersey, the membership is still only \$15 - what a deal! A membership application is on the last page. Many Striders have aslready renewed - that's great!

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### >>> Race Calander <<<

6/2 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  
672-9519 (Bob)  
HAAC: FMI - <http://www.cybermesa.com/~kernkt/HAAC.htm>

6/30 Los Alamos Mini Marathons, 5K & 10K  
Los Alamos, NM  
661-6293 (Kris)  
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>

8/26 Ironman Canada  
Penticton, BC  
<http://www.ironmanca.com>

11/17 Fowl Day 5K  
Salvation Army Donation Drive  
Fort Marcy Park  
438-4463 mick@daylight.com (Mick)  
<http://www.daylight.com/~jj/striders>

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### Santa Fe Strider Jersey Design by Eric Peters



## Awards

From - Thu Mar 1 07:27:05 2001  
From: Ribbonawards2@excite.com  
To: <mick@daylight.com>  
Subject: Fast, Full-Color Awards!

Running Clubs Love Us! You want awards that represent the excellence you demand. You want to work with people who also take pride in speed - fast service. Most important - you want your awards on time and with a look that will honor your winners like only you can.

So, the next time you need quality awards, remember this notice. You have to see these medallions to believe them. Full color graphics and changeable text lines make them the perfect honor for your winners. When I say you have to see these awards to believe them, I'm serious. So serious, in fact, that I'll send you a free sample with your choice of graphic (even your logo!) and text lines (even your name). These quality tags are 2 1/2" gold, silver and bronze metal medallions with a 1 3/8" x 30" grommetted neck ribbon. To get your free sample, send your logo (or other graphic preference) and two text lines to Ribbon Factory Awards, P.O. Box 405, Titusville, PA 16354 or e-mail a quality bitmap file to ribbonawards@tbscc.com

For more information, call me at 800-957-1990 or check out our website at <http://www.ribbonfactory.com/showcase.html>

Thanks for your time (you won't regret it!)  
J.J. Steinbuhler

## Wanted: RRCA State Representative

Eight years ago, out of the blue, something inspired me to travel to Portland, Or., to attend The RRCA National Convention. I was even more inspired to seek out something I knew nothing about and that was the position of New Mexico State Rep. to The Road Runners Club of America. Heck, I didn't even know what RRCA was other than it provided club insurance to to The Albuquerque Road Runners. What were the responsibilities of a state rep? What does a state rep actually do? I knew one thing for sure when I left, that I didn't have a clue.

Within the first few hours at the convention, I became so motivated by the enthusiasm and commitment of those in attendance that I knew for sure this was an organization that I wanted to become a part of. The attendees weren't talking of PR's and their last race experiences, they were networking on ways to improve their clubs, how to recognize, reward and keep volunteers, how to get more members involved in club activities, etc. The conversations centered on ways of giving back to a sport that has done so much in so many ways to each individually and collectively as a group. And so, before I left Portland, I became state rep. Now, what do I do?

The RRCA offers guidelines for state reps., and I decided early on to set a couple of personal goals, one) To help make The RRCA and its programs more visible to The New Mexico Running Clubs and to increase their participation in their RRCA Programs; two) to gain more recognition for New Mexico's RRCA Clubs on a national level and to help bring this recognition to New Mexico.

In order to accomplish these goals, I knew that I would have to be more active and involved within the running community than I had ever dreamed. The key for me was to attend the yearly conventions for the networking opportunities they offer so I could bring these ideas back to New Mexico to share and inspire others to become involved.

New Mexico Clubs have won National RRCA Journalism Awards over the past few years; Best Small Club Newsletter, After The Run, Jean Gallegos, Editor, Highdesert Windrunners, 1998; Outstanding Club Writer, John Farrow, ARR News, Albuquerque Road Runners, 1999.

New Mexico clubs are frequently recognized in Footnotes (the quarterly newsletter of RRCA), for their creative and inovative ideas for meetings and activities they provide to members.

New Mexico Club leaders have served on workshop panels on "Beginning Running Programs", "Building Bigger and Better Race Events" and "How To Create a Better Newsletter" at national conventions. And, the fact that The 2001 National RRCA Convention will be held in Albuquerque from May 2-6, speaks highly of the ongoing commitment and leadership that the New Mexico Clubs have exhibited to The RRCA.

