



Mile Markers



We Give You the Run-Around

March 2007 Volume 29, No 3

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

Featured Event:

Panther Run

April 28, 2006: March is a slow month for events, but that leaves more time to get ready for April's featured event, the Wood Gormley Panther Run. The run benefits the arts and PE programs at Wood Gormley, and will start at 8 AM from the Wood Gormley School, 141 E. Booth St. Santa Fe. Entry form is in this issue.

MEMBERSHIP RENEWAL

If you haven't done so already, please take a few moments and send in your membership renewal for 2007. Membership dues for 2007 will remain \$15. See the new (improved!) membership form at the end of the newsletter. We really need folks who participate in Striders events such as group runs to become members (and to sign the liability waiver in the form!).

March Events

March 18: Shamrock Shuffle (5K, 10 mile, kids 1K); starts at 8 AM (10 mile) and 8:30 AM (5K); event has been moved from past year's locations to start at Santa Ana Star Casino, 54 Jemez Dam Road, Bernalillo; see link at www.the-athletes-edge.com or register at www.active.com (event "Shamrock Shuffle 2007").

April Events

April 1: Forever Young (Charlie Young memorial run), a 10K and 2 mile event, will be held in Placitas, NM at 8 AM from the Homestead Village Shopping Mall, Exit 242 on I-25, 2.1 miles east on Highway 165. Details and entry information can be found from link on the Albuquerque Road Runners home

page (www.roadrun.org), or at www.active.com (event "Forever Young").

April 22: Fiesta de Albuquerque half marathon (half marathon, 10K, 5K, 5K walk, 2 mi run/walk, kids K); events start from Balloon Fiesta Park at 7 AM; for info and registration, see www.active.com (event "Fiesta del Albuquerque Half Marathon").

April 28: Wood Gormley Panther Run. 5 K run starts at 8 AM, 2 mile walk at 8:10 AM, and kids K at 9:30 AM. Events start from Wood Gormley Elementary School, 141 E. Booth Street, Santa Fe. See www.active.com (event "Wood Gormley Panther Run") for info and registration, or see entry form in this issue.

Monthly Meeting March 13th, 2007 7:30 PM

The February meeting will be on Tuesday, March 13th at 7:30 PM at the house of Dale Goering, **506 Camino Tierra Alta. Directions.... Call ... if you need further directions.**

Strider News

• **Thursday Evening Runs**

6 PM from the Running Hub. Join us! Contact the Running Hub at 820-2523 or www.runsantafe.com.

• **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.

• **Old Race Shirts**

We will sell race shirts for past races. Most recent are the shirts from the Corrida de los Locos – really nice black Coolmax long-sleeve shirts. All shirts from old races are \$5. Contact club president Jim Owens for details (231-6166 or at Owens_Jim@msn.com).

• **Newsletter input**

We are always interested in receiving running related submissions for the newsletter. Please contact Newsletter editor Andy Shreve (apshre@cybermesa.com; 982-7709) or club president Jim Owens (Owens_Jim@msn.com; 231-6166) with input.

Striders in the News

(Contact Andy or Jim with contributions)

Sheila Van Cuyk: Congratulations to Sheila and Tom Anderson in announcing their engagement! Wedding will be in August. They still need help on where to have the wedding so let Sheila know if you have any good ideas..... Now to get Tom to run the half marathon he promised to do.

Eric Peters: Haven't seen Eric lately? We think Eric is on vacation in Zimbabwe and Ireland but we lost him in the hills on the Feb. 24th run and haven't seen him since. We do expect a full report with lots of pictures when he gets back.

Jemez Mountain Runs

The Jemez MT runs (50 mi, 50k, half marathon) are May 19. These runs are all on trails near Los Alamos. We've made some changes to the 50 mi course, and minor changes to the 50k. The half marathon course is the same as last year. Entry and info available at www.highaltitudeathletics.org.

... and... **New Calendars**. In conjunction with the JMR, we have produced the Jemez Mountain Runs 2007 Calendar. The calendar features stunning photography of trails around Northern New Mexico by Blake Wood and Petra McDowell. A preview can be found at www.highaltitudeathletics.org in the JMR section. The calendar comes with entry to JMR and can also be purchased for \$10 each. Make your checks payable to HAAC and send them to A. Goldman, RD; 4723 Sandia; Los Alamos, NM 87544.

