



Mile Markers



We Give You the Run-Around

November 2002

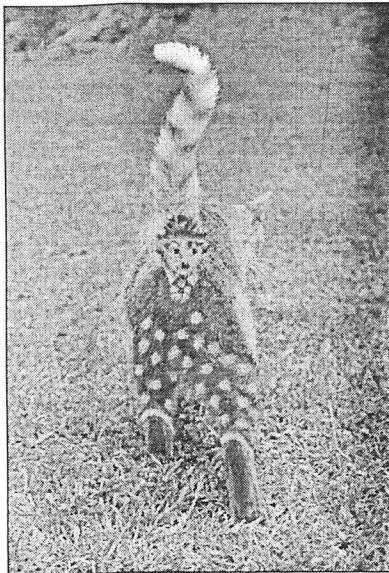
Volume 24, No. 11.

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

Feature Event - Fowl Day

The 22nd Annual Fowl Day Community Event to Benefit the Salvation Army Holiday Food Drive is scheduled for **Saturday, November 16th, 9:00a at Ft. Marcy**. The run is 5K cross country. Walk, jog or run any length. There's no pre-entry -- join the community next to Ft. Marcy sports building on event day. In lieu of an entry fee, **donate \$10 worth of non-perishable food or warm clothing**. The Salvaton Army will be on hand to accept your donation. There will be gifts from local merchants. There will be coffee, cider, and water to drink. If you have any questions about Fowl Day, feel free to call the Event Director, Mick Kappler (438-4463) or the Strider President, Eric Peters (466-2460).

Halloween Costume



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

On the 12th, the Striders Meeting will be graciously hosted by **Kris Peterson at 215 Sereno Dr in Casa Solana**. Her number is **820-6247**.

Strider Poet Lariat

by Kris Kern

Well, this is really disturbing, particularly since we were just about to propose the introduction of the new position of Strider Poet Lariat. Not to mention right on the eve of a very important new annual event.

Lets see if I can fill in (ahem)

With announcements and results galore
our prose fills pages and more
but if hair were words in limer-icks
our pages seem more Dorbin-esq
and newsletters with no mr Sutin
and Striders will rhyme with nuttin'

Ok, our poets bail and we'll have to publish stuff like that. And the original required footnotes for a word I made up to rhyme with -esq, until I realized -icks was close enough.

But better not bail until after the first annual STRIDER POETRY SLAM!!!!!!!!!!!!!!!!!!!!

Winner becomes Strider Poet Lariat, with all the honors and duties that come with it.

So: Rules!

Submit your entry no later than the next Strider meeting (Nov 12 - Kris Peterson's house - 215 Sereno - 820-6247 for the benefit of Mick should he choose to read this far he might be inclined to put that in his notes for the newsletter that he better get working on since it has to go out in 2 weeks.) We'll have a reading there and vote on the winner, who will be officially sworn into office at the December meeting. If you can't attend, send your submission and we'll have it read (probably by the Strider that has consumed the most beer).

I was going to give a length limit (10 lines) and subject

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Clear Skies for Dale Goering's Run & Ride

If the world outside was something you wanted to forget for awhile, Dale Goering's Run & Ride on Sunday, Oct. 20, let you do just that. Brilliant autumn blue skies, with just a few clouds on the horizon, greeted the 23 cyclists and runners who turned out for this annual low-key event along the Santa Fe Rail Trail.

The rules for the race are simple and, within limits, may be disregarded. A team consists of two people and one bike. Team members may alternate running and riding or designate one person to run the whole way and one to bike the whole way, a distance of 12 miles. Finish times are computed when both team members have crossed the finish line.

But runners or bikers who want go solo may do that. They may go the whole distance or part of it. You cannot be disqualified from this event.

In past years, the Run & Ride has started at Rabbit Road and the railroad tracks and ended where the tracks cross the highway to Lamy. This year, to simplify matters, the race started at the usual spot but was out-and-back.

Results for the nine teams are as follows:

Charlie Drysdale and George Chapel, 1:06:30; Eric Peters and Mike Schneider, 1:08:07; Kris Kern and Jeremy Yang, 1:13:00; Carl Gable and Joel Krypkel, 1:13:12;

Darla Thompson and Richard Thompson, 1:23:49; Phil Hadley and Shane Wolfe, 1:36:56; Suzanne Garney and Dan Kane, 1:44:20; Kris Peterson, Tom Day and Kris' golden retriever, Jake, 1:50:46; Douglas Hughes and Scott Darling, 2:02:00.

Solo runners and cyclists were John Carroll Pollak, 1:09; Graydon Anderson, 1:02; Jim Westmoreland, 1:35; Eric Erb, 1:25, and (our apologies here) a participant whose name could not be deciphered from the sign-in sheet, 1:47.

