



Mile Markers



We Give You the Run-Around

January 1996 Vol. 18, No. 1

SNOWSHOE WILDERNESS TRAIL RACE SET FOR JAN. 27

The third annual Santa Fe Snowshoe Classic, a 4.5-mile wilderness event in Hyde Memorial State Park, is scheduled for 10 a.m. Saturday, Jan. 27.

In the first year of the race, about 45 people took part. Last year the number of participants jumped to 75, and about 100 are expected this year.

"I WASN'T MYSELF"--A RUNNER'S PERSONAL WORST

(The following is the second in a series of Personal Worst-runs or races that people would like to forget.)

AMBUSHED AT GRANDMA'S

by
John C. Pollak

What a splendid day it was for a marathon! Clear, cool, and still, especially still, for not one tree's leaf or bough so much as moved. So still that the most beautiful lake in the world, Lake Superior, was as unruffled as a pond. Duluth, MN was some twenty miles or so down the coast and Grandma's Marathon was about to begin. I had been waiting for this moment, waiting, planning, and training, for over a year, ever since I surprised myself by finishing the Las Vegas Marathon in 2:52. That was good, but I wanted more, and more for me meant anything under 2:50. So, I tailored my training with that goal in mind, and I was ready.

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Redfeather Snowshoes will be available for a rental fee of about \$3. The entry fee for the race is \$7 before Jan. 20 and \$9 after that; for Strider members, the fees are \$5 before Jan. 20 and \$7 afterwards.

Two pairs of Redfeather Snowshoes, as well as a bunch of other prizes, will be raffled off after the race. There will also be age-group prizes.

The racing snowshoes, made of lightweight metal, are usually strapped over regular running shoes.

The race course follows the Borrego and Bear Wallow Trails. The starting point is one mile after the Hyde Park ranger station on the road to the Santa Fe ski basin.

Snowshoe racing, which has become popular in the last five years or so, is especially popular in Colorado. Last year's men's race winner, Tom Sobal, who is also the best male national shoeshoer, is from Leadville, Colo.

Sobal set the men's record of 36:11 for the Santa Fe course. Last year's women's winner, Lesley White, also set a record with a time of 43:01.

If there isn't enough snow by Jan. 27 to run the course on the Borrego/ Bear Wallow trails, the race will be held farther up the mountain at Aspen Vista Trail. If conditions are questionable, call Craig Heacock, the race director, at 984-2388.

More than 5,000 of us surged smoothly forward at the start. At 5 miles I was precisely on target, yet something was amiss. I didn't hurt, but neither was I comfortable, and at that point in a marathon, in fact for the greater part of a marathon, I expect to feel almost ecstatic because my conditioning is better than for other types of racing and, equally important, because of the week of tapering, I'm more rested than usual. There was nothing to be done but to shrug it off and concentrate on the race. At mile 10 I didn't feel well but was still on schedule, but it was taking more effort than it should have to stay on time. By mile 15 I was hurting and had to slow down. That really hurt. There was no shrugging it off anymore; I had a problem. Matters got progressively worse. My whole body hurt and I wasn't quite as lucid as I like to remain in marathons. Furthermore I noticed a distressing psychic reaction in myself. My unspoken response to those around me, runners, aid station personnel, even spectators, was ill temper. Very unusual, because usually my demeanor in marathons, when it isn't strictly business-like, is restrained enthusiasm and cheerfulness. This was one of those races

in which I should have quit, but the only one who could have made that decision was me, and I wasn't myself. From mile 18 to the finish I suffered more than in any race that I've been a part of. If it had been my first marathon then it would also have been my last. So relieved was I to have been done with it that even if I had been coherent I wouldn't have cared about my 3:07 finish.

The finish line personnel recognized that I needed medical attention and put me in the care of uniformed ladies who had recently returned from Saudi Arabia where they had served with a National Guard Medical Unit. Because I was shaking uncontrollably, they wrapped me in blankets and gave me full length body hugs. That was nice. But then they informed me that they needed my temperature, and my chattering mouth would not do. ("Please, ladies, have some consideration for my modesty." "We'll do our best to be discreet, Sir." "Yikes, I don't remember them being that large."

"Sorry, Sir.") They discovered that I had a fever of 103 degrees, so off came the blankets, iced water was forced down me, and there were no more body hugs. ("We'll need your temperature again, Sir. Would you prefer to insert it yourself to minimize the discomfort?" "No, thank you, I wouldn't know what angle to use.") After 45 minutes, weak and sore, I was able to walk unassisted. Then followed a month of diarrhea that nothing would cure. Apparently during my cross country camping trip to Duluth I drank some tainted water from a park well which began to affect me just as I was making extraordinary demands on my body.

Since then, although I've come moderately close to my goal once, the right combination of enthusiasm, training intensity, and running conditions has been missing, and I'm still waiting.

NOTE:

(Mile Markers welcomes Personal Worsts. Send them to Mile Markers, 2260 Calle de Arce, Santa Fe 87505. You don't have to be Hemingway--all you have to be is candid. One runner has suggested, as a method for the writing-shy, taping and then transcribing a description of one of those Bad Days.)