Run the Caldera - June 23

This year Run the Caldera will be focused on the marathon event. Shorter races may be held on a different date and will be announced at another time. Early bird registration for the marathon is \$40 by Feb 28. Entry from March 1 to May 31 is \$50, and entry is \$60 from June 1 to June 21. No race day entry. Registration is through the Valles Caldera reservation system: www.vallescaldera.gov/ or call toll free 1-866-382-5537.

Congratulations to the Participants of the 2007 Mt Taylor Winter Quadrathlon!!!

Several of our club members and associates competed in this year's Quad. For those of you who are not aware of this event, it is a **42 mile race**, with a **~4800 feet vertical climb** up to the top of Mt Taylor (**11,301 ft**) near Grants, NM and then back down. It consists of a bike ride, a run, cross country skiing, a snowshoe race to the top and then the reverse coming back down. Here is a list of the "local locos" that had nothing better to do on February 17th. (Just kidding. I am secretly envious.) **Great Job Done by All!!!**

Mark Esposito	4:54:25	4 th in age group
Mariann Johnston	6:05:51	2 nd in age group
Kris Kern	5:48:23	14 th in age group
Diane Kramer - Team	5:35:11	3 rd in Mixed Team Age Group (the Santa Fe Scrubs)
Sheila Van Cuyk	5:16:47	1 st in age group
Jeremy Yang	5:34:26	9 th in age group

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. 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.santafestridders.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.

Officers

Jim Owens, President

(Owens_Jim@msn.com; 231-6616)

Jim Westmoreland, Vice Pres.

Diana Hardy, Treasurer

Andy Shreve, Newsletter Editor

(apshre@cybermesa.com; 982-7709)

Suzanne Garney, Webmaster

Strider Contributions

Striders,

Some years ago the editor of Mile Markers issued a call to members of the club to submit articles describing their worst running experience. The responses filled at least a year's worth of the newsletter. I ask why not issue a challenge to readers to describe a running experience that they're proud of. To be sure, there is a commendable reticence among most runners to boast of their achievements; but consider the matter this way: You've spent thousands of hours in training, expended who knows how much energy, and devoted an extraordinary amount of time in order to perform well on a particular day. Let's acknowledge that much. Surely you're proud of some performance, and it doesn't matter whether you've overcome a weight problem to finish a 5K or passed some benchmark in a 10K or marathon--your silent satisfaction if published could be of interest and an inspiration to others. Let's hear from you. Herewith, without apologies, the story of a race that I'm proud of.

John Carroll Pollak

The Las Vegas, NV Marathon, 1990

Back then, when I was younger, I never imagined that I'd run a marathon; but then I did, and it was good. Then I ran another and then two more and came tantalizingly close to that sub three hour mark. I had to try it. But where? Las Vegas seemed perfect for its lower elevation, proximity, and size (not too many runners nor too few).

Two months before the race I was fit but had been training only perfunctorily owing to lingering doubts about actually following through with the plan. Enter Stan, another Strider, who having heard of my intentions approached me with a proposition. He too wanted to run the race; furthermore, he knew Las Vegas, knew of an inexpensive hotel downtown, so, if I was willing, we'd drive together and share expenses. He continued: We'd drive there on Thursday and reconnoiter the course that afternoon; gently run the last mile or so on Friday; race Saturday; and then return on Sunday. Of course, we would also take-in some of the sights and restaurants. Deal? Deal! Now my training was focused and deliberate.

Whereas I ran my previous marathons on auto-pilot with casual time checks at 5, 10, 15, etc. miles in order to stay within a loosely organized plan, this time I intended to stay acutely alert and monitor my pace at every mile. My middle and long distance workouts revealed that I could maintain between a 6:40 to 6:50 pace per mile for 18 to 20 miles without much difficulty and thus allow me a shot at a sub 3 hour marathon. Rest and race day adrenaline would have to do the rest.

Race morning was cold, still, and clear, and the first 18 miles were effortless; I scarcely felt my body other than for a sense of smooth movement and lightness of step as if gravity had been partially suspended. At every mile I would check my time, calculate the time I should reach the next mile, and sweep forward. I spoke to no one; my whole world was reduced to calculations and smooth movement. However, at mile 19 I was on schedule but had to put more effort into being there; and so it was for the next three miles. I didn't hit a wall but rather pushed through a stretch of invisible mush.

