



Mile Markers



We Give You the Run-Around

April 2000 Volume 22, No. 4.

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

Feature Event

What: Eldurathalon/Elduradalon/Elduragorathalon, a.k.a. the 2nd Bi-(and then some)-Annual Eldora-Du Duathlon! 5k run, 20k bike, 5k run

When: April 9, 8am

Where: Agora Shopping Center In Eldorado

This is an informal, no entry fee, no awards, no support, just for fun event!

For more info - call Kris at 661-4453 or kernkt@gat.com

Get Fast - Gain Speed on Track

What: speed workouts (all abilities)

When: Tuesdays at 5:45pm (6pm starting in May)

Where: Santa Fe HS Track

Track is Back!

Date: Wed, 29 Mar 2000 13:28:21 -0700

From: Kristen Kern <kernkt@gat.com>

To: striders@daylight.com

Four of us braved the weather and a million school kids to get in the first speed work of the year. Due to the kids on the track, we're going to move our track workout to a later time. Next tuesday we will start intervals at 6:00, so be there, warmed up and ready to go!

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

On the 11th, the Striders Meeting will be graciously hosted by **Brigitte and Mick Kappler** at **2812 Calle Dulcinea**. Their number is **438-4463**. For directions, see the adjacent map.

Marathon de Los Andes, 1999

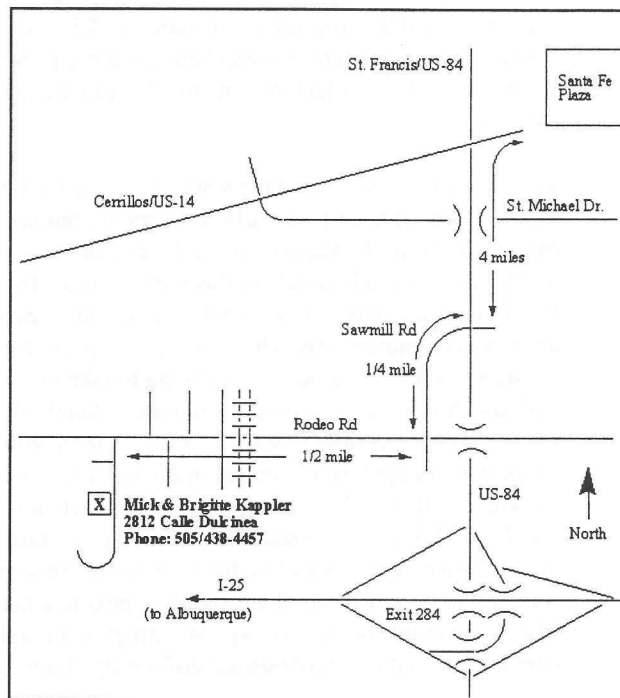
by Eric Peters

(continued from last issue)

After we check into our hotel room, the hotel staff brings us up a few towels and some coarse toilet paper. They forget to bring a toilet seat. Evidently, toilet seats are not allowed above second floor in this part of **Peru**. As far as the bed is concerned, I can find no complaints. Collapsing into it after a tortured, sleepless night, nothing could disturb my sleep this sunny mid-morning. Hunger eventually triumphs over drowsiness, and I arise and go out hunting. The food I discover is nothing spectacular, but I devour it readily.

A few hours later I join several of the other runners for a breathless experience of running through the city of **Huancayo**. It is not as difficult as I had expected based on the effort of walking up a few steps in the hotel, but we

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are running slowly now. The real challenge will come when we attempt to race at this elevation. Eventually, we escape the stares, whistles, horns, and the crowds after slipping down a few, dirty, smelly alleys. We find a nice, flat trail beside the irrigation ditch. After all the wrong turns we took on the way to the path, we have just enough time to run a short ways beyond where the ditch goes over a bridge. Some of the group climb down into and back out of the canyon below, while the more adventurous ones carefully balance as they cross over the bridge, hoping that if they fall, they will fall toward the water instead of down into the canyon. Though it is the beginning of summer here, the days are not exceedingly long, and the light is beginning to fade. As we make our way back through town, we join a parade in progress. As we weave our way through the floats, quite a few children join us in our running, amused to see a strange group of foreigners appear in their midst. When we get back to the hotel, a man tells me that the parade is for the anniversary of the high school. In fact, every night there seems to be some kind of parade, probably for different celebrations every night.

