

<http://www.santafestriders.org>



Mile Markers



We Give You the Run-Around

Dec. 2005 Volume 27, No 12

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

Featured Event(s): Annual Holiday Banquet

Dec. 13: Strider's Holiday Banquet

and coming in January....,

Corrida de los Locos

Jan. 21, 2006: The Corrida de los Locos will be held at the Marty Sanchez Golf Course. This will be a 5 mile race on a gravel/dirt trail. This year the race is part of the N.M. Track & Field Grand Prix. Entry forms will be available in December and will be in the January newsletter. For information, contact Dale Goering, 954-4384, passatrunr@juno.com.

MEMBERSHIP RENEWAL

It's that time of year, so please take a few moments and send in your membership renewal. The form is at the end of this newsletter, and membership dues for 2006 will remain \$15. Your continued membership provides important support for your local running club, and contributes to the community through all of the events sponsored by the Striders during the year.

December Events

Dec 3: Reindeer Run 10K, 2mi. walk/run (Roswell); contact Bob Edwards, 627-5507; <http://www.dfn.com/runners/Reindeer.html>

Dec. 11: Farolito 5K run/walk/kids K (Albq.); contact 856-9377; see www.the-athletes-edge.com

Dec 13: Striders Annual Holiday Banquet

January Events

Jan 7: Snowshoe Classic; contact Kris Kern, 983-8944, kernkt@cybermesa.com; also see www.santafestriders.org

Jan 21: Corrida de los Locos; contact Dale Goering, 954-4384, passatrunr@juno.com; also see www.santafestriders.org

Jan 28: Sandia Shoe; details to come

Monthly Meeting Dec. 13; Holiday Banquet

The Striders organize about one running or running-related event per month over the course of the year. Proceeds contribute to worthwhile causes (see information below about donations made possible from the Fowl Day Run), and the events themselves are fun outings. However, all of this involves some work, so please take a moment to consider helping. To learn more about the Striders and upcoming events come to the December meeting, which will also be the annual Holiday Banquet. This is a no-host event, so be prepared to purchase your own drinks and dinner. The meeting will be on Tuesday, December 13th at 7:00 PM at the Santa Fe Bar and Grill, located in DeVargas Center.

Strider News

• **Fowl Day Success!**

45 runners and walkers enjoyed a beautiful sunny fall day for the 25th Fowl Day 5K run and 2 mile walk in and out of the arroyos near Ft. Marcy. We raised \$442 and 18 boxes of food for the Salvation Army Holiday Food Drive! Congratulations to John Wheeler and Shiela VanCuyk, the first male and female finishers. They received home-baked pumpkin pies for their efforts. Also deserving special mention is Beth Davenport, who picked up over \$32 in coins during her runs this past year, all donated to the Salvation Army along with her food donation.

Thanks to our volunteers who helped set-up and run the event and to those who baked pies for the raffle. Also many thanks to Rob Day of San Francisco Street Bar and Grill and John Lumley of the Running Hub who provided raffle items. And thanks to all of you who turned out and made the event a success!

• **Strider Shirts**

We have a limited number of special edition Strider coolmax tank tops. They are bright yellow with the Strider logo on the front – certain to get attention at the starting line. \$20 for Strider members. Contact Kris Kern.

• **Thursday Evening Runs**

6 PM from the Running Hub. Join us!

• **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.

• **Track**

Tuesday evening track workouts are coming to an end for the year. A big thanks to Kathy Mastoras for organizing the workouts and keeping everyone up to date via email. Track will pick up again in the spring, and workouts will be announced on the email list (see below) each week.

• **Quad Training!**

The Strider annual Quad training sessions are held each year starting in December (THINK SNOW!!!). Meeting will be at the Aspen Vista parking lot. The general workout will be: Run to the ski basin and back, cross country ski up Aspen Vista, snow shoe a loop near the parking lot, cross country ski again, and run again. Do as much or as little as you like. Experienced Quadrathletes will be on hand to give advice. Check the Striders web page (www.santafestriders.org) for details on dates and times.

• **The Holidays are coming!**

The December meeting will be our annual no-host Holiday Banquet, December 13th at 7PM at the Santa Fe Bar and Grill in DeVargas Center.

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, or email kernkt@cybermesa.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.santafestriders.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 in Mile Markers.

