



# Mile Markers



*We Give You the Run-Around*

August 2001 Volume 23, No. 8.

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

## Feature Event - MRU's Lamy Run and Potluck

Date: Tue, 31 Jul 2001 08:51:32 -0600  
To: mick@daylight.com  
From: **Harry Messenheimer** <hmessen@nmia.com>  
Subject: MRU's Lamy Run and Potluck

Invitation to Striders:

MRU is sponsoring its annual Lamy run and potluck brunch on Sunday morning **August 19th at 8:15a**. This is a fun run. Walkers are also welcome. We will meet at the Lamy train station at 8:15a 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 10a. 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 11:30a.

Questions: call Harry Messenheimer at **286-2030**. We hope to see you there.

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

On the 14th, the Striders Meeting will be graciously hosted by **Diana Hardy and Jim Westmoreland** at **2363 Camino Carlos Rey**. Their number is **438-8602**. For directions, see adjacent map.

Note from the Hostess: Do not to bring desserts, as I will have that area covered. Also, on August 16th is Jim's Westmoreland 50th B'day! Yea!!! He can join the AARP now.

## A Running Store Opens in Santa Fe!

Date: Tue, 31 Jul 2001 18:53:46 -0700 (PDT)  
From: **Jodi Medell** <santafejode@yahoo.com>  
Subject: Re: The Running Hub

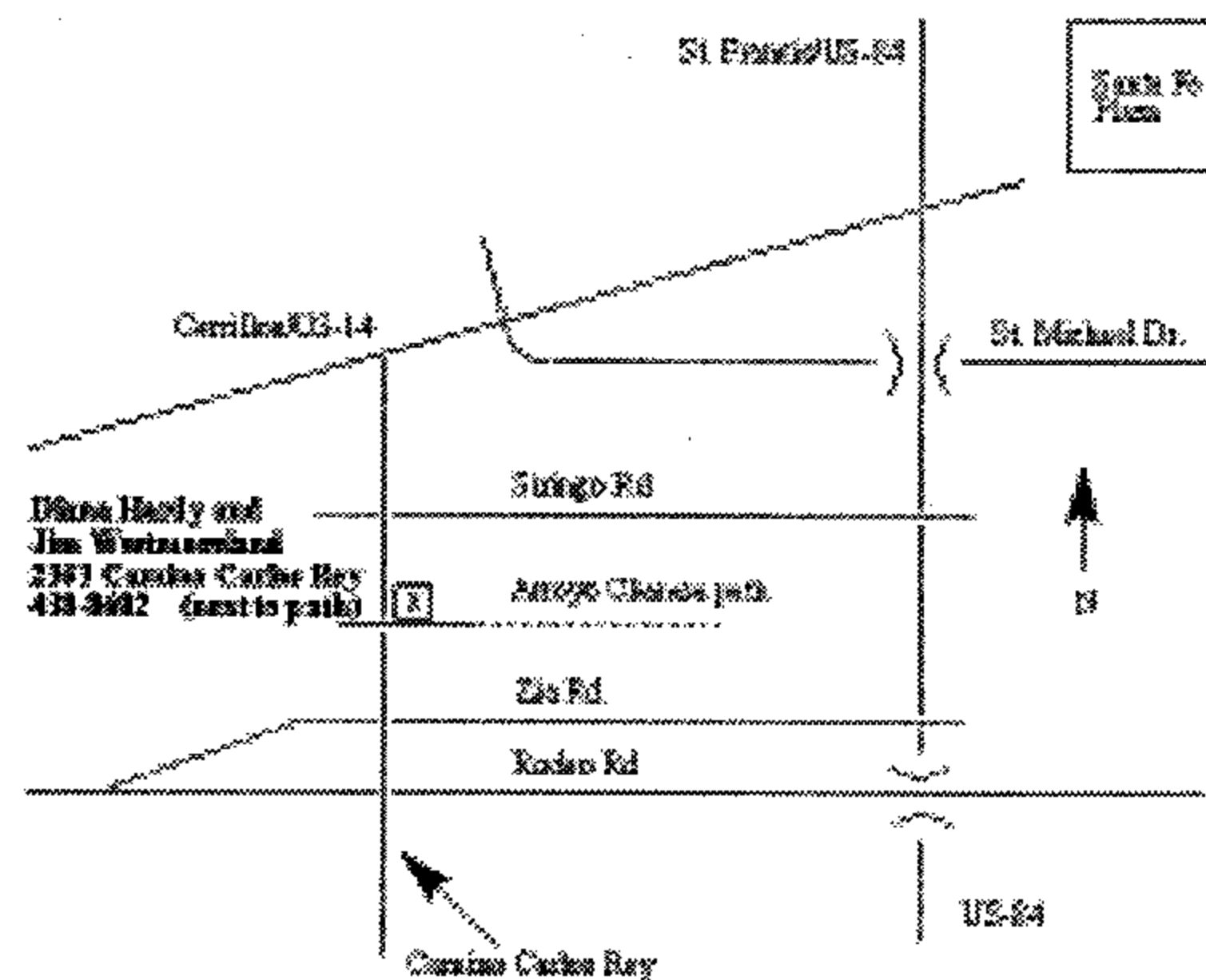
**The Running Hub** is set to open its doors Monday, August 6 at 10 am. Here is the info on location, contact info, hours, etc:

