



Mile Markers



We Give You the Run-Around

December 2004

Volume 26, No. 12.

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

Feature Event - Snow Shoe Classic

The club-sponsored Santa Fe Snow Shoe Classic is at 10:00a on Saturday, December 18th, starting at the trail head about a mile below the ski lodge (15 miles up Artist/Hyde Park Road (Rte 475). If you question the snow conditions, call the event director, Kris Kern, at 983-8944. The alternate date for re-scheduling is January 8th, however it looks snow, doesn't it? Come to this event and shoe around and have fun. It supports the trail system up on our mountain.

3HO at 69

by Mike Sutin

Picking pebbles from the herringbone pattern off the rubber vibram bottoms of my Brooks Beast running shoes, I navigate my navel, hunt for my whole, organize my goals, while grinding down the rounded gravel glued to my undersoles with hot black asphalt ooze.

Putting pressure on my pelvic part, press my hipbones forward to the floor, my buttocks on the sits bones ground into the same-twelve smoothed stones arising from the base course pitch and tar like leviathans from Loch Lomond blues, I stimulate the spark of my electric heart.

To promote a straight but supple skeletal spine, preserve a healthy, happy, holy mind that upholds strict and sovereign control, get myself together on a pill-free upper roll, from among the many postures, poses and positions available to use, which do I pick and choose to protect a board brittle body so easy to bruise?

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

The annual Dinner meeting will be held at the Santa Fe Bar & Grill on Tuesday, December 14th at 7:00p. The SF B&G is located in the De Vargas Shopping center next to Starbuck's. Come join us for the festivities as we reflect on the past year.

Gunder Hagg Remembered

by Jerry Dorbin

Gunder (The Wonder) Hagg, *the* big name in international track during World War II, died Nov. 27th in a nursing home near Malmo, Sweden. He was 85. He was the second international athletic giant of that age to die in 2004. Fanny Blankers-Koen, who won gold medals in four of the seven women's track events during the 1948 Olympics, headed out on the Infinite Ultra ten months earlier.

Competing mostly in his homeland and other neutral countries, Hagg set ten world records at middle distances during 1942. In 1945, he ran a mile in 4:01.4, which stood until Roger Bannister broke the so-called four-minute barrier in 1954! (In those days, runners competed on cinder tracks wearing tight-fitting leather shoes with long spikes and hard, flat soles.)



Run for Sunday, December 12th

by Eric Peters

Meet at the Agora parking lot in Eldorado at 8 AM on Sunday, December 12th for a fun run in the Eldorado Wilderness Area. The Agora is the shopping center with a grocery store at the main entrance to Eldorado. The gas station is nearby

Wind at Your Back

by Ted Freedman

Congratulations to my friend and mentor on his successful completion and great race at Ironman Florida this past November 6, 2004. You are always an inspiration. Keep movin' with calm waters, no flats or mechanical problems, ((-:)) and the wind always on your back!

Dear Mom,

Well, it's all over. The season that is. Ironman Florida was grand, and all the workouts paid dividends in one day. The temperature a nice and cool 55 degrees at 7:00a and warmed up to a pleasant 78 degrees during the day. The ocean water was calm and the winds were light. Wonderful conditions.

The swim was a relaxing and the heartrate was lower than before (HR 138) and the time was a litter faster 1hr 28min. I'm still relatively slow in the "agua fria", however being a litter faster gets you "wacked" on the head or face a few times.

The bike was awesome. Criused over 20 miles per hour and knew something was in the air and our Santa Fe elevation hemoglobin was in the blood. Sailed 100 miles in under 5 hours and derailed the chain and jammed the rear cog at 101. Recovered and completed 112 miles in 5 hr 27 min (20.5mph). All those workouts showed here. Many were penalized 4 minutes for drafting, including myself! Technically, they could have penalized more - the road was crowded with bikes, even after 100 miles.

