http://www.daylight.com/~jj/striders

Mile Markers

We Give You the Run-Around

April 2001 Volume 23, No. 4.

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

Feature Event

There's a double feature at the end of the month. The Dog Jog is April 28th and the 8th (or so) Annual La Bajada Run is April 29th. See details in this issue.

Track is Back

The Santa Fe Striders track workouts are organized each Tuesday at 6pm from April through October (during Daylight Saving Time). The first workout is being planned for either April 10th or 17th, probably at the Santa Fe Community College. Call Eric Peters at (466-2460) for more information. Come join the fun and get fast!

News Alert - A Santa Fe Running Store! The Running Hub

Date: Fri, 16 Mar 2001 07:50:32 -0800 (PST)
From: Jodi Medell <santafejode@yahoo.com>
Subject: Santa Fe Running Store - The Running Hub
To: Mick@daylight.com

Good day! My name is Jodi Medell. I moved to Santa Fe about 2 months ago. I'm in the process of opening up a specialty running store in Santa Fe. I moved here from Ann Arbor where there are 2 stores within one block from each other (that's just the beginning!) but didn't find a specialty store here...so I begin my venture!
Editors note: stay tuned for details

Come One, Come All! Club Meetings Held on Second Tuesday of Each Month at 7pm

On the 10th, the Striders Meeting will be graciously hosted by **Strider President Eric Peters** at **779B Old Las Vegas Hwy.** Take Old Las Vegas Highway out of town about 6 miles until you come to the only stop sign on the whole road where you need to stop (by the Fina Station). My driveway is a mile-and-a-half straight past the stop sign and is on the right. Immediately after my driveway there is a yellow road sign with the picture of a truck going down a steep hill. If you pass this sign or go down a really steep hill, turn around and come back. There is a green gate (hopefully open) at the entrance to the driveway. Make sure you go through the green gate. You will see a white house and a matching garage. Climb up the steps above the garage and you are there. Eric's number is **466-2460**.

Spinning

by Ginny Seamster

Many of my most intimidating experiences have occurred during cross country practices. There have been several times when I have had to ignore the whirlwind of negative thoughts in my mind and keep moving despite the heaviness in my legs and the rapidity of my breathing. The most challenging workout I can remember is the afternoon that the team took a spinning class. This class marked forty-five of the most unpleasant minutes of my life.

It started out as a normal practice. On the ride over to the spinning center, there were the usual jokes and laughter that invariably accompany the first ten to fifteen minutes of our workouts. When we reached the center, we were led into a room with a semi-circle of stationary bikes, some dumbbells, and several variously colored light fixtures hanging from the ceiling. Our instructor, a short, highly energetic woman, showed us how to adjust the bikes for our height. We straddled the bikes and started peddling slowly. Our instructor announced that this would be a forty-five minute class. Then, she dimmed the lights, turned on some pounding, hypnotic music, and we started doing various exercises. After the first set, she told us to not stop cycling in between activities. I managed to keep cycling for the entire forty-five minutes. Several times, I became mesmerized by the blinking lights on the music player and felt submerged in a sea of loud music and whirring wheels. By the end, my legs were filled with lead.

As the lights were turned up and the hanging light fixtures came into view again, I was thankful to step off the bicycle. *""Ah,"* I told myself. Then, the words of the instructor reached me. *"Now we are going to do some weights and work on our upper body."* It was not over yet. We did several exercises, some involving weights. The one that I remember most clearly involved holding ourselves up at the edge of a fitness stepping board, with

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our legs extended on the ground in front of us, and doing what are most simply described as backward pushups. It was during these exercises that I discovered just how poorly developed my upper-body muscles were. Then, with my arms and legs exhausted, I found out that our instructor was leaving the best for last.

For our ultimate challenge, she had us lie down and hold our entire bodies off the ground with only our feet and our forearms. She had us hold that position for seventy-five seconds. Time expands when one's body is in pain, and, for me, those were some of the longest seconds I have ever lived through. I clasped my hands in front of me at the beginning of the exercise. By the end, my hands had a vice-like grip on each other as I tried to minimize the trembling of my arm muscles. Near the end, our instructor said something to the effect of, *"Come on girl, you can do it."* At that point, I must have looked like a lost soul whose prayers had gone unanswered and who had been sent into a fit of violent twitching.

As I moved out of the exercise room, limbs weak and shaky, the ever energetic instructor gave us each a paper tattoo with the figure of a biker and the word "spinning" above it. That tattoo is still on my desk, a reminder that things could be worse.

