



# Mile Markers



*We Give You the Run-Around*

October 1999 Volume 21, No. 10.

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

## Hip Hip Ouray! for the Imogene Pass Run

The 26th Annual Imogene Pass Run - September 11, 1999

-an account by Shirley Van Slooten

Early on the morning of the 26th running of the Imogene Pass Run we all had a loud 'wake-up call' of simultaneous cracks of thunder with flashes of lightning overhead! I was dismayed as I had naively thought that after last year's horrendous weather and numerous hypothermia cases, the weather could not possibly be as bad again!! Happily, the early morning thunderstorm passed on and the race proceeded in cool but dry conditions.

I was running the race for the second year — this time with my brother, Dave and his friend Chris from England. We all had our goals — and we all met them, so it was a happy day for us! I wanted to break 3hrs30 and hopefully get an age group award — I did 3:21:11, won the 40-44 age group and was 18th woman overall — I was thrilled! Dave and Chris both wanted to break 4 hours — neither of them were acclimated to the altitude (around 13,200 ft. at the summit) or even fully trained for mountain running, and Dave only started running again two months ago after no regular training for several years. They did 3:58:22 and 3:56:27, respectively, and Chris was 5th in the 60-69 age group — so they were both happy too. The race itself did not seem any easier to me this year — the last four miles of the ascent just got steeper and steeper until it feels like you can barely keep putting one foot in front of the other (glucose tablets definitely saved me here). And then, when you finally get to the descent, you can't really go all out, at first, because the footing is so precarious.

However, the whole experience is very emotional and I feel very privileged to be able to do it. All in all, it was a wonderful time, and we all plan on running it again next year — with brand new goals! One last comment: the support crews were terrific!

### Other results:

Overall Male winner: Aaron Ciszek 2:20:05  
Overall female winner: Marla Croke 2:45:40

### Women:

18 SHIRLEY VAN SLOOTEN 3:21:11 1st 40-45  
93 SUSAN GARDNER 3:55:15

### Men:

65 KRISTEN KERN 3:07:05  
196 ALLEN LAMB 3:47:00  
213 MIKE BAKER 3:51:00  
325 CHRIS WILLIS 4:32:42



*Bridal Veil Falls,  
near Imogene Pass*

## RACE CALENDAR

>>> October <<<

Oct 2: The Whole Enchilada Festival  
5K, 1 Mile, Las Cruces, NM- 505-527-5167

Oct 2: Dale's Run and Ride, 8:30am,  
Rabbit Rd. at the RR tracks, Santa Fe,  
954-4384.

Oct 2: 6th Annual SFIS Memorial 5K Run  
and Noncompetitive Walk (1 mile or 5k),  
8am, Santa Fe Indian School, 989-6350.

Oct 3: Northern New Mexico Community  
College Eagle Run, 8:30am, 1 mile, 5K/  
10K

Oct 3: Corrida De Taos 5/10K , 2 Mile  
Walk, Taos, NM-Gil's, 505-268-6300

Oct 3: South Baldy Ridge Mountain Run,  
19 Miles, 60 miles east of Socorro, NM -  
505 - 662-2397

Oct 9: October Run 10K/3 Mile, 2 Mile  
Walk, Roswell, NM- 505-624-6720

Oct 9: Big Tesuque 11.6 Mile Mountain  
Run, Santa Fe, NM - Peter Fant, 505-466-  
3837

Oct 9: 2nd Annual Bean Valley Races 10K/  
5K, Moriarty, NM - Susan Simons - 505-  
286-3162

Oct 10: 4th Annual La Loma 5/10K, 1  
Mile, Rio Rancho, NM- Ruben Gallegos, 505-  
891-9640

Oct 16: Fall Classic 5/10K Run/Walk, Las  
Cruces, NM-505-524-7824

Oct 16: Cibola Duathlon 5K Run-30K Bike-  
5K Run, Grants, NM - 505-287-7927, ext.  
228 or 229

Oct 17: 15th Corrales Harvest Festival  
5K Run/Walk, 10K Run , Corrales, NM -  
Gil's, 505-268-6300

Oct 23: Lincoln Family Fun Run 5K Run/  
Walk, Rio Rancho, NM- Gil's, 505-268-6300

Oct 23: 12th Annual Ryan's 5K Run & 2  
Mile Walk, Alb., NM - Patrick Strosnider,  
505-842-8960

Oct 24: Parkinson's Run 5K/10K Runs & 2  
Mile Walk, Alb., NM - Gil -505-268-6300

Oct 31: Stone Lions Mountain Run,  
20.4 Miles, Los Alamos, NM - 505-662-2397

>>> November <<<

Nov 6: 13th Annual Pecos Valley Roundup  
10/20K, 2 Mile Run/Walk, Roswell, NM-  
505-624-6720

Nov 7: 17th Annual Animal Humane  
Assoc.'s Doggie Dash 5K Run & 2K Walk,  
Alb., NM - 505-255-5523, ext. 110

