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OK, so no one sent anyone newsworthy stories or reports that we could print so the Editor (me) will keep cranking out reading material for the Santa Fe Striders. And by no stories, I mean no stories, whatsoever except last month's excellent story about the Amanda Lynne Byrne Race. Believe me, we will print just about anything. So I will try to write about training and running including mental stuff. The following speaks to a thought process which happens to most of us at one time or another. What follows is just some ideas about running and life, too.

Don't Give Up

So how many times has this happened? I have thought about giving up some of my goals but I try to hang in there. Here are some of my personal stories and some from professional sports as well:

Albuquerque Run for the Zoo 5K, 1991

So I had done this race the two previous years with times of 16: 39 and 16: 19 and was 5th OA in 1990. I did not want to the 10K because the distance was off the two previous years, 5.9 miles one year and 6.5 the next. I hoped to finish closer to the front and with a better time, too, but at the 2 mile mark found myself in 5th place again with little chance of moving up. But two unregistered runners went off the course at the three mile mark and ended up third. Not bad for a local race with over 1000 runners. My time improved, too: 16:00, though Mile Markers listed my time as 16: 15

Gil's Thanksgiving Race, 1998 (?)

OK, so I'm not sure about the year and this is not about my running per se but about getting to the start line. A snow storm leaving a foot of snow jeopardized Diana's chances of finishing a required 4th Grand Prix race to be able to win the USA T&F Grand Prix. It looked like I would win the masters division and a trip to Phoenix but Diana's chances rested on my getting us through very bad driving conditions. First, the police made everyone get off of the interstate but I managed to find a way back on. Then, we drove through a pile up of sorts near the rest area above La Bajada. Finally, a flat tire at Paseo in Albuquerque derailed us for a few minutes but Diana and I worked together in changing the flat and made it to the race site 5 minutes before the start. Diana warmed up and I got our race packets. I handed her the race bib number at the 3 mile mark of the 5K and she won the Women's master division. I won the men's masters division and we are the only couple I know of to win the USA T&F Grand Prix in the same year.

Pagosa Springs Tri It High Triathlon

Diana competed as a two person team for several years in this triathlon which is no longer held in Pagosa Springs Colorado. We had never managed to make a top three finish until the last year of the race where we managed to finish as the third place team. And this was against the usual three person teams. Some teams thought it was unfair for us to have only two competitors though I'm not sure what the thinking was there: maybe fewer arguments about team strategy. It was even more satisfying since it was the last year of the event. Diana was the women's division winner in a previous year coming from behind to win in the swim (run, bike swim order).

Pro Racers

Ironman Kona (Hawaii) 1997: Mark Allen had a 12 minute lead on Dave Scott at the start of the marathon but Dave was able to run a sub three hour marathon split and win the Kona Ironman championship. Jurgen Zach was in the lead group at Hawaii in '97 but had to walk most of the marathon to finish 246th but just finishing was important to him. Not that he couldn't win: he won other Ironman events and belong to an elite group of male triathletes to finish an Ironman distance race in under 8 hours, twice. **New York City marathon:** Rod Dixon waited till the last few hundred yards to take the lead away from Geoff Smith. Rod crossed the finish line and knelt to the ground while Geoff showed a face of agony. So I, sure most of you have better, I mean similar stories to tell so send me an email.

Running Definitions (in case you did not know)

Speed: going fast, often in a race but also while doing:

Intervals: OK, so this concept is known to most of us but this was not always the case. I think the general idea came about with the pursuit of the 4 minute mile. Rather than just run hard until you could no longer run hard (see speed above) one researcher came up with the idea of breaking up the fast stuff in into fast segments with recovery intervals between the fast segments. Interval originally meant the recovery part but most of us think of the fast segments as the interval.

Not as slow: I think this only applies to me: when I am not running as slow as usual with harder segment lasting 7-8 seconds and recovery intervals of 7-8 minutes.

LSD: Long Slow Distance

LRSD: long really slow distance (me)

Trailhead: a person who likes to run trails, think Deadhead.

Old Stuff

Strider News From the Past

Just some general things: May usually saw the running of the Devil's Throne Race 5K and 15K in Cerrillos. Lots of striders ran this race with lots of age group awards:

1991:

Jim Westmoreland: 55: 39 15 K, 2nd OA

John Pollak: 1:02:55

Dale Goering: 1:09:56

Diana Best: 1:17:55

June Dickinson: 1:23:27

Devils Throne was a really cool race run on dirt/gravel roads with a picnic afterwards. Maybe someone should pick up the race so we can enjoy it again.

May also saw the running of the Bandelier Marathon, 50 mile, and relays. A very scenic through, you guessed, the Bandelier area. Lots of Striders usually ran this including Chris Chavez, Mick Keppler and Patty Danforth (who won the race one year. Unfortunately the race ran through part of the Los Alamos Lab area and the race stopped due to security concerns. I consider myself lucky to have run the race one year in a time of 3: 27? placing in my age group. This was not a PR for me but was maybe one of my best run races considering the elevation, hills, etc.

Training Stuff

While bruising through old Mile Markers, I found an article about heart rate training. The focus of the article questioned the formula for appropriate maximum HR based on the formula of $220 - \text{age} = \text{max HR}$. I have always wondered about the accuracy of that formula. It's a good starting point for people who are starting to use HR as a training guide but fitness might change the true max HR. My own example of 64 year old male would have a max HR of 156. Yet as recently as this past winter I was able to reach 160 on several occasions while doing Nos as slow workouts (see above). Of course I'm not really running much these days. Oh well. Let me know what you think about this. Actually send in stuff about just about anything.

Don't forget about the Runaround on May 21! And re-new your club membership.

RUN SMART: RUN SAFE

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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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