



Mile Markers



We Give You the Run-Around

February 2000 Volume 22, No. 2.

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

Feature Event

The 7th Annual Mt. Taylor Winter Quadrathlon is February 12th in Grants, NM. See the calendar for details.

Quad Workout

The one of a kind Mount Taylor Winter Quadrathlon is on Feb. 19th this year. See <http://www.mttaylorquad.org/> for lots of info.

The second of two semi-organized Quad workouts is scheduled for Sunday, February 6th. Meet at 8am at Aspen Vista for a run/ski/snowshoe workout. Call **Kris Kern** at 661-6293 (kernkt@gat.com) for more info.

Here's what we plan to do, more or less:

- run to Totemoff's (mid-lodge) and back (5 miles)
- ski Aspen Vista 3 miles up and back
- snowshoe up a nearby steep slope 1 mile and back
- repeat run

These legs are similar in distance and vertical to their Quad counterparts.

Club Meetings (for everyone, not just the board!) Held on Second Tuesday of Each Month at 7pm

On the 10th, the Striders Meeting will be graciously hosted by **Tove and Jerry Shere** at **3045 Pueblo Puye** on the south side of town. Traveling south on Camino Carlos Rey, turn west (right) onto Governor Miles Rd., turn south (left) at first stop sign onto Nizhoni Dr. (note: first left is also Nizhoni, but not as direct), then turn west (right) onto Pueblo Puye. Their number is **473-0388**.

Weather + People = Fun

The Corrida de Los Locos is history. Some 159 finishers on the beautiful **Las Campanas** Golf Course. The weather was so "spring like", we may have to change the name of the race. The race directors would like to thank all the volunteers that made the race possible. We had some excellent help from a lot of good people. We also would like to express our appreciation to the folks at Las Campanas. They were very cooperative and helped us out in every way they could. The refreshments were donated by **Whole Foods Market**. We appreciated that as well.

Again thank you.

Race Directors-**Dale Goering, John Pollak and Tom Day**

Winter Runaround Features Handicap 5M

The 5-mile race at the runaround (there's a 2.5M race too) is handicapped. Starting time for Open runners (male and female under 40) start at 10am, whereas older athletes start earlier. An entry form is included in this issue.

Concern -- and a Warning -- for Mike Sutin by Tom Day

I, and I'm sure many other Striders, read with concern **Mike Sutin's** Statement (in last month's story "**It Was the Year**") that a blood clot has stopped his running, at

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least temporarily. All Mike's friends join in wishing that he'll be back on the trails and the streets in time for spring.

However, I hope he's not under any impression that his medical condition will give him excuse to stop delighting and instructing readers of Mile Markers with his poems. Presumably, Mike wouldn't dream of not writing because he's not running

But on the outside chance that he might consider giving his muse a rest, he should be warned: That the course would be far worse for his health than anything some doctor can diagnose.

On the subject of doctors, I assume Mike has a plan to pay them, and isn't relying on his well-known habit of collecting coins while running. His discussion of both his medical condition and his on-the-run coin collecting in the same story left me somewhat apprehensive on this point.

In his Mile Markers story, Mike proudly noted his collection of 73 coins in two days, "*a personal record*," he says. Yet a tally of the financial value if this collection is less impressive, showing a grand total of \$2.80, by my reckoning.

His annual report on coin collecting shows a total of \$24.69, some of it collected by friends. If split among the three doctors who examined him, that amount would come to only \$8.23 per physician.

Even some of the fine and reasonably priced doctors who belong to the **Striders** can't treat you for that amount. I might, but they won't.

Moving Changes

by Eric Peters

Santa Fe, gone tomorrow. There is no manana in this land of manana for many Striders, because they leave. I do not know if they move to the land of today, or to the land of next week. About a year and a half ago, I was starting to get paranoid that all my friends would move without telling me. Every time I talked to anybody, I would ask if she had moved or gotten married. Even if we had just spoken a few days before. One evening on the track before the Striders workout **Jeremy** (see previous issues of Mile Markers for further references to Jeremy, as he edited most of them) announced that his roommate, **Paul**,

had just gotten engaged.

"Who did he get engaged to?" someone asked.

"Josie," replied Jeremy.

"What's her last name?" I asked (as if there could be more than one **Josie** in Santa Fe).

I was shocked to discover that my best friend, who I ran with all the time, had gotten engaged to a guy that I didn't even know she was dating. I was complaining about this to my friend **Erica**, who had just moved to Los Alamos and who had talked me into joining the Striders a short time before that. (Search recent issues of Mile Markers for news regarding winning Pike's Peak Marathon for more information about Erica).