Officers

Kris Kern, President

Kris Peterson, Vice President

Tove Shere, Treasurer

Andy Shreve, Newsletter Editor

Suzanne Garney, Webmaster

Strider Contributions

Poetry Corner

Meditations on Forty-Fifth on Fowl Day

A little light foothills running above Santa Fe
destroyed my legs and lungs last Saturday.

Not before have I walked while going up
nor, while coming down, have lost my way.

Ou sont the crossing guards on final stretch
to point toward finish line this woeful wretch?

The winter wheat white flour of strider white-folks
point like arrows to the Army truck
filled with Special K, spinach and egg yolks,
while in arroyo sand my once fleet feet are stuck.

With cold wind and all, was it too much?
And was it worth the trauma of the outing's touch?

Here is no stick popsicle
inscribed with words "dead last."
This slender wooden tongue depressor
becomes the old man's sporting stressor,
a remembrance of good things past.

Once I was a warrior.

- Mike Sutin

IF YOU CAN'T RUN, WALK

To All You “Old” Striders Out there... You’ll say “walk instead of run, never”, but

when arthritic joints and injuries slow you down and running becomes less and less enjoyable, maybe not so much while you are doing it but definitely afterwards, try making a complete switch to hiking and walking. It's hard to do but not impossible.

The temptation to run in a race when you see everyone else lining up and you just KNOW you could do it and probably still win your age group makes the adrenaline rush, so you jump in at the starting line and take off. I did just that recently at a high school cross country meet in Taos where they had a citizen's race. I seldom run anymore but I couldn't resist when I saw so many of the coaches and other people I knew at the start. As I plodded along the kids from my school and others cheered me on and when I was about half way through the race a young girl called out “you are nearly there”! All this encouragement urged me on and I finished the race without stopping and in a fairly respectable time, so I was on a high but it did not last too long! By the time we left the meet to board the bus, rigor mortis had set in! It has taken me at least 3 weeks to recover from this and it wasn't much fun, back and neck were given a pounding.

This summer I trekked for 3 weeks in Ladakh, in the Indian Himalayas, covering over 200 miles. Three solid weeks of hiking every day for 7 to 9 hours a day with only one day of rest and carrying a pretty heavy day pack filled with 3 liters of water, warm clothes, cameras (too much of that gear) sandals for crossing rivers, sunscreen, first aid stuff, note book, snacks, hiking poles and probably other things as well. By the end of the day was I ever tired but by the next morning was all set to go again with never an ache or pain and that was after sleeping on a Thermarest too.

We crossed three major mountain ranges, Ladakh, Zanskar and the Himalaya Barrier, climbing over 8 high passes the highest being 17,500 feet, and dropping down 2 to 3 thousand feet into the valleys. The going was rough, narrow trails sometimes of boulders and plenty of scree, kept you forever watchful that you did not slip and fall and slide down in to the roaring rivers hundreds of feet below.

Preparing for this adventure I hiked the local mountains two to three times a week and briskly walked my small dog every morning for at least an hour in my local arroyo when we weren't on the trails. I love to walk and hike. While it was hard to quit running and racing I now get just as much pleasure, and that good feeling, from all the walking and hiking I do. There's an added pleasure to walking, seeing the beauty of nature on the trails that would pass you by when running, and hearing birds and other critters and the rushing water as the trail takes you alongside a stream.

Sitting on a rock munching on a snack and watching that small dog enjoying herself as much as I am while she chases the critters and swims in the streams, is something I would miss if I were still running.

So don't despair when running doesn't feel so good anymore, there is just as much pleasure in walking. Barely a day goes by when I can't take a walk or a hike, and guess who lets me know about it? Yes, you are right, that small dog of mine!

Racing was always a challenge for me. I seem to need them in my life, but the Ladakh trek was probably the hardest physical challenge that I have undertaken, even harder than climbing Mount Kilimanjaro two years ago. This three week adventure required endurance and strength and was not for the faint hearted. I owe this accomplishment to daily walks or hikes instead of running and training for races. While preparing for the trek there were no injuries, no aches or pains or other problems that come from daily running. So give it a try, you might even get hooked on a daily walk or hike.

- June Dickinson

Santa Fe Striders Club Membership Application and Waiver



Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

- Renewal
- New member
- Email newsletter

Annual dues for the Santa Fe Striders club are \$15. A \$1.25 is for a subscription to the RRCA's quarterly magazine, *footnotes* for one year. Annual fees are due in January and membership runs through December. If you are paying in July or later, the dues 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 or 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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