



Mile Markers

We give you the run around—Vol 15, Issue 2
Santa Fe Striders, P.O. Box 1818, Santa Fe, NM 87504

IN THIS ISSUE:

February Meeting

Race Results/Membership News

Upcoming Races

Running Calendar

Top Run: Runner's Tip

On Mountain Running

Editorial--Sponsorship by the Striders

Club Contacts

Club Contributions

Map for February Meeting

Shirley Lynn, 1st place overall, women's, 30:25
Dagny Scott, 4th overall, women's
Paul Scott
Mary Platt, 5th place, 40-49 women's
Jim Fisher
Danica Tutush, 5th place, 20-29 women's
Elaine Coleman, 2nd place, 50-59 women's
Dale Goering, 1st place, 60-69 men's
Kenny Goering, 3rd place, 50-59 women's
Diana Hardy
Michael Guttman

Congratulations to all participants. These names were collected from the newspaper and race results. If I have inadvertently missed someone, I apologize.

Former Santa Fe Strider Kathy Howe, who now lives in Carlisle, England, took 4th place with a time of 39:25 at the NW Bardsley 10K/ British Masters Championships. Congratulations Kathy!

February Meeting

Shirley Lynn will host the February club meeting on Tuesday, February 9, 1993 at 7:00 pm. Shirley's house is located on Chicoma Vista. (See the attached map for more details.) You may also contact Shirley at 471-8731. Also, remember that going to Shirley's house is like preparing for a race. She doesn't have indoor plumbing, so you may want to plan your pit stops around this.

Race Results/Membership News

Corrida de Los Locos

The Corrida de los Locos took place on Sunday, January 31, 1993 at Frank Ortiz Park in Santa Fe. It was a sunny but cool day, and there were over 200 runners. The following Santa Fe Strider members participated:

Upcoming Races

Saturday, Feb. 13	Rio Grande River Run Las Cruces, NM 524-7824
Saturday, Feb. 20	NM Racewalkers 5K State Championships Dixon, NM 242-3713
Sunday, Feb. 21	El Paso 5K/Half Marathon 884-6787
Sunday, Mar. 7	Austin Marathon Austin, Texas (512) 473-3272

Running Calendar

FEBRUARY

- Wednesday., Feb. 3 Santa Fe Striders Run
5:30 pm @ The Plaza
- Tuesday, Feb. 9 Santa Fe Striders Meeting
7:00 pm @ Shirley Lynn's House
(See the attached map.)
- Wednesday., Feb. 10 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wednesday., Feb. 17 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wednesday., Feb. 24 Santa Fe Striders Run
5:30 pm @ The Plaza

MARCH

- Wednesday., Mar. 3 Santa Fe Striders Run
5:30 pm @ The Plaza
- Tuesday, Mar. 9 Santa Fe Striders Meeting 7:00 pm @ TBD

(Location will be announced in March.)
- Wednesday., Mar. 10 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wednesday., Mar. 17 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wednesday., Mar. 24 Santa Fe Striders Run
5:30 pm @ The Plaza
- Wednesday., Mar. 31 Santa Fe Striders Run
5:30 pm @ The Plaza

Weekend Fun Runs

Several Striders have organized informal weekend fun runs for the following months. Here is the tentative schedule. For more information, contact the following individuals.

Month	Run	Contact
March	La Bajada	June Dickerson
April	Railroad Run to Eldorado	Dale Goering

- May Galisteo Run\ Dave Sneesby
Brewery Tour
- June Industrial Park Mile TBD

Also, the Sunday morning runs at St John's College are now an institution. Several Striders are meeting on St. John's Track at 10:00 am for an ad hoc course.

Top Run: Runner's Tip

Here are "Ten Tips for Training" by Jeff Galloway to guide you in running with better form (from *Running Times*, June 1992).

Stay upright. When you line your head, shoulders and hips over your feet, you move forward with minimum effort.

Chest forward. Don't slouch! Keep your chest aligned with the rest of your body.

Hips forward. A common running-form error is to allow your hips to shift back and your buttocks to stick out too far behind you.

Push off. When your posture is correct, your feet will lift off when you start to run. The quick, gentle push should always emphasize forward rather than upward motion.

Ankles as springs. The ankle is a very powerful, efficient mechanism. When your posture is upright and you allow your foot to move into a relaxed position, it's easier to spring forward from your ankle with a minimum of muscle power.

Hills for leg strength. Hill training strengthens the calf muscles and allows you to support your weight farther forward on the foot. This moves the ankle into position for maximum forward spring.

Leg turnover. Studies have shown that when runners become faster, their stride length decreases and leg turnover increases. Your hamstring muscles will be sore if you stride too long.

Stay smooth. Keep your feet low to the ground, pick up the frequency of your stride and allow your muscles to stay relaxed. Try to eliminate extraneous motion that will slow turnover.

Continued on Page 3.

Find the "sweet spot." When you find the right position for your foot at push-off, running will be easier. By adjusting your ankle stride length and the timing of the push-off, you can find the most efficient position. Keep adjusting your foot position until you find the smoothest landing spot.

