



Mile Markers



We Give You the Run-Around

September 2007 Volume 29, Nos. 8/9

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

Featured Event:

Big Tesuque Trail Run (October 6th)

October 6: Trail run on Aspen Vista forest service road. Course is out and back (up and down!) through pines and aspens to radio towers at top of Santa Fe Ski Area. Starting elevation is 10000 ft., summit is 12003 ft. Total distance of 12 miles. Start time is 9 AM. Registration available at www.active.com (event "Big Tesuque Run 2007").

September Events

- September 9: 4th Annual Chips and Salsa Run. Half-marathon (7 AM), 10K and 5K Run/Walk (7:15 AM), Kids K (9:30 AM). Start/finish at 10601 4th St. NW, Albuquerque. Register at www.active.com (event "NM Chips and Salsa Half Marathon IV").
- September 23: John Baker Memorial 5K run and walk. Albuquerque Academy, 6400 Wyoming Blvd. NE. Starts at 8 AM with kids K immediately following. Registration and info at www.active.com (event "John Baker Memorial Run 2007").
- September 23: Sign 'N Run 2007. La Cueva High School, 7801 Wilshire Avenue, NE, Albuquerque. 5K and 10K starting at 8 AM, kids K at 9 AM. Inaugural event for New Mexico Deaf and Hard of Hearing Awareness. Registration and info at www.active.com (event "Sign 'N Run 2007").
- September 30: 10th Annual Run for the Hills. All terrain 10K road race (7:30 AM), 5K road race (9:30 AM), 5K fitness walk (9:30 AM), and 1K Kids Run (11 AM). Starts from High Desert Park, Albuquerque. Register at www.active.com (event "Run for the Hills").
- September 30: St. Mike's 7th Annual 444 Run/Walk. 7:30 AM, 4 mile course starting at San Miguel Mission (401 Old Santa Fe Trail). See description in this issue. Registration and info at www.active.com (event "St. Mike's 7th Annual 444 Run/Walk").

October Events

- October 6: Big Tesuque Trail Run (featured event). Registration and info at www.active.com (event "Big Tesuque Run 2007").
- October 7: Sandia Shadows Trail Run. 5K and ≈12 K cross-country race. Starts at 7 AM from Piedra Lisa Park at east end of Menaul. Registration and info at www.active.com (event "Sandia Mountain Shadows Trail Run").
- October 13: Pajarito Trail Runs. A new event! 10 K and half marathon, 9 AM start from Pajarito Ski Area outside Los Alamos. See www.highaltitudeathletics.org/ptr/home1.htm for information or register at www.active.com (event "Pajarito Trail Runs").
- October 20: Ryan's Run, 5K run, 2 mile walk, 2 mile wheelchair roll, Kids K. Benefit for New Mexico Ronald McDonald House. I can't figure out from the web site when the event actually starts, but maybe if you register you'll get more information. See www.rmhc-nm.org/events/ryan.php
- October 21: Duke City Marathon, Albuquerque. Marathon, marathon relay, half marathon, 5 K. No race day registration or packet pick up! For more info see www.dukecitymarathon.com/
- October 28: Great Pumpkin Chase. 5K, 10K and Kids K. 9 AM from Kit Carson Park in Albuquerque (Kit Carson Ave and Alcalde Pl. SW). For info and registration, see www.active.com (event "Great Pumpkin Chase IV 2007").

Monthly Meeting: September 11th, 7:30 PM

The September meeting will be at Richard Curry's place, 122 Spruce Street in Casa Solana. Call 992-3331 for directions. The main agenda items will be the Big Tesuque Race on Oct 6th, the ISP provider/website, and Fowl Day run. We hope to see some new faces. Folks are encouraged to bring an optional dish to pass for a shared meal.

Strider News

• **Thursday Evening Runs**

6 PM from the Running Hub. Join us! Contact the Running Hub at 820-2523 or www.runsantafe.com.

• **Sunday Runs**

Eric Peters is doing a great Strider service coordinating Sunday morning runs. The details are sent out on the Strider email list (see below) each week. If you don't have email, contact Eric at 466-2460.

• **Old Race Shirts**

We will sell race shirts for past races for \$5. Contact club president Jim Owens for details (231-6166 or Owens_Jim@msn.com).