The Running Hub  
**333 Montezuma #6 (next to Paper Tiger)**  
Santa Fe, NM 87501  
(505) 820-2523/phone  
(505) 820-2360/fax  
<http://www.runsantafe.com>

The first race will be held September 22, 2001. It is the Up and Running 5K Run/Walk and 1K race for the Kids. The 5K starts at 8am and the 1K starts at 9:30am. There will be entertainment, food, and prizes. It's the Grand Opening Celebration for the Running Hub!!!!

If you have any information on ANY running event and want to post it in the store, please pass it along to me. Also, if you have any suggestions on what would make the Running Hub fit your needs, please pass those along to me as well.

Thanks for your support!  
Jodi



## My First 1/2 Ironman Triathlon

by Diana Hardy

Last spring I was intrigued by the idea of attempting to complete a 1/2 Ironman distance triathlon. I made my commitment after I rode 50+ miles of the Santa Fe Century bike tour then ran 13 miles with my spouse and occasional running partner, Jim. That workout took me 5+ hours. My run was extremely slow, about 9:15 pace per mile. I thought, *"I will have to practice brick (biking and running) workouts to get accustomed to the stiff feeling of running."*

I chose to do the **Desert Sun Triathlon in Grand Junction, CO** on Saturday, July 14. In the meantime I practiced all three disciplines to get an idea of how long I would take doing the distances and how would I feel doing those distances? *"How is the swim?"* The goggles are fine but I need to wear two swim caps. *"How do I feel riding my bike?"* The seat is a little low and I need a pair of insoles for the bike shoes. *"Do my running shoes feel comfortable for 13 miles?"* I need to wear thin socks and I need a cushioning pair of insoles. I joined the Evolve Spinning Club for weekly workouts. On weekends I rode my bike with the local cycling club. The outcome: I am not a very strong cyclist as I got left behind frequently. *"Not a problem, I am practicing."* As a result of my participation, Tove and Jerry Shere offered and performed a tune-up on my race bike. *"Thanks so much for your support!"* I practiced more brick workouts and exercised morning and evening on many days. Other triathlon veterans informed me that Grand Junction usually has 90° temperature in July and the bike course is hilly, it climbs 1500' to the 28-mile turnaround. I processed this information in my visualization to become mentally prepared.

As the days and weeks approached, this event was all I could think about. Finally, I had to pack. I think about every little item I need for swimming, transition 1, biking, transition 2, and running. I was successful in packing. The scenic drive up to Grand Junction - going up through **Sagueche** and west through **Gunnison** - was spectacular, making the trip enjoyable. We got into Grand Junction just in time to attend the pre-race meeting. Jim Henderson, the race director, explained the course and gave us a lecture on hyponatremia. *"I better carry the camelback along with my two water bottles filled with energy drink on the bike."* I then asked the question, *"Will there be porta-potties on the run course?"* *People started laughing or looking at me in amazement. "Oops!"*