Los Lunas

by Ginny Seamster

My first running experience in Los Lunas came during my first year on my high school's cross country team. I was in tenth grade at the time and this was to be the fourth 5K race I had ever run.This particular meet was held during the week in the afternoon, making it one of the few that is not on a Saturday morning. It was a sunny day and the moment I stepped out of the bus a wave of heat clobbered me over the head. Even with my limited running experience, I had run in various conditions and found heat to be my least favorite. However, in my innocent, hopeful way, I thought that there was always a possibility that a breeze might come up or some clouds materialize out of nowhere to cool things down, so I didn't worry about it too much. Besides, I had something else to worry about, something that couldn't be removed by a breeze or some other figment of my optimistic imagination. This something else was the fact that a majority of the course that we were to run was covered in a thick layer of sand. The course planner had conveniently avoided all of the paved, well packed surfaces in the vicinity and, approximately a quarter of a mile from the starting line had decided to plunge the runners into the desert-like wasteland that lay in front of the high school.

The course ran through this wasteland for about a mile, at one point taking us very close to a highway and a sparse row of scraggly trees that were meant as a screen and provided some splotches of shade. Then, the white arrows of the course pointed the way back to the school, where they went up and down two sandy hills, the second of which was long and led up to the welcoming Los Lunas tiger tank. The final treat of this race was to run up and down a couple of hills that were actually fairly hard packed and then, just as we thought we had come to the end of the sand traps, to dive into a arroyo and emerge right near the high school's track.

I warmed up for my race, trying to forget the fact that I would soon have to come face to face with two of my favorite natural phenomena: sand and heat. There was one thing that I was grateful for; the wind hadn't decided to join in and take the sand for a roller coaster ride this particular afternoon. I went to the starting line and braced myself, still hoping that clouds would materialize out of somewhere.

"Go!" the starter shouted and we JV girls were off, scrambling across the football field. The first mile or so was full of bouts with pits of deep sand. Then, we headed back to the school and went up the first sandy hill near some portables. As we approached the tiger tank hill, I saw something that I think will stick with me for the rest of my life. There, by the side of the course, was my team captain, who also happened to be the only other girl on our cross country team and my good friend. She was crouching in the sand, a wet tÕshirt covering her head and a water bottle in her hand. As I approached, she cheered me on and asked me if I would like her to squirt some water at me. I gave her the biggest smile that I could manage at the time and declined her offer. The thought of her coming out into the heat instead of sitting in the shade somewhere gave me the energy I needed to make it up the hill to the tank.

I finally finished my race and was glad to cool down as much as I could and cheer for my captain, Almea. The weather decided to be kinder during her race and provided the runners with a few seconds of shade as some lost clouds scudded across the sun. Despite the heat, Almea managed, once again, to amaze us with her speed and determination, and finished sixth in her race. Then, as we were gathering our well roasted possessions together, one of the thoughtful parents that had accompanied us to Los Lunas bought everyone on the team a snow cone. Sipping cold, blue fluid was definitely the high point of the afternoon.

The best part of that trip to the Los Lunas cross country meet was the moment when I stepped back on the bus and realized that I wouldn't have to run there again for a whole

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year. That feeling of tired contentment was elevated to utter bliss when we left Los Lunas during my junior year, for I knew that our coach was going to try and arrange for us to go to one of the other meets that were generally scheduled for that week in September. That second and last run in Los Lunas was very interesting because only five people from the full time cross country team managed to make it to the meet. Everyone else was injured or had a music camp to go to. We ended up filling out the team by tricking some unsuspecting eighth and ninth graders into running.

It would be unfair of me to finish without giving the Los Lunas meet some credit. After all, running that race makes all of the other meets and practices in the season seem much easier. All I have to do is remember that I could be running in ankle deep sand in the hottest part of the afternoon in Los Lunas to make the burden of a hill repeat or tempo run in the arroyo lift right off my shoulders. I envy the runners who have the mental fortitude that is necessary to cope with intense heat while they are training, be it in Los Lunas, Phoenix, or any other place with exceedingly hot weather.

8th Annual (or so) La Bajada Run
A Run for Fun - April 29th

by Tom Day
Public relations consultant to June Dickinson

June Dickinson, a longtime Striders member, has revived her popular La Bajada Run, a non-competitive get-together that features:

--No timing.
--No awards.
--No post-event drawing.
--No entry form.
--No fee.
--No prescribed distance.

There will, however, be a post-run picnic, so bring something to eat and/or drink.

This year's run, at 10 a.m. on Sunday, April 29, will be the eighth, more or less. Our archives are a little unclear on this point.

The run is somewhat tough, but the view from the top is great. Runners may take the 5.6-mile loop (see map) or run toward Santa Fe for awhile and then complete the loop.

