

Mile Markers

The monthly newsletter of the *Santa Fe Striders*

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February 1989

Volume 11, Number 2

From ' ' e President

The Striders Board met January 11 to educate me, to discuss finances and to set a direction for the year. I felt better after the meeting, maybe due to no one expiring from the food served, but mostly due to what I learned and what we decided: We are not broke, not rich, but if we pay attention to funds, we will be fine; we have good people on the Board, which now includes the yet-to-be-named Run-Around Director; and we hope to use club energies to increase club activity and participation on a regular basis.

John Arnold has set the 23rd of each month as the deadline for *Mile Markers* contributions, **in writing**, so if you wish to contribute, contact him at 988-3061 or drop off articles to him at 203 East Coronado Road. Remember, call race results to Ed Heffern at 471-4901. Ed will compile them and forward them to John Arnold.

We'll discuss the Run-Around at the February meeting (see details elsewhere in *Mile Markers*); the race date is June 3. Volunteers to help will be allowed to sign up February 14 for the choice jobs - otherwise we may help you volunteer! If you know of potential speakers for future meetings, let me know at 989-7324.

In keeping with the activities-for-members theme, watch for a Saint Patrick's event in the March issue of *Mile Markers* sponsored by Susan Rush. Also, don't forget the Valentines Couples Run, details in this issue.

I had no idea how much mail the Striders received - so much of it race flyers, newsletters and magazines from around the country. So if you are traveling and are interested in a race somewhere else, call me or come over and browse through the stuff - I'll keep it around a while. Races are scheduled all over the country, nearly always it seems. I also have three copies of the Official Entry Booklet for the VIII World Veterans' (meaning oldsters) Championships, which are scheduled in Eugene, Oregon, from July 27 to August 6, 1989.

FEBRUARY MEETING

The February meeting is scheduled at John Arnold's house on Tuesday, February 14 (Valentine's Day). We'll start with a pot luck at 7 p.m., to be followed by the business meeting at 8 p.m. John lives at 203 East Coronado Road. Call him at 988-3061 if you need directions.

BAD NEWS...

If you haven't renewed your Striders membership for 1989, *this will be your last newsletter*. Treasurer June Dickinson will give the editor an updated list of members for the March newsletter, so if you want to be on that list, send your \$10 to the Santa Fe Striders, P.O. Box 1818, Santa Fe, NM 87504.

Santa Fe Striders

1989 Membership Application

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (Home) _____ (Work) _____

Enclose \$10 annual dues. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504

Off a Philosophical Deep End

By Cecil J. Smith

Some time last year, Runner's World published an article entitled "Are Runners Better Lovers?" Then last week, a Santa Fe Reporter reporter asked me how runners maintain training in the winter against cold, wind and snow. If the answer to RW's question is "Yes!" then the Reporter's also is answered - what a motive!

And the answer was "Yes." But I doubt exterior motives for runners. There has to be some intrinsic fun for any activity to be persued over long periods of time. So why do we run? I suspect we glory in our animal nature, the body's feeling in movement and endeavor, and the nowness of physical exertion.

Those whose original motivations were weight control, health, better sex, et. al. rarely stick to any sport, especially the aloneness of running, unless they manage to intuite the animal joy, even in tiredness and pain, of the body and unless they stick to the sport long enough to feel it.

Then, if we never even think of it, we accept the animal mortality and carnality of our species that non-athletes never face. That acceptance lets us enjoy the body and the present - and leads to a resounding "yes" to RW's opening question but without all of the fancy research. We know we are more alive than the couch potatoes.

How do we maintain training in the winter? We don't then or ever. Oh, some dedicated souls do train - even year round - and some of us play at training sometimes. What we do in winter (as always) is maintain our animal selves, even if some of us hibernate a little. We can do no other.

Enjoy yourselves - on the streets, trails, roads and elsewhere.

Corrida de los Locos

The 1989 Corrida de los Locos was anything but crazy, as about 130 runners showed up on a mild, sunny and practically snowless Sunday January 15 to accept the challenge of 4.6-miles of rolling hills and spectacular scenery. Race Director Dave Giles did it again: We had an enjoyable day, received a wonderful T-shirt, and proved that such crazy things as good weather doesn't dampen the enthusiasm of the *Santa Fe Striders*!

