

# Mile Markers

**Santa Fe Striders**

*We Give You the Run Around*

P.O Box 1818. Santa Fe, NM 87504

**May 2015 Vol. 1 No. 5**

## You Never Know What You Will Hear in Public

by

Richard Curry

No sooner had I sat down on a bench on Washington Avenue across from Santacafe waiting for the Caroline Rotich parade, a woman approached and said, "My son in law just ran a marathon in Hawaii and finished two seconds behind two Kenyans."

"That's pretty impressive if he finished two seconds behind two Kenyans," I said. Hawaii is Hawaii but Boston is Boston.

"I don't ask him much about it," she said, and walked up the street to sit on an empty bench.

You never know what you will hear in public.

Soon after a woman rode up on her bicycle and jumped off. Out of breath, she gasped, "Is this where the parade is?"

"I believe it's coming right down through here," I said.

"It's supposed to start at Murales Road."

"That's right up there." I pointed north toward the Scottish Rite Temple.

At 4:10 P.M. the first siren sounded and a police car came to a stop in the intersection of Paseo de Peralta and Washington Avenue, just in front of the temple. Overhead a helicopter circled. Billowy clouds punctuated the sky, and a steady gathering formed along the sidewalks. Something new and exciting was about to happen.

An elderly man approached where I sat, but he asked a man standing nearby, "What's gone on here, anyway?"

The man questioned wore a cap with the words *Live Simply*. In between those two words was a guitar. I thought: Yes, there is the answer to living! Live simply and play the guitar. The *Live Simply* man held onto a dog leash of an aging Hungarian Vizsla, the fearless and protective pointer-retriever. He answered, "The Olympic runner."

"Oh," answered the elderly man. To me his response sounded like one of disinterest.

"It's the Kenyan winning the Boston Marathon," said the man holding the leash.

"Was she walking or running or what?" asked the elderly man. "Well, I guess this parade gives the police officers a chance to try out their new lights."

# Mile Markers

## Santa Fe Striders

## *We Give You the Run Around*

I crossed over onto Federal Place, the route of the parade. On my way a woman said to an SUV driver, “You know the marathon runner? She's a local hero.”

He checked his side view mirror, rolled up his window and sped past the post office, ahead of the oncoming parade.

A few minutes later a restored old fashioned fire truck turned onto Federal Place. The day's heroine and parade honoree, Caroline Rotich, sat shotgun, wreathed in gold-colored leaves and native jewelry from her home country Kenya. Local school children, walkers, runners, city council members, and Striders' members followed the procession toward Lincoln Avenue.

On the Plaza perhaps a thousand spectators welcomed the 2015 Boston Marathon winner.

One in the crowd said, “Did you hear that?”

“What?” asked another.

“She's the one who won the Boston Marathon.”

Another woman nearby said, “Look. Not one person here is wearing a Boston Marathon T-shirt. Now that's too bad.” I didn't notice this. Personally, I did wear my faded Boston Marathon cap from 2007. The upset woman walked closer to the procession for a picture.

“She's over there signing autographs,” said someone from the crowd.

Mayor Javier Gonzalez instructed the crowd to “please head to the Bandstand.”

Someone held up placard that read:

WELCOME HOME

**CAROLINE**

**CHAMPION**

Mayor Gonzalez announced, “Let's give a great Santa Fe welcome to our Boston Marathon winner, Caroline Rotich. Everyday is a good day to be in Santa Fe, but today is a great day to be in Santa Fe. You have inspired our youth and have been a large part of our community. You are in our hearts forever.” Gonzalez declared April 27, 2015, *Caroline Rotich Day* in Santa Fe.

“I am so happy to be here and thank you so much,” said Rotich. “I was going to go home, but I stayed here instead.”

Rotich moved to Santa Fe in 2009 to begin her training. Prior to her Boston victory she ran a personal best of 2:32 in Chicago; her winning time at Boston was 2:24.55. Rotich can sometimes be seen running along the Rail Trail, volunteering at local elementary schools, or in attendance supporting local races.

# Mile Markers

**Santa Fe Striders**

*We Give You the Run Around*

In a fitting closure to the parade a fellow Kenyan offered Rotich a grail of buttermilk. Following her festive taste, local drummers beat their drums African style to commemorate Caroline Rotich, 2015 winner of the 119<sup>th</sup> Boston Marathon!

## **2015 Boston Marathon Finishers**

Mark Wallace: 3:15.47

Alexie Rothman: 3:24.20

Vincent Hesch: 3:27.44

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

**Training:** Push It! Mental toughness is built by doing something that is hard over and over again.... Push through days when you're not feeling your best....

**Fuel:** Feed Your Head... Nourishing the brain with key nutrients boosts its function. Best picks: almonds, kale, salmon, and whole eggs ( the brain-boosting power is in the yolk).

**Mind + Body:** Stay Positive. Challenge self-defeating thoughts... Stop. Breathe...Take a fresh, confident approach.

## **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](mailto:rgcurry@hotmail.com).

## **Striders Track Workouts**

Vinnie Kelly and Vincent Hesch coordinate track workouts are every Tuesday at Santa Fe High School at 5:45 P.M.

# Mile Markers

## **Santa Fe Striders**

## ***We Give You the Run Around***

Thursday night runs begin at the Running Hub at 6:00 P.M. Distances are 5.75 or 3.5 miles. Contact John Lumley at the Running Hub for further information.

### **Running Thoughts**

The most important thing I learned  
[from running] is that there is  
only one runner in this race,  
and that is me.

Dr. George Sheehan, cardiologist and running philosopher

### **High School Track Meet Volunteers**

Thanks to Susan and John Lumley for volunteering their help to work the long and triple jumps at the Cholla Classic on April 1-2. The meet was held at SFHS track.

### **Youth Running Opportunity**

Mariam Browne will conduct a Youth Running Class beginning May 4<sup>th</sup>. All participants gain free admission to the Santa Fe Run Around May 16<sup>th</sup>. Contact Miriam at [mariambrowne@hotmail.com](mailto:mariambrowne@hotmail.com) for further information.

### **From the Archives: (May 1979)**

*Rocky Mountain* magazine supervised and conducted the inaugural Capitol Run Around. This 10K, which began on the Plaza at 9:00 A.M., was held in conjunction with five other state capitols: Boise, Idaho; Denver, Colorado; Helena, Montana; Cheyenne, Wyoming; and Salt Lake City, Utah.

George Rogers served as president and director of the Striders.

# Mile Markers

**Santa Fe Striders**

*We Give You the Run Around*

**This year's Santa Run Around is a 5K on May 16<sup>th</sup> at 8:00 A.M.**