Master Runners Unlimited members from Albuquerque, as well as all Striders, are invited to take part in this run. The enclosed map and directions should help get you there.

>>> Race Calander <<<

4/28 10a La Bajada Fun Run
988-3428 (June) 473-3159 (Tom)

4/29 8a Dog Jog 5K & 2M
662-1603 (H) 667-7166 (W) (Jennifer)

5/12 Bandelier Races, Marathon & 50M relays
White Rock, NM
672-9519 (Bob)
HAAC: FMI - http://www.cybermesa.com/~kernkt/HAAC.htm

5/20 Innagural Corrida de los Panteras
gonzales_sal@ontherun.com (Sal)

6/2 8a Santa Fe Runaround, 5K & 10K
Santa Fe, NM (at the Plaza)
http://www.daylight.com/~jj/striders/

6/2 10a Rail Trail Celebration
Santa Fe Trainyard to Lamy Station
ginsea33@hotmail.com (Ginny)

6/30 Los Alamos Mini Marathons, 5K & 10K
Los Alamos, NM
661-6293 (Kris)
HAAC: FMI - http://www.cybermesa.com/~kernkt/HAAC.htm

8/4 Canmore Challenge 12K, 6K & 1K
Canadian Rockies
Kelvin.Broad@nau.edu (Kelvin)
http://www.mountainrunning.com

8/26 Ironman Canada
Penticton, BC
http://www.ironmanca.com

11/17 Fowl Day 5K
Salvation Army Donation Drive
Fort Marcy Park
438-4463 mick@daylight.com (Mick)
http://www.daylight.com/~jj/striders

Dog Jog - April 28th

Date: Fri, 23 Mar 2001 08:56:47 -0700
To: "Michael A. Kappler" <mick@daylight.com>
From: Jennifer Carr <jjcarr@lanl.gov>
Subject: Re: Posting Event on Race Schedule

The Atomic City Roadrunners, Los Alamos Dog Obedience Club and Mountain Canine Corps (a canine search and rescue organization) are hosting Dog Jog 2001 in White Rock, NM, on Saturday, April 28th beginning at 8:00 AM. This event is a fundraiser for the Friends of the Shelter and it is the fourth year we are hosting this event.

There will be a competitive 5K run, as well as a 2-mile non-competitive course, and prizes will be given to first, second and third place finishers (with a dog) in the competitive run. Runners who are training for other runs (with or without a dog) are welcome to participate.

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Press Release: Get ready pet lovers! The Los Alamos Dog Jog 2001 is set for the morning of Saturday, April 28th, at Chamisa School in White Rock. Coordinated as a fundraiser for the Friends of the Shelter, this 5K run/walk is open to all ages and families (with or without canine), and all dogs on leashes with current license and vaccinations.

You don't have a dog, you say? Not to worry! Friendly shelter dogs will be available for hire on race day (on a first come, first served basis) as your guest around the course for a nominal donation.

The $15.00 Early Bird registration ends Friday, April 6th, so sign up now! Family discounts are also available.

Registration forms are available at many local Los Alamos businesses, or by visiting the Los Alamos Dog Obedience Club web site at http://www.cyberanimals.net/ladoc

Jennifer Carr
Dog Jog Publicity Chair
Home: (505) 662-1603
Work: (505) 667-7166

The greatness of a nation and its moral progress can be judged by the way its animals are treated. - Gandhi

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Places to Run

by Kris Kern

It's your monthly Los Alamos trail report! Running trail conditions a year after the fire.

Lower Quemazon trail

Lower Quemazon trail can be accessed from the Western community. Follow Trinity drive through town and go straight at the Medical Center. The trail head is at the end of a side street near the intersection of Trinity and 48th.

Lower Quemazon is one of the most heavily traveled trails near Los Alamos. In addition to the Quemazon trail, there is a connecting nature trail. Expect to see people with dogs, other runners, and mountain bikers. With this much traffic, the trail has always been somewhat eroded, giving some technical sections for the mountain bikers.

The trail follows the north ridge of Los Alamos canyon, which provides some spectacular views. There are many opportunities for short walks off the trail to the canyon edge.

The trail starts as a dirt road, but quickly become single-track trail. It crosses a pipeline and an area cleared for an old fire break. It is approximately 3 miles in length from the Western Area to the intersection of Pipeline Road.

The area where the trail goes was one of the most severely burned in last years fire. However, the trail is still in fairly good shape, probably because it was fairly eroded to begin with and because the slope is gentle most of the way. The forest is mostly gone in the lower section, and very little has grown back at this time. Near the intersection with Pipeline road, there was a grove of aspens, which are now bare white sticks. However, saplings are already springing from the ground. One very pleasant surprise is that the fire somehow missed a section of trees right at pipeline road. The forest here is still thick and alive.