I said to Erica, "*Make sure you tell me if you move or get married.*"

"OK, I'll tell you," replied Erica. "*Better yet, I'll tell the Striders, and you can go down to the track and find out.*"

On the first day of the year 2000, I was at the track in Kansas City before the beginning of the New Year's Day run. I saw my friend _____, who lives in Lawrence, Kansas, and greeted him.

Steve said, "Did you know Erica is married?"

"No she isn't. I just ran with her a few weeks ago," I replied, confident that I would know about it if such news were true. She told me she would tell me if she got married, I thought to myself. Then I remembered Erica's joke that I would find out on the track.

I called Erica when I got back into town, but her phone had been disconnected. I wasn't convinced if she had gotten married or not, but I did know that she had moved. The following Wednesday I went to run with the Striders at 6:00 PM and **Chris** and **Juan** were there. I told them the story and Chris confirmed that Erica got married.

"I'm confused," said Juan to Chris. "*I thought Erica was your girlfriend.*"

"She was," I replied. "*Now she's his wife.*"

I got to run with Erica the following week. I told her some people had asked me if she got married just so I could find out on the track, but she denied it. See what happens when you go to Peru for a week? All your friends either move and get married, or ask you to write articles about the trip.

If you see Erica and Chris, feel free to congratulate them or share a happy thought with them.

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"It's OK if people find out," said Erica. Just don't expect them to bring it up unless you ask. And to whoever is keeping track of the list of couples that have met at Striders events and gotten married, here is another one to add to the list.

(Possibly it can be cross-referenced with the list of coins that have been picked up while running or walking for an insightful analysis).

Spiritual Thought

by unknown author

I asked God to take away my pain.
God said, No.
It is not for me to take away,
but for you to give it up.

I asked God to make my
handicapped child whole.
God said, No.
Her spirit was whole, her body
was only temporary.

I asked God to grant me patience.
God said, No.
Patience is a byproduct of
tribulations; it isn't granted, it is earned.

I asked God to give me happiness.
God said, No.
I give you blessings. Happiness is up to you.

I asked God to spare me pain.
God said, No.
Suffering draws you apart from
worldly cares and brings you closer to me.

I asked God to make my spirit grow.
God said, No.
You must grow on your own, but I
will prune you to make you fruitful.

I asked for all things that I might enjoy life.
God said, No.
I will give you life so that you may enjoy all
things.

I ask God to help me LOVE others,
as much as he loves me.
God said... Ahhhh, finally you have the idea.

Stay healthy While Training: The Traditional Oriental Medicine Approach

by Caroline Colonna, Doctor of Oriental Medicine

In our fast paced lives we often disregard early signs of weakness and tiredness that may later lead to suboptimal performance and even injury. Some of us consider it normal to get sick a few times per year. Some of us even forget how it feels to be free of pain and injury after an athletic event or while training. This article presents an introduction to the use of Traditional Oriental Medicine in observing and treating imbalances relating to training.

Traditional Oriental Medicine: A Brief Introduction.

Oriental medicine relies on the interplay of opposing energies-**yin** and **yang**- which are constantly changing. When yin and yang forces are in balance homeostasis is maintained, when out of balance the relative lack or excess of yin and/or yang results in disease. Everything is thus classified in terms of yin and yang; everything contains yin and yang. Yin contains yang and vice versa, yin and yang attract and repel each other continuously. This yin/yang relationship creates all energy known as **qi** (pronounced chee). As applied to Oriental medicine qi is the electrical current that runs through our body from birth to death. When qi is depleted, as a result of over-training for instance, our body gets tired, our thinking muddled and we need to rest to replenish our qi. Qi management is therefore crucial not only to achieve positive results while competing but also to maintain health in general. There are many ways in which qi can get depleted including lack of sleep, bad eating habits, environmental hazards, emotional trauma, over working, and, in general, anything which is practiced in excess.

Identifying Patterns of disharmonies

In Oriental Medicine diseases are referred to as "patterns of disharmonies". Diagnostic signs and symptoms are gathered by observing, smelling, questioning, palpating and listening to the patient. All these signs and symptoms are connected and exist in relationship to each other; so that a pattern emerges. Oriental Medicine can very specifically identify and therefore treat a pattern.

Two individuals suffering from knee pain, for instance, may have very different diagnoses and treatments. One could have a **cold** constitution with cold sensation in the knees and low back, and cold hands and feet. Such pattern would fit under "yang deficiency" (i.e.; relative deficiency of heat) obstructing the flow of qi in the knees leading to discomfort and pain in the knees. This type of knee pain can be well treated with local acupuncture as well as

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moxibustion-burning mugwort on top of the needles or directly on top of the appropriate acupuncture points. By contrast, another runner with knee pain may experience swelling and redness of the knee with a tendency to feel **hot** especially in the afternoon, waking up at night sweating and thirsty. This type of knee pain reflects a deficiency of yin-the sum total of substances in the body and homeostatic processes that enable the body to stay cool (not overheat). In this case, fluids (yin substance) get trapped and swelling and overheating occur leading to pain. In this case acupuncture can be applied without moxibustion and a dispersing needling technique is used as opposed to a tonifying technique as in the previous case.