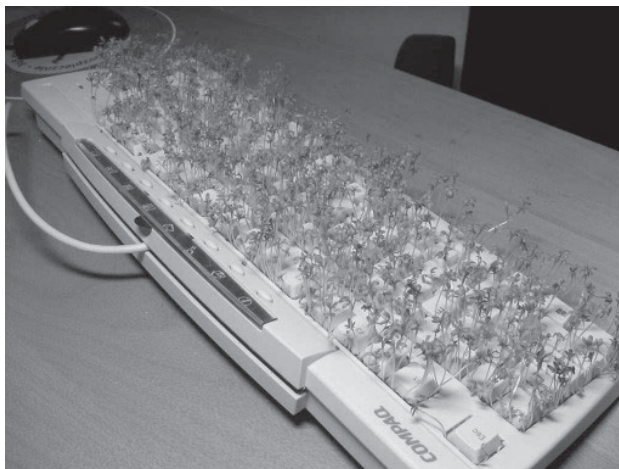
The run was less than stellar. Simply went too hard on the bike. I felt like running on nails for several miles until the blood flowed into the feet. Never got running, really, just jogging. The heartrate told me to keep the pace around 9 min/mile, slower than I wanted to go (8 min/mile). At the half, the difficulty that lie ahead was clear, as if it weren't clear already. Walking each aid station gave 10 min/mile. A 500m walk at mile 20 almost stalled my engine altogether. It took a kilometer to "wake up" the body. The funny thing was the "push" of effort at mile 24 to the finish was perceived to be a great effort, however the pace was a modest 9 min/mile. Felt like great to finish in 4 hr 26 min. Including transitions, the total time was 11 hr 38 min. Although a similar time as in the past, I clearly felt a sub-11 hours is in me.

Brigitte encouraged us to go eat a meal at a local restaurant, and we did. Great recover in part, due to that. Now it's time to cage the monster, rest and recover, and consider new life experiences. I'll probably take next year off, and haven't planned any events. Plug in the battery. Time to recharge.

Love, Your Son

Mile Markers

What Too Many Sick Days Can Lead To



Bumpers Stickers

Impotence...Nature's way of saying "No hard feelings,"
Some people just don't know how to drive...I call these people "Everybody But Me,"
The proctologist called...they found your head.
Everyone has a photographic memory...some just don't have any film.
Save your breath...You'll need it to blow up your date.
Your ridiculous little opinion has been noted.
I used to have a handle on life...but it broke off.
WANTED: Meaningful overnight relationship.
Guys...just because you have one, doesn't mean you have to be one.
Heart Attacks...God's revenge for eating His animal friends
Don't like my driving? Then quit watching me.
If you can read this...I can slam on my brakes and sue you.
Some people are only alive because it is illegal to shoot them.
Try not to let your mind wander...It is too small and fragile to be out by itself.
Hang up and drive!!
Jesus loves you...but everyone else thinks you are an ass.

Running in the New Millennium

December 2004

Professional Qualification Exam

The following short quiz consists of 4 questions and will tell you whether you are qualified to be a professional. Not saying a professional what.... Just a professional. The questions are NOT that difficult. However, easily missed by all.

1. How do you put a giraffe into a refrigerator?

The correct answer is: Open the refrigerator, put in the giraffe, and close the door. This question tests whether you tend to do simple things in an overly complicated way.

2. How do you put an elephant into a refrigerator?

Did you say, " Open the refrigerator, put in the elephant, and close the refrigerator?" (Wrong Answer) Correct Answer: Open the refrigerator, take out the giraffe, put in the elephant and close the door. This tests your ability to think through the repercussions of your previous actions.

3. The Lion King is hosting an animal conference. All the animals attend except one. Which animal does not attend?

Correct Answer: The Elephant. The elephant is in the refrigerator. You just put him in there. This tests your memory. OK, even if you did not answer the first three questions correctly, you still have one more chance to show your abilities.

4. There is a river you must cross but it is inhabited by crocodiles. How do you manage it?

Correct Answer: You swim across. All the crocodiles are attending the Animal Meeting. This tests whether you learn quickly from your mistakes.