Rail Trail Celebration - June 2nd

Date: Mon, 26 Mar 2001 18:36:26 -0700
From: "ginny seamster" <ginsea33@hotmail.com>
To: mick@daylight.com
Subject: question

I don't know if you've heard about the rail trail celebration that is taking place on June 2nd, the day of the sf run around, but a person from the conservation trust called Eric and asked if anyone from the striders would be interested in running along part of the trail that goes along the railroad tracks out to Lamy.The train will be going to Lamy, a group of cyclists are planning to bike part way to Lamy and there will be a picnic in the railyard as well as a fair in Lamy.

I went to a meeting that the people organizing the celebration had and anyone wanting to run could start at several places, for the train will be making three stops on its journey to Lamy. The train will probably leave the SF railyard at 10:00 and get to Lamy about 12:00.

Anyway- the reason I'm telling you all this is that I was wondering if you or anyone else that is organizing the SF marathon for sometime next year would be interested in running in the celebration. Since it is along the same general course that you all were thinking of using for the marathon, it might be a good way of checking out the aid stations that they have and seeing if it would be a good course.

Just an idea. Please let me know if you or anyone else that you know would be interested in running- I need to let the conservation trust people know if anyone from the striders will be there ASAP.

Also- the people organizing this celebration were wondering if the striders could add it to their events list in the newsletter.

One more thing- the race that I mentioned earlier- the one for the aide dogs of the southwest- has been cancelled. Sorry about that!

2001

RUNNING EVENTS

CALENDAR

NM USATF
31 SANDHILL ROAD
LOS LUNAS, NM 87031
505/865-8612
FAX 505/565-8387
www.usatf.org/assoc/nm
e-mail foneskn@aol.com

FEBRUARY

11 MRU Winter Runaround, 2.5&5mi., Gil's, 268-6300.

17 Sertoma/CHINS Freedom Run 5&10K,1/2 &1mi.,Alamogordo,www.active.com.
Mt. Taylor Winter Quad., 1-800-748-2142.

18 Jane Bryl President's Day 5&10K, 5K Walk, ¼ mi. Kids, Rio Rancho, 891-9640.
Indoor T&F, NAU, Flagstaff, Bob Flint, 480/949-1991.

24 Cahoon Park Run 10K, 3mi. Walk/Run, 2mi. Walk, Roswell, 624-6720.

MARCH

3 Shiprock Indoor T&F Meet, Bob Ferrier, 632-0937.

4 "M" Mountain Duathlon, Socorro, Cathy Pearce, 835-2507.

24 Pecos Valley Stampede ½ Mara., 10K, 2mi., Roswell, 627-5507.
Run Old Mesilla 5&10***K, 5K Walk, Las Cruces, 524-7824.
UNM T&F, Coach Matt Henry, 925-5735.

23-25 USATF Natl' Masters Indoor T&F Chmp., Boston, Mass.,www.tracs.net.

25 On the Run Productions Enchantment 15K, Charles Otero, 345-4274.
High Desert Duathlon, 891-9640.

31 MS Walk, El Paso, 1-800-FIGHT MS.
Spring Tonic 5K Run, Rosalie Olivas, 877-1226.

31-Apr 1 Phoenix Invite T&F, Bob Flint, 480/949-1991.

APRIL

7 MS Walk, Las Cruces, 1-800-FIGHT MS.

8 MVTC Triathlon, Las Cruces, 524-7824.
State Farm Stride for Pride 5000, Jeff Peters, 341-1400, 296-4220.

14 Women in Training 10 Week Program, ARR, Kennalee Nemudrov, 294-7545.

21 MS Walk, Santa Fe, 1-800-FIGHT MS.
MS Walk, Albuq., 1-800-FIGHT MS

22 On the Run Prod. Alb. Finest ½ Mara., Charles Otero, 345-4274.

28 MS Walk, Roswell, 1-800-FIGHT MS.
Isleta Tribal Road Run 5&10K, Norbert Sanchez, 869-2895.

29 USCAA Corp. Challenge Road Races, Al Alvarado, 821-2339.

MAY

4-5 A-AA-AAA H.S. Championships.

5 Race for the Zoo 5&10K, 2mi., Roswell, 627-5507.
MS Walk, Farmington, 1-800-FIGHT MS.
Cinco de Mayo 5mi., Charles Ortero, 345-4274.

6 Shiprock Marathon, Cindy, 368-3523 .
Pres. Run for the Zoo 5&10*&***K, 1mi, 5K Walk, Amber Fenner, 764-6280.
BRX All-Comers T&F, UNM, Arlena Dickerson, 292-0056.

