



Mile Markers



We Give You the Run-Around

March 1999 Volume 21, No. 3.

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

The Mountain Wins Again at the 1999 Mt. Taylor Quadrathlon

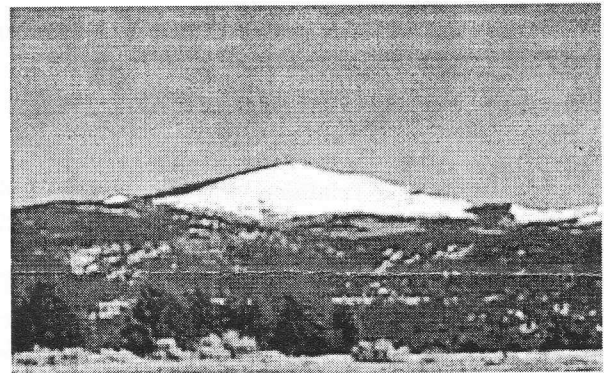
The Mt. Taylor Quadrathlon is like a fine wine. No matter how many times you drink it, some of its intoxicating mysteries remain intoxicatingly mysterious... No, that's not it... The Quad is like a woman. The Quad takes, just like a woman, it breaks (you) just like a woman... leaving you breathless, whimpering and aching... No, that's not quite it either... Perhaps the Quad is like a dentist. Just when you think it's almost over -- BAM! He drills you, sending stabbing pains into tender areas, making you wonder why you go back every year.

Clearly, despite completing the Quad for the last six years, I still haven't a clue what I'm talking about. But at least I have come to appreciate the depth and breadth of my ignorance. For to know the Quad truly means to know one's self, and even if the mountain remained the same from year to year, we certainly do not.

This year I can claim some modest success. I learned from my previous errors and ate and drank plenty during my 5hr and 2 minute ordeal. I started eating 30min into the race, so



The Start



*Mt. Taylor,
Enigma wrapped in a Mystery*

my stomach wouldn't "shut down" and resist the introduction of food, a prior and disastrous result. Proudly, I peed three times! (Like a mighty river.) I didn't cramp, miraculously, thanks to the eating and drinking I suppose, but also despite my questionable fitness. Thankfully, I didn't go out too fast this year. In conclusion, I survived to enjoy the post-race party and to Quad again.

February 13 was a sunny and glorious day in Grants. Due to the dry year, the ski was changed to a "snow run" which more or less qualified as a 4th sport: walk-run-hop-slide, that kind of thing. Approximately 400 solo and team participants climbed and descended 4900' by bike, run, and snowshoe.

Several Striders and Santa Feans were present, including Beth Rauch soloing for the 2nd year, Paul Scott (7th year), Chris Chavez (runner), and Holland Shepard (snow events).

Viva la Quad!

-Jeremy Yang.

RACE CALENDAR

March 1999

- 7 **Run for Our Kids-** 5k, Socorro, 835-2507
- 14 **Run for the Future** - 5k, Albuquerque, 831-8431
- 20 **Pecos Valley Stampede-** half-marathon, 10k,, Roswell, 627-5507.
- 27 **Run Old Mesilla** - 5k/10k, Mesilla, 524-7824.
- 27 **Dash for Trash** - 5k/10k, Alb. Ruben Gallegos, 891-9640.
- 28? **Run for the Nuns** - 5k, Santa Fe, 983-2789, 982-1889.

April 1999

- 3? **Keep Rio Rancho Beautiful Run-** 5k/10K, 867-5323
- 10? **Rehoboth Race Series** - 5k, 2M walk, Gallup, 863-2916.
- 11 **Hogares Stride for Pride 5K-** Alb., Jeff Peters, 344-4874.
- 11 **Run for the Ditches- 10K/5K,** Albuquerque, 345-1100.
- 17? **Jack Rabbit Fun Run** - 5k/10k, Rio Rancho, 867-5323.
- 18 **Albuquerque's Finest 5K** - 345-4274.
- 18 **MVTC Triathlon** - Las Cruces, 524-7824.
- 18? **Capulin Canyon Mtn. Run** - 23 miles, 829-9142.
- 24 **Los Alamos Dog Jog** - 5k run, 2 mile walk, 8am.
- 24? **Run For Crime Free NM** - 5k/5miles, 266-7711.
- 24 **Corrida de Española** - 5K/10K, 753-6064.
- 25? **Run for Recovery 8K** - Alb., 883-7222x231..
- 25? **NorWest Cheetahs All Comers Track and Field** - Albuquerque, 897-4762.

