



Mile Markers



We Give You the Run-Around

May 2009, Volume 31, No. 4

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

- Upcoming Events -

Race season is here! Look for upcoming area races at The Striders' online calendar, www.santafestriders.org.

- **31st Annual Striders' Santa Fe Run Around 10K, 5K, Kids 1K** – May 30th - Medals will be given out for 5K prep age groups 12-under, 13-14, 15-16, 17-18. Invites are going out to area coaches to encourage their athletes to lace 'em up. See the attached registration form with this newsletter. Prior year results can be [viewed here](#).
- *Run the Caldera Marathon* – June 13th
- **The Wood Gormley Panther Run 5K** was held at Wood Gormley Elementary on April 25th. Complete results can be [viewed here](#). Apologies to Ted for not getting out an April Newsletter!

Running Notes of Interest:

May 4th: In 2001, Meb Keflezighi set the American outdoor record for the 10,000 meters at the Stanford Cardinal Invite (27:13:98). A native of Eritrea, Keflezighi became a U.S. citizen in 1998 and ran to a silver medal in the marathon at the 2004 Athens Olympic Games.

May 26th: On this date in 1963, John J. Kelley won the last of eight consecutive USA National Marathon Championships in a time of 2:25:18.

May Events

- 23rd: [The Riverfest 5k & 10k run/walk](#) – Farmington
- 23rd: [Fort Bayard Wilderness Run](#) 8mi & 5k race/walk Silver City
- 23rd: [Open Community & Native American 5K Championship](#), 1&2mi walks – Albuquerque
- 24th: [Career Moves 5k Run/Walk](#) – Albuquerque
- 30th: [31st Annual Santa Fe Run Around](#) 10K, 5K run/walk, Kids 1K – Santa Fe Plaza**

June Events

- 7th: [Mariposa Run](#) 10k, 5k run/walk Rio Rancho
- 13th: [Santa Fe Family Field Day](#) 5k run Santa Fe
- 13th: [Run the Caldera](#) Marathon & Half-marathon Valles Caldera Natl Preserve, NM
- 21st: [Butterfly Run](#) 10k, 5k, 1mi run/walk - Santa Fe
- 27th: [Nob Hill Run](#) 5K run/walk – Albuquerque
- 28th: [Cherry Garcia 10k, 5k, Kids 1K Run](#) - Albuquerque

- Find event websites at <http://www.santafestriders.org/events/calendar.aspx> ,
or, <http://www.socorro.com/ssr/Schedule2008.html>-

****Entry Form attached with this month's Mile Marker Newsletter**



STRIDERS BI-MONTHLY MEETING:

To be announced with next month's letter. Items to discuss:

1. The Run Around
2. Planning for the Big Tesuque Trail Run
3. Timing and the acquisition of our new Race Clock

STRIDERS NEWS

Renew/Activate Your 2009 Membership Today - The Club continues to encourage interested runners to join us with a new or renewed club membership for 2009. Please print, sign, and mail in the attached membership waiver along with the annual \$15 fee to activate or renew your membership. Better yet, stop by for a Tues, Thurs, or Sunday workout and drop it off in person. Forms can also be downloaded from the Striders website. Membership includes discounts in *Striders* race events, as well as a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

Striders membership for 2008 was approximately 96 area runners, up from 72 in 2007. In addition to financing club race events and functions, membership dues and race fees are also channeled toward donations to local running organizations. Local recipients of Club donations last year included *Wings of America*, and *Girls on the Run*.

STRIDERS ANNOUNCEMENTS

- The Thursday evening run has started up a 3.5mi group for those just starting an exercise program or otherwise not wanting to run with the likes of *Crazy Legs Peters* or *Max the Perpetual Motion Machine*. This new group breaks off from the 5.8 mile group at the Plaza and heads back to **The Running Hub** via Galisteo St. We're encouraging anyone that has wanted to come out, has been thinking about running, or who enjoys eating powerbars and gels has been looking for the perfect environment to indulge this urge to come out and get your run on. 6pm Thursdays at **The Running Hub**, Cordova Rd next to **Evolve**.
- Tuesday evening track workouts are in full swing. Mike is sending out weekly workouts to those on the group training e-mail list – workouts begin at 6pm Tuesdays at the Santa Fe High track. Walk-ins or walk-ups, or show-ups maybe – are always encouraged.
- Volunteers are still need for the **31st Annual Striders' Santa Fe Run Around 10K, 5K, and Kids K** on Sat May 30th. If you'd like to volunteer, sponsor, or otherwise be involved in this year's race, or you're bringing along family to admire your swift athleticism and would like to volunteer their time, please contact Jim Owens at Owens_Jim@msn.com.
- For the Running/Triathlon Community: **Evolve**, the spinning/fitness studio adjacent to [The Running Hub](#), has put together a spinning class prior to the regular Thursday night runs hosted by The Santa Fe Striders. The class will begin at 5:30 pm and is intended to be used as an intense spinning session prior to the run to create a "brick" effect. **Evolve** offers \$65 unlimited



