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Running with a Baseball Spirit

by

Richard Curry

Since I am no longer able to do a track workout at Aspen Magnet Charter due to security issues, I now run them around the baseball fields of Bicentennial Park. Although I do not play baseball anymore, this interval workout reminds me to appreciate the running and baseball spirit. (By the way, Opening Day is April 3.)

Whatever the interval, I may begin at home plate, out in right field, in front of the third base dugout, or in the middle of the infield. And here begins the dreams of a young boy playing in the major leagues, whether he wears the “tools of ignorance” behind the plate, needs the bathroom while playing right field or hopes the coach might put him in while sitting on the bench in the dugout.

On this warm and windy day in March, much like a spring baseball day, I am fifty-nine years old. I have three miles of intervals ahead of me; if I calculate correctly, that's 176 times around the base paths. Only Ty Cobb might do that. I begin along the foul pole down the left field line and wonder how Yaz felt standing all those years in front of the Green Monster at Fenway Park in Boston. (By the way, April 18th commemorates the 120th running of the Boston Marathon.)

Rounding home plate on my first 400 I accelerate toward right field. In my youth I sprinted there from the dugout, getting my chance to play. In those days it held true that the team's worst player stood in right because no batter ever hit it there. My thoughts about that changed after I watched Roberto Clemente play a ball off the right field wall and in one motion throw a line drive to third base. Even Willie Mays said he “couldn't take a chance on Clemente's arm.”

In this workout I, too, work on a running motion. I circle center field where Mays once effortlessly roamed and pump my arms toward the left field line. Instead of a recovery jog, I walk to feel the park's synthetic turf under my shoes. A short or long walk stirs my spirit. Next up for me is an 800. Two times around the fields. I decide to start at home plate.

In his *Dreams of a Baseball Star* Gregory Corso writes “*he [flung] his schoolboy wrath/ toward some invisible pitcher's mound/--waiting the pitch all the way from heaven.*” It is said that hitting a baseball is the hardest thing to do in sport. I touch home plate. In this moment running 800 meters is most difficult. By Little

League standards first base is sixty feet away, and I round the field twice somewhere near four minutes. But I do not use a watch on these intervals, for time has no essence on a baseball field. I stop at home plate and think of Yogi Berra, the great Yankees catcher, who passed on September 22, 2015. He once said, “You can observe a lot by just watching.”

At home plate I observe that my spirit for running and baseball still live. Just under three miles of this interval workout remain. And then it is over. All except Corso's poem: “*I [scream] in my dream: / God! Throw thy merciful pitch! / Herald the crack of bats! / Hooray the sharp liner to left! / Yea the double, the triple! / Hosannah the home run!*”

I am off for a 1200. Three times around the fields. Do I tempt a slide into second or third base? In his day Pete Rose would do this. It is the dirty effort that an interval workout brings to mind. Then I observe who might be watching.

2016 Olympic Marathon Trials Results

Galen Rupp. 2:11.22 \$80,000

Amy Cragg. 2:28.20 \$80,000

Meb Keflezighi. 2:12.20 \$65,000

Desiree Linden 2:28.54 \$65,000

Jared Ward. 2:13.00 \$55,000

Shalane Flanagan 2:29.19 \$55,000.

105 entrants.

205 entrants

Tips of the Month

Training: Change it Up: Tempo runs and intervals rev up your metabolism. Once a week this workout burns 10-15% more calories than an easy 45-minute run.

Fuel: Feed on Fiber. High-fiber foods contain prebiotics—substances that fuel the healthy bacteria in your GI tract (i.e. eat vegetables, fruits, beans, and whole grains).

Mind + Body: Don't sit for more than 30 minutes at once. Everyday tasks like walking, standing, and cleaning impact your total calorie burn and tip the weight loss. Even watch TV standing!

Striders Officers for 2015

President: Jim Owens

Vice President: Mariam Browne

Secretary: Kathy Mastoras

Treasurer: Marissa Ortiz.

Striders Distance Runs

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.

Sunday long runs are ongoing throughout the fall and winter. Stay posted to Striders emails for time and place.

Running Thoughts

“The five S's of sports training are stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.”

Ken Doherty, Former Penn Relays Director

From the Archives: April

2000: An anonymous Striders member wrote on the ingredients of Viagra: 2% aspirin/ 2 % ibuprofen/ 1% vitaminC/ 95% Fix-a-Flat

2001: Jodi Medell opened The Running Hub, a new running store in Santa Fe.

2002: The Devil's Throne 15K and 5K, thanks to Dale Goering and minus founding race director Gil Duran, still ran strong with 25 runners in the town on Cerrillos, NM.

2004: June Dickinson continued to organize the La Bajada 5 mile run and picnic.

2005: Ted Freeman organized the inaugural Wood Gormley Panther Run.

2007: Shelia van Cuyk finished 1st in 3:37.50 of the women's division at the Bataan Memorial Death March Marathon at White Sands, NM.

April Races

4/5,6: Golden Spike Track Classic. SFHS @ 3 P.M. Volunteers needed. rgcurry@hotmail.com

4/9: Amanda Lynn Byrne. 10K / 5K . www.alwaysamanda.org See **The Finish Line** below.

4/16: Capital City Invitational. SFHS @ 9 A.M. Volunteers needed. rgcurry@hotmail.com

4/16: Beer Run 12K.. www.santafestriders.org

4/23: ATC Flaming Chicken 5K. www.santafestriders.org

4/30: Wood Gormley Panther Run. www.santafestriders.org

RUN SMART: RUN SAFE

Make sure you can see, be seen and hear what is happening around you.

The editors of the Newsletter MileMarkers want to hear from you!!!

Please let them know if you appreciate the newsletter.

Also, if you would like to contribute, please let them know. Contributions can be as simple as an article about how you felt running your last race, or a new trail that you have found, or ???

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Membership

If you have been a member in the past, please sign up on line at: <http://santafestriders.org/members/payment>

If you are a new member, please download the membership application and mail in or give to Jim at one of the workouts. <http://santafestriders.org/forms/2016MemberWaiver.pdf>