Amenities for the event consisted of a well-stocked water stop at the 4- and 8-mile marker.

There were no awards, post-race drawings or sponsors. There was something better--a post-race pot-luck at Dale and Kenny's house off the Old Las Vegas Highway.

--Tom Day

Part II: Strider's Adventures at: Subaru Primal Quest - Telluride, CO

July 4-12, 2002; *by Barb Dutrow*

From Part I, you were left with the burning questions: Did Joel's thumb recover? Did Barb break her arm? Were there other casualties? Despite Barb's right arm being swollen beyond recognition, kayaking the Animas River from Silverton was to be a welcome relief, to be off our feet. Not so! With water levels so low (150 cfs vs. the average 1500 cfs) it was immediately evident that this would be hike-a-boat. We put in about 8:30am (July 11), in time to be through the canyon by the 9pm cutoff. Carl and Barb soon mastered the one-foot out and one-foot in push along the river as well as the scoot techniques. You couldn't paddle 10 feet without high centering on a rock, even in the midst of a rapid. Brad and Joel chose to line their boat through most rapids, Brad not caring so much for this segment. Progress, however, slow was made and we arrived at camp 1 two hours before the cutoff. As the day wore on, Carl and Barb got too far ahead of Joel and Brad for them to follow our line, ever more technical in the low water. The pace slowed... too much. Carl and Barb were about 0.25 miles from takeout when the 9pm cutoff arrived. Joel and Brad further back. After being met by river guides, we had to deflate our boats and carry them and all the gear to Camp 2. For each minute we were not at camp 2 after 9pm, there was a 5 minute penalty. This resulted in a 8 hr penalty that had to be served on the spot, most frustrating after starting out so strong. We were not prepared to spend the freezing night in the canyon, so despite the mandatory downtime - sleep was not restful. At 6:20am (12th) we could leave, and started the 7+ mile trek out carrying our boating gear, minus the boat. Nearing Purgatory Ski Area about noon (CP21) in the blistering heat with little food and water, we were met by the OLN camera crew who followed us into camp - this didn't make TV! (But our biking did!). It was a relief to know that the final 37 mile biking leg was soon to be behind us, only a few more 13,000' passes. We had been out about 121 hrs. Reaching another summit about sunset made for gorgeous film footage. But then came the "bone-jarring downhill", as the race instructions stated. The pain of Barb's arm made her go faster as she wanted to get through this as quickly as possible; however this mortified the guys who were afraid of another crash! None came. Riding up Lizard Head Pass, 13,100', again was wonderful!

After a transition (CP23 on 12th at 9:30p) with more delicious hot food, 2 hrs of sleep, and medical attention for arms and feet, TSF was off at 2am on the final trekking leg. This section best revealed the stunning San Juan scenery viewed from atop several 13,000' passes. It also brought the final, grueling uphill climb - in the heat of the day on a south facing slope. Once at the summit of South Mtn, Joel shared smoked salmon that had never tasted better. Nearly running down Bridal Veil Basin, we arrived at the rappel about 8:30pm in the light. There were three unranked teams ahead; even though we were a ranked team they made us wait nearly two hours before rappeling. Rappeling in the dark down the 400' Bridal Veil Falls, was spectacular, and brought its own set of challenges. Barb, Carl and Joel all ended up rappeling into trees - all had a different strategy for getting through. Barb crashed through the 20', Carl ascended the rope to descend on the other side of the tree and Joel bent the tree down under the rope. Brad was the only one with a clean rappel. After a treacherous path off the mountain, the finish line was near. But in the distance down valley over Telluride, was an enormous eiry glow from a forest fire 20 miles away - a surreal site. We joked that now that we were so close, the town was probably on fire and we would not get to sleep after all. It was nearly midnight on the 13th and we began the grueling trek through the town of Telluride (how odd you feel returning to civilization), up the ski hill to the top for a final gear check, and down to Mountain Village and the finish line. Team Santa Fe finished at 1:45am Saturday morning, July 14, after 251 miles and 55,000' of vertical ascent, 130,000' total elevation difference, to a hardy crowd of support crew, family and friends. We finished *28th Place* in 6 days, 10 hrs, 35 min. It was an event to remember; a great team and a great race. And yes, three weeks later when Barb finally went to the doctor, she had fractured her lower arm. Fortunately we all healed well!

TSF would like to thank the generous (equipment) sponsors: Leki, Thorlo, Schrade Knives, OR, Ortlieb, Varsity Sports (Baton Rouge), Litespeed bikes, Black Diamond, Petzl, Suunto, NiteRider, Golite, Snow Peak, AXO Cycling, LP composites, Spinergy, SweetWater, and SealLine.