monthly use or a \$60 card with 10 punches to be used over a 3 month period. The class is experimental at this time, but they are committed to running it through June for those interested in prepping for the **Santa Fe and Jay Benson Triathlons** on July 18th. Contact Renee Bartlett (rareforms01@yahoo.com) at *Evolve* for more information.

- **Girls on the Run** are in need of volunteer women coaches at Gonzales and Agua Fria elementary schools. You don't need to be a fast runner – what's needed is your ability to share your passion for wellness. The positions require a commitment for part of one or two days a week for ten weeks. Coaching is inspiring – give it a try. For information look to www.girlsontherun.org on the net, or email Kristin Edwards at kristinedwards@comcast.net.

UPCOMING

- The 31st running of the **Striders' Santa Fe Run Around 5k, 10K, and kids 1K** is scheduled for Sat May 30th on the Santa Fe Plaza. Registration is \$15 for those 18 and under, \$25 for everyone else (Striders' members and Rotarians receive a \$3 discount before race day). Medals for age groups 12 and under, 13-14, 15-16, 17-18 in the 5k. Register by mail, online at active.com, or in person at **The Running Hub** on Cordova. Proceeds are benefiting *Girls on the Run*. Bring your old shoes to add to a shoe drive benefiting the [AmeriKenyan Running Club](http://AmeriKenyanRunningClub.com).
- Several Striders and area runners are planning to compete in the upcoming **Run the Caldera Marathon & Half-marathon** in June. Runners planning on competing might be interested in gaining trail mileage with the Sunday Striders running group. Typical runs are 10-15mi. Information can be found on the club website or by subscribing to the group-run email list.
- Delays in permit approval for this year's [La Luz Trail Run](http://LaLuzTrailRun.com) in Albuquerque have been sorted out and registration forms to this year's lottery winners should be going out in this week's mail. Runners looking to train up for the 44th running of one of the nation's most grueling races should consider the [Run the Caldera Marathon & Half-marathon](http://RuntheCalderaMarathon.com) on June 16th, or the [Sandia Peak Challenge 7.2mi run](http://SandiaPeakChallenge.com) on July 11th.

FINISHERS

- On Sunday May 3rd, the Striders held their annual **La Bajada Run and Picnic** north of Cochiti. This year's picnic/run was dedicated to Nancy Pollack, wife of John Pollack, who passed away this February. Nancy was active in the club several years ago and actually started running back before John did. According to John, a run and picnic is exactly the type of activity that she enjoyed. A donation on behalf of her and John was made to the Santa Fe Hospice. Our thoughts are with them and the entire Pollack family.
- The Striders sent several runners to compete at this year's 113th Boston Marathon (April 21st). Finishers included **Rachel Gantt** – 3:40:52; **Richard Curry** - 3:36:27; **Max Mujinya** – 3:14:36; Nice work all.
- Max Mujinya competed in this year's [Shiprock Marathon](http://ShiprockMarathon.com), finishing in a strong 3:24:08. No photos from Max from this year's race. Perhaps we'll have something for next month's letter.



- Justin Nyberg ran away with the win in the [Los Ranchos de Albuquerque Half Marathon](#) on April 18th with a NYC Marathon qualifying time of 1:14:32. Nyberg's been eating his *Wheaties*, and apparently doing some quality speed work. Outstanding job.

MEMBER CONTRIBUTION

Boston Revisited (2009)

The first note of interest that comes to mind at this year's running of Boston (compared to the race two years ago) is the weather. No nor'easter slammed the eastern seaboard this Patriot's Day weekend. Instead, weather was near perfect with overcast skies and temperatures in the mid forties. There was a slight breeze, however.