The next day is race day! My strategy is to remain calm, pace myself, and don't hurry through the transitions. I hope to finish between 5 and 6 hours. We woke up early, but 5:00 a.m. was not quite early enough for a 7:00 a.m. start. We had to rush to drive 25 miles. **Jim** told me he thought I'd be in the top 10% of women coming out of the water. (That meant I needed to be in the top 4 out of 44 women). *"I don't think so."* We made it to the Highline State Park with minutes to spare and I got set up okay. *"The weather is cool! The temperature high will only be in the 80's!"* We were able to wear wetsuits during the swim. Good. The race started 15 minutes late because a race official spotted lightening in the overcast, cloudy sky. We finally got the approval to start and the women go first. Our objective is to swim by the pattern of buoys. Swim...swim...swim, look up, where's the buoy? I'm a pretty good swimmer, but not when I have to navigate buoys. *"It's to my left...now it's to my right."* I finished the swim, in the middle of the pack, and struggled out of my wetsuit. (Jim was worried that I had to be rescued). Transition 1, do this...do that. Put on the camelback. Take off on the bike. (The bike course winds north through the canyon to the base of Douglas Peak and back). We start riding and the course is gradually uphill. Beautiful scenery! The grade gets steeper. Downshift. Within five miles of the turnaround, *"This camelback is heavy with 1/2 gallon of water in it. If I drop it, I won't find it again. Can I finish the ride?"* I got off the bike and opened the brake clamp just in case it was rubbing. People have turned around and they have the biggest smiles on their faces. *"Okay, I can make it to the turnaround."* When I got there, I asked the volunteers if I can drop the camelback. *"Sure."* I feel great on the way back and the weather is starting to sprinkle rain. *"I better eat a powerbar on the way back for extra energy, even though I don't feel hungry."* I finished the ride. Transition 2. Jim told me there was a bathroom in the park. *"Great, I need to pee."* Continue running. (The run course runs around the lake onto remote farm roads and back). The path has short, steep hills. *"Not a problem, I'm enjoying the park and lake scenery."* We run outside the park on asphalt roads with street names as: 10 1/2, 10, 9, 8, 7, Q, Q 1/2, and R. *"How unimaginative!"* I'm running stiff and slow, but fine, until mile 6. I need to poop. *"That damn powerbar! Bad news."* Find a bush. I need to go again at mile 8 and mile 11. *"Now that I'm cleaned out, finish the run."* Run into the park. See Jim. Run across the lake dam to the finish! Yea!! I finished in 5:58:30. Caterers were greeting us with salad, three kinds of pasta, and bread sticks. *"I can't eat, my stomach is in knots."* I lay down, stretch, and slowly come back to life. I feel good that I completed the event, but I can do better! I learned things to do and NOT to do. My next 1/2 ironman will be....

## A Perspective Replay of the Taos Marathon

by Mick Kappler

In the mind of the runner, we dream of winning races. Dreams sometimes come true. Here is one of my dreams, lasting 3 hrs 13 minutes, that recently came true.

As part of my endurance training, a local marathon offered an opportunity to get a long run among the inspiration of others. In the early morning hours at the cattle guard on the north side of Taos, I must have looked strange - clashing clothes, banana in (and on) face, and a monster size bottle of electrolytes. I was relaxed prior to the long run.

"Go!", calls race director **Bruce Gomez**, and I begin easy, in first gear. A pair bolts out to an early lead. It looked like a **Bill Rogers Lookalike Man** and a **Military Man** gliding away. I laid back in a chase group with a **Wonder Woman**, as **10K Man** began bridging the gap between us and the leaders. As company would have it, **I'm Glad Man** steps up commenting "*I'm glad you guys are going steady, this is a great pace for me.*" Moments later, he pulls away!

**Native America Man** pulls by and with **Shuffle Me Lately** in tow. **Purple Shorts Man** goes past in pursuit. I'm laying back, enjoying the pacing of the pack. Wonder Woman settles into a relatively slower pace, dropping off as we go through 10 kilometers. Well, as I've called him, 10K Man is out of gas - he's coming back, as is Purple Shorts Man. I felt for the 10K Man, but was speechless as he fades by. Purple Shorts Man is nearly matching my stride and drops in close behind." *Hey, I can see the lead pair and chase pair across the mesa, about 1/2 mile ahead.. It appears that I'm closing. Is it an illusion?"*

As I descend into the halfway point, I streamed by Bill Rogers Lookalike Man. Bizarre. He looks like a gazelle. Knowing a big climb precedes the halfway point, I remain in a cozy pace. The terrain turns into a narrow road through tree-covered villages. Visibility is short.