According to Anderson Consulting Worldwide, around 90% of the professionals they tested got all questions wrong. But many preschoolers got several correct answers. Anderson Consulting says this conclusively disproves the theory that most professionals have the brains of a four year old.

Send this out to frustrate all of your smart friends.

Head scratchers

After eating, do amphibians have to wait one hour before getting out of the water?

If white wine goes with fish, do white grapes go with sushi?

What's another word for synonym?

If someone with multiple personalities threatens to kill

himself, is it considered a hostage situation?

When sign makers go on strike, what is written on their picket signs?

Where do forest rangers go to "get away from it all"?

Why isn't there mouse-flavored cat food?

Why are builders afraid to have a 13th floor but book publishers aren't afraid to have a Chapter 11?

How can there be self-help groups?

Why do you need a driver's license to buy liquor when you can't drink and drive?

Why are cigarettes sold in gas stations when smoking is prohibited there?

If a cow laughed, would milk come out her nose?

Why are there interstate highways in Hawaii?

Why is it that when you transport something by car, it's called a shipment, but when you transport something by ship, it's called cargo?

Why do we play in recitals and recite in plays?

Why isn't phonetic spelled the way it sounds?

Where are Preparations A through G?

Are there seeing eye humans for blind dogs?

If knees were backwards, what would chairs look like?

When you open a new bag of cotton balls, are you supposed to throw the top one away?

When your pet bird sees you reading the newspaper, does he wonder why you're just sitting there, staring at carpeting?

What happened to the first 6 "ups"? (As in '7 UP')

If an orange is orange, why isn't a lime called a green or a lemon called a yellow? ---- Or maybe I'll just have a big bunch of purples.

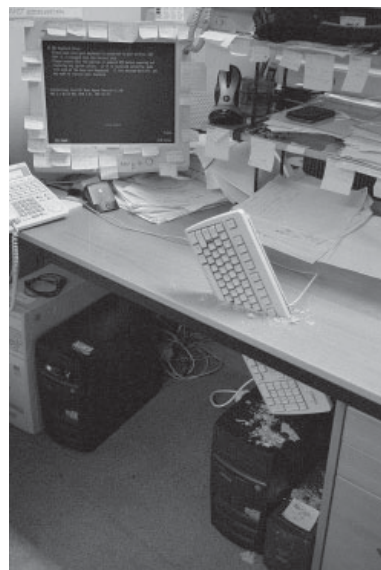
Why does your nose run, and your feet smell?

If olive oil comes from olives, where does baby oil come from?

If the the fast food places are called 'Carl's Jr.s', whatever happened to the

'Carl's Sr.s ' Did his restaurants fail?

What Too Many Work Days Can Lead To



Race Calendar

*** 2004 ***

December

18 10a Santa Fe Snow Shoe Classic, Santa Fe, Kris Kern 983-8944 (alt Jan 8)

*** 2005 ***

January

16 Santa Fe Ski and Shoe, Santa Fe, Kris Kern 983-8944 <http://www.santafestriders.org>

22 9:00a Corrida de los Locos, Santa Fe, Dale Goering 954-4384 <http://www.santafestriders.org>

March

19 (tentative) Santa Fe Dog Jog, Santa Fe <http://www.santafestriders.org>

April

2 (tentative) - Forever Young Cross Country Race, a memorial race for Charlie Young, ABQ RR <http://www.roadrun.org/>

