

Mile Markers

Santa Fe Striders

We Give You the Run Around

P.O Box 1818. Santa Fe, NM 87504

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Masters of Time

by

Richard Curry

The last time I ran in Roswell was March 15, 1997 at the Pecos Valley Stampede half marathon. Race director back then was Bob Edwards, president of the Roswell Runner's Club. At the race's half way mark, I heard a voice over my right shoulder. "*Donde eres tu?*" the runner asked.

"I'm from up in Santa Fe," I answered. We were running a 6:50 pace.

"What is the elevation up there?" he asked. I answered, "Seven thousand feet."

We came upon a short, rising hill, maybe a hundred yards in length. "*Las lomas are tu amigos. Vamanos.*"

"Yessir." At 6:50 pace, I could hardly speak. Running side by side, we became friends and masters of time. At the crest of the hill, six highway miles stretched out before us....

On February 28, I plan to run the 34th PVS half marathon, which begins in historic Cahoon Park. Eighteen years ago seems like a long time ago but, as runners, we count the years and master our time.

Springtime is less than a month away, and I long to run in shorts and a singlet. Many old timers say, "Don't count your blessings for planting and spring, warm weather until May 15, when all the snow is off the Jemez mountains." I keep this in mind, for many wintry-like days are still ahead.

On Friday morning, February 27, I received a telephone call from Edwards. "Richard, I just want to let you know we had five inches of snow down here last night, so the race is canceled this year. The roads are pretty slick and we don't want to take the chance of getting anyone injured or hurt," he said.

"That makes a lot of sense, Bob." I said.

"I been calling people from Santa Fe, Clayton, Clovis, even a guy from Oklahoma, but he's already on a plane to Dallas, so I guess he'll be spending a weekend here in Roswell. Anyway, we'll send your shirt up to you on Monday, and you have a good weekend."

Fifty-two weekends lead to the 35th PVS. If I can master my time, I hope to "take a trip to Roswell" next year, like Joe West sang back in 1999. I wonder if my hill friend from 1997

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will be there. Fifteen years ago we ran to the top of a hill. We became friends where there was no time. Now as years pass, we are masters of time.

Tips of the Month (adapted from *Runner's World*)

Training: Too much, too soon, too fast is the leading cause of injury. Increase mileage by no more than 10% per week.

Fuel: Pre-bed protein is the best (if you want to build lean muscle). Eating up to 40 grams of milk protein promotes new muscle growth if exercise occurred that evening.

Mind + Body: Use a foam roller to iron out kinks. Roll the calves, quads, hamstrings, and glutes both vertically and horizontally.

Striders Officers for 2015

President: Jim Owens

Vice President: Mariam Browne

Secretary: Kathy Mastoras

Treasurer: Dick McLean

Contributions

All contributions are welcome! Please send to rgcurry@hotmail.com.

Striders Track Workouts

Daylight Saving Time begins March 8th. Track workouts begin Tuesday, March 10th or 17th at Santa Fe High School track at 5:45 P.M.