Arriving at the climb brought more surprise. I'm closing on Native American Man, quickly. As some of you know me, I am no billy goat, so catching a runner on a hill is unusual for me. I remain steady, trying to keep the lactate in the legs low. I crest the foothills in northern Taos and Shuffle Me Lately precedes me through the half. Clutch - second gear.

Shuffle Me Lately enters the aid station with a walk. I've been closing on him, and we converge as I hydrate without breaking stride. I suppose one could argue I never passed him, as he wasn't running at the time.

Cresting the high point of the course at mile 16, I'm Glad Man enters the aid station with a walk. Let's do this again. I've been closing on him, and we converge as I hydrate without breaking stride. I suppose one could argue I never passed him either, as he wasn't running at the time.

If my memory serves me, there should be one remaining. At the mile 18 aid station, I ask, "*How big a lead does this guy have on me?*". The volunteer replies, "*He's around the corner. He just left. He hung out here for awhile...*" as his voice fades. In surprise, I turn to look if he's jesting. At mile 19, course visibility opens with the return to the mesa. Military Man is right in front of me! Course officials are breaking the way. I decide to hold back, preferring to slowly come from behind. But without much ado, we're shoulder to shoulder. "*This is fun!*" Not expecting whether this will be a race or not, I ask, "*How are you doing?*" "*Fine*", replies the Military Man. The race is on - third gear.

I turn the mile 20 corner and see a lead developing. "*Where's Purple Shorts Man? He looked good. What about I'm Glad Man. Surely he's coming.*" My imagination drives me downhill into Taos. At the mile 25 corner, my curiosity gets the better of me - I look again. Noone.

One surprise remained... a volunteer calling "*1/4 mile to go!*" As I'm striding in high-gear through the lightly marked course, I realize neither one of us knew how much course was left, as I double-clutched and made my way through town. The cheers from the family and friends of those in pursuit truly indicates arrival as I high gear through the soft grassy finish.

My hotel room was across the road. About 5 minutes later, Purple Shorts Man and Military Man cross the road as I'm crossing back to the hotel, where I lay down, fall asleep and return to my dream.

In the mind of the runner, we dream of winning races. Dreams sometimes come true.

## New Mexico State Time Trial

by Mick Kappler

**Question:** How does adjusting your bike seat lead to a sub-1 hour 40K time trial?

As a rookie rider in preparation of an Ironman, I've joined some local riders for group workouts. Fellow Strider member **Jerry Shere** noticed that my seat height didn't appear optimal, and suggested I come by his home for a measurement, assuring me he could help make me more efficient by adjusting my seat height.

Upon arrival at the Shere's, I quickly realized the magnitude of Jerry's dedication to the sport of cycling. He doesn't park his automobile in the garage - there's no room. There's more than a dozen bikes, several pieces of exercise equipment, and a workbench with tools and supplies. It's a bike shop.

At Shere's garage, not only did I get the seat adjusted, the damaged frame was replaced, the crank arms were extended, the derailleur and cog set were upgraded, and the shifters were moved to aero bar ends. It was a great deal, as much of the hardware came from a local professional who was unloading last year's bike. Jerry noted, "*We can get a great deal on some racing wheels too. You can use them in the Ironman.*" I admitted it made sense, and so I have race wheels. Now, Jerry proposes, "*Would like to try your new bike at the NM Time Trial? It's in Moriarty, where it's flat and fast. The national record was set there.*"

"*Five, four, three, two, one*" and I'm off, pedaling 40K as fast as I can. The newly built bike shears through the headwind into the turnaround. With the wind at my back, I increase the pace and I can't find a comfortable place on the seat. Did I tell you the soft seat was replaced for a hard one?

With the finish in sight, I press into the last cog, breaking an hour in 59:40. Coasting to a stop, I'm barely able to unclip the shoes from the pedals. I request a nearby young lad to hold the bike so I can shear myself off the aluminum frame.