Practice. Work on form during two or three runs per week. After an easy warm-up mile or two, run four to eight accelerations of 50 to 100 yards each. During each one, search for the sweet spot and work on the other elements of good form.

On Mountain Running

As many people in the club know, I am a mountain runner. Some people may ask me why I do it. I thought I would explain my reasons and invite others to join me in a series of short introductory mountain/trail runs this year.

Why run mountains or trails? For the pure pleasure and freedom of it. You never know when you might have to move off to some place like Los Angeles, Houston or West Texas where you might not have the opportunity to try mountain/trail runs.

Freedom

There is no 60 mph traffic on mountain trails or police asking you what you are doing. There is only the wind in the pines, the stars overhead and a creek gurgling somewhere down in the woods below. There are no membership fees, pool schedules, dogs, spectators, or irate property owners to deal with. Panhandlers, muggers and rapists do not usually find it worthwhile to set up shop on back mountain trails. There are no interruptions except for an occasional flower with a request that you stop and smell it. Or marmot troops may line up for handouts of M&Ms. Unlike modern spectator sports, mountain running is not limited to 2 halves or 4 quarters. The trails go on forever, and for as long as you wish to run (sometimes longer). Very rarely are you competing with anyone. You can run with ease and make pit stops when you please.

Pleasure

You can run freely through the mountains on a Sunday morning at 10,000 feet for 20 miles for the pure pleasure of it. You can freewheel down a trail enjoying the sights and sounds, and the feel of your body as it takes you through the woods and past the meadows. You can stop and listen to a creek, or run along on a bed of pine needles and stop to let a silly grouse get out from under your feet. It's hard to describe these things.

I have run through the fallen aspen leaves like a three-year old kid, seen fields of flowers change as the weeks and seasons go by, stood on the side of a mountain under my own private rainbow, and made the only tracks through freshly fallen snow. I have stood on top of a mountain and seen the sun come in horizontal from behind craggy peaks while all around me there was nothing but cloud tops and an occasional ridge top sticking up. I could have been anywhere on the globe or on any planet in space but I was only 18 miles out of the parking lot. To personally experience the grandeur of "the mountains in reply echoing over the plain" and then step into a little glen and feel the quiet intimacy of tiny orchids growing--that is why I run mountains.

While the peace and quiet and solitude are hard to describe, to be on a good trail with good company in good weather and having a good run to boot, is also hard to beat. Thus, I would like to invite those people who are interested to a series of easy trail runs this spring and summer. I need to see the TAC calendar but I'm thinking of starting on Bear Wallow Trail above Hyde State Park in April or May and ending with a run out to Lake Katherine in late August or September. If things go according to plan, I probably will follow the snow melt up and be running on the mountain all summer. So if anyone cares to join me at anytime and wants to get off the highways for a few days, just holler and bring your trail legs.

Jim Fisher, 471-2492

Editorial--Sponsorship by the Santa Fe Striders

What do the words "sponsored by" mean to a running club? This question became shockingly pertinent to me the other day while I was idly reading the registration form for the Corrida de los Locos. There across the middle was "sponsored by Tom's Sports and the Santa Fe Striders." Tom's Sports and businesses like it provide money and goods. That is how they sponsor a race. The club provides equipment, expertise, and...and...What it means to the Striders is that WE ARE LIABLE. With a sickening jolt I remembered that our club's dues and insurance fee for 1993 had not been mailed. This was followed by a flurry of activity, capped by a Priority Mail packet being jetted to the East.

Continued on Page 4.

The issue does not end. When the Striders offered only the Run-Around Race such things as permits and other details could be dealt with casually. Two things have changed since then. First, the RRCA is becoming increasingly stringent in its requirements. Every race, meeting, or event must be itemized on the membership/insurance form. Secondly, some of our members have put their time and effort into organizing other races and because these members are our own, the Striders have come to "sponsor" these events. But these races must now be registered with the RRCA in order for the club to remain affiliated and insured.

There is yet another twist to the issue. Do the Striders "sponsor" the Wednesday evening runs? I hope not. For some years, runners in Santa Fe, many of them Striders, have been gathering for a mid-week run, and local newspapers and tourist brochures publish the fact. We support this tradition by our attendance, nothing more. This is precisely what I tell visitors who request information.

Your comments are welcome.

John C. Pollak
President

Pollak and Dave Sneesby.

Also, thanks to Dave and Lydia Sneesby for hosting our January meeting.

If you have a computer that the Santa Fe Striders may use to publish future newsletters, please contact Danica Tutush.

Membership Notice

Remember annual membership fees are now due. If you haven't done so already, please mail \$15.00 to the Striders. Your mailing label should indicate if you have or haven't paid; it will read 1992 in the corner if you haven't paid your 1993 fee. Once you have paid the fee, the date will be changed to 1993, and you will continue to receive the newsletter.

Remember your membership fee helps to pay for the printing and distribution of this newsletter, club membership in the Road Runners Club of America, the Strider P.O. Box, and other club expenses throughout the year.

If you are not currently a member but would like to join, please fill out the membership application in this newsletter.

