



Mile Markers

We Give You the Run-Around

November 2000

Volume 22, No. 11.

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

Feature Event

Fowl Day Event will be held at **Fort Marcy on Saturday, November 18th at 9am**. The **5K run** fee is \$10 of non-parishable donations - benefits the **Salvation Army Food Bank** - local merchant gifts will be awarded. Contact: Mick Kappler (954-3295) mick@daylight.com

A Different Kind of Season

by Kris Kern

I'm well known to cajole my friends into writing about their races for the Newsletter. But they caught on, and I finally have to write about my year.

I did things a little differently this year. If you saw me at races, I was usually volunteering, not running. This year, for the first time, I set a long term goal. I decided in late January to train for the **Leadville Trail 100 Mile Run**. That meant no risking injury on the weekend 5k, no missing my long training run to run a 10k. It meant doing my own workout on the track Tuesday evenings while the rest of the Striders ran around me. It meant being focused for 7 months. Not my usual style, for sure! And with my history of annual injuries, I'd be lucky to make it that far anyway.

In February I was healthy and started training, trying to build carefully to where I thought I should be. Two long runs on the weekends, lots of rest during the week. The first test came in May, **Collegiate Peaks 50 mi in Buena Vista**. Striders **Carl Gable** and **Aaron Goldman** also ran. It was unusually hot that day, with many runners dropping early in the run. But it went well for me, no injuries and a strong finish. We returned to Los Alamos with an ominous cloud of smoke to the south. It was a good time to rest for a few days.

continued on next column

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

On the 14th, the Striders Meeting will be graciously hosted by **Tove and Jerry Shere** at **3045 Pueblo Puye**. Their number is **473-0388**.

continued from previous column

Despite the interruption of my training due to the absence of forest, I found myself looking for another 50 miler in June. But with the Run Around and the Mini Marathon, I didn't think I'd have time. Then, luckily, the day before I left on a trip to Portland, I heard of a 50 miler that would start a few miles from where I would be staying. **Forest Park 50 miler**, a small, minimal support run, went really well. Well, the first 46 miles did. I now know the meaning of the term "*bonk!*" I finished the run, thanks to some hikers with extra food, loosing about half an hour on the last 4 miles.

July came, and I was happy with my two 50 mile finishes. But they were flat, and Leadville is in the mountains. And it's high. I went to the Leadville training weekend on July 4th and ran part of the trail. I met Striders **Bob Warner**, and **Jan** and **Kim Bear** there as well. I was not ready for hills, as aching quads would remind me for several days. There was less than 2 months to the race, I'd have to concentrate on hills. A few weeks later, I ran **Lake City 50 miler** in Lake City, Colorado. Talk about hills! I suffered through it, but no worse than any one else. The climbs didn't hurt me too badly, but my recovery was slow. And Leadville was now only 4 weeks away.

Soon it was race day. Well, race weekend, as these things don't fit in a day. Striders **Susan Gardner**, **Aaron Goldman**, **Jan Bear**, and **Kim Bear** were all there. I never saw **Bob**, so I don't know if he made the start. Many other New Mexicans ran as well. This race is quite an experience. It is an environment unlike any other race I have entered. Anticipation, uncertainty, excitement, and dread all mixed wonderfully as we stood in a cold drizzle waiting for the 4 AM start.

I'll save the details of the next **24 hours, 57 minutes, and 49 seconds** for another story. It's enough to say that I had a race much better than I hoped, and finished in under the 25 hours required for the **SILVER finishers belt buckle**. **Jan Bear** finished his fourth double, completing the 100 mile Mt Bike race and the Run. **Kim Bear** became the first woman to finish both races.

Fowl Day Event benefits the Salvation Army Food Bank 5K run at Fort Marcy (at Artist Rd) \$10 non-perishables local merchant raffle Saturday, November 18, 2000, 9am

please post

Wings of America to Sponsor Runners

Date: Fri, 27 Oct 2000 19:23:49 EDT
To: mick@daylight.com
From: WingsAmer@aol.com
Subject: Opportunity for Indian Cross Country Runners

Wings of America is offering assistance for high school cross-country runners to participate in their regional Foot Locker races and is searching for runners for the Wings teams that will travel to the USATF Winter Cross Country Meet.

Wings is accepting nominations through November 6 for Indian high school runners in grades 9 through 12 for Foot Locker regional races. Selected runners will receive \$250 towards expenses for travel and fees to run in their appropriate regional race: Midwest, Northeast, South (all on November 25) or West (December 2). Runners are responsible for all their own arrangements, including race registration. The first eight finishers in the seeded races earn a berth on their region's team to compete at the Foot Locker Nationals held in Orlando, FL, on December 9. For more information on Foot Locker races, visit <http://www.flcccmidwest.com> or <http://www.footlockercc.com>. These comprehensive websites provide information and links on all the Foot Locker events.