11-12 AAAA-A A H.S. Championships.

12 Bandelier Mara., 50mi.&Relays, Bob Reedy, 672-9519 or 667-5446.
Osteoporosis 5K & 1K Walk, www.tgrande.com or 256-3625.

13 AOC All-Comers T&F, UNM, Leon Boyden, 293-3693.

19 Las Cruces T&F JO's, 541-2554.

20 AAT All-Comers T&F, UNM. Carl Brasher, 275-8991.

26 Ft Bayard 8mi., 2mi., 5K Walk, Joe Becker, 538-2740.
Rt 66 Run,Rally & Rock 5&10K, 1mi., Edgewood, Sheryl Pace, 281-9781.
Great Southwest HS Chmp., UNM.

26-27 Rocky Mt Qualifier All-Comers T&F*, UNM, Kathy Fones, 865-8612.

28 Sky City Seed Run 12K, Dale Louis, 552-6102.
Memorial Day Run on KAFB ½ Mara., 5K, Suzanne, 768-3444.

30-Jun 3 State Senior Olympics, Roswell, 623-5777.

JUNE

2 USCAA Corp Challenge T&F, La Cueva, Al Alvarado, 821-2339.
Milkman Tri., Dexter, 734-5415.

3 NM Games All-Comers T&F, UNM, Jason Lacey, 880-1414.
Taos Mara.,Relay,1/2Mara.***,5K Run/Walk, Bruce Gomez,776-1860.

9 Santa Fe Runaround 5&10K, www.daylight.com/~jj/striders.
TNT All-Comers T&F, Los Alamos, David Hampton, 662-7028.

10 Dino Dash 5&10K, 3K Walk, 1K Kids, www.tgrande.com, 256-3625.
On the Run Prod. Road Runner 5000, Charles Otero, 345-4274.

12 UNM Twilight Meet, All-Comers T&F, Scott Steffan, 925-5738.

17 ATC All-Comers T&F, UNM, Michael Montoya, 246-9474.
On the Run Prod. 10mi. Challenge, Charles Otero, 345-4274.
Mt Chai, Corazon's de Fuego 5K Run/Walk, Jeff Peters, 341-1400.

19 UNM Twilight Meet, All-Comers T&F, Scott Steffan, 925-5738.

21-24 USATF Nat'l T&F Chmps., Eugene, OR.

22-24 NM USATF State Junior Olympics, UNM, Kathy Fones, 865-8612.

24 ARR Women's Distance Festival 5K, 294-7545.
Butterfly Run 5&10K, 1mi., Pojoaque, www.tgrande.com, 256-3625.

26 UNM Twilight Meet, All-Comers T&F, Scott Steffan, 925-5738.

30 High Altitude Mini-Marathon 5&20K, Kris Kern, Los Alamos, 661-4453 or 6293.
Mason Bell Pentathlon [illegible] T&F, Pojoaque HS, Bob, bkoskijr@[illegible]o.com

