



Mile Markers



We Give You the Run-Around

March 2002 Volume 24, No. 3.

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

Membership Renewal Time!

The grace period for memberships is over! It's time to renew your Santa Fe Striders membership, else not receive a newsletter next month. Check for "Good Thru" on your address label to see when your subscription expires: 2001 (expired), 2002 (current), :-) (complimentary). A membership form is included on the back page.

From: Rogers427@aol.com
Date: Sat, 2 Feb 2002 22:09:47 EST
Subject: (no subject)
To: mick@daylight.com

I am writing this note in response to the recent stories about the 1999 and 2001 Tucson Marathons. I guess I am just lucky. My first marathon was the 2000 Tucson Marathon. It was great. The bus was timely, warm, and full of nice and supportive people. The run was wonderful with no traffic or police interference, well staffed and stocked water tables, and pleasant fellow runners. The food, drink, and ancillary services at the finish line were sumptuous. I plan to run at Tucson again soon. I'm sorry that others did not have the positive experience at Tucson that I did.

Steve Rogers

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

On the Nth, the Striders Meeting will be graciously hosted by Joslyn & Bob Garcia at 8 Spirit Run Pl. Their number is 474-0772.

Strider Book Release

From Calcutta With Love

The World War II Letters of Richard and Reva Beard

Elaine Pinkerton's long-awaited collection of her parents' World War II correspondence, set against the China-Burma-India (CBI) theater of operations, is a saga of love and war.

Richard Beard, an Army Air Force psychologist assigned to the 142nd General Hospital in Calcutta, dealt with the emotional trauma of his patients, men on the verge of madness. His pillar of strength was his wife, Reva, half a world away in Findlay, Ohio. In exquisitely detailed letters to Reva, tempered with tenderness and humor, Richard poured out not only his own longing but also the unfolding drama of war.

"From Calcutta with Love is not only joyful and informative, it is a view into the vast meaning of love. This is a book to be savored and remembered."

Hugh Prather, author of Notes to Myself, Notes on Love and Courage, and Spiritual Notes to Myself

"From Calcutta with Love is sensational. These letters not only offer a personal glimpse into a marvelous love story, they relate the unfolding drama of World War II."

Andrew Carroll, editor of the New York Times bestsellers, Letters of a Nation and War Letters.

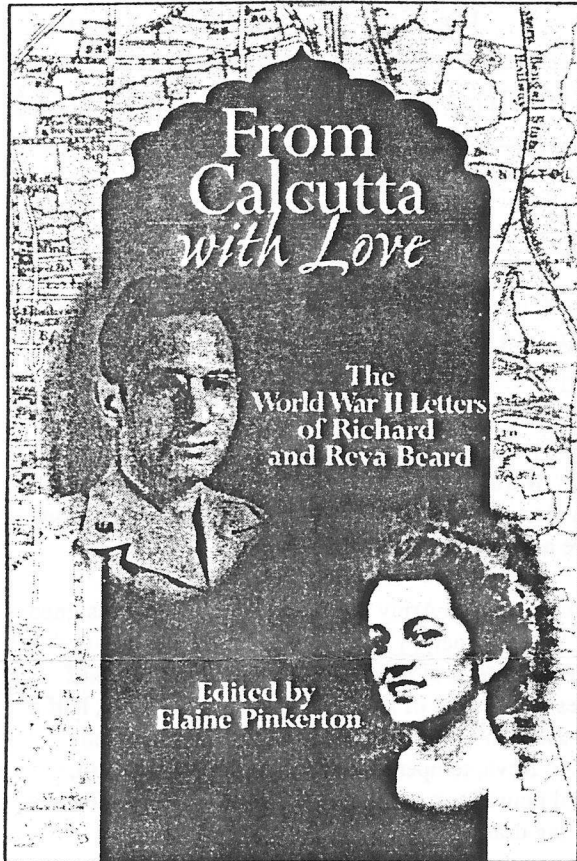
"The letters of From Calcutta with Love depict the rarely mentioned China-Burma-India theater of World War II, the exotic nature of India, and the tragedy of war through a psychologist's eyes. An absorbing read!"

Senator Bob Dole

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From Calcutta *with Love*

The World War II Letters of
Richard and Reva Beard
Edited by Elaine Pinkerton



WWII/China-Burma-India
382 pages, 6 X 9
(cloth) \$29.95
ISBN: 0-89672-468-9

The saga of China, Burma, India—World War II's forgotten theater—is heroic, but seldom told. CBI ground troops were charged with the Herculean task of carving a road from India to China, and the treacherous flight pattern over the Himalayas, crucial to supplying the Allied effort, was a virtual suicide mission. Pilots who “flew the Hump” braved violent monsoon rains and deadly wind shifts.

Richard Beard, an Army psychologist assigned to the 142nd General Hospital in Calcutta, dealt daily with emotional trauma. While American and British soldiers hacked their way through dense tropical forests to build a supply route, Beard immersed himself in the internal jungles of those he cared for. A pillar to the men he served, Beard was an astute listener and observer, pleased to be playing his part. But his own pillar was his wife, Reva, half a world away in Findlay, Ohio. In daily letters to Reva, he poured out not only his own longing but also the unfolding drama of war in painfully exquisite detail tempered with tenderness and humor.

