

<http://www.santafestriders.org>



Mile Markers



We Give You the Run-Around

Feb. 2007 Volume 29, No 2

P.O. Box 1818, Santa Fe, NM 87504

Featured Event:

Mt. Taylor Quadrathlon

Feb. 17, 2006: The **Mt. Taylor Quadrathlon** will be on Saturday February 17th in Grants, NM. Registration deadline is Feb. 14th. Conditions are excellent for this year's race. Check the web site at www.mttaylorquad.org.

MEMBERSHIP RENEWAL

It's that time of year, so please take a few moments and send in your membership renewal for 2007. Membership dues for 2007 will remain \$15. See the new (improved!) membership form at the end of the newsletter. We really need folks who participate in Striders events such as group runs to take the plunge to become members (and to sign the liability waiver in the form!).

February Events

February 11: Sweetheart Run (5K, 10K, couples 5K team run, kids K); starts at 9 AM at Bosque Prep School, 4000 Learning Rd. NW, Albuquerque. See www.active.com (event "Sweetheart Run 2007") for more info and registration.

February 17: Mt. Taylor Quadrathlon. See <http://mttaylorquad.org> for more info.

April Events

April 22: Fiesta de Albuquerque half marathon (half marathon, 10K, 5K, 5K walk, 2 mi run/walk, kids K); events start from Balloon Fiesta Park at 7 AM; for info and registration, see www.active.com (event "Fiesta del Albuquerque Half Marathon").

Monthly Meeting February 13th, 2007- NEW TIME (7:30 PM)

The February meeting will be on Tuesday, February 13th at 7:30 PM at the house of Jim and Carmel Owens, 506 Camino Tierra Alta. From Bishop's Lodge Road, turn onto Artist Road, go 1.4 miles and turn right onto Dempsey Water Line Rd. (1st right past Gonzales). Go ≈0.1 mile across arroyo and take first left onto Camino Tierra Alta to house at 506 Tierra Alta, about 75 yds. on the right. Call Jim at 231-6166 if you need further directions.

The meeting will start at 7:30 PM (not 7:00!) to allow people who do the Tuesday workout a chance to come. We will end no later than 9:00 PM. Sweaty attire is okay (even encouraged!). Although not required, folks are encouraged to bring an optional dish to share with everyone. Parking is limited, so please share a ride if practical.

Strider News

• **Thursday Evening Runs**

6 PM from the Running Hub. Join us! Contact the Running Hub at 820-2523 or www.runsantafe.com.

• **Sunday Runs**

Eric Peters is doing a great Strider service coordinating Sunday morning runs. The details are sent out on the Strider email list (see below) each week. If you don't have email, contact Eric at 466-2460.

• **Old Race Shirts**

We will sell race shirts for past races. Most recent are the shirts from the Corrida de los Locos – really nice black Coolmax long-sleeve shirts. All shirts from old races are \$5. Contact club president Jim Owens for details (231-6166 or at Owens_Jim@msn.com).

• **Note from the past**

Received an email note from Cecil Smith, Striders president in the late '80's. He wishes everyone well, and was happy to recognize some names on the Striders web page such as Saul Cohen, Dale Goering, and Jerry Dorbin. He'd be happy to hear from old friends at lainecec@hotmail.com.

• **Newsletter input**

We are always interested in receiving running related submissions for the newsletter (see submission by Richard Curry in this issue). We are considering starting a regular feature of photo collages submitted by Striders members. If you are interested in submitting material or in trying your hand at editing photo layouts, please contact Newsletter editor Andy Shreve (apshre@cybermesa.com; 982-7709) or club president Jim Owens (Owens_Jim@msn.com; 231-6166).

10% Discount at the Running Hub!!!

Thanks again to John Lumley of the Running Hub for providing a 10% discount to members for 2007. All you have to do is provide the Running Hub staff with your name and they will verify against the membership list. It only takes 2 pairs of shoes per year to pay for your membership and then all of the organized events provided by the club (not including races) are essentially free!

Striders in the News

(A new feature to highlight members who are out there doing noteworthy things; provide input to Andy Shreve or Jim Owens)

Mariann Johnston: Look at the back page of the Pasatiempo from January 12th. That's really Mariann in the bright orange jacket on the Aspen Vista Trail. Her motto seems to be "When I can't run I ski".

Mike Swain: Mike is running for a seat on the Board of Governors at the Santa Fe Community College. Voting is in March.

Susan Lumley: Susan, the wife of John Lumley, owner of our beloved Running Hub, is running for a Supervisor position on the School Board; Voting is this Tuesday.

President's Corner

By Jim Owens

Thanks for the opportunity to serve as president of the Santa Fe Striders for the year 2007. The club has a long history starting in 1978 and as with all organizations, has had its ups and downs. One down is the decline in membership. So far this year, we have about 25 people signed up. Last year, we had a total of 48 paying members. In 2002 and 2003 we had about 75 to 80. Looking back in the old records, the membership was also in the 75 to 80 range 20 years ago. I don't believe the decline is due to fewer runners in Santa Fe. I see runners of every age and ability every time I drive in Santa Fe and they don't all look like tourists. The decline is more likely due to not providing our members with what they want out of the club. Or maybe it is in not communicating with present and perspective members what the club does provide. 75 to 80 runners is a reasonable goal that can support multiple activities as long as most members actively participate.