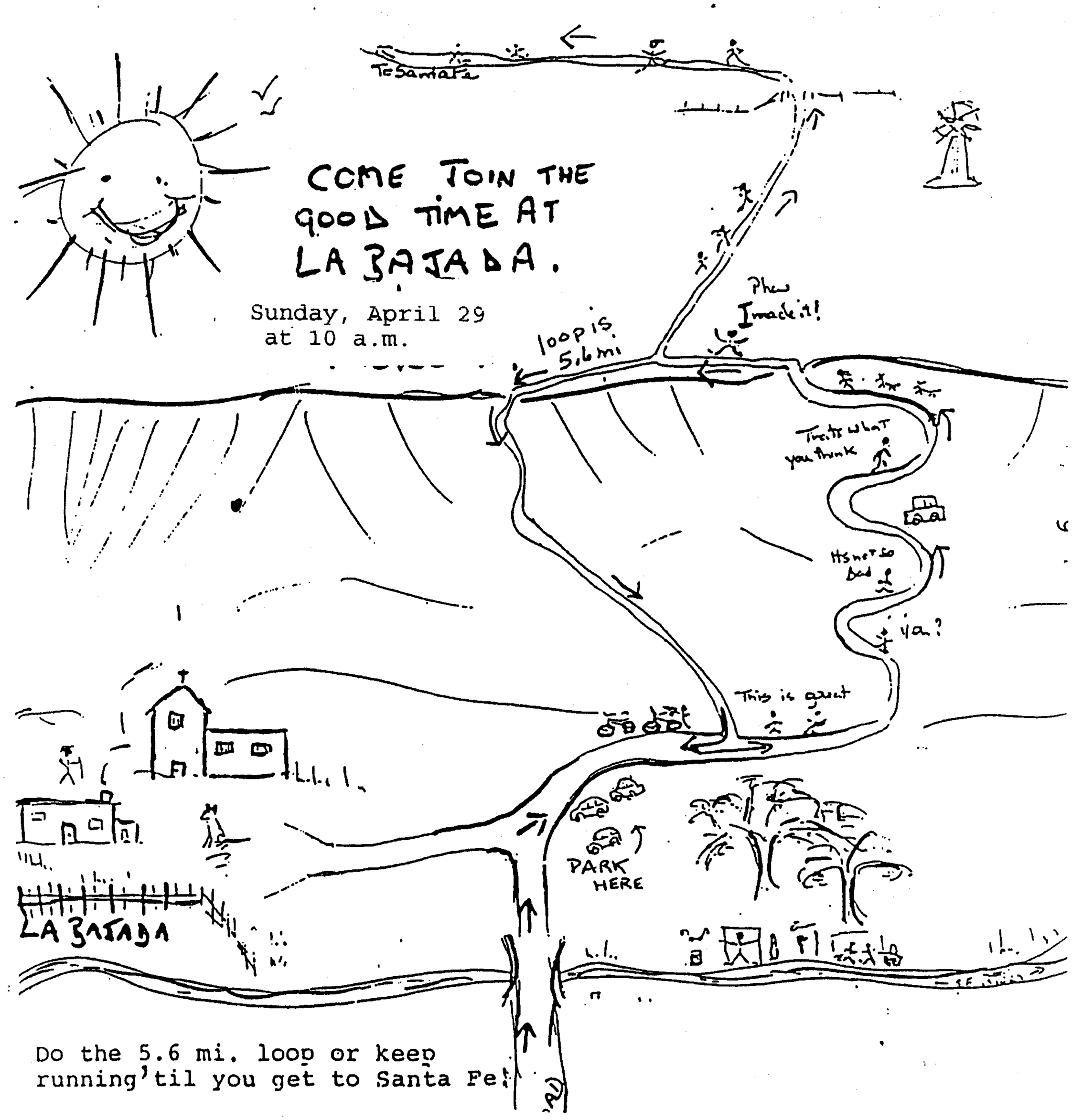
n (or so) annual La Bajada Run

Sunday, April 29
at 10 a.m.

ES, it's on again!

eet at LA BAJADA at 10:00 a.m.
ts easy to find -- just take
he Cochiti Exit, drive 3.6
iles and turn right towards La
ajada Village (and Tetilla
eak). Continue for 1 mile and
ake a dirt road for 1½ miles
nd cross over the Santa Fe
iver. Just beyond the river go
ight and park. Bring a pic-nic,
ots of water, warm clothes as
t can be windy on top of the
esa. Walkers, bikers, dogs are
ll welcome.

For more information, call
June Dickinson, 988-3428 or
Tom Day, 473-3159



Do the 5.6 mi. loop or keep
running'til you get to Santa Fe!

Volunteer Form

The 23rd Annual Santa Fe Run-Around

Presented by the Santa Fe Striders and the City of Santa Fe Parks and Recreation Dept.

10K Run/5K Run/5K Fun Walk/1K Kids Run
Saturday, June 2, 2001 at 8:00 A.M.
Santa Fe's Historic Plaza

Volunteers Needed!

If you would like to volunteer to help officiate the race, please complete this form, send it in, and be a registered volunteer. All volunteers will receive a free shirt (commemorative and original design tank top), refreshments, and be entered in a special prize drawing.

Mail this form to:
Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87504

Questions?
Contact Richard at 820-1459(evenings)

2001 Santa Fe Run-Around Volunteer Form

Stopping on a Think

Stop and think? Why stop and think, when I can run and think? And what do I think about when I run and think. Many things, actually, but I am going to limit this exposition to running-related items. A number of new, exciting developments are going on around Santa Fe. Warm weather and long days may be the one that touches each of us most, but let me spread a few rumors:

A new running store is coming to Santa Fe. No longer will we need to drive down to Albuquerque to try on a pair or running shoes or racing flats.

Marathon de Santa Fe is under development. Several Striders are hard at work right now to develop this great idea into a first-class event.

Santa Fe High track is being resurfaced. We will need to find an alternate location to do timed intervals temporarily, but soon we will be rewarded with a fine new surface to run on.

The mission of the Santa Fe Striders is to promote running and fitness in our community and in New Mexico. We have a group of great volunteers that know a lot about running and racing. We put on several races and help out with and run in many others. All of this is great, but I feel the Striders can do more to enhance the enjoyment, motivation, and safety of runners and walkers in our community. Several people have told us that they want people to run with, but they have been unable to join any of the group runs we have organized. Part of this may be due to foul weather and darkness this winter, but I think we need to make more of an effort to listen to our members rather than simply continuing to do what we have always done and meeting when and where we have always met.