The same Nomination Form is used to apply for the Wings of America junior teams that will compete at the USATF Winter Cross Country Meet in Vancouver, WA, over the weekend of February 17 and 18, 2001. Wings will be providing a chaperoned and expenses-paid trip for one team each of junior men and junior women, ages 14-19 (cannot turn 20 in 2001). The only cost to the runners selected will be a \$50 registration fee. These races are the

qualifiers for the World XC Championships to be held in March in Dublin, Ireland. The first six finishers in the Junior and Senior races will comprise the USA national teams.

NIKE, Inc., will be providing uniforms and shoes to runners who qualify for the Wings sponsorships to Foot Locker and the Wings teams competing at the USATF Winter Meet.

Nominations for either or both events are due in the Wings office by Monday, November 6. The Nomination Form is attached and can be downloaded and printed out for completion. Completed forms can be mailed, faxed or e-mailed to arrive in the Wings office by November 6. If you submit a nomination, please call to be sure it arrived. If you are unable to open the attached document and would like the Nomination Form mailed or fax-ed, call the Wings office at 505-982-6761.

Wings of America is an American Indian youth development program of The Earth Circle Foundation based in Santa Fe, NM. Running is at the core for the various programs for differing age groups. Contact the Wings office for more information.

Anne Wheelock Gonzales
Associate Director
Wings of America
The Earth Circle Foundation, Inc.
1601 Cerrillos Road
Santa Fe, NM 87505
PHONE: (505) 982-6761
FAX: (505) 989-8995
E-MAIL: WingsAmer@aol.com

Bandelier 2000

by Kris Kern

The running of the Bandelier Races for the year 2000 was finally done on October 21 after having been postponed from May 13 because of the **Cerro Grande wildfire** that burnt parts of the race course and closed everything then. The number of 50-mile runners was way down from the 12 that had entered the May race, and there were fewer relay teams than had entered in May. All four events had fewer runners than on average. The plans are to have the next Bandelier Races in spring, probably on May 12.

The 18th running of these races was done with cool weather (36 F at the 7 AM start and a high of 61 F in the early afternoon) and a mainly overcast day. The 25-mile loop was on paved roads and has 1950-feet of climb and descent. The running times tended to be slow, possibly because of the cool weather. **Ted Williams** completed his 18th Bandelier Marathon, extending his record of having finished all of them. Several runners finished their first marathons or 50-mile runs, which is a good accomplishment on the race's fairly difficult course.

For those who lost their 1997 and 1998 Bandelier T-shirts or 1999 cap during the Cerro Grande wildfire should contact Bob Reedy to have them replaced for free. Bob Reedy, Race Director 667-5446 (W), FAX 6654-4414, 672-9519 (H).

Race Results: Striders at Bandelier

For complete race results, go to <http://www.cybermesa.com/~kernkt/bandy.htm>

50M

Aaron Goldman 4th

Marathon

Michael Kappler - 1st M 30-39

Chris Chavez - 1st M 40-49

Patty Danforth - 1st F 40-49

50M Relay - 160+ division

Ristra Runners (M. Kappler, R. Lucker, D. Goering, J. Garcia), 2nd

Got Beer? (P. Danforth, R. Danforth, A. Sisneros, R. Thompson), 3rd

Marathon Relay

New Strider Kristin Bennett ran on team Neutron Charges, who finished 2nd but needed one more Strider to make a complete team.

Canmore Challenge

Date: Fri, 03 Nov 2000 23:17:42 -0800

To: mick@daylight.com

From: "Dr. Kelvin Broad" <kelvin.broad@NAU.EDU>

Subject: Canmore Challenge - Saturday, August 4, 2001

I am writing to invite you to our exciting Canmore Challenge Trail and Mountain Running event for 2001.

Come and enjoy Canmore and our pristine trail running mecca. You're in for a treat. Three events to choose from. A world class trail running venue. Superb scenery in the heart of the Canadian Rockies. And camaraderie we hope you will enjoy.

This year is extremely special for two reasons. First, the Canmore Challenge will see the first time Canadian athletes have been selected to travel to the World Mountain Trophy. Second, Canmore Challenge participants can combine their participation in the Canmore Challenge along with travel plans to watch the world's best track and field athletes in action at the IAAF World Track and Field Championships in Edmonton in the week following the Canmore Challenge.

Last year the Canmore Challenge drew an international field of trail and mountain runners. Participants from Austria, Poland, Italy, Great Britain, New Zealand and Australia and the U.S. descended on Canmore to test their skills on the demanding 12km Canmore Challenge. Others enjoyed the pristine trails on the less demanding but equally spectacular 6km trail run. So everyone gets to play, there is also a 1km trail romp for the kids.

For more details regarding our event, entering, accommodation and travel please do not hesitate to contact us by e-mail or check out our website at <http://www.mountainrunning.com>.