I believe our mission is to promote running for all ages and abilities, as well as providing moral support for each of us. Our club not only fosters a healthy lifestyle, it also gives us a good way to support our local community. Join us at Jim and Carmel's home on Tuesday February 13th for a lively discussion on this topic. How do we promote running for all ages and what can we do to improve it? How do we promote running for all abilities and how can we improve it? Come and volunteer your ideas on what we can do as well as volunteering your time to make it happen.

Promoting running for all ages and abilities, just for the health of it

See you on Tuesday, February 13th

P.S. As a reminder, if you haven't signed up for this year, the form is in this newsletter.

Corrida de los Locos.

The latest installment of the Corrida was held in fresh snow on January 20th. 43 runners braved some treacherous footing and completed the race. We had really nice press coverage from the Albuquerque Journal North, with a story and photo appearing the next day. We'd like to thank our other sponsors, Santa Fe Screenprinters, the City of Santa Fe, and Whole Foods. Results are:

1. M.Ehrmantraut	28:03	16.Octavio Burrola	39:36	31.Fred Winter	48:20
2. J. Wheeler	28:58	17.M. Johnston	39:47	32. Phil Crump	50:10
3. Matt Desmond	29:15	18. D. Erasmus	39:54	33. ??	51:16
4. D. Schulhofer	31:22	19.Holland Shepherd	40:26	34. Caryl Acuna	52:19
5. Ted Romero	32:22	20. David Giles	40:32	35.Beth Davenport	52:24
6. Mike Rearick	36:01	21.Will Dearholt	40:33	36.S. Livingston	53:17
7. Jim Westmoreland	36:24	22. John Varuska	40:38	37.R. Alexis	53:17
8. Sheila Van Cuyk	36:59	23.Alex Griego	42:33	38. Joe Schaub	54:01
9. E. Hummel	37:50	24.Kathy Kirsling	44:15	39. Karen Thorn	58:47
10.Vince Hesch	37:57	25.Tom Day	45:00	40.Ted Williams	1h 02m
11.Marcel Hesch	37:58	26.J. Livingston	45:51	41.S. Hummel	1h 11m
12.T. Trujillo	38:47	27.Kara Shain	46:20	42. Lis Desmond	1h 12m
13.Derek Cunningham	39:07	28.Patricia Shain	46:39	43. Jerry Dorbin	1h 31m
14.G. Chavez	39:16	29.Joe Frank	46:43		
15.Ben Allison	39:23	30.Gerald Moore	47:22		

Jemez Mountain Runs

The Jemez MT runs (50 mi, 50k, half marathon) are May 19. These runs are all on trails near Los Alamos. We've made some changes to the 50 mi course, and minor changes to the 50k. The half marathon course is the same as last year. Entry and info available at www.highaltitudeathletics.org.

... and... **New Calendars.** In conjunction with the JMR, we have produced the Jemez Mountain Runs 2007 Calendar. The calendar features stunning photography of trails around Northern New Mexico by Blake Wood and Petra McDowell. A preview can be found at www.highaltitudeathletics.org in the JMR section. The calendar comes with entry to JMR and can also be purchased for \$10 each. Make your checks payable to HAAC and send them to A. Goldman,RD; 4723 Sandia; Los Alamos, NM 87544.

Run the Caldera - June 23

This year Run the Caldera will be focused on the marathon event. Shorter races may be held on a different date and will be announced at another time. Early bird registration for the marathon is \$40 by Feb 28. Entry from March 1 to May 31 is \$50, and entry is \$60 from June 1 to June 21. No race day entry. Registration is through the Valles Caldera reservation system: www.vallescaldera.gov/ or call toll free 1-866-382-5537.

Financial Results for 2006

By Diana Hardy and Jim Owens

2006 was a good year for the Santa Fe Striders. We again sponsored/supported 6 races: Corrida de los Locos, Run Around, Big Tesuque, Fowl Day, and 2 Snowshoe Classic races. This allowed us to donate \$1800 to local charity organizations and in support of youth running. This generated the following financials:

Income:	Membership	\$ 625	Donations	Partners in Education	\$ 300
	(48 paying members)			Immunization Coalition	\$ 300
	Races	<u>\$12,847</u>		Wings of America	\$ 300
	Total	\$13,472		Salvation Army	\$ 600
				(plus lots of food donations)	
Expenses:	Races	\$10,494		Girls on the Run	<u>\$ 300</u>
	General	\$ 910		Total	\$ 1,800
	Newsletter	<u>\$ 333</u>			
	Total	\$11,737	Net Income		\$ (65)
			End of Year Bank Balance		\$ 3,482

Strider Contributions

Philosophy and Running with Thanks to Dr. George Sheehan's Running and Being: The Total Experience

On Jan. 13th the Philadelphia Eagles lost 27-24 to the New Orleans Saints in a NFC playoff game. It was another game a Philly sports team could have won but didn't. So now I long for April and Major League Baseball. Hopefully, come October, the Phillies are in the World Series. While watching the Eagles-Saints game, however, I read Dr. Sheehan's 1978 running classic.