I am asking two things from you at the moment. The first is for you to fill out the survey that I have developed to help us better organize group runs and walks. I know most of you are very busy. I hope you will take the time to mark up the survey to aid us in aiding you to set your priority toward happy fitness. We need to hear from you. Mail the form to us or e-mail your answers to me.

For the other, I am looking volunteers to host weekend runs on your favorite course that could accommodate a variety of distances. My hope is that if we can come up with a variety of locations, distances, and times, that everyone will be able to come to at least some of the runs. Everyone (member or non-member) is welcome at these group runs and walks. The mission of the Striders is to promote fitness, not to recruit members. Call or e-mail me to reserve your date and time now.

Thanks in advance for your feedback.

Sincerely,
Eric Peters

Survey Form.

1. Favorite running surface? Asphalt, concrete, dirt road, dirt trail

2. Favorite area to run? Exciting areas with lots of cars, wilderness trails, city bike paths

3. Best weeknight(s) for group runs in the afternoon or evening? Monday Tuesday Wednesday Thursday Friday

During the winter, what time of day do you run on weekdays?

During the winter, what time of day do you run on weekends?

During the summer, what time of day do you run on weekdays?

During the summer, what time of day do you run on weekends?

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What distance would you normally like to run on a weekday?
Minimum _____ (miles) _____(minutes)
Maximum_____(miles) _____(minutes)

What distance would you normally like to run one day of the weekend (long run)?
Minimum _____ (miles) _____(minutes)
Maximum_____(miles) _____(minutes)

How fast should group runs be for them to be beneficial to you?
Minimum _____ (minutes/mile)
Maximum _____ (minutes/mile)

Are you interested in evening walks/hikes?

Are you interested in doing non-running activities with the Striders?
(Possible examples: Theatre in the Park, Visiting art openings, Movies, Parties)
Suggested activities_____

Comments or suggestions (attach additional paper if necessary)_____

Deadline: April 20, 2001.
Surveys returned after the deadline will be read and considered, but some decisions or actions may already be taken by that time.

Can we put your comments in the newsletter? Yes No

Name (optional!) _____
If provided, would you like your name associated with the comments if we publish yours in the newsletter? Yes No

The New Stealth Fighter Plane

Going Super Slow

Newsweek Magazine, February 5, 2001
Lifting weights at a snail's pace can work wonders. Is it the whole key to fitness?
by Geoffrey Cowley

NEWSWEEK WEB EXCLUSIVE

Feb. 5 issue - For 10 years Dr. Philip Alexander ran 60 miles a week-and on days when he didn't run he would put in time on his bike. Then, five years ago, he really got serious about physical fitness. The 56-year-old internist now spends just 20 minutes a week exercising, and he rarely soaks his shirt.

USING WEIGHT MACHINES, he works through a half dozen muscle groups, diligently exhausting each one. Then he gets on with his life. "When I was running," he recalls, "the next day I would feel I was run over by a truck." The new routine never leaves him feeling bonked, but that's not the best part. Alexander has shed some 20 unwanted pounds since switching regimens, and his waist has shrunk by four inches.

Could fitness be this simple? For three decades we've heard endlessly about the virtues of aerobic exercise. Medical authorities have touted running and jumping as the key to good health, and millions of Americans have taken to the treadmill (however sporadically) to reap the rewards. But the story is changing. Everyone from the American Heart Association to the Surgeon General's office has recently embraced strength training as a complement to aerobics. And as weight lifting has gone mainstream, so has the once-obscure practice known as "Super Slow" training. Enthusiasts claim that by pumping iron at a snail's pace-making each "rep" last 14 seconds instead of the usual seven-you can safely place extraordinary demands on your muscles, and elicit an extraordinary response. Slow lifting may not be the only exercise you need, as some proponents believe, but the benefits are often dramatic.

Almost anyone can handle this routine. The only requirements are Zenlike focus and a tolerance for deep muscular burn. For each exercise-leg press, bench press, shoulder press and so on-you set the machine to provide only moderate resistance. But as you draw out each rep, depriving yourself of momentum, the weight soon feels unbearable. Defying the impulse to stop, you keep going until you can't complete a rep. Then you sustain your futile effort for 10 more seconds while the weight sinks gradually toward its cradle. Intense? Uncomfortable? Totally. But once you embrace muscle failure as the goal of the workout, it can become almost pleasurable. "When you do this right," says Dr. M. Doug McGuff, an emergency-room physician who runs an exercise studio in Seneca, S.C., "a brief workout is all you can stand."