May 1999

- 1 **Shiprock Marathon & Relay-** 598-0117.
- 1 **Zoo Run** - 10K/5k, Roswell, 627-5507.
- 2 **Run for the Zoo** - 10K/5k, Albuquerque, 764-6280.
- 2? **Seeds of Awareness 10K** - Santa Fe, 988-1951.
- 2? **AOC All Comers Track/Field** - Albuquerque, 293-3693.
- 8 **Bandelier Marathon & Relay** - Los Alamos, 672-0816.
- 8 **Run, Rock & Roll for Peace** - Roswell, Cathy, 347-5715.
- 8 **ARR Women in Training 5K Training** - 294-5745.
- 8 **Run for the River 5K** - Santa Fe, 988-6720
- 15 **Abq. Senior Olympics T&F** - 291-6277.
- 22 **Rape Crisis Center 10K/5K** - Santa Fe 988-1951.
- 22 **DLD Maggie Aeby Memorial Fun Run and**

Extreme Mini-Tri - 822-0476.

23 **Tour NM 5K** - Gil's, 268-6300.

23 **Golden Corral 1/2 Mara, 5K** - Rio Rancho, Ruben, 891-9640.

29 **Ft. Bayard Wilderness Run** - 8 miles, 538-2740.

29-30 **Rocky Mtn. All-comers Qualifier T&F-** UNM, 865-8612.

*Corrections? Additions? Reccomendations?
Send 'em in! -ed.*

Recommended

The Blue Mountain Triathlon is on March 13th, in Monticello, Utah. It's a 4 mile xc ski, 35 mile bike, and 6 mile run. For info: 435-587-2029.

Holland Shepard has enjoyed this race in the past and says it's a lot of fun.

Las Campanas Locos

And now, the running of the bells,
for inward pride of challenge wells
and fantasy of triumph swells --
the reality of last just smells.

Ths is the worst of many hells,
cart paths lead to the lot that sells,
but is here where the real world dwells?
The bell that tolls for all still knells.

Let's out; we know our life still jells;
and to the gate bid fond farewells.

-Uno Who.

10 Guidelines for Avoiding the Aches and Pains of Running

by James Peterson, Ph.D, FACSM

1. Stretch before and after exercising. Proper stretching can mean the difference between agony and enjoyment. Sound stretching increases the range of motion of your musculature, reduces your chances of being injured, and improves your level of performance, among other benefits. As a general rule, always precede your stretching exercises with a few minutes of low-intensity aerobic activity.

2. Increase your mileage sensibly. Avoid doing too much exercise too soon. A general guideline is to limit any increase in your weekly distance to 10% or less of your previous week's total. Exercise is not a contest. The quality of exercise is often more important than the quantity of physical activity.

3. Every so often, incorporate a relatively "easy" week into your exercise regimen. Keep in mind that you don't have to increase your mileage every week to continue to benefit from your efforts.

4. Don't subject your body to consecutive days of very intense exercise. Always follow a relatively "hard" day of exercising with an easier day. If you walk or run considerably farther than usual on a particular day, either take the next day off or decrease the duration and intensity of your next workout.

5. Treat all injuries immediately and properly. As a general guideline, the acronym "RICE" should serve as the basis of treatment for most minor injuries. That's Rest, Ice, Compression, and Elevation.

6. Don't ignore sudden acute pain. See a physician, preferably a sports medicine specialist, if your acute pain does not respond to self-treatment within a reasonable period of time. Keep in mind that pain is your body's early warning signal that something is wrong.

7. Limit your total weekly mileage to a sensible level. If you exercise too much, you substantially increase your chances of suffering an overuse injury. Listen to your body. Pain and chronic soreness are excellent indicators that you probably are doing too much.

8. Replace your running shoes periodically. Proper footwear can have a significant impact on your minimizing your chances of being injured. You should record your mileage daily and replace your shoes once the cumulative total exceeds about 500 miles.

9. Don't let pain change your natural pattern of movement while exercising. If you alter your normal foot plant while walking or running in an effort to accommodate pain or discomfort, you may place excessive stress on your joints

and the adjacent tendons, ligaments, and musculature. you should refrain from exercising until the pain no longer interferes with your natural running mechanics.

10. Vary your modality of training. Give the joints and muscles of your body an occasional break from the "same old grind". Add other forms of exercise (e.g., cycling, swimming, independent step-action stair climbing, cross-country skiing, rowing, etc.) to your workout.