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Box 41037

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1075-FROCAL

SHIPPING: \$4.50 first title, \$.75 each additional title.
(All Texas residents please add 7.875% sales tax.)

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Elaine Coleman, a.k.a. Elaine Pinkerton

PLEASE JOIN ELAINE FOR READINGS AND BOOK SIGNINGS AT:

Hastings, De Vargas 1-3 p.m., Friday, March 8
Hastings, Cerrillos Rd. 4-6 p.m., Friday, March 8
Hastings, Wyoming Blvd. in Albuquerque 2-4 p.m.,
Saturday, March 9
St. John's College, Speaking Volumes lecture in Great
Hall at 5 p.m., Sat., July 6

FOR MORE INFORMATION: E-MAIL
ELColeman@aol.com or go to <http://www.readsouthwest.com/pinkerton>

Editors Note: The book can be purchased at Good Books, Collected Works, or St. John's College bookstore, also at Amazon.com.

Joints in Motion Marathon Training Team

Do something you,ve always wanted to do.

Become a member of Joints in Motion, the Arthritis Foundation's marathon training program. You will raise funds for Arthritis Foundation and we will train you to run or walk a marathon, plus send you to one of our many exciting destinations. "Joints in Motion" marathon training is designed to guide people of all ages and fitness levels through an extensive training program to complete each marathon.

Together we will help improve the quality of life for millions of men, women and children with arthritis.

San Diego Recruitment meeting: February 6, 2002 (training begins 2-9-02)

Contact asandova@arthritis.org or call 833-2997 for more information

Because you can make a difference... Walk the Walk

You say you want to help. Well here's your chance. Put your best foot forward and help the Arthritis Foundation take steps toward finding a cure for America's number one cause of disability. Take part in the Arthritis Foundation's NM First Annual Arthritis WalkSM and help the 43 million Americans with arthritis live better lives.

The Arthritis WalkSM will take place May 4, 2002 at 9am at the New Mexico Sports and Wellness Bosque (Paseo Del Norte and Coors) Contact asandova@arthritis.org or call 833-2997 to participate.

Participants will have the choice of a 5K or 1-mile walk. Men, women and children with arthritis will lead the way wearing special blue honoree hats to show that they are taking control of their arthritis. The best way to enjoy the Arthritis WalkSM is to invite others to walk with you. Anyone can participate, recruit co-workers, friends, family, neighbors, whomever, and get them to join in the fun! Whether you choose to form a team or walk on your own, either way you'll be doing your part in the fight against arthritis, and most importantly you'll have fun doing it. Plus, the excitement doesn't stop once you've crossed the finish line, be sure to stick around for the post-walk celebration featuring entertainment, food and valuable health information.

Angelic Sandoval
505.833.2997
asandova@arthritis.org

Date: Sun, 3 Mar 2002 16:32:11 -0700
To: mick@daylight.com
From: Roberts French <rwfrench@newmexico.com>
Subject: ID tags

My son Rob, a trail marathoner, has referred me to a web site, <http://www.roadid.com/>, that sells several models of ID tags for runners. For women especially, and for those of us (like me) who run alone on mountain trails, these tags would seem to be a good idea. Some of us will remember the running writer Jim Fixx, who died of a heart attack while out on the roads. Because he could not be identified, his family was not notified for twenty-four hours.

Of course we hope for better fates. But there are reasons we have insurance. These tags are insurance. Just in case....

--Bob French

Vote! - Newsletter Frequency, Membership Cost & Promotion of Running

A survey began in January 2002, and reposted here:

The Strider membership is entertaining the thought of reducing the publication frequency of the *Mile Markers* newsletter to bi-monthly or quarterly. Coupled with this thought is the idea of directly promoting local running. The funds could be redirected to provide benefits, such as running shoes, clothing, and gift certificates. Tell us what you think!

The Striders should:

- A: Don't change; continue to publish monthly.
- B: Publish bi-monthly and save.
- C: Publish quarterly and save more.
- D: Use savings to provide benefits to local athletes
- E: Use savings to reduce membership cost.
- F: Don't care.

Send you thoughts by email (mick@daylight.com), phone (438-4463) or to PO Box 1818 Santa Fe, NM 87504.

Current Results (101 members):

- A: 5
- B: 0
- C: 1
- D: 1
- E: 0
- F: 95 (by virtue of no reply)

Transcripts from the few who have responded so far:

Date: Mon, 18 Feb 2002 11:02:14 -0700
To: mick@daylight.com
From: Roberts French <rwfrench@newmexico.com>
Subject: Mile Markers

I hope that the newsletter will continue to publish monthly. A quarterly publication would hardly be news; it would be more like archives. Race results and announcements of future races need to be monthly. But most important, monthly publication does much to create and foster a sense of Strider community.