In the porta-potty line there was no brother of a Coast Guard member declaring the storm in 2007 would move out into the Atlantic Ocean; however, this year I was in line pressing my bowels when the announcer began calling runners to make way to their respective corrals. The thought crossed my mind to get out of line and scale a fence, but Hopkinton, MA, is not like someplace in NM. I saw lots of security in red and yellow vests, so I stayed put and went about my business.

In 2007, while running toward Ashland, I had no clue what to expect; this year I knew a hill was ahead. It would be just one of about 30 along the way. Before I knew it I was loping along toward Framingham and its famed train depot. Here the miles are easy and relaxing, just like in 2007. So I looked around and tried to see some things I didn't see two years ago. But I can't remember much.

Two years ago at Natick, at the 15K mark, I was clocked at 1:21:10; this year I was clocked at 1:18:10. At the fire station I heard a runner ask another, "Do you know who that is that's singing?" His music blared from a stereo. "That's Jackie Wilson," I said to myself. So I cranked up my speed and went on down the road. Wilson's "Your Love Keeps Lifting Me Higher" ran through my brain.

Ahead were the screaming Wellesley girls. In 2007, I wrote that I fell in love about ten times running past that school. Again I stayed to the far side of the road to catch their smiles and beauty. I caught some signs that read: Kiss me, I'm Asian; Stop here for kisses; I love you, too. In my opinion, there's no time for love at mile 13 in this race. George Sheehan wrote of the halfway point of Boston: "This is no longer child's play. Not just a long run in the sun."

Crossing I-95 there are signs for Portsmouth, NH, going north and Providence, RI, going south. Sheehan was right. This wasn't a training run along the frontage road of I-25 going north toward Santa Fe or south toward Albuquerque. The Newton Hills were ahead. I wanted to attack these hills, just like I wanted to attack Heartbreak Hill at mile 20. I was at sea level and not 7,000 feet.

In 2007, at the top of Heartbreak, I missed Boston College. But this year I caught a glimpse of its football stadium, and thought of the years when Joe Paterno brought his Nittany Lions here. What I would have given to be in that stadium on a crisp, fall afternoon. But I quickly diverted that thought because this wasn't football in autumn but running in spring. There was no first-and-ten. I read a sign that said, "It's all downhill from here."

Whether it is or not, a lot of things changed in my mind and body since I left Hopkinton nearly two and a half hours ago. I practiced the art of Chi running, for my thighs burned going down Chestnut Hill Avenue. Nothing different here than in 2007. Five more miles is five more miles.



This year I saw no pretty face sitting on the train in Brookline. Evergreen Cemetery didn't make me think of the dead. In fact, the Citgo sign, Fenway Park, and Beacon St. all kept me alive. It was on to Hereford and Boylston. And there was the finish.

Sheehan writes that the marathon is a "microcosm of life." Hopkinton to Boston is a 26.2 mile journey. "It reveals what happens to a man when he faces up to himself and the world around him."

I crossed the finish line and had to face up to myself. There was a new world around me. So I walked in a direction I felt more comfortable with than in 2007. Maybe the weather had something to do with it.

--Richard Curry

*Have an announcement or the itch to write up a contribution of your own? Race results, announcements, submissions, letters to the editor, and any other running related material you'd like to see in the newsletter can be directed to [Kevin](#) or [Richard](#) for publication in next month's **Mile Marker**.*

FOR INSPIRATION...

"My feeling is that any day I am too busy to run is a day that I am too busy." John Bryant, deputy editor of the London Times, 1994

