

- **Upcoming Events** -

1/13: Santa Fe Snow Shoe Classic. 3.6 miles. www.santafestriders.org . For further information contact Race Director Kris Petersen at kp.santafe@gmail.com

2/2: Corrida de los Locos: Marty Sanchez Golf Course. 4-5 mile run. www.santafestriders.org More details forthcoming.

Editor's Note:

With 2013 upon us, another running year looms ahead. I wish us all a healthy and successful year on the roads, trails, and track, as well in our professional and personal lives. Running allows us to keep the world in balance and perspective.

Mile Markers will continue to be printed every two months, so please forward any submissions.

Running Notes of Interest for Jan. and Feb. 2013: (adapted from Runner's World)

1/9: On this day in 2005, Dathan Ritzenhein became the first American to win the Belfast International Cross Country Championships.

Tips of the Month:

Training: Buddy Up!! Training together is incentive to get out-no matter the weather. Teaming with a friend holds you more accountable, and sharing highs and lows.

Yoga works. Sign up for a class or two this new year. For best results, do yoga twice a week on non-running days.

Fuel: Breakfast is the most important meal for most athletes, especially runners... A bowl of oats, fat-free milk, cinnamon, and berries boosts your energy level and leaves you feeling full.

Mind + Body: This year, create mini goals to help boost your confidence and keep you motivated. Start with a target you know you can achieve...Then track your progress.

Mantra Works. Doubts can derail your training and racing goals, but a well-chosen mantra can keep you calm and on target.

T-Shirts Available

All Club members of 2012 and when those that first join the club going forward can receive a free Santa Fe Strider shirt. They are white with our new Santa Fe Strider logo on them. They come in regular short sleeve t-shirt and sleeveless in both women and men styles. There are a few regular t-shirts in youth sizes also available. Additional; shirts can be purchased for \$10 each. Contact. 505-231-6166.

Club Calendar

Club Meetings

Striders Bi-monthly Meetings – Tuesday Jan. 8th. Look for email for time and location.

▪ CLUB NEWS & ANNOUNCEMENTS:

Andy Winnegar organizes a Saturday morning running group. Runs are 10 miles or 90 minutes. For further information contact Andy at 466-6563 or ajwinnegar@comcast.net

Track Workouts: SFHS tack workouts will resume March 12, 2013. Free hats or visors to all members!!!

Personal: Congratulations to Tiago and Theresa Stock on the birth of their son, Tristan, who was born in July.

Kevin and Christina Brennan also became proud parents with the birth of their son, Peter, born in September.

Strider of the Year (SOTY): 2012 SOTY is **Max Mujnyia**. Max has taken thousands of photographs of Strider runners in both local and national races. Thanks, Max, for your dedication and commitment.

“On his own initiative, Max has taken literally over thousands of photos at our race events, as well as races in our area over the last several years. He has previewed them all and made them available on the web.

“This year, again on his own initiative, he has moved his photos to Smugmug, where the club has started to receive some financial returns from his efforts,” writes Striders president Jim Owens.

Nice work, Max!

Professional:

FINISHERS: David M. Simpson has been quite active recently.

Atalaya Turkey Trot 5K, Santa Fe, NM. 19:56. 16th overall and 5th in 40-49

Kringle Jingle 12K, Albuquerque, NM. 51:00. 9th overall and 2nd 40-44.

Holiday Half Marathon, Los Alamos, NM. 1:36.11 2nd overall

Congratulations, David, and keep it going into 2013!!

Note: Please forward any race results to rgcurry@hotmail.com or view them at www.santafestriders.org

MEMBER CONTRIBUTIONS:

Striders member Suzanne Garney recently completed the Himalayan 100-Mile Stage Race in India. The following is a first-person narrative of her experience. Congratulations, Suzanne!!

As the moon was setting and the sun was rising over Mt. Everest, I had to pinch myself to affirm that it wasn't a dream, and that I was miles and miles away from Santa Fe, New Mexico, at

Sandakphu, India (alt., 11,812 ft.), starting day 2 of a 5-day, 100-mile stage run . The beauty and grandeur of the mountains put me at ease and completely erased the agony and crying outbursts of the first day. I was ready to tackle day 2 and I knew the reward would be 20 miles of unsurpassed Himalayan beauty.

I had signed up for the Himalayan 100-Mile Stage Race in June, and though I had started training for it and telling my family and friends about it, I honestly didn't think that I would actually do it. I had never run more than a marathon, and I couldn't imagine running 100 miles in 5 days, in conditions that would rival Pikes Peak, Imogene Pass and La Luz combined. Getting to the start of the race was an ordeal in itself: 4 airplane trips and two long horrendous, jarring bus rides through narrow, circuitous, broken-up mountain roads, in which we were competing with road space with every two to four wheeled vehicle as well as every two to four legged man and beast.

