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If you see me walking funny (funnier than usual), I have a sore knee. Check out my response to an article in Trailrunner online regarding Hillwork VO2 max workouts. Briefly, this means a workout of 3-6 minute repeats with recoveries of 90% timewise:

- Warmup: whatever suits you, maybe include some strides.
- Set countdown timer. Example 3 minutes, run through the alarm at the end so the hard part =190 seconds, walk or slowly run till alarm goes off again (170 seconds).  $170/190 = 90\%$  (roughly). If you cannot make it to 3 minutes on the hard part, slow down.
- If you can go longer than 6 minutes, speed up. Do 15-30 minutes worth.
- Can be done anywhere: paths, roads, trail and the track for better feedback.
- Cooldown.
- Save some for the other workouts. Do one VO2 max a week or every two weeks but no more.

So we got some stories, articles sent in from some Striders which I am sure will be a relief to readers who do not want to read more of my ramblings, at least for a while. Vinnie Kelley sent in the following race report from Diana Hesch on the Shiprock Marathon and other distances:

Eleven people from Santa Fe attended the Shiprock Marathon on May 7. The color yellow was in abundance throughout the weekend events, in honor of Ashlynnne Mike (ed note: Ashlynnne died a few days before with charges pending against a man). Before the start of the kids' mile on Friday, hundreds of yellow balloons were released by children participating in that run.

Weather on race morning was cool with an overcast layer; perfect for a Saturday run. At 8:00 SF Striders, President Jim Owens started the half marathon, along with Phil Holt, Kate Rivers, and Mary Vanderlinden. Vince Hesch had started the marathon an hour earlier; he and Kate would go on to place in their respective age groups.

With the sacred peak visible to the left (max elevation 7,177') and a chill in the air, the morning race started perfectly and on time. The course had some long inclines-those were not steep, and were shorter than the downhill sections, which made for a fast and easy course. There was an aid station every two miles, traffic control was excellent, and runners only needed to turn left twice to reach the finish line.

Finishers were greeted by a Navajo code talker, who was proudly wearing a red USMC jacket. Finisher medals were handed out by two young Navajo girls wearing traditional velvet dresses and silver/turquoise jewelry. The food tent was stocked with all that a runner could want, including blue corn mush. I recommend this race to anyone looking for a fast course and a well-organized event.

Editor: Half finishers: Jim Owens ran 1: 58:48, Kate Rivers ran 2: 20, Mary Vanderlinden and Phil Holt ran 2:43 with one second separating their times. Vincent Hesch was 12<sup>th</sup> OA in the Marathon with a time of 3:22. This was the 33<sup>rd</sup> running of The Shiprock Marathon. There were more than 400 half finishers and over 200 marathon finishers. The race also has a 10 K walk and marathon relays with interesting team names such as "Many Cows".

Jim Westmoreland and Diana Hardy competed in the Deuces Wild Xterra Triathlon in Showlow AZ on June 5. Diana won her age group and Jim finished 2<sup>nd</sup> in his AG: don't ask how many were in Jim's Age Group. OK, someone asked: there were two finishers. Jim managed not to be last overall as one female finisher finished last. This was a fun event but difficult (maybe not as difficult as a marathon).

Mark Wallace ran 40K on May 28 to celebrate his 40<sup>th</sup> birthday.

## **RUN SMART: RUN SAFE**

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



# MileMarkers

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>