May

1 (tentative) La Bajada Run <http://www.santafestriders.org>

14 Bandelier Races, Rene LeClaire 672-9159 <http://www.highaltitudeathletics.org>

June

4 Santa Fe Run Around, Santa Fe, Mick Kappler <http://www.santafestriders.org>

25 Los Alamos Mini Marathons, Kris Kern 983-8944 <http://www.highaltitudeathletics.org>

July

9 Yellow Ribbon Run, Los Alamos, Maura Miller 661-2312 <http://www.highaltitudeathletics.org>

10 Women's Distance Festival 5K, ABQ RR <http://www.roadrun.org/>

August

7 La Luz, ABQ RR <http://www.roadrun.org/>

August/September

Dales Bike and Run

October

1 (tentative) Dirty Dozen 12K, ABQ RR <http://www.roadrun.org/>

8 (tentative) Big Tesuque, Santa Fe. Peter Fant <http://www.santafestriders.org>

November

12 Fowl Day Run, Santa Fe, <http://www.santafestriders.org>

December

17 Santa Fe Snow Shoe Classic, Santa Fe, Kris Kern 983-8944 <http://www.santafestriders.org>

Holiday Gift Wrap Ideas



Mile Markers



Running in the New Millennium

December 2004

NEW MEXICO ASSOCIATION USA TRACK & FIELD
31 SANDHILL RD., LOS LUNAS, NM 87031
505/865-8612 FAX 505/565-8387 foneskn@aol.com www.usatf.org/assoc/nm
NEWSLETTER CALENDAR: November 27, 2004

Dec 11 Developmental Series Mini Track Meet, Milne Stadium, Stacey Price, 898-8950.

USATF National Junior Olympic Cross Country Championships, Schaumburg, Ill.

Jan 1 Egg Nog Jog 4mi. Run, 2mi. Walk, Gil's, 268-6300.

Jan 16 Santa Fe Ski & Shoe, Kris Kern, 983-8944.

Jan 22 Corrida de Los Locos, Santa Fe, Dale Goering, 954-4384, www.santafestriders.org.

Feb 6 Super Bowl Sunday 5K, 2mi. Walk, Gil's, 268-6300.

Super Sunday 5&10K, 5K Racewalk, Las Cruces, 524-7824, doneugenia@aol.com.

*STATE CHAMPIONSHIP ***GRAND PRIX SERIES

2005 RUNNING EVENTS CALENDAR: Attn: Race Directors, please get your event dates to me as soon as possible for inclusion in the 2005 REC, 865-8612, fax 565-8387 or foneskn@aol.com. The calendar will be available the 10th of February.

GRAND PRIX RESULTS: With 9 races reporting (Run Old Mesilla 10K, Run for the Zoo 10K, Taos ¶ Marathon, River Run 8K, Rancho Viejo 5K, La Luz, Gary Johnson/Cloudcroft 10K, The Whole Enchilada 5K, the Bosque Boogie 10K and the Pecos Valley Roundup 20K,), results are: Open Women, Deeja Youngquist 18 points, Katie Courtwright 9 points; Open Men, Filomena Apodaca 19 points, Simon Gutierrez 13 points, Albert Chopito 19 points, Loren Sago 10 points, Brantley Lutz 10 points, Alex Yevevino 9 points, Robert Picazo 8 points, Jason Hubbard 8 points, Teddy Mitchell 7 points; Masters Women, Jean Herbert 44 points, Mary Wells 41 points, Beth Davenport 22 points, Carolyn Gessitt 16 points, Kate Simon 9 points, Kathy Foucar 8 points, Kathy Kirsling 7 points; Masters Men, Brad Burkholder 43 points, David Lopez 42 points, Jeff Herrick 27 points, Daniel Otero 26 points, **James Westmoreland 11 points**, Neil Mitchell 11 points, Eddy Hellebuyck 10 points, Willie Martinez 7 points. The next race in the series is the Albuquerque Turkey 5K.

Date: Mon, 15 Nov 2004 13:18:40 EST
To: Cross country coaches, Schools, Parents, and Runners
From: Kelly Concho, WINGS Program Director <KellyConcho@aol.com>
Subject: Opportunity for Cross Country Championship

Wings' mission is to enhance the quality of life of American Indian youth. In partnership with Native communities, Wings uses running as a catalyst to empower American Indian and Alaskan Native youth to take pride in themselves and their cultural identity, leading to increased self-esteem, health and wellness, leadership and hope, balance and harmony.