Now that we are a month into 2007, our health and running goals are probably taking shape. In Sheehan's book, he alludes to many of the world's great writers and thinkers. Their words and ideas shed particular insight into my running experiences. Here are some examples:

Mark Twain tried to give up smoking, "which was about a thousand times, all with the same success." I've not gone to that extreme, but on occasion I have smoked; and still once in a while I enjoy the taste of tobacco while sitting next to my woodpile. Theoretically, running and smoking don't mix, but I never felt equations had to balance the scales.

American thinker Henry David Thoreau never wrote at all if he were shut up in his house, and the length of his day's writing depended on the length of his walk. On numerous occasions after running, I came home, sat at my typewriter and was inspired to write. At time dozens, hundreds, even a thousand words presented themselves. Whether they meant anything didn't matter.

German philosopher Immanuel Kant's neighbors often set their clocks to his walking through their town. If only I could set my watch accordingly to a run. But downtown Santa Fe seldom serves my running needs. And besides, I doubt if anyone is sitting on the Ore House balcony waiting for me to pass.

Ralph Waldo Emerson, a Unitarian minister, said that "Function is the music of one's own particular dance of life." Running is definitely a part of my particular dance of life. Through all the particulars and dances, running has become the constant. I often enjoy it without a partner, just running solo. I trust those I run with take no offense, for I do enjoy your company.

Fortunately, weight control has never been an issue for me, except when I visit the east coast from time to time. Then I drink lots more beer, eat pierogis, subs, plotski, helupchi, and Philly cheesesteaks. Subsequently, my running slows down. During the game I read where stern disciplinarian coach Vince Lombardi never told his portly quarterback Sonny Jurgensen to lose weight, but "just to give a hundred percent, love a hundred percent." Lombardi believed it was "commitment without reservation." I, too, commit to running.

William James wrote that "alcohol has the power to stimulate the mystical faculties of human nature." Sheehan, a New Jersey family practitioner who died at 75 in 1993, quit drinking after someone shot fifty feet of film of him one night while he was drunk. Soon after becoming sober he found distance running, and his life changed forever. I admire the running doctor for this, for alcohol has its grips on too many of the world's population. For me, I had already found distance running and have had my talks with alcohol. But this was Saturday night, so I went and grabbed another beer. Hey, what's playoff football without a few pale ales?

"Amor fati," wrote Nietzsche. Amen, Frederick! Carlos Gasset Ortega said "the only man that truly lives is the one who follows his inner voice." Amen, otra vez, Carlos. My inner voice kept telling me the Eagles would lose. I wanted to turn off the television and read about it Sunday morning. But I'm a die-hard and have suffered before. Of all professional sports cities, Philadelphia has the combined worst record. But loss short lived. Pindar sang in his ode to an Olympic winner, "Brief is the season of man's delight." Come Sunday morning I'd be out running with little time to think of loss.

Finally, Kierkegaard said that "the yardstick of a human being is his ability to bear being alone." For that hour or two, whatever the distance may be, I am a solitary being. It is the pilgrimage, as Emerson says, "to unlock human doors."

Richard Curry

Strider Information: E-Mail list, Web Page and Newsletter

The Striders maintain a free email list to announce workouts, race information, and club events. Sign up at www.topica.com and look for SFStriders@topica.com. If you have problems finding the SFStriders list from the topica home page, try following the link from the Santa Fe Striders web page (www.santafestridders.org). If you have input or suggestions for the web page, contact our webmaster, Suzanne Garney (sgarney@comcast.net). For the newsletter, contact Andy Shreve (apshre@cybermesa.com, 982-7709) with race announcements, results, submissions, letters to the editor, and any other running related material you'd like to see.

Officers

Jim Owens, President

(Owens_Jim@msn.com; 231-6616)

Jim Westmoreland, Vice Pres.

Diana Hardy, Treasurer

Andy Shreve, Newsletter Editor

(apshre@cybermesa.com; 982-7709)

Suzanne Garney, Webmaster



Striders Membership Application and Waiver

(Print, complete, and mail with \$\$\$!)

Join the Striders! Promoting running in the Santa Fe area since 1978
Annual membership costs only \$15 and includes:

- Discount on Strider race entry fees
- Monthly newsletter, the "Mile Markers"
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Help the community
- 10% Discount at the Running Hub

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the SANTA FE STRIDERS Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

This waiver needs to be signed each year !!!

Signature _____	Renewal ____ New Member ____
Parent's Signature _____	Receive newsletter by: Paper ____ Email ____
if <18 years old	
Name _____	
Address _____	I would like to help by:
City/State/ZIP _____	Races: Before the race ____ At the race ____
Telephone _____	Picnics & Parties ____
Email _____	Articles for the Newsletter/Web Page ____
	Other _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

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