Striders in the News

(Contact Andy or Jim with contributions)

Sheila van Cyuk: Sheila and Tom Anderson were suppose to get married on August 4th. Does anybody know if this really happened or did Tom chicken out (or Sheila)? I need to know if I should save their wedding gift or drink it myself.

Mike Bearick: Eric, Mary Ann and Sheila tried to make it to the top of Truchas Peak on July 28th but got turned back by lightning just before the summit. Mike said that it was still worth the trip because one of the lakes on the way up was full of fish just jumping out of the water. He was so excited that he hiked back the following weekend to fly fish and got quite a few including a 17 incher.

July Striders Meeting

Several items from this meeting may be of interest to members:

- Vinnie Kelley was elected Secretary of the Club
- Club meetings will be held every odd month instead of every month. The next meeting will be in September
- Mark your calendar for The Big Tesuque race on October 6th
- Vinnie's bear story (see previous newsletter)

Rancho Viejo 2007

A great showing by members at the recent Rancho Viejo Run. Below are the results of members whose name I recognize. For complete results go to <http://www.tgrande.com/results.htm>

5K Race

22:08	Jim Hannan	1 st in age group 55 to 59
23:28	Robert Tal-ee	7 th in age group 25 to 29
1:07:23	Sherry Breedlove	10 th in age group 50 to 54

10K Race

34:21	Cameron Stuber	3 rd in age group 30 to 34
43:12	Emily Stuber	1 st in age group 30 to 34
43:41	Richard Curry	2 nd in age group 50 to 54
46:22	Liz Sponagle	1 st in age group 50 to 54
46:23	John Lumley	4 th in age group 45 to 49
48:10	Mike Swain	6 th in age group 45 to 49
51:32	Geoff Bailey	2 nd in age group 55 to 59
54:07	Kendall Bailey	3 rd in age group 45 to 49
1:00:49	Phillip Crump	5 th in age group 60 to 64
1:02:31	Sherry Breedlove	2 nd in age group 50 to 54

Run to Break the Silence July 29th

Several of our members participated in the 20k race. This was a challenging race because of the hills and sand.

1:35:13	Richard Curry	1 st in age group 50 to 59	1:46:02	Michael Swain	10th in age group 40 to 49
1:43:46	Mike Delong	9th in age group 40 to 49	1:56:47	Faith Ventura	4th in age group 40 to 49

Upcoming Event; September 30th; 444 Run/Walk for St. Mike's

The 7th Annual 444 Run/Walk for St. Michael's High School will be on September 30th, starting at 7:30 AM at the San Miguel Mission (Old Pecos Trail). A moderate 4 mile course that starts at the San Miguel Mission and then winds through historic and scenic neighborhoods and ends at St. Mike's High School. Because it is a point to point race, transportation is provided back to the starting line. All participants receive a goody bag, t-shirt and post race refreshments. Medals are awarded to the top three finishers in each age bracket. Further information and registration forms will be available at various sites throughout town, or contact Mary Pat Butler at mbutler@cybermesa.com or 988-2264.

Upcoming Event: Pajarito Trail Runs; October 13th

A new 10K and half marathon event starting at 9 AM at Pajarito Ski Area just outside of Los Alamos. Should be a beautiful course. See www.highaltitudeathletics.org/ptr/home1.htm for information or register at www.active.com (event "Pajarito Trail Runs").

Strider Information: E-Mail list, Web Page and Newsletter

The Striders maintain a free email list to announce workouts, race information, and club events. Sign up at www.topica.com and look for SFStriders@topica.com. If you have problems finding the SFStriders list from the topica home page, try following the link from the Santa Fe Striders web page (www.santafestridders.org). If you have input or suggestions for the web page, contact our webmaster, Suzanne Garney (sgarney@comcast.net). For the newsletter, contact Andy Shreve (apshre@cybermesa.com, 982-7709) with race announcements, results, submissions, letters to the editor, and any other running related material you'd like to see.

Officers

Jim Owens, President

(Owens_Jim@msn.com; 231-6616)

Jim Westmoreland, Vice Pres.