After dinner, falling asleep is not so easy as it was earlier that day. My room has an excellent view of the square in the center of town. This carries with it music from speakers hidden in the flower beds behind the fountains and the awful, incessant noise of taxi drivers trying to attract the attention of possible customers and other cars trying to quickly maneuver around the busy chaotic roads without lanes. After a few more days of trying to get a reasonable amount of sleep, exploring the town, running along the irrigation ditch, and conversing with many friendly and curious people, it is now time. Time to fill water bottles with proprietary substances. Time to attempt one more night of sleep before the big event. Time to forget about lack of time to adjust to the lack of oxygen.

The crowd has gathered at the starting line by the time our bus pulls up. It is still too early to warm up, but not too early to try to find a vacant part of the countryside, as there are no portable toilets in this part of Peru. Though the countryside here is large, finding a secluded area is not an easy task, particularly when lots of people are following us around with cameras and asking to take pictures with us. A few miles of jogging and a few hundred pictures later, it is time to start the race. A man with a can of spray paint applies a large green dot to each of our legs as evidence that we were at the starting line when the gun was fired. We are squeezed in so tightly at the starting line that there is no room to inhale, even if there were some air to breathe here. I am standing next to a man who tells me his name is George Washington, though he later admits that it is pronounced differently. I am

surprised by the number of flags from U.S.A. that I see waving around, as only about five of us are actually from there (out of well over 500 competitors and countless spectators). The starting gun releases us from our captivity and our legs nearly fly down the road. The flight soon slows to a normal human pace, and mine eventually slows to some sort of subhuman crawl. The course is filled with spectators, and I am greeted by cheers of "*Bueno gringo!*" and "*Gooo meeester!*"

I never imagined that the ditch water they filled plastic bags with and are handing to us could taste so good as I plod along toward the finish line, battling altitude sickness. They announce that **Eric Peters** the Swiss runner has entered the stadium as I finally approach the finish line (not the first time I have been confused with , but at least they got my name right). I somehow manage to summon enough energy to speed up to a somewhat respectable pace as I complete the lap around the track and finish the race. I am helped over to the nearby medical tent as soon as I finish. I decline the offer of oxygen but accept the orange and water. Soon I exit the tent under my own power and take a seat on the grass. Children and newspaper and television reporters surround me as I try to respond intelligently in Spanish (between bites of fruit) to the questions they ask. Usually I don't get that much attention when I win a race, let alone when I just barely scrape through to the finish. I excuse myself from the group and find a shady place to lay down on the grass and take a nap - the best cure for altitude sickness that I have found. Before I fall asleep, my feet are quite relieved when I remove my socks and racing shoes.

I wake up from my short nap feeling much better. I meet **George Washington** and several of my friends I came to Peru with and find out that they did not fare much better than I did. Then lots of people come up and want to take their picture with me. By the time I get back to my shoes, I find out that they walked away on their own. My feet are not sure whether to be worried or thankful. It looks like I may need to walk all the way back to the hotel in my bare feet. Many more pictures later, I start walking back toward the hotel with **Josie** and **Laurel**, a friend of Josie's from Albuquerque. Shortly after leaving the stadium, a pickup truck with a film manufacturer advertisement on the side offers us a ride. After all the pictures that have been taken of me today, I figure Kodak owes me at least a ride back to the hotel, and we climb in the back. I am not sure who has my size twelve shoes now, but it is better to have shoes that are too big than shoes that are too small.

Another radio station wants to interview me later that day, but this time I make them tell me the questions ahead of time so I can write them down and understand them.

continued on next page

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After a few more adventures in and around Huancayo, including a visit to the rug lady's house and a little bit of dancing, we buy bus tickets to return to **Lima**. For about eight dollars each, we get to ride a luxurious bus, which includes lunch, a few movies, and even a bingo game. The movies are nowhere near as spectacular as the view as we cross over the top of the Andes Mountains, of course. I wonder what in the world we were thinking when we agreed to cram into the ice cab on the way up the mountains, as I ride back in happiness and comfort. We arrive in Lima with just enough time to take a drive by the ocean and to enjoy an excellent seafood dinner before passing through customs and returning to Albuquerque. I find myself thankful for the spot of green spray paint on my leg, because that is the only part of my body that is now free from sunburn. It is strange to think of how easy it feels to breathe while running the **Albuquerque Turkey Run** (in my new shoes) the next day, because I am still used to thinking of Albuquerque as being at altitude. Now back in the "**land of enchantment**", I am both happy to be back in New Mexico, and hopefully wondering where my next adventure will take me.

Runners' Circle

My name is **Chris Hutchins**. I am the organizer of an exciting new running group, **Runners' Circle** consists of members from around the world! As members we are offering **FREE ACCOMMODATION** in our homes during a running event. You, as a member, would do the same. In this way we can travel to various races throughout the world, cut our expenses by at least half and enjoy the company of fellow runners.