(Jim Peterson is a freelance writer and consultant in sports medicine. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.)

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Submitted to MileMarkers by Nancy Morrissey, Membership Director, and "Michelle", Personal Trainer, of Club International of Santa Fe. Thanks!

FREE WORKOUT

at Club International

All Striders are invited to enjoy a free workout courtesy of Club International, 1/2 block south of St. Michael's on Warner, just East of Nations Bank.

Call 473-9807 to make an appointment.

Nancy Morrissey
Membership Director

Results

It was my all time slowest 10K. My thighs hurt, my form was bad, I couldn't breathe, I fell often, my poles got stuck. Poles???

This was no ordinary 10K, this was the Chama Chili Ski Classic. A 5K and 10K event near the Chama Pass. On Sunday, February 14th, 91 skiers lined up for the two races. Ages ranged from under 12 to over 60. The awards included a very generous array of door prizes, with unique categories and a prize for every child skier.

Strider finishers:

Darla Graff, 10K, 1:10:45 (2nd overall female)
Kristen Kern, 10K, 1:12:00
Richard Thompson, 10K, 1:25:17
Kristen Peterson, 10K, 1:31:54 (4th female 30-39)

Plenty of Snow at the 6th Annual Santa Fe Snowshoe Race

Despite the lack of snow, the Snowshoe Classic, held on January 31st, went well according to several participants. The race was held up the road from the usual Hyde Park location, at the Norski XC loop near the Santa Fe ski basin. There was reportedly plenty of snow at this higher altitude.

Striders Email List Forming

An email list is forming for Striders who have email addresses. What's an email list? The electronic equivalent of a bulletin board: messages sent to "striders@daylight.com" will be automatically distributed to everyone on the list. I will serve as the listmaster, adding or deleting members at their request.

Email lists can be useful, informative, and fun, but they can also become annoying if misused or overused. Therefore, I propose some rules and guidelines for the email list:

- The purpose is to help communicate running-related information, races, workouts, etc., of likely common interest to Striders.
- Running-related postings only (biking, other fitness stuff ok)
- Low volume, high quality postings please
- Not for commercial advertising
- Not for "flame wars"
- Not for personal conversations, however entertaining
- For Striders only
- No anonymous postings
- No chain letters, solicitations, or news of the "latest virus"

Email me at jj@daylight.com if you want to join!

-Jeremy.

March Meeting

The February Striders meeting, social and potluck will be held on Tuesday, March 9th, at Dale and Kenny Goering's house in Hondo Hills. Go 3 miles past Rodeo on Old Las Vegas Highway., left onto Ute Circle across from 9 Mile Road, 2nd driveway on the left. Their number is 983-6616.

Potluck and social begins at 7pm, followed by various notions, motions and promotions. **ALL ARE WELCOME AND ENCOURAGED TO ATTEND!**

Crimewatch Alert

As reported in the New Mexican recently, three girls have been attacked south of the high school on or near the Arroyo Chamiso jogging trail, near where a female Strider reported being chased last fall. In one of these cases the assailant exposed himself, in two cases the girls escaped a rape attempt., Police urge females in these areas to stay where they are visible, and avoid going alone.

WEEKLY RUNS

Striders, guests, and other random runners continue to meet at 6pm on Wednesdays at Lincoln and Palace, across from the Plaza clock, for a 5-mile or so run. 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 Jeremy Yang, at 419 E. Palace Ave., SFNM 87501, or email jj@daylight.com.

1999 Striders officers:

Kris Kern, president, 661-6293
kernkt@gat.com
Beth Rauch, vice president, 466-2729
rauchbeth@aol.com
Suzanne Garney, treasurer, 473-9073
suzanne_garney@erim-int.org
Jeremy Yang, newsletter editor, 341-9526
jj@daylight.com

Santa Fe Striders Club Membership Application and Waiver



Name: _____

☐ Renewal
☐ New member

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

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 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. _____

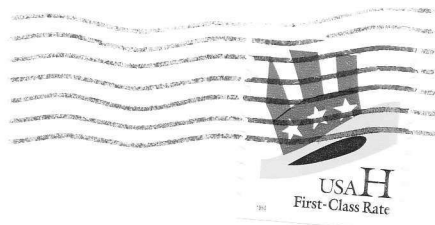
Date _____

Mile Markers

Santa Fe Striders

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