Diana Hardy, Treasurer

Andy Shreve, Newsletter Editor

(apshre@cybermesa.com; 982-7709)

Vinnie Kelley, Secretary

Suzanne Garney, Webmaster

Strider Contribution

What Might a 10K, Bob Dylan, and a SFHS Track Workout Have in Common

On Sunday morning July 22 I ran the Rancho Viejo 10K; that evening I saw Bob Dylan perform at Journal Pavilion in Albuquerque, and on Tuesday evening I participated in the weekly Striders track workout at SFHS. What might the three have in common? Perhaps nothing, but after seeing Dylan I replayed many of his songs while running on Tuesday night.

Dylan is 66 now, and after 47 years of touring his voice sounds raspier than ever. Whatever our age, our running is what it is. Somewhere at sometime a voice called out for us to run. So, it's part of what we do. Touring is what Dylan does.

The following songs were Dylan's set list for his concert at Journal Pavilion.

Rainy Day Women #12 & 35: We finished the July 24 workout in the rain. (By the way, thanks again to Mike Swain for another successful workout.) The track kind of tells it all, whether woman or man, rain or shine.

Lay Lady Lay: Years ago we might have put on smelly sweats and dirty socks and headed to the track. It was love and youth at the time, maybe not in that order. But when it's all said and done, a track workout will definitely leave one's hands feeling clean.

I'll Be Your Baby Tonight: Some say the track is where training all begins; it might be our baby day or night.

It's Alright, Ma, (I'm Only Bleeding): Remember Jim Ryun in Mexico City? Or Mary Decker Slaney lying in anguish while South African Zola Budd raced down the track?

To Ramona: This is one of my favorite Dylan songs. He writes: "I heard you say many times/ You're better than no one/ And no one is better than you/ And if you really believe that/ You know you got nothing to win/ And nothing to lose..." Jump in a race or on the track and these words might ring true.

Watching the River Flow: It might benefit all of us at times to take some time from running and sit by the bank of a river and watch the river flow.

Workingman's Blues #2: From *Modern Times*. All of us come to the track from work. Or is it that all of us go from work to the track? Whatever way it is no one sings the blues.

Rollin' and Tumblin': This title track, also from *Modern Times*, speaks for itself.

I Believe in You: I can use the you here in second person, for it is the race you speak to or speak about. Or how it is that you speak to yourself during a race?

'Til I Fell in Love with You: I've never fallen in love at a race or on the track. I don't love the workouts either.

Just Like a Woman: The track goes round and round and round and round. Four times equals a mile.

Highway 61 Revisited: This song's opening verse is classic and also includes the word "run." Here it is:

God said to Abraham "Kill me a son."

Abe says, "Man, you must be puttin' me on."

God say, "No." Abe say "What?"

God say, "You can do what you want, Abe, but the next time you see me comin' you better run."

Well, Abe says, "Where do you want this killin' done?"

God says, "Out on Highway 61."

I've never heard the voice of God in a race or on the track, but the first time I do I might either run like hell or stop dead in my tracks. (No pun intended)

Spirit on the Water: If I can keep it at 45 minutes in a 10K, my spirit will be happy to just stay on land.

Summer Days: It's a sad thought, but my summer days are nearing an end.

All Along the Watchtower: This song begins " 'There must be someway outta here,' said the Joker to the Thief..." Whether you like a Dylan or Hendrix version, we can joke about what we want. There's no way out for us not to run.

The Rancho Viejo 10K is history, Dylan was on his way to Tucson, Arizona, and at this writing is on his way to New Zealand, and our track workout ended in the rain.

by Richard Curry



Striders Membership Application and Waiver
(Print, complete, and mail with \$\$\$!)



Join the Striders! Promoting running in the Santa Fe area since 1978
Annual membership costs only \$15 and includes:

- Discount on Strider race entry fees
- Monthly newsletter, the "Mile Markers"
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Support/sponsor 5 local races during the year
- The club donates \$\$\$ to help the local community
- 10% Discount at the Running Hub

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.

This waiver needs to be signed each year !!!

Signature _____ Date _____ Renewal ____ New Member ____

Parent's Signature _____ Date _____ Receive newsletter by: Paper ____ Email ____
if <18 years old

Name _____

Address _____

City/State/ZIP _____

Telephone _____

Email _____

I would like to help by:

Races: Before the race ____ At the race ____

Picnics & Parties ____

Articles for the Newsletter/Web Page ____

Other _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

Visit us at www.santafestridders.org

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