It is thus crucial not to look at the symptom of knee pain alone but within the context of the overall patient's constitution. Hence through accurate diagnostic techniques, a precise treatment can be devised and the desired results achieved.

Key "organs" to target to enhance performance and maintain good health

Traditional Oriental Medicine categorizes 12 "organs" into **viscera** and **bowels**. The viscera (yin organs) are Heart, Lungs, Spleen, Liver, Kidney and Pericardium. They are responsible for storing vital substances. The Bowels (yang organs) are the Intestines, Stomach, Gallbladder, Bladder and the Triple Burner. They are responsible for the passage of food and fluids. Each organ has its own acupuncture meridian and function.

While attention to all the organs matters in trying to achieve ultimate performance and health, it is important to discern relative imbalances in the body and treat them. Once again it becomes crucial to diagnose each individual based on their constitution, past medical history, current symptoms and goals. Following is a short summary of organ functions according to Oriental medicine and their relevance to training.

The **lung** is responsible for taking in air and descending and dispersing it downward throughout the body. Coughing, for instance, is abnormal because it implies an ascending movement. Being in direct contact with the outside environment one can imagine the great energy needed by the lungs to constantly filter out potential pathogenic influences (allergens, bacteria, etc.) Hence, while training it becomes even more important to focus on tonifying this organ in order to protect it and make it more efficient-taking more air and efficiently distributing it in the form of energy to the entire body.

The **spleen** is responsible for taking in foods and drinks and transforming it into usable energy and then transporting it to the entire body. In a way, it has a similar function

as the lung and it is often considered as part of the same meridian as the lung. Once again tonifying this organ helps increase the ability of our body to use energy from food and drink. This is why our diet is so important especially while training.

The **kidneys** are our life battery, the foundation of our physical, physiological and mental being. They control important physiological processes such as reproduction, development and aging. The energy of the kidneys can also determine the amount of willpower, determination and mental endurance one has. Some of our kidney energy is acquired through birth (genetically passed on to us by our parents) and some of it is our responsibility through lifestyle, diet, exercise etc. In training we need to focus special attention to this organ as it is ultimately responsible for our overall performance.

The **heart** performs the same functions in Oriental medicine as in Western medicine. In addition, the Oriental heart manifests our consciousness and emotions. Our level of motivation- being psyched for a competitive event, getting up early to run in the icy cold weather- belongs to the heart energy. Oriental medicine does not separate the emotional from the physical realm and considers mind and body as a continuum of energy-physical symptoms often reflecting our emotional state. Nurturing the mind is thus critical not only to keep focused but also to enhance physical performance.

The **liver** is responsible for storing and distributing blood and qi throughout the body. Any stress can disturb this process. Ideally the liver prefers vacationing in the Caribbeans under a beach umbrella sipping on some island cocktail. Because this is hardly ever the case, almost all of us suffer from "liver qi stagnation" manifesting as irritability, PMS in women, depression, and various aches and pains usually unexplained by Western doctors. Exercising helps circulate the energy and this is why it is so important to work out everyday in relative moderation depending on our constitution, level of fitness and desired goal.

In **summary**, Oriental medicine offers many options to achieving each individual's fitness goal; ranging from staying healthy and free of injury to maximizing athletic performance. The challenge is to keep a relative balance between all the organs, yin and yang, qi and blood. While sounding complicated and maybe slightly esoteric my experience indicates that a relative balance can be achieved after a couple of visits. Even small changes such as receiving an acupuncture treatment, adding certain vital minerals in the diet, or eliminating certain foods can have a significant impact on one's energy level.

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Caroline Colonna is a Doctor of Oriental Medicine, D.O.M., practicing acupuncture, herbology, nutrition and exercise counseling in Santa Fe and Taos. She is a runner, biker, skier, kayaker, hiker etc. She welcomes questions and comments about this article and any health concern you may have. She can be reached at her Santa Fe clinic (505) 986 2034 or Taos clinic (505) 758 5070. E-mail: colonna@nets.com. She accepts most insurances.

State Farm Stride For Pride 5000

Fast flat 5 kilometer run and walk. The race benefits Hogares, Inc., a treatment center for "At Risk" youth. Prize money in elite category is \$1,000.00 first male and female, \$500.00 second male & female, \$250.00 third male & female. Prize money only for elite category.