I'm stiff. As a runner, I walk off tightness. So, I walked a couple hundred meters up the road, and stiffen more as it becomes difficult to walk back. It must have taken 10 minutes to walk that quarter mile. The abductors are locked - flexibility is gone. The pain of climbing into the back of my truck is relieved by laying immobilized and rehydrating with a performance replacement drink offered by **Tove Shere**. The abductors loosen as quickly as they tightened.

In retrospect, it was an experience that built confidence,

because I learned that I could go faster than I ever thought I could, and has changed my perspective on my ability as a cyclist. So, how does seat height lead to a confidence building performance?

**Answer:** Shere energy

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### >>> Race Calendar <<<

7/15 On The Run Productions La Luz Prep Run 7M  
345-4274 (Charles)

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

8/19 Wings of America/Sf Indian Mkt Wind Messenger Foot Races  
982-6761 (Anne)

8/19 8:15a MRU Lamy Run and Potluck 7M  
Eldorado  
286-2030 hmessen@nmia.com (Harry)

8/19 Run to Break the Silence 20K, 5K Run/Walk, Kids Run  
Bernalillo  
891-9640

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

9/1 Peak Challenge 7.2M & 4.1M, 1M Walk  
883-1455 (Amy)

9/2 Turtle Marathon, 1/2 Marathon & 5K  
Roswell  
627-5507 (Bob)

9/3 Santa Fe Trail Run 10K, 5K & 2M  
268-6300 (Gil's)

9/9 On the Run Productions NM Marathon  
345-4274 (Charles)

9/15 7th Annual Eldorado 5K Run/Walk and One Mile Fun Run  
466-6443 Pajojaka@aol.com (Trish)

9/16 Greyhound Rescue Run 10K, 5K & 2M Walk  
268-6300 (Gil's)

9/16 Rancho Viejo 10K, 5K, 5K Walk, 100m Kids  
Santa Fe  
256-3625 <http://www.tgrande.com>

9/16 Governor Johnson's Run 10K  
Cloudcroft  
687-2133 (Marsha)

9/16 Avon Global Women's Circuit 10K & 5K  
294-7545 (Victor)

9/22 8a Up and Running 5K Run/Walk and 9:30a 1K Kids  
Sponsored by The Running Hub  
333 Montezuma #6 (next to Paper Tiger)  
Santa Fe  
820-2523 santafejode@yahoo.com (Jodi)  
<http://www.runsantafe.com>

9/22 Run for Diabetes 10M & 5K  
899-1487 (Patrice)

9/30 Children's Hospital Duke City Marathon, 1/2 Marathon, Relays & 5K Run/Walk  
Albuquerque  
880-1414

9/30 Corrales Harvest Festival 10K, 5K & 5K Walk  
268-6300 (Gil's)

10/13 9a Big Tesuque  
(ca. 11.6M up/down Aspen Vista/Summit)  
466-3837 pgkmfant@aol.com (Peter)

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

12/9 Tucson Marathon  
<http://www.tucsonmarathon.com>

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### Where are the Striders?

The Santa Fe Strider membership is nearly 8 dozen individuals, couples and families, yet a small group of about a dozen organize and volunteer at club events. **The club needs your help** in the planning and execution of successful events, such as the Corrida de los Locos, the Santa Fe Run-Around, and the Fowl Day benefit. The club is considering the idea of Marathon de Santa Fe, but we feel we're short on help. Come to the monthly club meetings and join a core group of dedicated people who love to run and promote events in our community. The Santa Fe Striders would love to have any part of your time, big or small. Each person will make a difference!

## Sunday Morning Senior Run

by Mike Sutin

On Sunday morn, we climb Camino Cabra  
with fortitude, like an Israeli sabra.  
We search toward Sinai for our roots.  
Our tenets grow like tender shoots.  
We are the seekers of our souls  
among the caves of the Dead Sea scrolls.  
So lift us up where we belong.  
The mountain is our savior song.

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## Wanted: Leadville 100 Pacer

Date: Wed, 18 Jul 2001 22:35:46 -0600  
To: mick@daylight.com  
From: Richard Opsahl <Opsahlr@qwest.net>  
Subject: Pacing at Leadville

I am a new member of the SF Striders. I joined a couple of months ago.

