



Mile Markers

We Give You the Run-Around

July 2002 Volume 24, No. 7.

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

Santa Fe Run-Around

Thanks to countless Strider members who volunteered to make the 2002 Run-Around a huge success. Finishers of the 5K & 10K were nearly 300. The kids 1K had over 200 kids. The Striders will donate a portion of the proceeds to Partners in Education. A more complete report will be forthcoming. Together, with the City of Santa Fe, the following sponsored helped make this event happen.

Alpine Sports
Archaeo Architects
Bulldog Gym
City of Santa Fe
Davis & Associates
First State Bank
Gatorade
Harris Builders
Horace Automotive Group
Janine Lehmann Graphic Design
McParton Roofing
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Running Hub
Santa Fe Bar & Grill
Santa Fe Screenprinters
Santa Fe Striders
Southwest Ear, Throat and Nose
St. Vincent's Hospital
White & Luff Financial
Whole Foods
Wild Oats
Wood Gormley Elementary School parents

Speedway

by Mike Sutin

You can't count coup or coins in pitch of night or clearly see where traffic signs say stop. The curbside puddles glaze and smooth stones shine, glass-like reflections from the street lamp light. It's hard to make a route in dark all mine, and at this time there never is a cop.

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

On the 9th, the Striders Meeting will be graciously hosted by **Eric Peters** at his new home (address unknown). His number may be **466-2460**.

From Santa Fe take Old Las Vegas Highway toward Las Vegas. Go down the very steep hill that takes you into Canonicito at Apache Canyon. When you see the mile 9 marker on the right, you are getting close. After the 9 mile marker there is a white fence on the right. Take the first possible right after seeing the fence onto the road labeled San Carlos Lane. San Carlos Lane is one of the few roads with a reflective green street sign that is on the right side of Old Las Vegas Hwy. This road is my driveway (shared with a few other houses). Take a right when the driveway first forks, then circle left all the way around the house. (If you open a gate of any sort, you have gone the wrong way.) Note: the KOA campground is just past San Carlos Lane on the left. Turn around here if you missed the driveway.

NM State Chasmpionships

The New Mexico State Championship Race Series officially got under way on June 1, 2002 as the Santa Fe Striders gave us a great Run-Around. A starting field more than 50% larger than in previous years assembled on historic Santa Fe Plaza for the first-ever New Mexico State 5k Championship for men alongwith the 10k Championship for men and women.

In the men's 5k, Joseph Grindstaff won the first state championship certificate with a fine time of 17:12 at Santa Fe's 7,000' altitude. He finished more than a minute ahead of the second runner as only six finishers managed to better 20:00. Almost 200 runners competed in this year's Run-Around 5k.

In the 10k, Santa Fe Striders president Erik Peters also won a state championship certificate with a time of 37:11. Rebecca Grat won the women's division with a time of 43:37. All age group winners in each race received state championship certificates as well as commemorative ChimayF3 weavings.

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Upcoming races in the 2002 State Championship Race Series include the Women's Distance Festival 5k (women's 5k) on June 30, the La Luz Trail Run 9-miler (men & women) on August 4 (unfortunately, the race filled up on May 13 & await list is maintained at Albuquerque's Fleet Feet Sports), the Big Tesuque Mountain Run (men & women) on September 12 and the Dirty Dozen 12k (men & women) on September 27. Please be sure and publicize these remaining races in the Series to your members.20

We are already planning next year's Series & are seriously considering a Grand Prix in conjunction with the State Championship Races. I would like to hear from each of you whether you will be in Albuquerque for the Duke City Marathon on September 1 & if so, whether you can get together sometime after the race, over lunch perhaps, so that we could have a state meeting of the club presidents to discuss this and other issues.

I look forward to hearing from each of you.

Sincerely,
John Farrow
New Mexico State Rep

Results of the 2002 Santa Fe Run-Around

(for complete results of the 5K & 10K,
see <http://www.daylight.com/~jj/striders/>)