Date: April 9, 2000 (Register until April 7)
Location: Valley High School
Address: 1505 Candelaria Road NW
City: Albuquerque
Contact: Jeff Peters, 505-341-1400

Register for the the SFSFP 5K online at
www.racegate.com/event_detail.cfm?event_id=6736
or email Jeff at jpeters@omnicorporation.com

Bandelier Race Date Set

The Bandits are set for May 13th, which features long, very long and team events. See the calendar for details.

>>> Race Calander >>>

Close to home

2/12 17th Annual Mt. Taylor Winter Quadrathlon
Grants, NM 505-287-4802 or 800-748-2142

2/13 President's Day 10K/5K Run/Walk
Rio Rancho, NM - Ruben, 891-9640

2/13 MRU 18th Annual Winter Runaround
2.5M & 5M
Albuquerque, NM 293-4327 (Marianne)
cramer@sonus.com

3/18 Run for the Future 5K
Albuquerque, NM 505-831-8431

3/26 Run for the Nuns 5K
Santa Fe, NM 505-983-2789

4/30 5th Annual Run for the River 5K
9am 992-8316 (Terry)
flanahorn@yahoo.com

5/13 Bandelier Races - White Rock
Marathon, Ultra (50M?) and relays
Los Alamos, NM 672-9519 (Bob)
reedy@lanl.gov

6/24 Los Alamos Mini Marathons 20K and 5K
JLos Alamos, NM 661-4453 (Kris)
kernkt@gat.com

7/16 Po'Pay Foot Race 10K, 5K,
Children's Run and Fitness Walk
San Juan Pueblo, NM 505-852-4211
(Herman)

8/20 Wings of America/Santa Fe Indian
Market Wing Messenger Foot Races
5K, Children's Run and Fitness Walk
Santa Fe Indian School, Santa Fe, NM
505-982-6761 (Anne)

Far Away

2/6 Mardi Gras Marathon, Half & 5K
New Orleans, LA 504-482-6682

2/19 Myrtle Beach Marathon
Myrtle Beach, SC 843-293-7233
<http://www.coastal.edu/mbmarathon>

3/5 Napa Valley Marathon
Napa, CA 707-255-2609
<http://www.napa-marathon.com>

3/18 Shamrock Marathon, 8K & 5K
Virginia Beach, VA
send a SASE to:
Shamrock Sportsfest
2308 Maple St
Virginia Beach, VA 23451
<http://www.shamrocksportsfest.com>

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3/25 Azalea Trail Run 10K, 2M & 1M
Mobile, AL
send SASE to:
Azalea Trail Run - Reg FN
PO Box 6427
Mobile, AL 36660

4/1 Copper River Bridge Run 10K
Charleston, SC 843-792-0345

4/9 Cherry Blossom 10M
Washington, DC
send a SASE to:
Nortel Networks Cherry Blossom
PO Box 5366
Rockville, MD 20848
entries@cherryblossom.org
<http://www.nortelnetworks.com/cb>

5/7 Long Island Marathon
Long Island, NY 515-572-0248/9

5/7 Avenue of the Giants Marathon & 10K
Humboldt, CA
send a SASE to:
Six Rivers Running Club
281 Hidden Valley Rd
Bayside, CA 95524
<http://www.humboldt1.com/~avenue>

5/7 Pittsburgh Marathon
Pittsburgh, PA 412-647-7866

5/7 Bloomsday 12K
Spokane, WA
<http://www.bloomsdayrun.org>

5/21 Avon Championship
Milano, Italy 212-282-5350
<http://www.avonrunning.com>
avonrunning@avon.com

6/4 Rock-n-Roll Marathon
San Diego, CA 858-450-6510

7/4 Peachtree Road Race
Atlanta, GA
send a SASE before 3/1 to:
Peachtree 2000, Atlanta Track Club
3097 E. Shadowlawn Av, Atlanta, GA
30305

10/15 Atlantic City Marathon
Atlantic City, NJ 609-601-1RUN
<http://www.virtualac.com>
acmarathon@aol.com

Way Out There

2/5/01 Antarctica Marathon & Half
The White Continent

Strider Alert!

Membership in the **Santa Fe Striders** is only **\$15** and lasts for a whole **year**. Since the membership period ends in December, now is the time to renew your Strider membership. Join the growing number of many Striders who have already renewed. Keep striding by renewing your Santa Fe Strider membership today! **Don't miss an issue** of Mile Markers. Next month is the last issue for expired memberships.

Santa Fe Striders Club Membership Application and Waiver



Name: _____

- ☐ Renewal
☐ New member

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

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 PO Box 1818, Santa Fe, NM 87504.

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 of carelessness on the part of the persons named in this waiver.

Signature _____

Date _____

Parent's Signature if under 18 yrs. _____

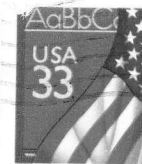
Date _____

Mile Markers

Santa Fe Striders

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