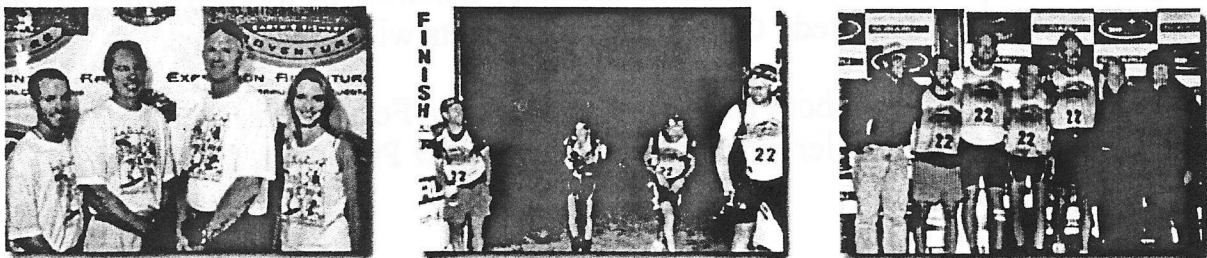


Figure 1: (Lf-Rt) a. TSF Before, b. The Finish Line, c. After!(Bill,Brad,Carl,Barb,Joel,Jenn,Jessica)

Calling all walkers, joggers, and runners!

You're invited to the

22nd Annual Fowl Day
Community Event to
Benefit the Salvation Army
Holiday Food Drive

Saturday, November 16, 2002, 9am, Ft. Marcy

Fight Hunger! Participate in the Santa Fe Striders' Fowl Day run against hunger. Enjoy a scenic 5K cross-country course beginning and ending on Ft. Marcy grounds. No pre-registration is needed -- simply join the community next to the Ft. Marcy sports building on event day.

No money is required to participate -- this is a food drive, so we encourage you to make a **donation of nonperishable food** of approximately \$10 in lieu of an entry fee. The Salvation Army will be on hand to take food for needy families, which will be distributed during the holiday season. In addition to the entry donation of food, warm coats and sweaters will also be accepted. Gifts and refreshments will be provided.

If you have any questions about Fowl Day or the Santa Fe Striders, feel free to call the Event Director, Mick Kappler (438-4463) or the Strider President, Eric Peters (466-2460).

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(pants falling down while running), but apparently that's not how these things are done. So those are only suggestions. However, it must be read in no more than 3 minutes, regardless of length and subject.

Other rules - no props and no accompanying music or video or stuff. Dancing is ok. So is stuttering. If explosives (i.e. fireworks) are to be used, you may want to coordinate with our host.

To A Lawyer/Poet

Don't knock the poet of Mike's sort;
He may take you to the Supreme Court.
His lyrical wiles
Have oft' prompted smiles;
Your tort might provoke a quick re-tort.

And don't try to give him a shivving
That I'd only try with misgiving.
Yes; I'd only try it
If faint from a diet,
And I write this crap for a living.

- anonymous

Poetic Newsletters

Newsletters don't have to be all fluff;
When urgent, they turn out the tough stuff,
But they also supply
Some relief from the cry
That the heart of the matter's the dry stuff.
So your goal when you write the epistle
Is a nugget or rose 'neath the thistle:
A metrical note that may land on the button.
And Sutin is better than nuttin'.

- anonymous

Poetic Injustice

by Mick Kappler

In the balance, we do hang,
In the foyer, there's a bang

Sniper come, sniper go,
now it's beginning to snow.

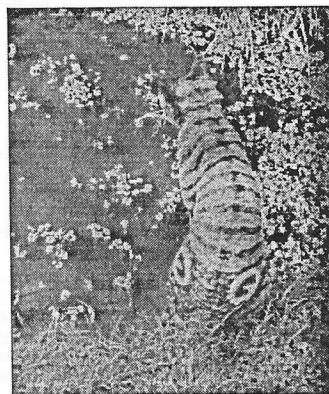
In the aftermath of integral ballistics,
baffles all and even the mystics.

Let there by light in forest dark corners
and lift the souls of the mourners.

>>> Race Calendar <<<

11/16, 9a Fowl Day 2002
Benefit Food Drive at Ft Marcy
438-4463 (Mick)
<http://www.daylight.com/~striders>
mick@daylight.com

Catfish



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. _____

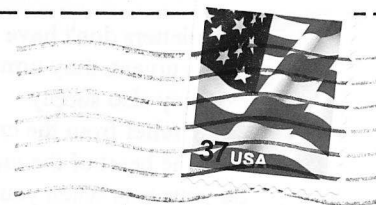
Date _____

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