Runners' Circle has members from South Africa, Australia, Sweden, England, Canada and the USA. As the number of members is still relatively low, I am offering you, and your club members, free registration (if you are an internet user) if you register by April 1, 2000. Just visit our site at: <http://www.runnerscircle.com>, register (without paying) and send me an e-mail telling me that you've done so. I will then set up your free registration and you will be able to log in (and search for a host) within a few days.

Visit the site! Take a look around! I am sure you won't be disappointed!

If you are interested in linking us to your site, or printing an article (which one of our members has written about Runner's Circle), please e-mail me at the address below.

AGAIN, THE LAST DAY FOR FREE REGISTRATION IS APRIL 1, 2000!

Chris Hutchins
President
www.runnerscircle.com
rc@runnerscircle.com
Phone: 604-814-2278
Fax: 604-814-2378

Jesus

by unknown author

THREE PROOFS THAT JESUS WAS MEXICAN

His first name was Jesus
He was bilingual
He was always being harassed by the authorities

THREE PROOFS THAT JESUS WAS BLACK

He called everybody "brother"
He liked Gospel
He couldn't get a fair trial

THREE PROOFS THAT JESUS WAS JEWISH

He went into his father's business
He lived at home until he was 33
He was sure his Mother was a virgin, and his Mother was sure he was God

THREE PROOFS THAT JESUS WAS ITALIAN

He talked with his hands
He had wine with every meal
He worked in the building trades

THREE PROOFS THAT JESUS WAS A CALIFORNIAN

He never cut his hair
He walked around barefoot
He started a new religion

THREE PROOFS THAT JESUS WAS IRISH

He never got married
He was always telling stories
He loved green pastures

and now the most Compelling:

THREE PROOFS THAT JESUS WAS A WOMAN

He had to feed a crowd, at a moment's notice, when there was no food.
He kept trying to get the message across to a bunch of men who just didn't get it.
Even when he was dead, he had to get up because there was more work to do.

Feature Race

Run for the River 5K on April 30th. See the calander and entry form in this issue.

Race Calander

4/30 Forest Guardians 5th Annual Run for the River 5K
9am Santa Fe, NM 988-9126 (Rein) or 992-8316 (Terry) flanahorn@yahoo.com

5/6 5th Annual Corrida de Espanola 5K, a 10K, and a 1 mile competitive walk
Espanola, NM 753-6064 (Bev Schutz)

5/6 MS Walks, Albuquerque & Santa Fe, 1-800-FIGHT MS

5/7 NWC All-Comers Track & Field Meet,
UNM 867-6885 (Ron & Liza)

5/12-13 AAA-AAAA HS Track & Field Championships and Albuquerque Senior Olympics Track & Field
UNM 291-6277

5/13 Bandelier Races - White Rock Marathon, Ultra (50M?) and relays
Los Alamos, NM 672-9519 (Bob) reedy@lanl.gov

5/14 AOC All-Comers Track & Field Meet
UNM 293-3693 (Leon)

5/27-28 Rocky Mtn. Qualifier All-Comers Track & Field
UNM 865-8612 (Kathy)
Note: Open, Sun-masters and Masters Championship

5/28 Isleta 5K, 10K & 2M Walk
Gil's 268-6300 (Runners Shoe World, Albuquerque)

5/30 UNM Twilight Meet, All-Comers Track & Field
925-5735 (Mike)

6/24 Los Alamos Mini Marathons 20K and 5K
Los Alamos, NM 661-4453 (Kris) kernkt@gat.com

7/16 Po'Pay Foot Race 10K, 5K, Children's Run and Fitness Walk
San Juan Pueblo, NM 505-852-4211 (Herman)

8/20 Wings of America/Santa Fe Indian Market Wing Messenger Foot Races 5K, Children's Run and Fitness Walk
Santa Fe Indian School, Santa Fe, NM 505-

982-6761 (Anne)

Far Away

3/18 Shamrock Marathon, 8K & 5K
Virginia Beach, VA
send a SASE to:
Shamrock Sportsfest
2308 Maple St
Virginia Beach, VA 23451
<http://www.shamrocksportsfest.com>

3/25 Azalea Trail Run 10K, 2M & 1M
Mobile, AL
send SASE to:
Azalea Trail Run - Reg FN
PO Box 6427
Mobile, AL 36660

4/1 Copper River Bridge Run 10K
Charleston, SC 843-792-0345

4/9 Cherry Blossom 10M
Washington, DC
send a SASE to:
Nortewl Networks Cherry Blossom
PO Box 5366
Rockville, MD 20848
entries@cherryblossom.org
<http://www.nortelnetworks.com/cb>

