



# Mile Markers



*We Give You the Run-Around*

May 2012 Volume 32, No. 2

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

## - Upcoming Events -

May 19<sup>th</sup>: Jemez Mountain Trail Run 50 mi, 50K, 13.1: [info@ultrasignup.com](mailto:info@ultrasignup.com)

May 26<sup>th</sup>: Santa Fe Run Around 10K, 5K, 1Mi. Kid's run: [www.santafestriders.org](http://www.santafestriders.org)

June (TBA): Santa Fe Striders Annual Picnic @ Susan and John Lumley's in Glorieta, NM

June 10<sup>th</sup>: Run the Caldera 10K, 13.1, and 26.2 mi.: [www.highaltitudeathletics.org](http://www.highaltitudeathletics.org)

June 10<sup>th</sup>: Zuni Fitness Series 8K: contact Zuni Wellness Center for info.

June 10<sup>th</sup>: Taos Marathon: [www.active.com](http://www.active.com)

**Editor's Note:** Saturday, May 26<sup>th</sup>, marks the 34<sup>th</sup> running of the Santa Fe Run Around. This race, the Striders signature classic, hopes to attract close to 300 runners for the 5K and 10K combined. Striders president Jim Owens, in his fourth year as the Run Around Race Director, is optimistic as race day nears.

"We are ready to go. We hope to have close to 300 runners. However, as you know, this is a family-oriented race," said Owens. "We have two-year age groups all the way from 9-10 to 17-18. We're trying to get more and more kids to run." Registration is \$15 for kids under 18.

This year also marks the spring graduation of Girls on the Run, which will field 90 or more runners.

New to this year's Run Around will be a certified 5K race walk. "Race Walkers of New Mexico will have a booth set up for those interested in learning how to race walk," said Owens. "It ought to be a lot of fun."

The first 250 entrants are guaranteed T-shirts. Top three finishers in each age group will receive local mugs from Paseo Pottery, and the top female and male finishers in the 5K, 10K, and race walk will receive platters.

For further information on the Run Around contact Owens at 231-6166 or [owens\\_jim@msn.com](mailto:owens_jim@msn.com)  
Volunteers are always welcome.

Richard Curry/ Mile Markers



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### Running Notes of Interest for May 2012: (adapted from Runner's World)

4<sup>th</sup>: In 2001, Meb Keflezighi set the American record for the 10,000 meters (27:13.98)

26<sup>th</sup>: In 1963, John J. Kelley won the last of eight consecutive USA National Marathon Championships in 2:25.18

### Tips of the Month:

**Training:** Consider alternatives. If you want to run a marathon but find you have little time to train, sign up for a half marathon instead, as well as a few shorter races. Then sign up for a marathon when you are sure you have time to train.

**Fuel:** Take time to enjoy your meals. When you are not focused, you often tend to eat faster, which leads to overeating and weight gain. If you usually eat at your desk, stop scrolling through emails between bites. If at home, don't eat on the couch—sit at the table. Make eating an event and enjoy it. (Lisa Dorfman. Nutritionist).

**Mind + Body:** Sleep More. If work is crazy and family time is busy, sleep is often the first thing to go. Not getting enough Zs puts you at risk of injury, illness, and burnout. Aim to get 7-8 hours of sleep a night. Schedule quality workouts after you have had several good nights of sleep.

**Exercise:** Butt-Kicks: Walk forward with an exaggerated backswing so that your heels come up to your glutes.

Find event websites at <http://www.santafestriders.org/events/calendar.aspx>, or, <http://www.socorro.com/ssr/Schedule2009.html>



## Old Race Shirts

The Club has surplus race shirts from past races available for \$5 (or make us an offer). This includes poly-pro long-sleeves from this year's Corrida that are a steal at that price. Contact 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

## Club Calendar

### Club Meetings

**Striders Bi-monthly Meetings** – generally scheduled for the second Tues. every other month.

**Next meeting** – N/A. Look for details regarding the Striders annual picnic at John and Susan Lumley's.

### ▪ CLUB NEWS & ANNOUNCEMENTS:

#### Track Workouts & Thursday Evening

Track workouts are every Tuesday at SFHS. Slower group begins at 5:45; a faster group begins at 6:00. Mike Swain coordinates the workouts. This season an average of 20-30 runners have participated. "The workouts seem to be well accepted. I try to combine shorter with longer distances, anywhere between 200 and 1600 meters. I also try to be creative in putting the workouts together," said Swain. Over 25 runners attended the May 15<sup>th</sup> workout.