It is at this convention that I will spend my last remaining days as your state representative to RRCA. It's been a great run but, the time has come to step aside and allow someone else the opportunity to experience all the good that I have over these past eight years. I've enjoyed it and I Thank You all for your support.

Those of you that are interested, give me a call at 294-7545 or, e-mail me at [nemudrov@highfiber.com](mailto:nemudrov@highfiber.com)



## Annual Report

by Mike Sutin

To: Court of Appeals Judge Jonathan B. Sutin, Successor Trustee, Property Group Running and Walking Fund

From: Mike Sutin, former Trustee

While you were running politically,  
I was running off lines most lyrically.  
While you were composing for voter support,  
I was composing this annual report  
of urban monetary curbside finds  
that divert our drifting, dreaming minds.

The year 2000 produced one of the greatest annual quantity of found coins in the history of the Fund. These are the results. Some loyal contributors forwarded the following finds:

1) Ellen Macdonald, 4/20, Shinoak Drive, Austin, Texas, one penny; 2/21, Santa Fe, one penny.

1) Paul Macdonald, 2/21, Santa Fe, one penny.

1) Brian Sutin, 4/20, Shinoak Drive, Austin, Texas, one penny; 4/21, Crestway Drive, Austin, Texas, two pennies.

1) Jennifer Leonard, 4/9, Alamo, California, one penny; 12/2, eight pennies, Streets of San Francisco; 3/8 United Flight, Minneapolis to Denver, row 6, seat A; 4, Luana Road, Alamo, California, one nickel; 4, Stone Valley School, Alamo, California, one penny; 2/18/00 Park Avenue, New York, City, Jennifer Leonard, one penny; One third of a one dollar bill, Miranda Boulevard, Alamo, California; 3/1 Round Table Pizza parking lot, Alamo, California, one dime; Jennifer Leonard, one penny; 7/9 Fisherman's Wharf, San Francisco, California, three pennies; 7/10 Buttermilk Grill, Walnut Creek, California, two pennies..

1) Ian Macdonald, 4/19, Austin, Texas, one penny, two nickels.

1) Bob Werner, 1/29/97, 3 pennies; 9/21, one penny, De Vargas; 8, one penny, Goat Hill; 10, five pennies, various October runs; 12/7, one penny, de Vargas street; ? Gonzales Road, one penny.

1) Esther Sutin, 12/27/99, 2 pennies; 7/3, one penny, Canyon Road; 11/11, one quarter, one dime, Tucson Arizona; 12/17 three pennies, Canyon Road; 2/21, Santa Fe, one penny; 7/13 United Airlines Terminal, Denver, Colorado, airport, one nickel; 8/11, Sunport escalator, two pennies.

1) Zak Leonard, 3/22 Stone Valley School, Alamo, California, 2 pennies; 3/26 Stone Valley School baseball practice, 2 pennies; 7/19 Raging Water, San Jose, California 3 pennies; 7/9 Fisherman's Wharf, San Francisco, California, two pennies. two pennies.

I am afraid I need to be charged with the balance. Some more productive year 2000 days were 41 coins, including 3 quarters on a Tucson run; a 3 quarter coin day on Canyon Road; a 31 coin day in Albuquerque; and hitting for the cycle on St. Francis & Cerrillos (quarter, dime, nickel and penny).

Total Reported:

Quarters - 37

Dimes - 97

Nickels - 48

Pennies - 801

One Third of a \$1.00 bill; two-thirds of a burnt 1.00 bill

One Canadian Quarter

One Swiss Franc

One Mexican Peso

One Canadian Penny (7/4, Carcross, Yukon Territory)

One Undecipherable Dime

Six Tokens

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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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## 2001 Striders Officers

Eric Peters, President, 466-2460

[RunAdventr@aol.com](mailto:RunAdventr@aol.com)

Kris Kern, Vice President, 661-6293

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

Diana Hardy & Jim Westmoreland, Treasurers, 438-8602

[hardy\\_diana@seo.state.nm.us](mailto:hardy_diana@seo.state.nm.us)

Mick Kappler, newsletter editor, 438-4463

[mick@daylight.com](mailto:mick@daylight.com)

## Santa Fe Striders Club Membership Application and Waiver



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

- Renewal
- New member
- Jersey

Enclose \$15.00 for annual membership fees. Add \$10 for the Santa Fe Striders new race jersey (Women and Men sizes S, M, L and XL). 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

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## Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