***** Kids 1K *****

1. Pedro Isaie
2. Niklas Sletteland
3. Jack Evaldson
4. Jenson Brown

***** 5K Female *****

Overall - Mary Uhl 20:20

19 and under

1. Esme Sienicki 25:01
2. Nicole Marjon 26:27
3. Caitlin Woods 26:55

20-29

1. Vanessa Curry 24:35
2. Tessa Horand 25:32
3. Carleen Vigil 27:29

30-39

1. Jodi Medell 20:53
2. Annette Thayer 23:49

3. Lorraine Palmer 24:42

40-49

1. Lehigh Sheppard 23:36
2. Judy Amer 25:07
3. Virginia Porterfield 26:16

50-59

1. Carol Richardson 23:58
2. Rebecca Phillips 28:51
3. Jary Earl 29:41

60-69

1. Sally McLean 37:29

***** 5K Male *** RRCA New Mexico State Championship**

Overall - Joseph Grindstaff 17:12

19 and under

1. Ben Fletcher 18:13
2. Ross Hunt 18:48
3. Henry Valdez 19:35

20-29

1. Greg Dunn 23:29
2. Gerald Mendez 24:29

30-39

1. Michael Schneider 19:25
2. Rick Gee 20:05
3. Patrick Lucero 22:05

40-49

1. Edison Eskeets 18:24
2. Lyle Amer 19:01
3. Charlie Drysdale 20:31

50-59

1. Vin Kelly 20:17
2. Lloyd Porterfield 21:49
3. Wallace Brunson 22:32

60-69

1. Jim Romero 22:13
2. Jim Van Every 32:37
3. Richard Hinkle 36:05

70 and over

1. Greg Beamis 31:08
2. Jerry Dorbin 32:36
3. Saul Cohen 33:54

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*** 10K Female *** RRCA New Mexico State Championship

Overall - Rebecca Graf 43:37

19 and under

1. Ginny Seamster 57:54

20-29

1. Nicole Fenton 56:21

2. Stephanie Sayre 70:07

30-39

1. Cinnamon Blair 44:44

2. Jennifer Skeketee 46:15

3. Julia Peters 49:10

40-49

1. Suzanne Garney 48:06

2. Bernadette Gould 48:38

3. Patty Danforth 51:58

50-59

1. Margaret Alexander 65:07

2. Deborah Gaynor 66:36

3. Ellen Stelling 71:44

*** 10K Men *** RRCA New Mexico State Championship

Overall - Eric Peters 37:11

19 and under

1. Reed Bienvenu 37:32

30-39

1. Paul Rochford 41:30

2. Zack Shandler 52:52

3. Chas Curtis 53:19

40-49

1. David Telles 44:52

2. Arch Wright 44:58

3. Joseph Guterrez 46:55

50-59

1. Cody Sheppard 47:37

2. Robert Findling 48:54

3. Felipe Jaramillo 49:00

60-69

1. Robert Werner 49:19

2. Bert Grapin 51:33

3. Jeffery Whitmore 55:24

>>> Race Calendar <<<

Mid-November Fowl Day 2002

438-4463 (Mick)

<http://www.daylight.com/~jj/striders>

mick@daylight.com

Dear Mom, Love Mick

Christmas 2001

Dear Mom,

I can't resist the addictive nature of physical endurance. I had so much fun this year that I've decided to do MashieMan again. Ironman Canada is August 25th.

Love Mick

January 23

Dear Mom,

I sprained my right ankle real bad at the end of a 5-mile run. You know I have rubber bands for ankles, but this twist takes the cake. It's swollen like a grapefruit and I can't walk.

Love Mick

February 5

Dear Mom,

I off crutches.

Love Mick

February 8

Dear Mom,

I did my first run in 3 weeks. Feel fine. No pain.

Love Mick

February 17

Dear Mom,

JJ and I teamed up and took 2nd in the Mt Taylor Quad. We calld ourselves Upgrade & Reboot. We had fun with the puns of the hill, ski boots, and computer gurus. My bike and run legs are good to go.

Love Mick

April 21

Dear Mom,

I did my first bike race in Galisteo and took 9th out of 45. It was really windy. Governor Gary Johnson was 3rd. They don't time these event, but I did (47 miles in 2 hrs 15 min, 21 mph)! Getting faster all the time.

Love Mick

May 10

Dear Mom,

I've had solid training runs the last couple months. I've going to Bandelier in the morning for the marathon. Last couple years I did 3 hrs 52 min and 4 hrs 1 min.

Love Mick

May 11

Dear Mom,

It was a good day in White Rock and Los Alamos. I did the "Bandy" in 3:29! Not bad considering I rode the bike from Santa Fe (38 miles). I

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felt so good I rode home too.
Love Mick

May 18
Dear Mom,

Bike training has been going well (I think). I'm going to test the legs at the Santa Fe Century bike ride (104 miles) tomorrow. I did it in 6 hrs 19 min last year.
Love Mick

May 19
Dear Mom,

I can hardly believe it - 5 hrs 8 min! I had some help with drafting. Boy, it looks like the bike is coming along nicely.
Love Mick