UPCOMING RACES

Saturday, Jan. 27, Santa Fe Snowshoe Classic. A race form is included in this newsletter.

Sunday, Jan. 28, Super Bowl Sunday 5K and 10K, 2-mile walk, Albuquerque, Gil's, 268-6300.

Sunday, Feb. 4, Corrida de Los Locos, Santa Fe. Dave Sneesby, 988-7410.

TAMMANY HALL TACTICS ELECT STRIDER OFFICERS

A group of machine candidates slated by a Striders nominating committee was elected to office on a single voice vote at the December meeting.

The Striders' new president is Danica Tutush Girard, who has been a Santa Fean, and a club member, for three years and was the 1995 race director for the Santa Fe Run-Around.

Thanks in large part to Danica, who worked closely with the City of Santa Fe in planning the race, the Run-Around came back to the Plaza last year after three years in exile on Rabbit Road.

The Run-Around is held each June and is the club's flagship race. Danica has agreed to direct the Run-Around, as well as serve as club president, again this year.

Discussing the upcoming year, Danica said she has found that many people have been turned off by the Striders. The Wednesday night runs, for example, are "usually a person's first impression of us," and many people find that Striders are taking the runs too seriously, she said.

"I would like to make this a friendlier group for people of all ages and ability levels," Danica explained. "You don't have to be a five-minute miler to be a serious runner. You should do whatever's comfortable and still be able to participate with people."

She wants people who take part in the Wednesday runs, which start at 6 p.m. on the Plaza, to "look out for their neighbors a little more."

Looking forward to the annual Fowl Day Run, held the Saturday before Thanksgiving, Danica said City of Santa Fe

officials have expressed an interest in possibly helping organize the race. These plans are tentative.

Danica's husband, Jim, by the way, is grandmaster of the Santa Fe Hash House Harriers, a club of which Danica is a member. The activities of this club include quality-control monitoring of a wide variety of kinds of beer.

Elected vice president was John Pollak, who as Striders president guided the club through the first half of the decade of the 1990s. In recognition of his help to the club he was presented with a gift certificate to Garcia Street Books.

John was also given, for himself, his wife Nancy and their son Justin, a gift certificate to the Zia Diner. Nancy, Justin and John were the folks at the end of the races who got all the times and places of runners correct.

Elaine Coleman told those at the December meeting, at Molly's Restaurant, that when the club was started some 20 years ago, "little did we dream that 20 years later the club would still be going strong." John's work for the club, she said, played a crucial part in keeping the club thriving during the "Pollak years."

In addition to his organizational skills, John brought diplomatic talents to his job that were much appreciated.

While he wanted someone else to take over as president this year, he agreed to be vice president to help with the transition.

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JANUARY MEETING

The January meeting will be held on Tuesday, Jan. 9, at Mary Platts' house, 2542 Camino Alfredo. To get there, take Calle Melecio, which is off Rodeo Road one block from Camino Carlos Rey. Once on Calle Melecio, take the second right, which is Camino Alfredo, and go to the cul de sac, where you'll find Mary's house. Her phone number is 471-2806.

The pot luck starts at 7 p.m. and the business meeting at 8 p.m. Everyone is welcome.

TAMMANY HALL TACTICS

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We could go on and on about John's contribution to the club. But he was chagrined even to get the gift certificate for the book store, so we'll stop before we embarrass him further.

Jim Hannan was elected treasurer of the Striders. Jim, who came here from Tucson several years ago, is a certified public accountant.

As a CPA, he is one officer qualified to hold his position. He was elected anyway.

Tom Day will again be the newsletter editor. Tom can report that all legal actions for libel, misrepresentation, unauthorized use of copyrighted material and clashing type faces have been dismissed. Our thanks to the Strider law firm of Sutin, Sutin, Cohen, Werner & More for all their fine work.

PAYING THE PIPER

In this newsletter you will find the Striders application form. The thing to do, if you haven't already, is to fill it out and send the club a check for \$15.

Don't forget to sign the form. The legal department of the Road Runners Club of America will get the heebie-jeebies if you don't.

Wednesday Runs

Wednesday night runs start at 6 p.m. all year around. The meeting place is by the Palace of the Governors across from the Plaza clock.

The winter run is a five-mile loop that goes up Alameda to Camino Cabra, takes a jog behind the condominiums at the top of the hill, goes along Camino Cruz Blanca to Camino del Monte Sol and then hits Old Santa Fe Trail, which takes the runners back to the Plaza.

Contrary to scattered rumors, the pace for these runs isn't set by Frank Shorter or Joan Benoit Samuelson. Some runners take the course at a swift pace, while others take their time. The club's new president has more to say on this subject in the story in this newsletter about the election of officers.



CLUB MEMBERSHIP APPLICATION 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 or carelessness on the part of the persons named in this waiver.

SIGNATURE

DATE

PARENTS' SIGNATURE if under 18 yrs. DATE

Name: _____

Address: _____

City: _____

State : _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees are \$7.50. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504.