



Mile Markers



We Give You the Run-Around

November 2003

Volume 25, No. 11.

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

Feature Event - Fowl Day

On November 15th at 9:00a, the Annual Fowl Day Benefit for the Salvation Army Food Drive will be held at Fort Marcy Park. There is no entry form. Each runner should bring \$10 or more of non-perishables, warm clothing, or cash donation. The 5K run is through the arroyos surrounding the park and go to the governor's mansion and back. They will be hot drinks, pumpkin pie prices and more. For more information, call Kris at 820-6247 or visit <http://www.santafestriders.org/>.

Time to Lasso Someone Else

by Tom Day

Being club Poet Lariat's a perpetual high,
But Sadly, it's time to say goodbye.
I know there's a clamour for me to stay--
Why, people are calling me every day.
But my labors are ended--my pencil's broke--
The pressure too great--I'll end up on coke.

I would like to tell you, though, if I may,
I'm chagrined at how little I've had to say.
All those big thoughts I thought I'd convey,
Were just phantoms that faded in light of day.
So now it's goodbye, though not farewell,
(What does that mean? Who can tell?)

To my successor I have only this to say:
Before taking the job, inquire about pay.

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

On the 11th at 7:00p, the monthly meeting of the membership will be hosted by **Kris Kern** at 120 Alamo Dr. His number is 983-8944. The agenda includes Fowl Day. Be there!

You can get *Mile Markers* electronically!
Send your request to kernkt@cybermesa.com

How I Train

Runner: Barb Dutrow
Goals: Run Marathon - 50K

Weekly Workouts:

M: 7+ miles or off
T: tempo/speedwork
W: 8-10 miles
Th: stadium stairs (we have no hills)
F: off
Sa: Long run (alternate 20+/15+)
Su: Medium run (10+ miles)

For me, the key to running a solid marathon is to have completed at least 4-5 21+ miles runs prior to the marathon. These longer run are time equivalent to race day, so you've trained your body to be on your feet that long. Usually I begin serious training about 3 months prior to marathon day. I ramp up my long runs to 20 miles, followed by an 8-10 mile run the following day. The next week I drop back to a long run of 15-18 miles, then up again to 22 miles the following week, and so on. Usually I do a couple of 23 and/or 24 mile runs in training. This assures me that I've been on my feet longer than race day! The medium run following the long run also increases in mileage during training. At least two weeks prior to the marathon is my last 20+ mile run, allowing my body plenty of time to rest. I taper by cutting mileage to about 60% one week prior, then to 20% (+ marathon), race week.

My weekly mileage is not very high, ranging from 45-55 miles per week. Rather, I find the longer runs are better for my time and getting me to the finish line than simply running high mileage (100 mile week) with fewer longer run but more running. This training was used for the last three Boston Marathons where I finished in 3:15+/- 1 minute and last year for Big Sur (3:19).

Editorial Note: This is what has worked in one person's training. Please note, what has worked for one person won't necessarily work for you. And, of course, what is "long" for one is not "long" for another!

November 9th 2003 8 am.

The Jackalope

4 Mile Run and 4 Mile Walk Run



Proceeds from the race will help sponsor the 2003 USAFJF "National Junior Olympic Cross Country Championships" to be held in New Mexico on December 13th, 2003.

STARTS AND FINISH: ATHLETE'S EDGE
(Del Norte Shopping Center next to SPORTS and WELLNESS)



WALK IN OR MAIL TO ATHLETE'S EDGE
7120 Wyoming Blvd. NE, Suite 15 Albuquerque, NM 87109
Or online Registration: www.active.com

REGISTRATION FORM

Last Name, First Name

Address

City

State

Zip Code

Phone Number

e-mail

Personal chips (if you own one)

T-Shirt Size (adult sizes only)

☐ small

☐ medium

☐ large

☐ x-large

☐ xx-large

☐ Male ☐ Female

Age (on race day)

	price	late	race day
<input type="checkbox"/> 1 Mile Run	\$40	\$22	\$50
<input type="checkbox"/> 4-Mile Walk	\$40	\$22	\$50
<input type="checkbox"/> Student Rate (all ages)	\$15	\$18	\$25

total

☐ Payment by Cash

late registration guaranteed after October 27th

☐ Check payable to "Jackalope run"