Nov 13: 29th Baylor Pass Trail Run, 5.9

Miles, Las Cruces, NM- 505-524-7824

Nov 14: 6th Annual ARR's Dirty Dozen  
12K Race, Alb., NM- Will, 505-346-2017

Nov 20: Fowl Day Run 5K, Santa Fe, NM  
- Tom Day, 505-473-3159

Nov 20: Turkey Trot, 3 mile fun run  
and 1/2 mile kid's run, Alb., NM- 505-  
277-4347

Nov 21: Holiday Ole 5K Run/Walk,  
Alb., NM- Matt Segura, 505-265-4580

Nov 25: ABQ Turkey Run 5/10K, 2 Mile  
Walk, Alb., NM- Gil's, 505-268-6300

Nov 25: Turkey Trot 5K Run/Walk, Las  
Cruces, NM- 505-524-7824

>>> December <<<

Dec 4: Reindeer Run 10K/2 Mile Run/  
Walk, Roswell, NM- 505-627-5507

Dec 5: Jingle Bell Walk and Run for  
Arthritis 5K, Alb., NM- 505-265-1545

Dec 11: Holiday Classic 5K and 10K,  
Alamogordo, NM- 505-439-4142

Dec 11: Polar Bear Triathlon ( 5K,  
30K, .4K ) White Sands Missile  
Range, NM- 505-678-3374

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*Please confirm dates and race data with  
organizers! Corrections? Additions?  
Recommendations? Send 'em in! -ed.*

### RECOMMENDATION

**The Big Tesuque Trail Run** on October 9th, 9am, is a breathtaking run in every sense of the word! Enjoy the peak Aspen colors while delirious from uphill running in the high mountain air. Thrill to the unpredictable fall weather, perhaps a snow flurry or two at the 12,000' summit. All Striders should have received an entry form in the mail.

## Holland Shepherd is Running for the Cure on January 9, 2000

Holland Shepherd, a fellow Santa Fe Strider, has joined the Leukemia Society of America's Team in Training and will be running in the Disney World Marathon, in Orlando Florida, on January 9, 2000. He is currently training and fund raising in preparation for the 26.2 mile event. This will be his first marathon and hopefully not his last. In an effort to find more willing and sympathetic sponsors (other runners), he has asked Striders to put in a pitch for his fund raising efforts via the Striders News letter.

He will be running not only to raise money for the Leukemia Society of America but also in honor of Elaina Bossert. Elaina is 4 1/2 years old and lives in New Mexico. She was diagnosed with Acute Lymphocytic Leukemia a year and half ago. She is currently in remission, but will be in chemotherapy and treatment for the next two years.

For those of you not familiar with the Leukemia Society of America or the current battle against Leukemia, here are four important points:

1) The Leukemia Society of America is a not for profit organization whose mission is to cure leukemia and its related cancers - lymphoma, multiple myeloma, and Hodgkins disease - and improve the quality of life of patients and their families;

2) Leukemia is a malignancy that arises in the blood forming tissues, bone marrow, lymph nodes and spleen, it is the number one disease killer of children between the ages of 1 and 14;

3) Leukemia strikes 10 times as many adults as it does children and is the leading fatal malignant disease in men and women under 35.

4) The research is working, twenty five years ago, only 4% of the children diagnosed with leukemia survived, today nearly 79% of children with leukemia and 82% with Hodgkin's disease will live (based on a 5 year survival rate) thanks to the research funded in part by the Leukemia Society of America; and

5) In 1997-1998 the Leukemia Society of America's Team in Training program raised 50 million dollars and trained over 19,000 athletes. The 1999-2000 goal is to raise 75 million dollars through the Team in Training program.

A donation form can be obtained by contacting Holland at his home phone 505/438-4227, or his email address - Dutchshep@aol.com.

*Please consider joining Holland or another Team in Training participant in a very worthwhile cause.*

## Form Quest

"Does anyone know where I can get an entry form for that race?" Now we do, thanks to Tove Shere's suggestion that we consistently display entry forms at certain locations. The following establishments have agreed to carry entry forms for all Strider's events. We also will be sharing this list with other race directors. If you have additional locations you would like included, let us know.

Active Endeavors  
Alpine Sports  
Big 5  
Bike-n-Sport  
The Bike Zone  
City Pools:  
    Ft. Marcy Complex  
    Salvador Perez  
    Tino Greigo  
Club International  
El Gancho  
Mountain Sport  
Oshmans  
SFCC

-Beth Rauch.

*Thanks Beth! Race directors will try to distribute entry forms to these locations. Ideally, we will all -- including other clubs and organizations -- cultivate a few well located and cooperative entry form sites. So let's encourage these venues and help spread the joy (ang the forms!).*

### World's Worst Similes and Metaphors

Her hair glistened in the rain like nose hair after a sneeze.

Her eyes were like two brown circles with big black dots in the center.

He was as tall as a six-foot-three-inch tree.

The hailstones leaped from the pavement, just like maggots when you fry them in hot grease.

Her date was pleasant enough, but she knew that if her life was a movie this guy would be buried in the credits as something like "Second Tall Man."