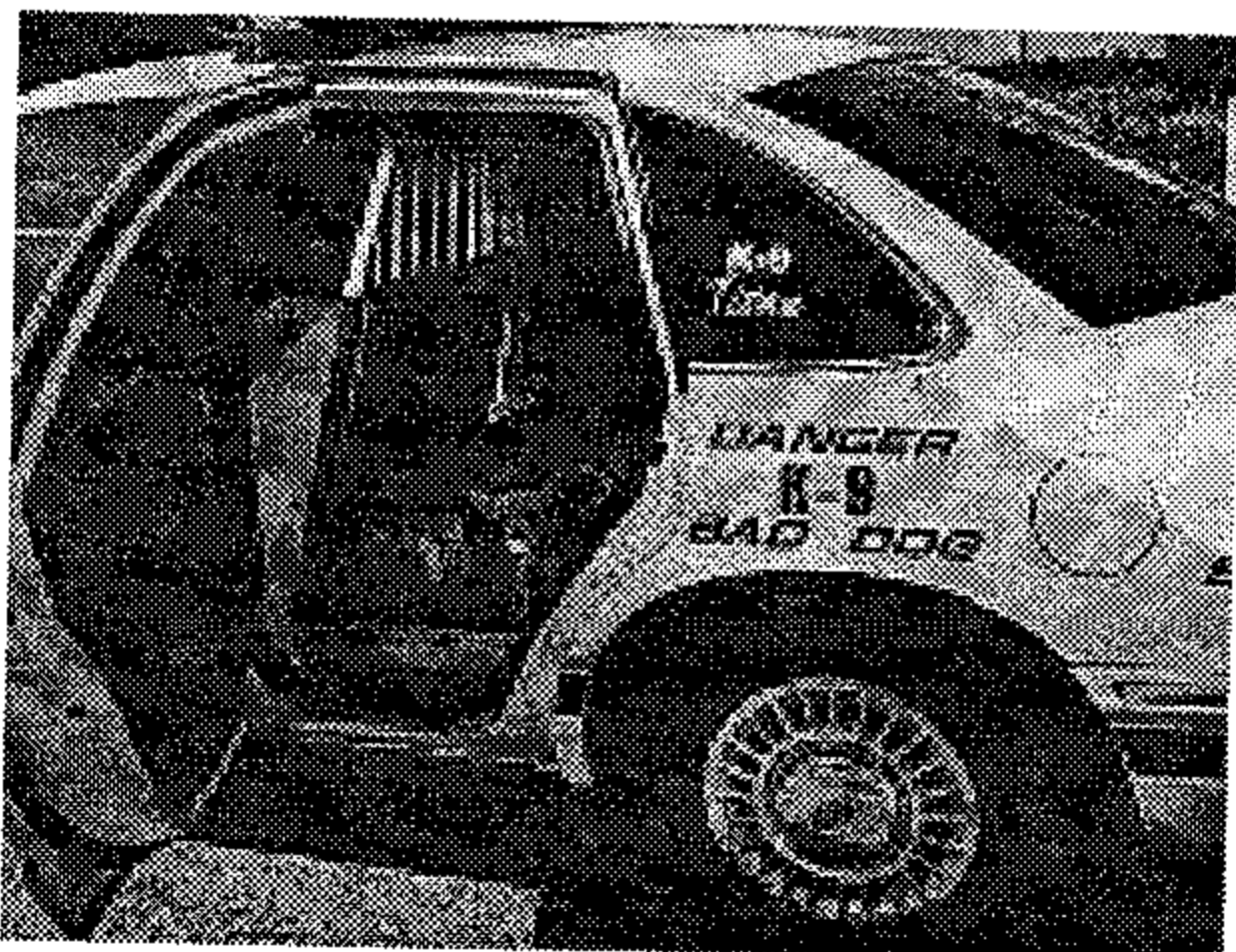
At a meeting with Kris Kern tonight, he said that I could put a note into the next newsletter asking if anyone wanted to be one of my pacers in the upcoming Leadville 100.

Dick Opsahl one of our newer members, who moved to Los Alamos from NY a couple of years ago is looking for some pacing help in the Leadville 100. He is 69 thus allowed to have pacers the whole way. He is "not too fast" and is hoping for a finish in the 29 hour range. Contact Dick at opsahlr@qwest.net or by phone at 662 9404. The 100 starts the morning of 18 August.