☐ Credit Card #

Exp. Date

Please read and sign waiver on back

waiver

By my signature and in consideration of acceptance of this form, I the undersigned, my family, and my heirs, waive and release any and all rights and claims for damage I may have now and in the future against Athlete's Edge, and any and all other sponsors, co-sponsors, agencies, or individuals and their representatives, successors, officers, and agents for any and all injuries, damages and losses sustained and so "forced" by me as a result of my or my child's participation in this race. I verify that I am physically fit and have sufficiently trained for competition in this event, and my physical condition has been verified by a licensed medical doctor. If, however, as a result of my participation in this race I require medical attention, I hereby give my consent to the authorized medical personnel of this race to provide such medical care as is deemed necessary by such authorized personnel. I also understand that in the event this race cannot be held as scheduled due to an act of God or circumstances beyond control, the race is not liable to refund any money paid by me to participate. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purposes, understand that the entry fee is non-refundable and that race numbers are not transferable. I am also responsible for the safe return of my ChampionChip. I will be charged \$90 for the failure to do so. I have read the foregoing and verify my agreement by this signature, and my parent/guardian's if under 18.

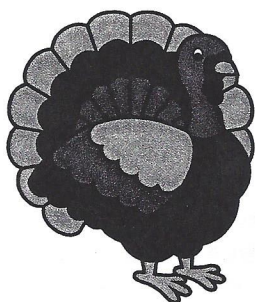
Signature of Athlete

Date

Signature of parent for athlete under 18

Date

If athlete is under age 18: This is to certify my son or daughter has my permission to compete in the 1 Mile Run, 4 Mile Walk, and related events, is in good physical condition, and that said officials have my permission to authorize emergency treatment if necessary.



23rd Annual Fowl Day
A Community Event to Benefit
the Salvation Army Holiday Food Drive



Saturday, November 15, 2003, 9am, Ft. Marcy

All walkers, joggers and runners are invited to participate in this event against hunger!

5K cross-country course -- walk, jog, or run

No pre-entry -- join the community next to Ft. Marcy sports building on event day

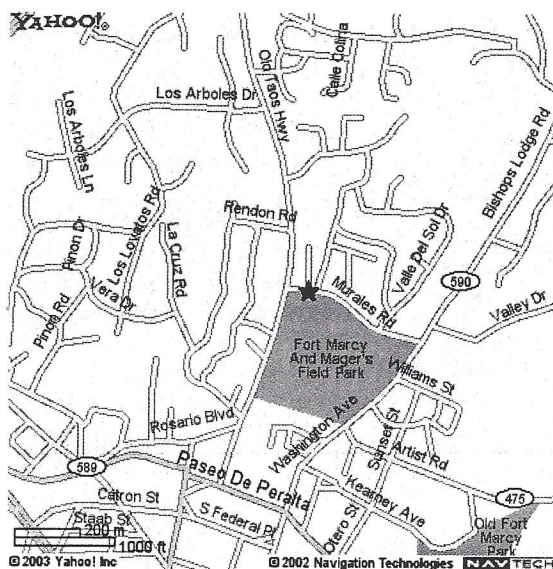
In lieu of an entry fee, donate \$10 or more worth of non-perishable food or warm clothing

The Salvation Army will be on hand to accept your donation

Refreshments and post-event prizes and gifts from local merchants.

This event is organized by the Santa Fe Striders Running Club. If you have any questions about Fowl Day or the Santa Fe Striders, feel free to call the Event Director, Kris Peterson (820-6247) or the Strider President, Kris Kern (983-8944). <http://www.santafestridders.org/>

The event will start
behind the Fort Marcy
Gym complex, near
Murales road and the
arroyo.