STRIDERS WORKOUTS

- **Tuesday Evening Workouts** - Tuesday evening track workouts at SFHS. Mike is sending out workouts to those on the group training e-mail list – workouts begin at 6pm Tuesdays at the Santa Fe High track. Great for improving speed, increasing recovery, and burning those calories.
- **Thursday Evening Runs** - 6 PM starting from [The Running Hub](#). We generally get a strong turnout for this group run. We run a short run of approx. 3.5 mi down to the Plaza and back, and a longer 5.8mile circuit down the Rail Trail, through the Plaza, out to Canyon Rd., through the hills, and back to Cordova. A map can be found on the Striders website.
- **Sunday Runs** - Eric Peters is doing a great Strider service coordinating Sunday morning runs. Details are sent out on the Strider email list each week. If you don't have email, information for Sunday runs can be found on the Strider website under the *Group Run* tab, or contact Eric at 505-466-2460. This Sunday's run will be up on Aspen Vista. Meet at the Fort Marcy parking lot at 8am for carpooling. Next week's run is tentatively scheduled for Truchas.
- **Old Race Shirts** – The Club has race shirts from past races available for \$5. Contact club president [Jim Owens](#) if you need a replacement workout shirt or a new addition to your retro-wardrobe. 505-231-6166, or inquire at any of our events.

E-MAIL LIST

The Striders maintain a free email list to announce workouts, race information, and club events. Visit www.santafestriders.org to add your email address and receive information on upcoming events and announcements.

Race results, photos, or suggestions for the web page should be directed to our webmaster Todd Schroeder at toddschroeder@yahoo.com.

CLUB OFFICERS - 2009

Jim Owens, President; Owens_Jim@msn.com
Jim Westmoreland, Vice President; JimAnDiana@netzero.net
Todd Schroeder, Secretary and Webmaster; Toddschroeder@yahoo.com
Kevin Brennan, Treasurer; Kvnbrennan@hotmail.com

Feel free to contact any of the above members above – or any other club member for that matter - if questions should arise about upcoming events or races. Alternatively, click over to the Strider website at www.santafestriders.org for results, photos, and announcements.



Striders Membership Application
(Print, complete, and mail along with



and Waiver
dues!)

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
- 10% Discount at **The Running Hub**
- 20% Discount at **The Santa Fe Baking Company**
- 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
- In 2008 this included: *Girls on the Run*, and *Wings of America*.



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 and submitted each year:

Signature _____ Date _____ Renewal ____ New Member ____

Parent's Signature _____ Date _____
if <18 years old

Name _____ I would like to help by assisting with:

Address _____ **Races:** Before the race ____ At the race ____

City/State/ZIP _____ **Picnics & Parties:** _____

Telephone _____ Contributions for the Newsletter/Web Page _____

Email _____ Other _____
(for newsletters and announcements)

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

5K Walk/Run, 10K Run and 1K Kids Run

Date: Saturday, May 30, 2009

Time: 5K and 10K Runs – 8:00 a.m.
Kids 1K Run – 9:30 a.m.

Location

Start and finish are on the historic Santa Fe Plaza

Course

Flat and fast! See www.santafestridders.org for details.

Registration

5K and 10K \$25, Kids 1K Free (but need to register)

5K and 10K for 18 and under \$15

SF Striders and Rotarians \$3 discount before race day



Registration by Mail

Fill out the attached form and mail to:
Santa Fe Striders
P.O. Box 1818, Santa Fe, NM 87504

In Person at The Running Hub
527 B West Cordova, Santa Fe



Online

www.active.com



Bag Pick Up

Friday, May 29th, Noon to 6PM, at The Running Hub

Walk/Race Information

Aid stations every 1.5 mile

Gift Certificates Top Male & Female 10K \$100, 5K \$75

Age group awards, male and female (10 yr age groups plus 12 and under, 13-14, 15-16, 17-18, 19-29)

Awards for ALL finishers of the Kids 1K

T-Shirts guaranteed to first 350 entrants

For More Information

www.santafestridders.org

Jim 505-231-6166 Owens_jim@msn.com

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BRING YOUR USED SHOES FOR THE KENYANS
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Entry Form (A legible copy of this form will be accepted)

Make check payable to Santa Fe Striders Mail to: P.O. Box 1818, Santa Fe, NM 87504

Name: (Please Print) _____

First

Middle

Last

Address: _____

Street or P.O. Box

City

State

Zip Code

Age on June 7, 2008: _____ Sex (check one): Male Female Telephone: _____

Race (check one): Kids 1K Run 5K Walk/Run 10K Run Email: _____

T-shirt Size (check one): XS S M L XL Bag Pick Up: Friday, May 29th, Noon to 6PM, at The Running Hub

Legal Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run 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 in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, waive and release the Santa Fe Striders Road Running Club, the City and County of Santa Fe and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Participant Signature: (Parent signature if participant under 18) _____ Date: _____