New this season is a slower group workout, which begins at 5:45 and is led by Striders president Jim Owens. One is considered a faster runner if she or he can run a mile in under 8:00. "So far there have been no conflicts. In the past some slower runners came to the track, fell behind, and never came back. This year we've had a consistent turnout of about 12- 15 runners," said Owens.

The Thursday evening run has started up a 3.5 mile group for those just starting up an exercise program or otherwise not so keen on the 50-min. loop. This group breaks off from the 5.8 mile group at the Plaza and heads back to The Running Hub via Galisteo. These runs begin at 6 p.m. on Thursday from The Running Hub, Cordova Rd. next to Evolve Fitness.

## Professional



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**FINISHERS:** Visit all local race results at the Santa Fe Striders website: [www.santafestriders.org](http://www.santafestriders.org)

**Boston Marathon:** Sweltering 80-degree heat forced Boston medical officials to seek runner deferments for 2013.

Striders James Nunez, 41, and Rose Giannotta, 58, finished in 4:02 and 4:49, respectively. "I was not too concerned with it (the heat). I was actually welcoming warm weather since I trained all winter. However, I was a little disappointed in my time and I guess the weather did affect me because I had to stop at all the water stops. I wanted to be cautious, but I stayed steady the whole time," said Giannotta.

Medical officials transported over 200 runners to local hospitals to treat dehydration and exhaustion.

**Big D Texas Marathon:** Eighty degree heat, an overcast sky, and high humidity did not deter Vincent Hesch, 49, from winning the 40-49 age group in 3:07.47 April 15<sup>th</sup> in Dallas. Hesch was 10<sup>th</sup> overall out of 799 finishers. "It all came together and I'm not sure how it all happened," said Hesch, who hoped to run a 3:15. After I finished, it took me a few minutes to realize I broke 3:10. But I enjoyed the race and felt good the whole time."

Hesch, with his time in Dallas, qualified for the 2013 Boston Marathon; he now has a sub 3:00 in sight. "Three ten has always been a barrier to me. But you never know, we create our own barriers."

**Rim to Rim to Rim:** Shirley VanSlooten's 42-mile hike at the Grand Canyon was cut short. A half-foot of new snow on the North Rim forced Shirley and her hiking party to alter their route. Instead they hiked 15 miles of 5,000 feet ascent and descent.



## MEMBER CONTRIBUTIONS:

### **Eat Right to Race Right!**

BY ELIZABETH JARAMILLO-LOPEZ, R.D., L.D.

Attention all Runners! Winter has come to an end. Spring is here and summer is hot on its heels. You can set aside your running tights, wool hat and gloves and exchange them for short sleeves, singlets, and running shorts. Warm weather brings on a lot of exciting things for runners. To list a few—you can ditch the treadmill and hit the trails and most importantly start thinking about your racing season! Not only should you be thinking about your training schedule, but also training your nutrition habits. Poor eating choices can make or break a runner. Bad nutrition can slow you down, make it challenging to finish a race, or even get in a good workout.

So what should you be fueling your body with?

#### **Balance Is Best!**

1. **Make your plate colorful.** The more colors you have on your plate, the more nutrition you are getting.

- Aim to make half your plate Fruits and Vegetables.
- Challenge yourself and try a new fruit or veggie that you normally wouldn't eat. Have you ever tried—Pluot, Star Fruit, Tomatillos, or Fennel?



2. **Be smart with carbohydrates.** Yes, carbohydrates are a runner's best friend because they are essential for energy production in the body. But over doing them can leave you feeling sluggish and physically drained. Our bodies break down carbohydrates and convert them into a sugar called glucose. When stored it's known as glycogen, found mostly in the liver and brain and some in muscle. When your body needs a boost of energy, glycogen is broken down to release glucose into the bloodstream as fuel for the cells.

- Increase your carbohydrates 2 to 3 days before your race is all you need.



**Focus on complex carbohydrates**—whole grains, fruits & veggies, oatmeal, pancakes, waffles, bagels, low-fat yogurt and pasta.

3. **Don't forget protein & fat.** These may have a bit of a bad rap by being associated with increase body mass and digestion times. However, they provide essential nutrients to keep up your aerobic system. Iron is a nutrient that is important because it increases the body's ability to deliver vital oxygen to all cells of the body—thus decreasing fatigue. Omega-3 fatty acids and monounsaturated fats may help with recovery by reducing inflammation in muscles and joints.