Kelvin Broad

Race Manager Canmore Challenge

Cycling Organizations

Date: Mon, 16 Oct 2000 15:11:03 GMT

To: mick@daylight.com

From: krisp@mail.cybermesa.com

Subject: Bike Fiesta

If you are interested in bike issues, you should check out **New Mexico Alternative Transit**. Their web page is <http://www.nmat.org>. There is also a "new" cycling club - which is really a merging of old cycling clubs and a triathlon club called Santa Fe Multisport <http://www.geocities.com/sfmultisport> that you can check out if you are looking [to ride with] people [on] either road or mountain bike.

Kris



NEW MEXICO ASSOCIATION

USA TRACK & FIELD

31 SANDHILL ROAD, LOS LUNAS, NM 87031

505/865-8612 FAX 505/565-8387 e-mail foneskn@aol.com www.usatf.org/assoc/nm

NEWSLETTER

CALENDAR:

October 30, 2000

- Nov 4 Pecos Valley Roundup 10&20K***, 2mi., Roswell, 627-5507.
- Nov 5 Run for Adoption 5&15K, 2mi. Walk, Gil's, 268-6300.
Hispano CoFC Camino Real 5&10K, 1K, Harold Gonzales, 842-9003, X111.
- Nov 11 Baylor Pass Wilderness Trail Run 5.9 mi., Las Cruces, 524-7824.
- Nov 12 Disabled Veterans 5&10K, 2mi. Walk, 2mi. Wheelchair, Gil's, 268-6300.
NM USATF State Cross-Country Championships, Torreon Day School, Kathy Fones, 865-8612.
- Nov 18 Region X JO Cross-Country Championships, Glendale, AZ, Kathy, 865-8612.
- Nov 19 Holiday Ole 5K Run/Walk, 260-0199.
- Nov 23 Turkey Trot 5K Run/Walk, Las Cruces, 524-7824.
Albuquerque Turkey 5***&10K, 2mi. Walk, Gil's, 268-6300.
- Nov 25 USATF Fall Cross-Country Championships, Boston, MA.
Lone Tree Log Jog 5K, Ruidoso, Steve Dirks, 354-2523.
- Nov 29-Dec 3 USATF NATIONAL CONVENTION, Albuquerque, NM.
- Dec 2 Olympic Pride 5K Run/Racewalk, TCR, 256-3625.
- Dec 9 Reindeer Run 10K, 2mi., Roswell, 627-5507.
USATF National Junior Olympics Cross Country, Reno, NV.

* STATE CHAMPIONSHIPS *** GRAND PRIX SERIES

CANCELLATION: The PAL Run Against Gangs & Graffiti, scheduled for November 5th, has been cancelled. They hope to re-schedule it sometime in the spring.

NM USATF BOARD MEETING: The next board meeting will be held at 7:30PM on Wednesday, November 8, 2000 at the New Mexico Activities Association, 6600 Palomas NE, Albuquerque. At the intersection of Paseo del Norte and San Pedro. go 1 block south on San Pedro to Palomas, then go 1 block east to 6600.

ATTENTION RACE DIRECTORS & ORGANIZERS: Please start thinking about your dates for the 2001 Running Events Calendar and call the NM USATF office, 865-8612. We would like to get the calendar out by the 10th of February, therefore the cut-off date for inclusion will be February 1.

>>> Race Calander <<<

11/12 XC NM USATF Championships
865-8612 Kathy

11/18 9a Fowl Day 5K
Fort Marcy, Santa Fe
954-3295 Mick
mick@daylight.com

11/18 XC AZ Region X JO Championships
865-8612 Kathy

12/8 Tuscon Marathon

12/9 XC USATF JO Championships
Reno, NV

1/28/01 10a 8th Annual Santa Fe Snowshoe Classic
4.5 miles on the Borrego Trail
Redfeather snowshoes available for rental
260-4714 (Craig)

8/4/01 Canmore Challenge 12K, 6K & 1K
Canadian Rockies
Kelvin.Broad@nau.edu (Kelvin)
<http://www.mountainrunning.com>

For the Insane

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

Membership Renewal Time

It's time to renew your Santa Fe Strider membership.
You're paid through the two-digit year specified on the
mailing label. 00 = 2000, 01 = 2001 :-) = complimentary.
Don't wait until it's too late - renew your subscription now
using the form on the last page.

Run Around the World

Date: Sun, 29 Oct 2000 12:13:44 -0500
To: mick@daylight.com
From: edc <edc@interaccess.com>
Subject: Rick Henry World Runner

Keep posted on Rick Henry's world run that began on
October 22, 2000 by checking the following web page at
<http://www.coopercomputers.com/worldrunner> - it's
constantly being updated as Rick progresses.

The Cross of De Vargas

(Fiesta Run, 2000)
by Mike Sutin

Among the crosses that I have to bear,
the Councils' crossing guards could hardly care:
my aging legs are, yes, the worse for wear;
my fretting feet feel like they're running bare.



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