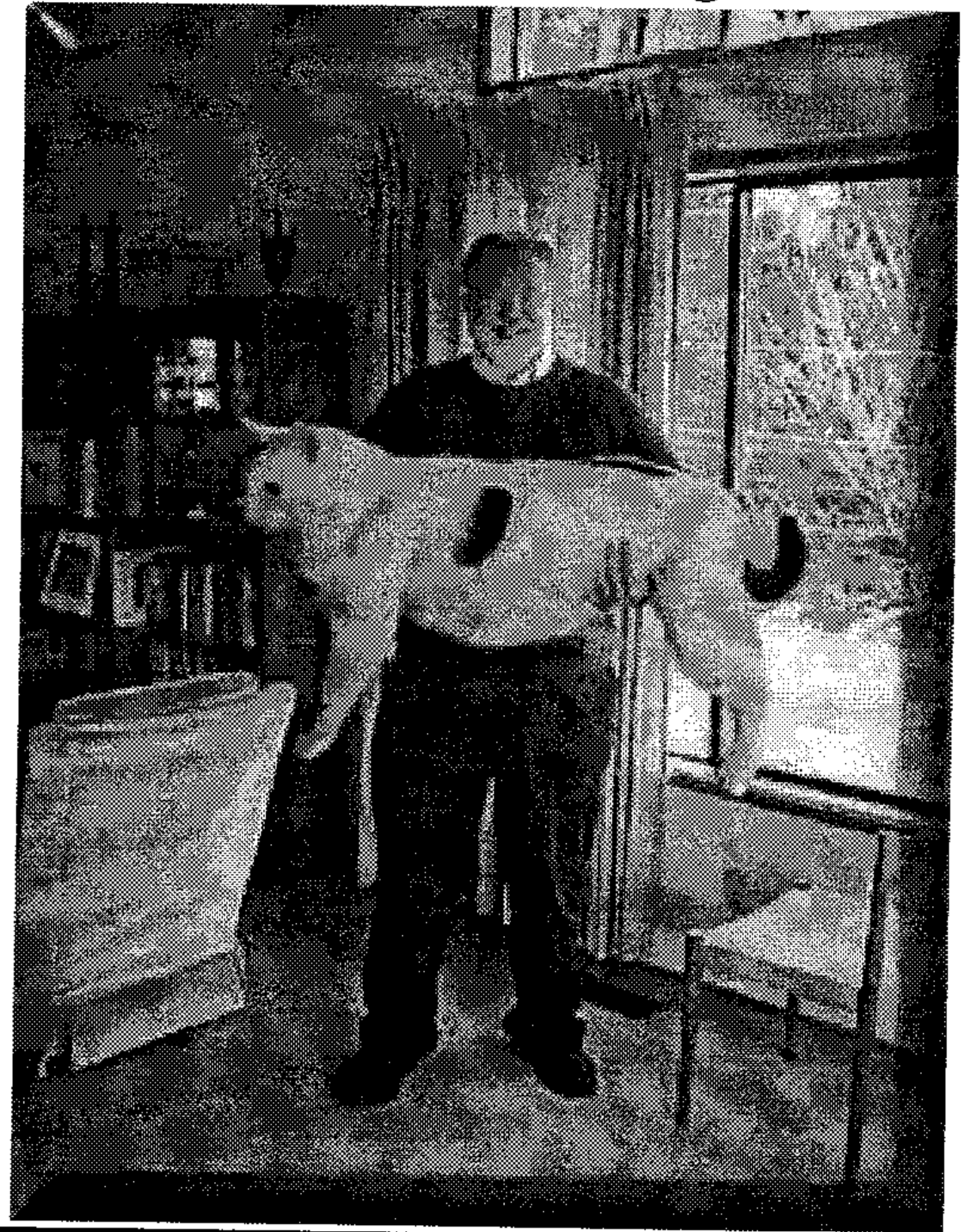
Richard and Judith Opsahl  
995 49th Street (burned)  
Los Alamos, NM 87544  
(send mail there mailbox still works)  
Phone: 505-662-9404  
e-mail: opsahlr@qwest.net

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## Bad Dog



## Big Cat - Length: 69", Weight: 87 lbs



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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. Also, track workouts begin at **6pm** on **Tuesdays** at the **Santa Fe High School**. 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