- **Good Sources of Iron foods:** Animal protein is the best source. Red meat has the highest amount. However other animal protein such as chicken, fish, and turkey has iron. Plant sources such as dried beans or dark green leafy vegetables, and nuts and seeds are also great iron sources.





Increase your iron absorption by eating Vitamin C, such as tomatoes or citrus foods along with the Iron food.

- **Great sources of omega-3 fatty acids:** Salmon, mackerel, sardines. Aim 6 to 7 oz twice a week. Cook with extra virgin olive oil to get monounsaturated fats. Not too big on fish—try flaxseed.

4. **Recover wise.** After running a hard workout or racing a half or full marathon. Make sure to replenish your body with carbohydrate and protein. Eat carbohydrates to replace muscle fuel. Eat protein to help re-build damage muscle tissue.

- Begin nutrition recovery with a snack or meal 15-60 minutes after your race or workout.
- Don't have an appetite right away—choose liquid foods to meet your recovery needs: chocolate milk, smoothie, or a sports drink.

**Some good recovery foods are:**

- Smoothie made with yogurt and frozen berries
- Graham crackers with peanut butter and banana
- Sports drink plus a sports bar
- Whole wheat pita with turkey and veggies pretzels and low-fat milk



May 2012

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...** “A lot of people run a race to see who’s the fastest. I run to see who has the most guts.” Steve Prefontaine.

**Striders Profile:** Name: Jen Palmer, 38

**How long have you been a member of the Santa Fe Striders?** This will be my second “official” year. I have been a Strider newsletter and track workout bandit for years.

**When did you start running and why?** I started running in 2007 after a group of girlfriends signed up for Running 101 with Liz Sponagle. Liz is such a great running coach. She prodded us along and made corrections to my form on our Thursday runs. She timed the runs and walk breaks with precision. After a few weeks, I couldn’t believe I was running for 5 minutes without a walk break! This past January I ran my first marathon.

**Are you a native Santa Fean? If not, when did you arrive? What is it you do in the City Different?** I’m originally from Houston, TX and moved to Santa Fe during a blizzard in February 1994. I work for Thornburg Investment Management and have been in marketing there for 6 years. Our building is off 599 and one of the first things I did when we moved there was map out an “almost 4 mile” lunchtime loop. There are trails around there too but I prefer the torturous uphill runs while dodging traffic.

**Do you have a favorite place to run?** After a three-hour bus ride to Seville, Spain, I checked into my room, put on my running clothes and went for a run through a park that I could see from my hotel. I ran down the narrow roads and found a dirt trail. I had no idea where I was (or where I was going) but figured as long as I stayed on the loop I’d end up back where I started. I kept running and found another route that took me deeper into the park. And then out of nowhere –the trees thinned and the dirt trail opened up into a massive plaza –and I mean unbelievably huge. A magnificent palace and fountain the size of a pool were smack dab in the middle of my running tour. I had stumbled upon the Plaza de España, an architectural wonder built in 1928 for the World’s Fair. I stopped for a minute to make sure I wasn’t anywhere where I’d get shot –and then continued my run, past the fountain and up and down all the stairs. The next day I ran along the river before finding the Lone Star Saloon, an authentic Tex-Mex restaurant, owned by an ex-pat. I love Spain.

**Where is your favorite place to eat?** I’ve eaten at Tia Sophia’s enough times that I think I put Alex Maryol through college.

**Do you have a favorite race and/or favorite place to run in Santa Fe?** I love running everywhere in Santa Fe. And when the scenery gets too familiar, I run the route backwards.

**What is your favorite running story?** During the Houston Marathon, around mile 19 or so, I saw a guy in a wheelchair and I thought someone had gotten hurt. I made eye contact with him and thought, ‘hey I know that guy’ so I ran towards him. Then I realized I ‘know’ him because it



was President George H.W. Bush. I shook hands with him and he told me “lookin’ good”. I made sure I was “lookin’ good” for the next 25 yards then hit the wall.

**Do you have a post-race treat? (adapted from *Running Times*)** Beer or breakfast burrito.

**What is your guilty pleasure? (adapted from *Running Times*)** Beer and chips and queso with guacamole.

**What is on your playlist? (adapted from *Running Times*)** Everything: The Pretenders, Ministry, Lil Jon, Talking Heads, Bauhaus, Death Cab for Cutie, Santigold, The Killers, music from *Zombieland*, Jay-Z, Kenny Rogers, LMFAO, Empire of the Sun. Go-to songs are “More Human Than Human” and “Eye of the Tiger” baby!