Next month's issue will detail the winners of this, the first *Striders* run of the year.



Fun runs begin at 5:30 p.m. on the Plaza and will continue to until Daylight Savings Time begins the first weekend of April.

Upcoming Races

☆ Saturday, February 4 - *Runner's Clinic* by the Al Waquie Indian Runners, 9 a.m. at SIPI, 9169 Coors Boulevard in Albuquerque.

☆ Sunday, February 12 - *Masters Winter Runaround*, 5 and 2.5 miles, 10 a.m. at SIPI. For runners age 40 and older. \$5 for members of Masters Runners Unlimited, \$8 for registration and membership. \$7 for just the race and \$2 extra for race-day registration.

☆ Saturday, February 18 - *Striders Valentine Couples Fun Run* - See Page 7.

☆ Saturday, February 18 - *5K and 10K Race Walk*, 9 a.m. at San Gabriel Park in Albuquerque. \$3 until February 14 and \$4 thereafter.

☆ Saturday, February 18 - *President's Day Fun Run 5K and 10K* - 10 a.m. (One-mile walk begins at 9 a.m.), at Star Heights Recreation Center in Rio Rancho. Call 892-6704 for more information.

Recent Results

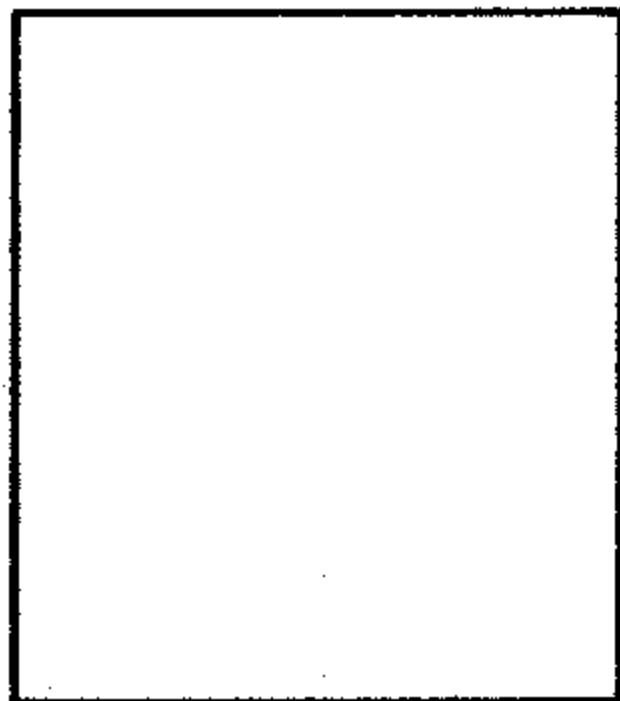
Striders Jack Lippincott and Lorenzo Garcia ran in the January 15 Tenneco Houston Marathon, with Jack posting a 3:14 and Lorenzo crossing in 3:42. Congratulations to both!

Report your efforts to Ed Heffern, 471-4901.

RACE OF THE MONTH

The featured race for February is Cecil Smith's version of Dave Sneesby's idea: A low-key, cheap and fun-sounding Striders event. It's the VALENTINE COUPLES FUN RUN, scheduled at 10 am on Saturday, February 18 at Santa Fe River Park (on Alameda just east of Paseo de Peralta).

All runners begin at the River Park, and one member of the couple turns left on Gonzales Road, then right on Cerro Gordo. The other runner continues up Alameda, making a left on Upper Canyon Road. (If the Gonzales-Cerro Gordo runner is faster, he/she will head down Upper Canyon Road to meet his/her partner. If the Alameda-Upper Canyon runner is faster, he/she will turn onto Cerro Gordo until meeting his/her partner. Got that?)



When the couple meets (either on Cerro Gordo or Upper Canyon), they must touch - and how you touch is important, with the most creative and romantic touch winning a prize - then turn around and run back the way you came. Couples must meet on Alameda and run the last couple of blocks

to the start/finish line.

You'll guess your time (no watches!) and the couple that finishes closest to that prediction wins a prize.

The overall distance is about 10 miles, but each runner's distance will vary, according to his/her pace.

No fee, of course, and this one sounds like fun. If you have questions, call Cecil at 989-7324.