NEW MEXICO ASSOCIATION USA TRACK & FIELD

31 SANDHILL RD., LOS LUNAS, NM 87031

505/865-8612 FAX 505/565-8387

fonesknl@aol.com <http://www.usatf.org/assoc/nm>

CALENDAR: October 6, 2003

- Nov 1 Pecos Valley Roundup 10&20***K, 2mi., Roswell, Bob, 627-5507.
Nov 2 Las Cruces Roadrunners All-Comers Cross Country, Onate HS, Paul Munoz, 382-5702.
Nov 9 The Jackalope Run 4mi.(to benefit JO Nat,ls), Stephen Pino, Athletes Edge, 856-9377.
Nov 15 NM USATF State/JO Region 16 Cross Country Championships, Kathy Fones, 865-8612.
Baylor Pass Wilderness Trail Run 5.9mi., Las Cruces, 524-7824.
Run for Adoption 5&10K, 2mi.Walk, 1-800-432-2075, www.cysd.org.
Nov 22 USATF Jr Olympic Region 10 Cross Country Championships, Kathy Fones, 865-8612,
fonesknl@aol.com, www.usatf.org/assoc/nm.(NM ATHLETES, EXHIBITION ONLY.)
Nov 27 Albuquerque Turkey 5***&10K, 2mi. Walk, Gil,s, 268-6300.
Turkey Trot 5K Run/Walk, Las Cruces, 524-7824.
Turkey Trek 5K, 400m Kids, www.tgrande.com, 256-3625.
Dec 6 Reindeer Run 10K, 2mi. Walk/Run, Roswell, Bob, 627-5507.
Dec 13 USATF National Junior Olympic Cross Country Championships, Albuquerque, Ron &
Liza Mascarenas, 867-6885, ronaldmascarenas@aol.com, www.usatf.org/assoc/nm.

*STATE CHAMPIONSHIP ***GRAND PRIX SERIES

NM USATF BOARD MEETING: The next board meeting will be held on Wednesday, October 8, 2003, 7:30PM at the office of Fred Mowrer, 115 8th SW (8th & Gold). The next meetings for the 2003 USATF JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS will be held on October 15 and October 29, 2003, 6:30pm at the office of Ken Woodley, 4904 Hawkins NE, Albuquerque. For more information, call the office at 865-8612.

GRAND PRIX RESULTS: With results in from 6 races, the Run Old Mesilla 10K, the Run for the Zoo 10K, the Taos II Marathon, the River Run (fka as Bastille Day) 8K, Rancho Viejo 5K, and La Luz, the standings are as follows: Open Women, Rachael Cuellar 31 points, Erica Larson 13 points; Masters Women, Jean Herbert 35 points, Mary Wells 20 points, Claudia Bergsohn 11 points, Carolyn Gressit 8 points; Masters Men, Willie Martinez 32 points, Wayne Chick 10 points, Dan Otero 9 points, Jim Westmoreland 9 points.

ONLINE MEMBERSHIP: USATF membership cards are available online at www.usatf.org/membership. The cost is \$12 for youth and \$15 for adults, and one of the many advantages is that the number is assigned immediately.

4th Annual Sandia Mountain Shoe

3.5 Mile Snowshoe Race

Saturday, January 31, 2004, 10:00 am

Entry Fee: \$25.00 if entry fee received on or before January 23, 2003
\$30.00 if received after January 23, 2003 including race day
Sorry, no refunds. Registration is non-transferable.
Checks payable to: Jeff or Patti Young

Registration & Information: Jeff or Patti Young
25 Dalton Trail
Sandia Park, NM 87047
(505) 281-3495
canyoung5@juno.com

More information about this event will appear in later issues.

**Stay on Track
with SnowPack™**

**Relieve Pain
Reduce Swelling.**

SnowPack stays cold 5 times longer than ordinary cold packs. For faster, frequent treatment during the first critical days after an injury - and for the long run.