Wings of America is pleased to announce an opportunity for 14-19 year old runners: 2005 USA Cross Country Championships. Wings seeks out the most accomplished and promising junior runners for the jr. men and jr. woman six person all-Indian teams for the USA Track & Field Cross Country Championships to be held in Vancouver, Washington, February 10-14, 2005. Runner(s) must be between the ages of 14-19 in 2005. To nominate runners, read and complete the enclosed Nomination Form for 2005 Cross Country Championships. Runners may nominate themselves. Most importantly, forms must be in the Wings office by December 23.

Selected runners must pay a \$50 registration fee. Selected runners will receive racing singlets, warm ups, and shoes donated by Nike, Inc. Student-athletes involved in the Wings' national competitive programs are eligible to participate in other existing youth programs provided by Wings: Leadership Training Camp and serving as a facilitator in the Wings Running & Fitness Camps.

If you have any questions or concerns, feel free to call or email the Wings Office at 505-982-6761 or KellyConcho@aol.com. Wings of America is the only program of The Earth Circle Foundation, Inc., a federally recognized 501(c) 3 tax exempt, nonprofit corporation.



Holiday Health: Give Get-Fit Gifts

'Tis the season to celebrate -- and a time to eat! Most of us gain a few pounds during the holiday season. With family dinners, holiday parties and gift baskets loaded with goodies, who thinks of staying fit?

Instead of giving a pyramid of chocolate, a basket of tempting treats or a bottle of bubbly this year, why not be different? Give your loved ones a Holiday Health Kit to start out the New Year right.

With so many inexpensive or low-cost fitness products available, it's easy to combine several items into a customized Get-Fit Gift. Louise Roach, marketing director at SnowPack, a New Mexico-based company that manufactures ice therapy kits, has several suggestions:

If you have someone on your Christmas list who likes to walk or run, think of items like a pedometer, a gift certificate to your local running specialty store, energy bars, a water bottle, a portable CD player, books on stretching, sunscreen, and lip balm. Plus a SnowPack ice pack just in case they overdo it. Put it all together in a nifty duffel bag and you have a very thoughtful gift.

Maybe someone you know needs motivation to get up and get going. Why not give a "home gym in a bag"? A few suggestions to include are: free weights, a jump rope, resistance bands, workout videos, a yoga mat, a BMI scale, a heart rate monitor, sport drinks, and protein bars. Of course every home gym needs a SnowPack to take care of strained muscles. Then wrap it all up in a bright tote bag for giving.

Several other themes for Get-Fit Gifts could be biking, hiking and backpacking. A visit to your local athletic store can offer many ideas such as a day pack, water carrying system, socks, hats, compass (or GPS system), utility tool, first aid kit, a spa product and destination books. Consider

including a SnowPack + SportCover for post-workout aches and pains.

SnowPack also offers two Body-n-Ice Kits that make perfect Get-Fit Gifts by themselves. They're a great idea for soccer families and active Baby Boomers, plus everyone in between. SnowPack kits include several SnowPack ice packs and a specially designed SportCover, packaged in a take-along insulated tote for ice therapy on the go. When you're getting in shape, nothing works better on an achy back, sore knees, and painful legs like a SnowPack.

For more information on SnowPack Body-n-Ice Kits, visit us at <http://www.snowpackusa.com>. Digital photographs are available upon request. For additional information contact: Louise Roach, info@snowpackusa.com or phone: 505-670-8954.

The Worker Who Likes Popcorn and Bubble Gum



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.

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 Eric Peters <eric_peters@nmenv.state.nm.us> for more information.

Strider Officers

Kris Kern, President, 983-8944, kernkt@cybermesa.com
 Kris Peterson, Vice President, 820-6247,
krisp@newmexico.com
 Tove Shere, Treasurer, trim8s@comcast.net
 Mick Kappler, newsletter editor, 989-1000,
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