Sixty-eight participants from all over the globe, with the majority from the UK, spilled out of the bus into the crowded, busy streets of Maneybhanjang, India (alt., 6,600 ft.). Everybody in town had turned out to cheer us through the start line, along with a marching band, bagpiper, and school kids that draped prayer shawls around our necks. (I wore my shawl the first two days, and then tied it to my hydro pack for the remainder of the race). As we crowded up to the start line, a Buddhist prayer was bestowed upon us to wish us luck on our journey and then we were off. As my feet hit the road and I felt the shawl flapping around my neck, it finally hit me that I was in the Indian Himalayas embarking on my first 100-mile stage race.

Day 1 was 24-miles of up, then up, then up, up, and more up, on roads that consisted of "cobble boulders." One caught toe and the whole race could be over in seconds. The incline was so steep that it became impossible to run and the choice was between crawling on the outside, which would make it a bit longer, or crawling on the inside, which would add to the steepness. The accumulated ascent was over 9,000 feet and we all felt it one way or another (legs, lungs, stomach, delirium). By mile 18, I couldn't imagine it getting any steeper but of course it did, and with a vengeance. I looked forward to the aid stations that were set up every 2 miles, complete with water, boiled potatoes, bananas, biscuits, and cheerful volunteers from the local villages. I learned quickly that salt on bananas and potatoes was the perfect pick-me-up. I did my best to concentrate on the incredible vista that enveloped me, but a nagging voice kept creeping in and reminding me that I had 4 more days of this and could I really wake up at 5:00AM tomorrow morning and do it all over again. When the fog rolled in and the cold stuck to my bones, I was about done; I just wanted the day to end. I caught up to a fellow runner and we grabbed hands and ran the last steep uphill together coming into Sandakphu at 6 hours 22 minutes. At this stage I was 5th woman in, 14th overall, and first in my age group. Of the 68 participants, 30 were females, and 11 were in the 50-59 age group.

Our accommodations for the next two nights consisted of unheated lodges, with rooms consisting of 2-hardwood beds or multiple beds that slept 10 or more. The rooms were cold and damp, but my down sleeping bag and liner kept me warm and toasty throughout the night (waking up was a different matter). Our lodge had two hole-in-the-floor toilets, and a bucket with cold water for a shower. I opted

to use handy wipes. We were well fed and there was always an endless supply of hot tea and biscuits. Even better was the hot soup that was waiting for us after the run - never had soup tasted so good.

The second day, which was labeled an "easy" day, was glorious. The weather was sunny, cool and crisp. Since it was an out-and-back, we either ran the ridge with Mt. Everest on our left side or on our right side, though Mr. Pandey, the Race Director, told us that "India was always to our right, and Nepal was always to our left." The terrain was just as bad as the first day, but because it was more undulating and only 20 miles, it just seemed easier. Plus the scenery cancelled out all the hard parts. The white snowy peaks of the highest mountains of the world (Everest, Kanchenchunga, Lhotse, Makalu), painted against the blue Himalayan sky was a wonder to behold. We ran 10 miles to Molle, an outpost, and then 10 miles back. I came in at 3:55, bumping myself up to 3rd woman. Today our total ascent was a mere 3,494 feet. Since I had read about the horrors of day 3, I was happy to rest up and take it easy the remainder of the day.

From what I had read and from what I had been told, there is some debate as to which is the harder day, day 1 or day 3. Day 1 was certainly hard but because it was the first day, everything was new and wonderful and we were all fresh and raring to go. By Day 3, with 44 miles completed and handy wipe baths, we were hardly fresh! Furthermore, Day 3 is all about the downhill - 9,245 feet accumulated descent to be exact - and given my dislike for running downhill, I knew it would be my worst nightmare!

Day 3 is officially called the Mt. Everest Challenge Marathon, though runners with GPS's were clocking the miles as closer to 28. The first 18 miles consisted of sharp ups and sharp downs with views just as stunning as the previous two days. When the descent began at mile 18, I was feeling really strong and naively believed that I could polish off the 8.2 miles very quickly. Unfortunately, the descent which took us through a dense forest, was never-ending and the steepness, roughness, and gully-like aspect of the trail (when you could find it), was very tiring. It was like a dream where you keep running, but you are getting nowhere. Luckily at my breaking point, I entered into villages that were balanced on steep slopes so I could take it all the activity of Himalayan village life. I ran by chickens, geese, dogs, children walking home from school, women tending to the house and garden, men hauling heavy loads, and the ubiquitous tea houses. I loved this part of the run as it gave me a glimpse into another world, another culture, and this was why I had chosen to run this race in India.

When I finally reached the bottom of the mountain demarcated by a river, I knew I had only a couple of miles to go. I put myself on autopilot and enjoyed the tiny uphill grade and the cool breeze that floated out from the river. Entering Rimbik (alt., 6,350 feet), I was cheered to the finish line by the runners who came in before me and who were now sunning themselves. It took me 6 hours and 49 minutes, which bumped me down to 4th woman, but still first in my age group.

Rimbik is a quiet, peaceful village and the best place to chill out after running over 70 miles in 3 days. We were housed in a quaint Sherpa lodge that had one shower and two western style bathrooms, and again great food and endless cups of tea. I could have stayed there for a week, but we still had two more days of running to get through.