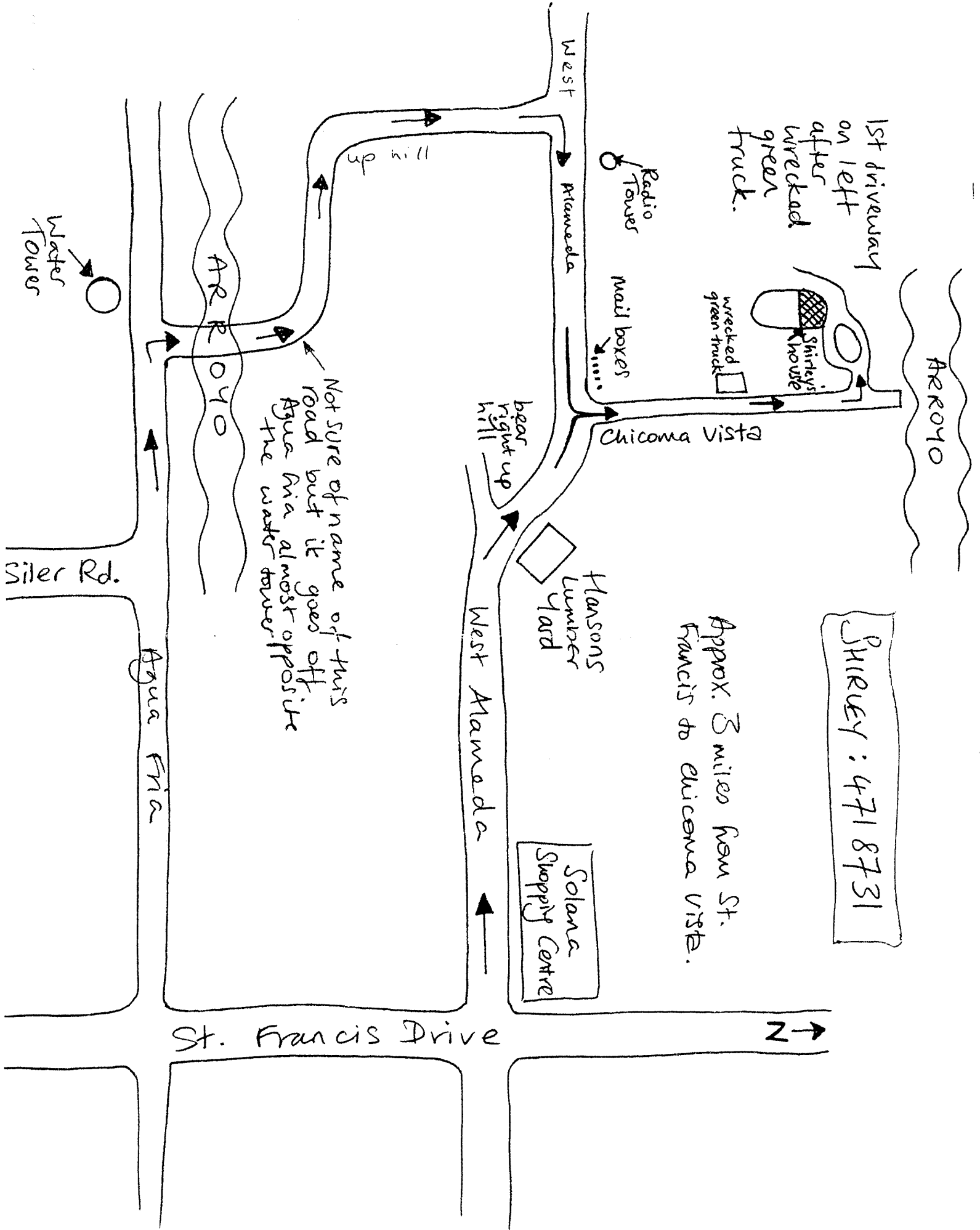
Club Contacts

President	John Pollak 983-2144
Vice President	Elaine Coleman 983-9747
Treasurer	Graydon Anderson 989-1633
Race Director	Salvatore DeBari 989-7704
Newsletter Editor	Danica Tutush 989-1819

Mile Markers is an informational newsletter that is published monthly for the members of the Santa Fe Striders. The deadline for the March issue is February 26, 1993. Please submit articles, race results or other information to Danica Tutush, 725 Pinon Drive, Santa Fe, NM 87501, or at 989-1819.

Club Contributions

Thanks to the following members for contributing to the February issue of Mile Markers: Jim Fisher, Michael Guttman, Diana Hardy, Shirley Lynn, John



SHIRLEY: 471 8731

Approx. 3 miles from St. Francis to Chico Vista.

Not sure of name of this road but it goes off Agua Fria almost opposite the water towers.

SANTA FE STRIDERS

Membership Application

Name: _____

Address: _____

City: _____

State : _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees are \$7.50. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504.

Mile Markers

Santa Fe Striders
Post Office Box 1818
Santa Fe, New Mexico 87504



1992

Jim Westmoreland
2363 Camino Carlos Rey
Santa Fe, NM 87505