5/7 Long Island Marathon
Long Island, NY 515-572-0248/9

5/7 Avenue of the Giants Marathon & 10K
Humboldt, CA
send a SASE to:
Six Rivers Running Club
281 Hidden Valley Rd
Bayside, CA 95524
<http://www.humboldt1.com/~avenue>

5/7 Pittsburgh Marathon
Pittsburgh, PA 412-647-7866

5/7 Bloomsday 12K
Spokane, WA
<http://www.bloomsdayrun.org>

5/21 Avon Championship
Milano, Italy 212-282-5350
<http://www.avonrunning.com>
avonrunning@avon.com

6/4 Rock-n-Roll Marathon
San Diego, CA 858-450-6510

7/4 Peachtree Road Race
Atlanta, GA
send a SASE before 3/1 to:
Peachtree 2000, Atlanta Track Club

continued on next page

GIL'S RUNNERS SHOE WORLD
 611 SAN MATEO N.E.
 ALBUQUERQUE, N.M. 87108
 505•268-6300

2000

RUNNING EVENTS

CALENDAR



NM USATF
31 SANDHILL ROAD
LOS LUNAS, NM 87031
 505/865-8612
 FAX 505/565-8387
 www.usatf.org/assoc/nm

Month	Day	Event
FEBRUARY	12	Mt Taylor Quadrathlon, 287-4802.
	13	MRU Winter Runaround, 2.5&5mi., Martanne, 856-1995.
	20	Jane Bryl President's Day 5&10K, 5K Walk, 1/4 mi. Kids, Rio Rancho, 891-9640. Indoor T&F, NAU, Flagstaff, Bob Flint, 480/949-1991.
MARCH	5	"M" Mountain Duathlon, Socorro, Cathy Pearce, 835-2507.
	11	10 Week Women & Men in Motion Training Program, Nina, 891-0339.
	16-18	UNM T&F, Mike MacEachen, 925-5735.
	18	Pecos Valley Stampede 1/2 Mara, 10K, 2mi., Roswell, 627-5507.
	24-26	USATF Nat'l Masters Indoor T&F Champ., Boston, Mass., 617/566-7600.
	25	Run Old Mesilla 5&10***K, 5K Walk, Las Cruces, 524-7824.
	26	Defined Fitness Duathlon, 891-9640.
APRIL	1	Dash for Trash 5&10K, 5K Walk, 1/4 mi. Kids, Rio Rancho, 891-9640.
	1-2	Phoenix Invite T&F, Bob Flint, 480/949-1991.
	2	Run for Our Kids 5K, Socorro, Donna Voelker, 838-0536.
	8	Women in Training 10 Week Program, ARR, Kenalee Nemudrov, 294-7545.
	9	State Farm Stride for Pride 5000, Jeff Peters, 341-1400, 296-4220.
	15	Abq Finest 1/2 Mara, Chas. Otero, 345-4274.
	16	MS Walk, Farmington, 800/FIGHT MS.
	29	P.A.L. Spring Run 5&10K, Imi Youth Run/Fun Walk, Gallup, 863-1410.
	30	MVTC Triathlon, Las Cruces, 524-7824. MS Walk, Roswell, 800/FIGHT MS. Run for the River 5K, Santa Fe, Terry Flanagan, 992-8316.
		USCAA Corp. Challenge Road Races, Pat West, 821-5420.
MAY	5-6	A-AA H.S. Championships. Don Kirby Invite T&F, UNM, 925-5735.
	6	Race for the Zoo 5&10K, 2mi., Roswell, 627-5507.
	7	Shiprock Marathon, Rick, 327-5251. MS Walks, Abq/Santa Fe, 800/FIGHT MS. Run for the Zoo 5&10* & ***K, Imi., 5K Walk, Amber Fenner, 764-6227.
	12-13	NWC All-Comers T&F, UNM, Ron & Liza Mascareñas, 867-6885.
	13	AAA-AAAA H.S. Championships. Abq Sr. Olympics T&F, 291-6277. Bardelier Mara., 50mi & Relays, Bob Reedy, 672-9519 or 667-5446. Las Cruces Jr. Olympics T&F, 541-2554. MS Walk, Las Cruces, 800/FIGHT MS.
JUNE	14	Golden Corral 1/2 Mara, 5K Run/Walk, 1/4 mi. Kids, Corrales, 891-9640. Half Marathon Run/Relay & 5K, Las Cruces, 524-7824.
	21	AOC All-Comers T&F, UNM, Leon Boydén, 293-3693.
	27	USCAA Corp Challenge T&F, Pat West, 821-5420, Al Alvarado, 821-2339. Eyewitness News 4 Run for the Ditches 5&10K, 5K Walk, 764-4444. AAT All-Comers T&F, UNM, Carl Brasher, 275-8991.
	27-28	Fi Bayard 8mi, 2mi., 5K Walk, Joe Becker, 538-2740.
	28	Zuni Fitness 5&10K, 2mi. Run/Walk, Imi. Youth, 782-2331.
	29	Rocky Mt Qualifier All-Comers T&F*, UNM, Kathy Fones, 865-8612.
	30	Isleta 5&10K, 2mi Walk, Gil's, 268-6300. Veterans Run 15K, 5K Run/Walk, 1K Kids, Fred Bryant, 294-0316. UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.
JULY	2	Children's' Run for Fun 8 Week Running Program, Rio Rancho, 891-9640.
	3	NM Games All-Comers T&F, UNM, Scott Delillo, 880-1414.
	4	Dino Dash 5&10K, 5K Walk, 1K Kids, Lew 883-9795, Tracy 831-2828.
	6	Taos Mara, Relay, 1/2Mara, ***5K Run/Walk, Bruce Gomez, 776-1860.
	10	UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.
	11	Hersheys Track, Las Cruces, 541-2554.
	13	ATC All-Comers T&F, UNM, Polly Rogers, 828-0182.
	17	UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.
	20	TNT All-Comers T&F, Los Alamos, David Hampton, 662-7028.
	23-25	UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.
	24	NM USATF State Junior Olympics, UNM, Kathy Fones, 865-8612.
	27	High Altitude Mini-Marathon 5&20K, Kris Kern, Los Alamos, 661-4453. Zuni Fitness 10K, 2mi. Youth, 2mi. Run/ Walk, 782-2331.
	28	Women's Distance Festival 5K, Victor Nemudrov, 294-7545.
	29	UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.
	31	Alien Chase 5&10K, Roswell, 627-5507. NM USATF All-Comers T&F, UNM, Kathy Fones, 865-8612. 4 th of July Midnight Run 3.6mi., Gil's, 268-6300.