Day 4, being only 13 miles, was truly, truly wonderful. We started out on a steep descent of 6.5 miles, weaving our way down around switchbacks on tarmac roads. The next 6.5 miles was uphill, which took us through one bustling and colorful village after another. All along the way we were cheered by school kids, barked at by dogs, honked at by geese and cars, and at times, looked at quizzically by the adults. I knew the hard part of the overall race was over and I could now relax into the run and enjoy being in the Himalayas. Today's race began at 6,350 feet, dropped down to 4,975 feet, and then up again to 6,560 feet. Again I was 4th woman in at 2:07, 14 out of 68 total, and first woman in my age group.

When I woke up on day 5, I felt both relieved that it was the last day, but also sad, knowing that it would be over in just a few hours. Part of me wanted to retrace my steps so I could take in what I had seen and imprint it in my mind forever. The other part was, "Let's just get this done!"

Again it was another glorious day and it was going to be the last day in which we would see the peak of Mt. Kanchenchunga, the one peak that had stayed with us throughout the race, while the others faded away. We began the race at 6,560 feet and ran 6 miles uphill to 8,555 feet, followed by a 6 mile downhill and then 5 miles of both with a hint of flat, ending up at 6,600 feet. The flat bit was actually hard as my legs were accustomed to either going up or going down. It was another day of running through villages, and catching my last glimpse at life in the Indian Himalayas. When I saw the town of Maneybhanjang in the distance, tears welled up in my eyes and I picked up my pace and ran into the town, past the cheering school kids waving flags to welcome me in. I tore through the finish banner and was greeted by a little girl who put a prayer shawl around my neck. I burst into tears and didn't quite know if they were tears of joy, relief, sadness,....probably all of the above. I do know that I felt a strong sense of achievement having just completed my first 100-mile stage race, and an easy one it was not. My time on the last leg was 3:03, 4th woman, 14 out of 68 total, and still first in my age group, which ended up being my total standing in the 100-miles. Consistency is everything!

-----Race: Himalayan 100-Mile Stage Race & Mt. Everest Challenge Marathon
(<http://www.himalayan.com/>)

Location: Indian Himalayas, border of India and Nepal

Mileage per 5 days: 24 / 20 / 26.2 / 13 / 17 (though the 3rd day was probably closer to 28 miles)

Elevation start to finish: 6,600 feet - 11,812 feet - 6,600 feet

Would I do it again: You bet!

Would I recommend it: Yes! The run is put on by Mr. Pandey and his assistant, Mansi, and they do an amazing job given the remoteness and terrain of the run. They have a staff that takes care of everything from meeting you in Delhi (Mr. Anappally) to treating any ailment (Dr. Prakash). (if interested, check out the following video: <http://blip.tv/running-times/himalayan-100-5877390>)

Running Thoughts:

“The miracle isn’t that I finished. The miracle is that I had the courage to start.” John Bingham, *No Need for Speed: A Beginner’s Guide to the Joy of Running*

“Running is about finding your inner peace, and so is life well lived.” Dean Karnassas, *Ultramarathon Man: Confessions of an All-night Runner*

Striders Profile:

Name: Richard Curry Age: 56

How long have you been a member of the Santa Fe Striders? I first joined the Striders sometime in the eighties. I can’t exactly remember when.

When did you start running and why? I first started running the summer of 1970. I saw an announcement in the local newspaper for anyone interested in running cross country to report to the high school at 5:30 that evening. I showed up, and that was the start of it.

Are you a native Santa Fean? If not, when did you arrive? What is it you do in the City Different? I arrived in Santa Fe in August 1980 from Tennessee. I teach at Santa Fe High School and coach cross country and track.

Do you have a favorite place to run? Fairview Cemetery in Coatesville, PA.

Where is your favorite place to eat? I like grilling in my back yard.

Do you have a favorite race and/or favorite place to run in Santa Fe? The La Tierra trails are becoming a favorite. These trails are new territory for me, and I find them quite challenging.

What is your favorite or least favorite running story? I now begin my 43rd year of running. I cannot think of a favorite or least favorite.

Do you have a post-race treat? (adapted from *Running Times*) Anything chocolate usually works for me. A cold beer often tastes good, too.

What is your guilty pleasure? (adapted from *Running Times*) I probably have one too many glasses of wine sometime.

What is on your playlist? (adapted from *Running Times*) A lot of Neil Young has been in my head lately. Maybe it is because I am reading his book *Waging Heavy Peace*. Yet, in all honesty, I hardly ever listen to music.

STRIDERS CLUB MEMBERSHIPS

Renew/Activate Your 2013 Membership Today - The Club encourages interested runners to join. Forms can be found at Striders website http://santafestriders.org/memapp5_07.pdf

Annual family membership costs only \$20.00 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**
- **Personal Training Plans from the experts at the Running Hub**
- **20% Discount at the Santa Fe Baking Company**
- **10% discount on Membership to NM Sport& Fitness**

Striders membership for 2012 was 203 runners.!!!

Club Officers – 2013:

[Jim Owens](#), President

[Mariam Browne](#), Vice President

[Kathy Matoras](#), 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 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

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 or Dale Hoskisson at dale@cyancanyon.com