May 31
Dear Mom,

I'm directing the Santa Fe Run-Around event with the Strider tomorrow. It looks like the event is going to attract a lot more people this year. I'll ride the bike to Taos after the Run-Around is over (about noon) and run the marathon on Sunday. I won last year in 3 hrs 13 min. It'll be harder to defend 'cus I'm so busy with the Run-Around and doing a big ride up there.
Love Mick

June 1
Dear Mom,

The Run-Around was a huge success. Nearly 300 finishers in the 5K & 10K and over 200 kids did the 1K. The Striders are donating part of the proceeds to Partners in Education. After the Run-Around, I rode to Rock Wall (51 miles) and Brigitte picked me up in the car and took me into Taos. My legs are a bit tired.
Love Mick

June 2
Dear Mom,

I took 10th in the Taos marathon in 3 hrs 36 min. I could feel the quadriceps in the second half. Several fast runners broke 3 hrs this year. I'm not taking this performance too seriously since I've been training through everything. I had a lot of fun with Brigitte in Taos.
Love Mick

June 29
Dear Mom,

Brigitte and I are going to Lubbock, TX, for the Buffalo Springs Lake 1/2 Ironman. Now we'll get to see what mashie pace is like.
Love Mick

June 30
Dear Mom,

I did the 1/2 mashie in 5 hrs 34 min which is half of what I'd like to do at the full mashie. I tried to do full mashie pace in this event. I went anaerobic in the swim (1.2 miles in 44 min) and was a mistake of my own perception of effort. The bike was relatively easy (56 miles in 2 hrs 54 min) but the early mistake seem to slow me down in the run (13.1 miles in 1 hr 52 min). My transitions continue to be fast (2 min each). Things are looking good. It was hot in Lubbock (100 degrees).

Love Mick

July 1

Dear Mom,

Today I got into Vineman. I was on the wait list for a month and got moved in on the last day. So, here's what coming up on the road to the mashie.

July 28 - Sprint Triathlon (Olympic distance (niblick), Las Vegas, NM)
Aug 4 - Vineman 1/2 Ironman (1/2 mashie, Sonoma, CA)
Aug 25 - Ironman Canada (full/whole/nothing-but mashie, Penticton, British Columbia)

From: TheRoadsScholar@aol.com
Date: Sat, 15 Jun 2002 07:05:08 EDT
Subject: Thoughts of a Roads Scholar-June

Not Well Grounded

I'll have to admit, for much of the current year, I have not been very well grounded, and things aren't likely to change any time soon. I have found myself up in the air about almost everything much more than usual, and I place the blame squarely on three primary culprits. They are Delta, American, and USAirways. Through it all, I am finding it quite difficult to remain anchored with my feet planted firmly on the ground when I constantly find myself either cruising at 30000 feet, or landing at final destinations, which are strange and unfamiliar. I have become, in the most literal sense of the word, flighty. No wonder my head's so often in the clouds.

In almost all ways, I am a man of routine. I have a hunch that most runners are, as running requires a lot of it. On a daily basis, I am most at peace with the simplicities of life. My desire is to wake up in my own bed before the sun comes up, run on my own roads before work, watch Jeopardy while snuggling with my wife in the evening after dinner, and then tucking myself in bed by 9:30, eager to follow the same predictable schedule the next day.

On weekends, I like to start my Saturdays with a race, and then run down by the Chattahoochee River on Sundays. Routine is not such a bad thing, and the routine of home is the finest routine I know. I have devout fondness for home, and my running seems to like it too.

When I'm at home, I know I can wake up at 5 in the morning, and the roads I run are a footstrike away, just past the end of my driveway. As I gently step over the dew-drenched newspaper, I can go as far as my legs and my imagination are willing to take me, and I have the comfort of knowing that the finish line will always take me back home. I don't require such trivial things as house falling on a wicked witch or a yellow brick road, or a pair of ruby red slippers to know my biggest happiness is found right in my own back yard.

The last couple of weeks, my travels have returned me to places of my past, as I have returned to Wilmington, Delaware and Pittsburgh, PA. I used to live in both cities, and in fact, I was born in Wilmington. At one time or another, I called both places home, but neither trip was a return to any place even remotely similar. The physical structures where I once lived might still be standing, but the comfort of my routine was left behind in Atlanta.

A house is merely a structure, cold and stoic. But the warmth and the familiarity of home IS structure, in its most pure and simple form. So two weeks ago, when I was in Wilmington, I went searching, not for a house, but for home. I found it, but not in the residence where I was born. Instead, I found it in a 2 =BD mile loop down by the Delaware River, where I found home for about an hour each morning on my run, before going to work. As I traversed the roads that ran along the river and through Brandywine Park, the structure of home appeared. Within the run, I was home, and it made the rest of the day more than just a little bit better.