**Name:** David M. Simpson, 42

**How long have you been a member of the Santa Fe Striders?** Since February of 2009.

**When did you start running and why?** I started running and training on a regular basis in the summer of 1994. A close friend at the time, whom was a member of the same gym and a fellow mountain biker, also was a competitive runner. He would often leave from our gym to go for a run, once we were done lifting weights. He frequently asked me to join him, so one evening I did. . .for a 10 miler! It hurt, but I was hooked.

**Are you a native Santa Fean? If not, when did you arrive? What is it you do in the City Different?** I grew up about 40 miles east Philadelphia, PA. After getting my Bachelor’s Degree in May of 2001, I accepted a temporary seasonal position (6-month term) with the US Forest Service, on their wildland firefighting crew, the Santa Fe Hotshots. I met my former wife on the crew, who was also a seasonal employee, here from Idaho. We bought a condo together, and I moved out here year-round in January of 2005. Since that time, I have moved up within the structure of crew, as others moved on, and in March 2011 I accepted a promotion to Hotshot Superintendent, which is a permanent fulltime position on the Santa Fe National Forest.

**Do you have a favorite place to run?** The rolling hills and tree lined back roads of southeastern Pennsylvania. The views aren’t nearly as grand, but what you can see is a lot easier on the eyes.

**Where is your favorite place to eat?** SouperSalad, located off Cerrillos Rd., in the College Plaza shopping center. I am away from home over 100 nights a year, but even when I am in town I *never* cook for myself. I eat out for dinner there at least 200 evenings a year! Everyone there knows me by name.

**Do you have a favorite race and/or favorite place to run in Santa Fe?** My favorite race would have to be the Big Tesuque Trail Run. One hell of a workout, and the scenery to look at on the way down that time of year is spectacular.



As for a favorite place to run, nothing really comes to mind. There are several special routes I've developed over the years. Some on pavement; some on trails, but in general Santa Fe is a great city to run in.

**What is your favorite or least favorite running story?** I have read most of the better known books on running, and there are so many amazing stories out there. However, my favorite has to be the 2009 national bestseller, *Born to Run*, by Christopher McDougall.

**Do you have a post-race treat? (adapted from *Running Times*)** Nope. I never eat anything fried, and haven't had a dessert in probably about 20 years now.

**What is your guilty pleasure? (adapted from *Running Times*)** Pizza and beer is a combo that is hard to beat. But I can't think of the last time I had them together.

**What is on your playlist? (adapted from *Running Times*)** I grew up before the MP-3 Player revolution, so I've never run with music. However, that doesn't stop me from occasionally singing to myself on long outings. On my car stereo you would find a wide range of anything rock. I love it all from AC/DC to Led Zeppelin, and everything in between. One thing you won't find is any rap!

## STRIDERS CLUB MEMBERSHIPS

**Renew/Activate Your 2010 Membership Today** - The Club encourages interested runners to join us with a new or renewed club membership for 2010. Forms can be found at the conclusion of this newsletter, and also can 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 2009 is up close to 115 area runners. 2008 numbers were approximately 96 runners, 2007 numbers, approx. 72. In addition to financing club race events and functions, membership dues and race fees are contributed as donations to local running organizations, including Girls on the Run, Wings of America, and Monte del Sol.



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## Club Officers – 2009

[Jim Owens](#), President

[Jim Westmoreland](#), VicePres

[Todd Schroeder](#), Secretary

[Kevin Brennan](#), Treasurer

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

## E-MAIL LIST

The Striders maintain a free email list to announce workouts, race information, and club events. Visit [www.santafestriders.org](http://www.santafestriders.org)

to add your email and receive information on workouts, upcoming events and announcements.

## STRIDERS WEBSITE

Race results, photos, links, or suggestions for the web page should be directed to the webmaster Todd Schroeder at [toddshroeder@yahoo.com](mailto:toddshroeder@yahoo.com)



**Striders Membership Application and Waiver**

**(Print, complete, and mail along with 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 \_\_\_\_\_  
(for newsletters and announcements)

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.



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Visit us at [www.santafestriders.org](http://www.santafestriders.org)