The politician was gone but unnoticed, like the period after the Dr. on a Dr Pepper can.

John and Mary had never met. They were like two hummingbirds who had also never met.

The thunder was ominous-sounding, much like the sound of a thin sheet of metal being shaken backstage during the storm scene in a play.

His thoughts tumbled in his head, making and breaking alliances like underpants in a dryer without Cling Free.

## October Striders Meeting

### RESULTS:

#### Duke City Marathon, Sept. 26th:

Erica Larson, 3:15:35, 2nd woman overall

Barb Dutrow, ??, 1st woman master

#### New Mexico Marathon, Sept. 19th:

Eric Peters, 2:38, 3rd overall

Peter Fant, 3:17, 3rd 35-39

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### Dale's Run and Ride

On Saturday Oct. 2nd, Dale Goering again put on his annual running and bicycling event along the Lamy rail-trail, from Rabbit Road to route 285, approximately 11 miles. This event is designed for peculiar folks who like to run, bike, and switch between the two frequently. Several teams (two persons, one bike) and individuals enjoyed the event, blessed by perfect fall weather, and all enjoyed the potluck brunch at Dale's house afterwards.

#### Sunday Morning Ruminations

Out here on Dorothy Stewart Trail  
I'm on the quest of the Holy Grail  
in search of health and total fitness.

This round trip route through Camelot  
round tables ridge top castles, forested back lots.  
If I should fall, I hope my blood will clot.

My clogged artery count is at three hundred six.  
My feet tip toe loose gravel, stones and sticks  
Alone, I do not want to emulate Jim Fixx.

If I should trip before trail head  
and bleed awhile on hard rock bed,  
no whistle call for St. Bernard and brandy flasks,

Let these words mark my final resting place:  
My friends, avoid all fats and stressful tasks;  
eat Wheaties; drink your fill of life's short race.

-Mike Sutin

The October meeting will be held on Tuesday, October 12th at the home of Dale and Kenny Goering 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 954-4384. Potluck begins at 7pm, followed by various agendas, motions, announcements, and other club business.

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### Y2K Y-Not-Run?

Several Striders are interested in putting on some sort of special event for New Year's Eve or Day of Year 2000. If you wish to get involved, come to a meeting and join the Y2K No-Problem Run committee!

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### 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.

### TRACK WORKOUTS -- NOW AT 5:45 (Due to shortening days, let's meet for track 15min sooner, at 5:45.)

Track workouts are at Santa Fe High School, starting at 5:45pm, Tuesdays. Come one, come all, and bring a workout for us to try!

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### 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 441 Greg Ave., SFNM 87501, or email [jj@daylight.com](mailto:jj@daylight.com).

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#### 1999 Striders officers:

Kris Kern, president, 661-6293  
[kernkt@gat.com](mailto:kernkt@gat.com)

Beth Rauch, vice president, 466-2729  
[rauchbeth@aol.com](mailto:rauchbeth@aol.com)

Kathy Mastoras, treasurer, 466-3837  
[pgkmfant@aol.com](mailto:pgkmfant@aol.com)

Jeremy Yang, newsletter editor, 341-9526  
[jj@daylight.com](mailto:jj@daylight.com)



# BIG TESUQUE '99

## 11.6 MILE TRAIL RUN

Saturday, October 9, 1999, 9 am

Santa Fe, New Mexico



SOUDER, MILLER  
& ASSOCIATES

Sponsored by the Santa Fe Striders

**Entry Fee:** \$15.00 for all registrations received before October 6, 1999.  
\$18.00 day of race.  
Checks payable to: **Big Tesuque Run**



**Registration & Information:**

Peter Fant or Kathy Mastoras  
3 Moya Loop  
Santa Fe, New Mexico 87505  
(505) 473-9211 W, 466-3837 H  
(505) 471-6675 FAX  
PGKMFant@aol.com  
or, register at Alpine Sports.



**Age Groups:** Men and Women 19 & Under, 20-29, 30-39, 40-49, 50-59, 60 +

**Race Description:** Race starts about 11 miles up Hyde Park Road (towards ski basin) at Aspen Vista Trail Head. Course is out and back and follows forest service road 5.8 miles up to radio towers at summit (top of ski area). Starting elevation is 9,600', summit is 12,003'. (see [www.SkiSantaFe.com](http://www.SkiSantaFe.com) for information on the mountain and on Santa Fe in general)

### Registration Form – Big Tesuque '99

(please print and complete entire form)

Name \_\_\_\_\_ Age \_\_\_\_\_ MF \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**T-shirt size (Circle One)**    S    M    L    XL

**Waiver must be signed:** Both myself and my heirs hereby waive and release all rights and claims for damages that I may incur against the organizers and sponsors of the Big Tesuque '99 Run. I authorize the organizers and support personnel to obtain and administer medical aid in the event of its necessity. I am doing this of my own free will and because I think it will be a fun thing to do. I realize that mountain and/or trail running has inherent risks but those are the risks I am willing to take.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent if under 18

## 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

PO Box 1818

Santa Fe, NM 87504



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