BURNING ALL THE TIME

The goal is not to burn calories while you're exercising but to make your body burn them all the time. Running a few miles may make you sweat, but it expends only 100 calories per mile (roughly two Oreo cookies), and it doesn't stimulate much bone or muscle development. Strength training doesn't burn many calories, either.

But when you push a muscle to failure, you set off a cascade of physiological changes. As the muscle recovers over several days, it will thicken-and the new muscle tissue will demand sustenance. By the time you add three pounds of muscle, your body requires an extra 9,000 calories a month just to break even. Hold your diet steady and, presto, you're vaporizing body fat.

When Rona Ostrow took up slow-motion training 14 months ago, she had battled breast cancer for nearly five years. The treatments had damaged her thyroid and sent her abruptly into menopause, leaving her weak, overweight and discouraged about restoring her body. The 52-year-old librarian couldn't face the gym scene, so she signed on with Adam Zickerman, founder of an individual-training studio called InForm Fitness, for a brief weekly dose of slow lifting. She has since lost four inches from her chest, waist and hips and regained some faith in her body. On a recent icy morning, she slipped and fell on the sidewalk. *"I just jumped back up like a hockey player,"* she marvels.

Ostrow might have benefited from any strength-training program. But proponents insist the slow technique is safer and more effective than traditional methods. And preliminary studies suggest they have a case. In 1993 and again in 1999, Wayne Westcott, fitness research director at the South Shore YMCA in Quincy, Mass., assigned untrained, middle-aged volunteers to one of two regimens. Both groups performed the same round of exercises. But while one group did 10-rep sets, spending seven seconds on each repetition of the exercise, the other group did five-rep sets, extending each rep for 14 seconds. Both groups put in the same amount of time, but over periods of eight to 10 weeks, the slow lifters gained 50 percent more strength than the controls.

JOINT-KILLING LUNACY?

Slow lifting isn't just for the infirm or the soft-of-stomach. A number of professional sports teams have adopted the drill, and body-builders are discovering that they too can gain by slowing down. The question is whether this is all the exercise a person needs to stay healthy. Ken Hutchins, the Florida-based trainer who founded the Super Slow movement (and patented the name), claims adamantly that

it is. In screeds with titles like *"Why NOT Aerobics?"* and *"Aerobics is Dead,"* he dismisses anything beyond purely recreational running, jumping or dancing as joint-killing lunacy. *"By performing [aerobic] activities on your off days,"* he says, *"you compromise the progress you could be making."* Few experts go that far. Any form of exercise is harmful in excess, they say, but aerobic activity has known cardiovascular benefits. It may turn out that 20 minutes of slow torture is the ultimate prescription for fitness. But until all the evidence is in, moderation is surely the best policy. Push those weights until your limbs quiver. Then strap on your helmet and ride home on your bike.

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A Peom

by Mike Sutin

In new mown snow
she trails
imprinted four ply tire treads
to save on ankle strain
and other forms of appendage pain
while racing fluffy rabbit tails,
white among the seasons' fields of greens and reds;
but even truck tracks afford but little gain
when through the snow toward town she threads
with legs of lead
like snails
to satisfy her mania for jalapeño bagel breads.

"It's the latest innovation in office safety. When your computer crashes, an air bag is activated so you won't bang your head in frustration."

Yoke of the Month
Life's a Test - and You're Graded on a Curve

At age 4, success is... not peeing in your pants.
At age 12, success is... having friends.
At age 16, success is... having a driver's license.
At age 20, success is... having sex.
At age 35, success is... having money.
At age 50, success is... having money.
At age 60, success is... having sex.
At age 70, success is... having a driver's license.
At age 75, success is... having friends.
At age 80, success is... not peeing in your pants.

Early Male Pattern Development

Cyber Information

Looking for running information on-line? See our website at http://www.daylight.com/~jj/striders or http://www.racegate.com for all kinds of goodies.

Weekly Workouts

Striders, guests, and other random runners meet at **6pm** on **Wednesdays** at Lincoln and Palace, across from the **Plaza clock**, for a 5-mile or so run. Everyone is welcome.

Express Yourself!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to the Mile Markers editorial offices, c/o Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email mick@daylight.com.

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Santa Fe Striders Club Membership Application and Waiver

Name: _____

Address: _____

City: _____

State:_____Zip: _____

Telephone: _____

Email: _____

☐ Renewal
☐ New member
☐ Jersey

Enclose $15.00 for annual membership fees. Add $10 for the Santa Fe Striders new race jersey (Women and Men sizes S, M, L and XL). 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

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