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This week in Pittsburgh, I once again found routine, this time along the Golden Triangle. I never did make it back to the physical structure in which I once lived, but there was really no need to. Every morning, I made a date to find my way back home by the waters of my three friends: the Monongahela, the Allegheny and the Ohio. As I negotiated the Eliza Furnace Trail each morning, I simply enjoyed the warmth, and the structure. Despite what the rest of the day would bring, for that magical time, I found home away from home.

As I write this, I am once again at 30,000 feet, heading back home to Atlanta. That's home in every sense of the word. My wife awaits me there, as well as my friends and my routine. Tomorrow morning, I'll step across the morning paper, still covered with morning dew, and lose myself somewhere just beyond my driveway. An hour later, I'll finish right where I started. Home

How can it get any better than that?

But even at this high altitude, I feel a little more grounded than I did even two weeks ago. I'm content in the knowledge that I can pack a little bit of home in my suitcase before I leave again on Sunday afternoon to return to Pittsburgh for another week. Home will be packed in the form of a pair of running shoes, shorts, Thor-Lo's and singlets. There is no place like home, wherever you can find it.

At Long Last-Confluence

It's been a while since I've written anything worth reading, and of recent times, that fact has been gnawing at my inner soul. Over the years, every time I complete an article, I wonder where the next profound running thought is going to come from. There is only so much that can be written about running before it's all been said. How many times can you put one foot in front of the other for an hour a day, week in and week out, before you run out of profound insights and inspirations to write about?

But somehow, month after month, year after year, the answer is always found somewhere deep in the inner dimensions of the run. While the rest of my day is occupied with everything else, the run is the recreation of the body, the regeneration of the soul, and the creation of the next thought, which ultimately ends up as the next essay.

The last few months, I've had this sickening feeling that maybe there is nothing left to say. My inkwell started running dry in early March, when I became so consumed with, and controlled by work issues that I stopped running all together. I couldn't even entertain the thought of a run. When perspiration is not a part of the beginning of my day, there is no inspiration to follow. No run meant no writing.

March and April were drought months for me. I rarely ran, and I didn't write at all. After a couple of months, things slowly started to sort themselves out at work, and I started to gradually get back in to running. For a while, I was forcing myself to get out only because for the last 20 years, I have been a runner. But something within the runs felt a little bit phony, and the writing did not tag along close behind. The former excitement and anticipation of the next run was gone, but at least I was starting to get out again. Taking the "cup is half full" approach, I told myself that even just going through the motions still keeps one moving forward.

It took a couple more months before runs were again delightful, and during that time, there was still nothing to write about. So I remained silent, just waiting for that next unique thought to connect during the run, and wondering if I would ever write again. But finally, the thrill started to come back, and the reunion of body and soul started to return.

The name I write under is really the confluence of two different personas. The Roads Scholar is an equal mixture of one part runner, and one part writer. If there is no perspiration, there is no inspiration, and the

creative well runs dry. If either element is missing, there is no Roads Scholar. That's why you haven't seen him lately.

But this morning's run took care of that, and it happened because, before the run, I did something I hadn't done in a long time. I reminded myself to be open once more to running's parables. Running used to teach me something new almost daily, because I was receptive, and willing to be a roads scholar. The student was once again ready for the teacher to appear. Somewhere in the mayhem of earlier this year, I forgot how to run that way. This morning, I reminded myself to remember.

As I ran down the Eliza Furnace Trail, which runs along The Golden Triangle of Pittsburgh's Three Rivers, where the Monongahela and Allegheny meet to form the Ohio, I realized that The Roads Scholar needs to run and write, just as the Ohio needs the Monongahela and the Allegheny. In both instances, the confluence of two from to create the one. That was the message embedded within this morning's 70 minutes of ecstasy.

I know in my heart that I am back to writing, and the return of the reemergence of the and of the body and soul, and subsequently, runner and writer, is complete. I'm already looking forward to tomorrow's early run, because I know there is another inspiration to be plucked from thin air, another moral to seek, and another essay to write. The Roads Scholar has returned. Confluence at its best.

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. _____

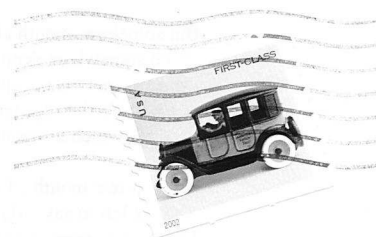
Date _____

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



good thru 2002

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