continued from previous page

3097 E. Shadowlawn Av, Atlanta, GA 30305

10/15 Atlantic City Marathon
Atlantic City, NJ 609-601-1RUN
<http://www.virtualac.com>
acmarathon@aol.com

Way Out There

2/5/01 Antarctica Marathon & Half
The White Continent
800-444-4097 Thom

Editorial Note

The race calander in last month's issue had incorrect information. The first section (Times font) had 1999 dates instead of 2000 dates. The second section (Courier font) was correct. The race calander is assembled from many sources and the accuracy is only as good as the source. Please verify all race information.

Visiting Runner

Date: Wed, 22 Mar 2000 07:51:52 -0700
From: Roger Klaffky <klaffky@ianl.gov>

I have a visitor July 23-August 10 who is interested in a 1/2 marathon.
Have you any info about the Penasco race (or others) .

Roger Klaffky

By Women Who Run With the Men

by Mike Sutin

I think men are not made to run.
Their books are full of body stretches.
And when their legs go limp and lame
...a mental bent for woeful wretches.

Ingredients

by unknown author

They have finally released the ingredients in Viagra:

2% aspirin
2% ibuprofen
1% Vitamin C
95% Fix-a-Flat

Yoke of the Month

Lagniappe:

An **engineer**, a **physicist** and a **mathematician** find themselves in an anecdote, indeed an anecdote quite similar to many that you have no doubt already heard. After some observations and rough calculations the engineer realizes the situation and starts laughing. A few minutes later the physicist understands too and chuckles to himself happily as he now has enough experimental evidence to publish a paper. This leaves the mathematician somewhat perplexed, as he had observed right away that he was the subject of an anecdote, and deduced quite rapidly the presence of humour from similar anecdotes, but considers this anecdote to be too trivial a corollary to be significant, let alone funny.

Cyber Information

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

Weekly Workouts

Striders, guests, and other random runners meet at **5:45pm** on **Tuesdays** at the **Santa Fe HS track** for speed workouts, and 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 Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email mick@daylight.com.

2000 Striders Officers

Kris Kern, President, 661-6293
kernkt@gat.com
Tove Shere, Vice President, 473-0388
trim8s@nets.com
Eric Peters, Treasurer, 466-2460
RunAdventr@aol.com
Mick Kappler, newsletter editor, 438-4463
mick@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

PO Box 1818

Santa Fe, NM 87504



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