I am glad that Mile Markers is a monthly publication. Matters involving safety should not have to wait three months for publication.

--Bob French

Date: Sat, 09 Feb 2002 20:06:46 -0700
From: Gwen Wardwell <g.wardwell@worldnet.att.net>
To: mick@daylight.com
Subject: Mile Marker

I've been a member of the Striders for about 18 years and haven't participated in anything except the occasional race. Nevertheless, I've kept up my membership to support running in Santa Fe in general and for listings of local races and their results. I would be happy to see an increase in the membership fee, with lower fees for anyone who needs it.

Please continue to produce Mile Marker once a month with expanded listings of upcoming races and race results.

Gwen Wardwell

>>> Race Calendar <<<

5/11 20th Annual High Altitude Bandelier Marathon and BB50 Ultramarathon
http://internet.cybermesa.com/~kernkt/HAAC.htm
kernkt@cybermesa.com

6/1 8a Santa Fe Run-Around 5/10K 2002
9:30a Kids 1K
438-4463 (Mick)
http://www.daylight.com/~jj/striders
mick@daylight.com

6/29 25th Annual Los Alamos High Altitude Mini Marathons
New Mexico 20K Championships
http://internet.cybermesa.com/~kernkt/HAAC.htm
kernkt@cybermesa.com

Mid-November Fowl Day 2002
438-4463 (Mick)
http://www.daylight.com/~jj/striders
mick@daylight.com

Date: Wed, 06 Feb 2002 20:20:52 -0500
From: Marathon Poetry <sl.mott@verizon.net>
Reply-To: uphill@marathonpoetry.com
To: mick@daylight.com
Subject: attention runners

Dear Fellow Runner:

Wanted to let you know about a very cool product: Marathon Poetry. It's a magnetic poetry set made specifically for addicted runners like me.

It's fun. It's cheap: \$12 postpaid. And all proceeds go to Run for Research, the marathon team of the American Liver Foundation. Get all the details and order at www.MarathonPoetry.com.

I would be so grateful if you would let the runners in your club know about MarathonPoetry.com. Shoot out an e-mail. Mention it in your newsletter. Link to our site. Whatever you can do will be appreciated by the many people whose lives will be longer and healthier through liver research. Thank you!!

Steve Mott [7 marathons, 0 world records]
Run for Research -- Boston
www.MarathonPoetry.com
uphill@marathonpoetry.com



Wings of America Cross Country Teams Take First & Second in USA

Front row, left to right: Erin Lewis, Vanessa Dan, Jerri Martin, Felicia Guliford, Janice Tosa, Christine Concho, Coach Alice Kinlichee. Back row, left to right: Coach James Nells, Arvin Thomas, Forrest Tahdooahnippah, Bradley Wells, Ira LaFontaine, CR Davis, Anthony Bachman.

Anne Wheelock Gonzales
Associate Director
Wings of America

Out to the Randall Davey

by Mike Sutin

And where have all the dead leaves gone,
on this, my run past Audubon?
Winter's sharp wind whips hard Fall's brown
leaves of dying trees in frenzied terror
to farmers' fields bereft of sheaves,
to curbs and sides of sapless streets.
To save myself from mental error,
I must push on to get to town
before I freeze in drifts up to my knees.
What happens when the oven overheats?
Cold weather shrivels fallen leaves,
full twists the skeletons in breeze
like cast cement contorts death's mask
and mixes ice and snow to mash,
then dries to pulverized gray dust
like six million souls reduced to ash,
in circumstances then considered just,
with ovens by which flesh and bones combust.
Like leaves left to molder in the sun,
the jews have no place left to run.

Volunteers Needed for the Santa Fe Run-Around, June 1st

Would you like to be involved in making the Santa Fe 5K and 10K and Kids 1K event a success? How about helping out? Volunteers are needed at on-site registration, water aid stations, and the finish line chute. If you're interested, contact the Mick at 954-3295 or email mick@daylight.com

Newsletter Race Calendar Needs your Help

The Santa Fe Striders Newsletter, Mile Markers, needs your help! The monthly race calendar and feature event article is normally updated in each issue. If you're interested in contributing to this fantastic publication, call Mick at 954-3295 or email mick@daylight.com

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 **6pm on Wednesdays** at Lincoln and Palace, across from the **Plaza clock**, for a 5-mile or so run. Also, track workouts (April-October) begin at **6pm on Tuesdays** at the **Santa Fe High School**. Everyone is welcome.

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.

2001 Striders Officers

Eric Peters, President, 466-2460
RunAdventr@aol.com
Kris Kern, Vice President, 983-8944
kernkt@gat.com
Diana Hardy, Treasurers, 438-8602
hardy_diana@seo.state.nm.us
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: _____

Annual dues for the Santa Fe Striders club are \$15. A \$1.25 is for a subscription to the RRCA's quarterly magazine, *footnotes* for one year. Annual fees are due in January and membership runs through December. If you are paying in July or later, the dues 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



good thru 2001

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