SnowPack Cold Therapy available at Running Hub and Sangre de Cristo Mountain Works

www.snowpackusa.com

Patent Pending

Turkey Trot/ CROP WALK

The Turkey Trot/ CROP WALK will take place on Sunday, Nov. 23 at 2pm at the Sheriff's Posse Shack (Near the Horse Stables). At least 20 turkeys and 15 pumpkin pies will be awarded to the best predictors of a 2.6 mile race on paved and dirt road. Four 5-foot sandwiches including vegetarian with drinks, desserts, and chips will be available after the run/walk. The entry fee is a donation to CROP an organization that provides relief to help feed the hungry and areas that have been hit by fire, earthquake, tornados, et. They came to help Los Alamos during our fire in 2000. Special CROP t-shirts will be given to those donating \$5 or more. The event is sponsored by the Atomic City Roadrunners and the Los Alamos National Bank. One-fourth of the proceeds will go to local Los Alamos charities. If you do not care to donate to CROP, there is a list of 300 other charities - you still get the shirt.

Obituary - Ron Valdez

For those of you that may not have read the notice in our paper I thought I should mention the death of Ron Valdez. He was a long time member of the Santa Fe Striders and a crosscountry coach. He was an avid runner and joined many of the local races. He was also an all round good guy. This is sad news for all of us that knew him and his wife, Gloria and his family. His son, Ron Jr. is also a runner.

Kenny L Goering

We're Off Track!

No more club track workouts until spring. Boo-hoo.

You can get *Mile Markers* electronically!
Send your request to kernkt@cybermesa.com

>>> Race Calendar <<<

11/9 - Jackalope Run. Albuquerque - Proceeds benefit the Junior Olympic XC Championships (December 13).

11/15 9a - Fowl Day. Event is held at Fort Marcy Park and is a food drive benefit for the Salvation Army. For information, see page 1.

11/23 2p - Turkey Trot/ CROP WALK. For information, see opposite column

1/31 10a - 4th Annual Sandia Mountain Shoe. For information, see page 4.

Dear Mom, Your Son

Dear Mom,

The Duke City Marathon was great. Many Striders were there. Brigitte did a "long run" and Ted did his first, and Lori too. Carol did it again and her training team including Don did their first. Bernadette was faster than ever and Michael ripped the 5K. Vinny dusted me. I got to see where I'm at in terms of fitness. I experimented a bit by running at slightly more than 94% of my anaerobic threshold. The result was a 1:34 first half and a 1:38 second half. I gave up about a minute per mile from 20 to 24 and finished in 3:12. Coincidentally, the lead women caught me with three blocks to go, which put yours truly on TV-4 Albuquerque that night. So much for my inconspicuous training towards the Tucson Marathon on December 7th.

Your Son

Thursday Evening Runs

Thursday night runs begin at 6 pm from the Running Hub. The loop is as follows:

Montezuma (store front) to left at Cerrillos/Galisteo intersection to right on De Vargas St (cross Old SF Trail, cross Paseo de Peralta) to Canyon Rd to right on Camino Del Monte Sol to left on Camino Cruz Blanca to Camino Cabra to left on Canyon Rd to De Vargas St to left on Cerrillos/Galisteo to right on Montezuma to store. The route is about 5 1/2 miles. We add a little extra around St. Johns to make it close to 6 miles by heading up road to Wilderness Gate then connecting back to Cruz Blanca with first left.

Cyber Information

Looking for running information on-line? See our website at <http://www.santafestridders.org> or <http://www.racegate.com> for all kinds of goodies.

Weekly Group Workouts

Striders, guests, and other random runners meet at **6pm on Thursdays at The Running Hub** (333 Montezuma #6), 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. Group runs are happening on the weekends. Course and distance vary. Contact Diana Hardy for more info - hardy_diana@seo.state.nm.us

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.

2003 Strider Officers

Kris Kern, President, 983-8944
kernkt@cybermesa.com
Kris Peterson, Vice President, 820-6247
krisp@newmexico.com
Tove Shere, Treasurer, 473-0388
trim8s@nets.com
Mick Kappler, newsletter editor, 438-4463
mick@daylight.com

Santa Fe Striders Club Membership Application and Waiver



Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

- ☐ Renewal
☐ New member
☐ Email newsletter

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



Diana Hardy & Jim
Westmoreland 2002
2363 Camino Carlos Rey
Santa Fe, NM 87505