Then something curious happened; somewhere between miles 22 and 23 I was surprised by lightness and joy. I was free and moving almost effortlessly again. And I was surprised to see that with each step I was gaining on runners ahead of me. That's when the detached calculating machine morphed into a thoroughly embodied monomaniacal animal who closed upon, passed, and drew strength from every runner he passed. This madman cast aside all former caution and plans, and this madman was me. From this moment to the finish I would not once look at my watch. Why should I? I was on highly private maniac time. The finish line and its overhead clock loomed--2:52.15,16,17, and I passed underneath. Looking back I can only say that what success I enjoyed was owing to months of grunt work, and then on race day something else took over and gave me a hell of a ride.

I couldn't find Stan after the race because I latter learned that he was getting a massage (good move), so I huddled in a blanket to keep warm (big mistake); and for the remainder of that day and the trip home he walked gracefully like a normal man while I crept about like Quasimodo--but it hurt so good.

Part 2 from George Sheehan's *Running and Being: The Total Experience*

It is Super Bowl Eve, and I am asking Dr. Sheehan's *Running and Being* some questions about running and being.

Q: What is the secret to training?

A: Paul Weiss in his *Sport, a Philosophic Inquiry* writes: "We still do not know much about what an athlete ought to eat before he engages in a grueling contest." The day before a marathon I often eat nothing but bagels and bananas and drink plenty of Gatorade and get plenty of rest. Sheehan advises not to "go to bed mad."

Q: Should I fear losing? Should I fear losing a race?

A: "In those final yards, I am near the state described by the dying patients of Dr. Elizabeth Kubler-Ross of floating out of the body and having a feeling of peace and wholeness." Just this morning I logged all my marathon races and how I felt during their run. In 1995 Big Sur allowed me to experience somewhat of a sense of loss, yet crossing the bridge into Carmel allowed me to realize the "accomplishment of my task."

Q: Am I continuing to grow as a runner?

A: Melville, the author of *Moby Dick*, called the book of Ecclesiastes "The fine hammered steel of woe." I read further in Sheehan's book to read that "depressions occur not when things are going badly, but when they are going well." I feel thinkgs are going pretty well with me right now with my running, so I'll leave it at that. I read no further.

Q: What is running?

A: "Running is an art with everything else we do."

Q: Then is the runner an artist?

A: Picasso, when asked said, "What is not?" I believe running to be an art. Recently I watched the Millrose Games from Boston and the fluidity of the distance runners allowed me to regard the form as nothing less than art, for their arms, legs, head, breathing were all in mastery form.

Q: How is it we see when running?

A: The Roman poet Horace explains, "If you would have me weep, first you must grieve yourself." How true. Just the other morning while running through the snow and fog my vision became blurred. What was there to see? It became clear to me then to simply maintain. The run itself would lead me back home.

Q: When is it we know we are excelling?

A: Willie Davis, the great defensive end of the Green Bay Packers, delivered the eulogy at his famous coach Vince Lombardi's funeral. He cited the third element of prayer. Excelling leads man to be "All the man there is." I've taken many steps backwards in my running career to know if I'm excelling or not. So while running I continue to pray that I keep moving forward.

Q: What advice is there for the beginning runner?

A: "If you think that life has passed you by, or, even worse, that you are living someone else's life, you can still prove the experts wrong." Psychologist B.F. Skinner said, "We shouldn't try to change people. We should change the world in which we live." In my recruitment of runners at Santa Fe High, I tell them that running will allow them to see the world from a different perspective. Some buy into it and some don't. But I like Sheehan's and Skinner's advice. Let's promote running!

Q: And being a Super Bowl weekend I asked *Running and Being* "Who will win the Super Bowl?"

A: "My progress getting slower and slower as I tested a variety of running forms that might permit movement without torture...Oh, God...Three hours and forty five minutes after it started in ecstasy, the agony ended." Come on, George. Your book leaves me hanging. I guess I'll have to watch to find out.

Note: If you want to ask a book a question here's the approach: 1. Select a book you believe in. 2. Place the book between your palms and get a real feel for it. Spin it if you must. 3. Ask a question. 4. Open the book and the first words your eyes see begin reading. 5. Read a few words, a couple of sentences, and the answer is revealed.

Richard Curry

Sunday Runs Last Month



Feb 11th: Vinnie trying to jump a creek; near St John's Feb 18th: "Can't believe we got this close to Eric and Vinnie!"



Feb 24th: Dale Ball near Cerro Gordo: Caroline, Diane, Mariann, Eric, Sheila, Vinnie We lost Eric at the top of the hill??



March 4th: Devil's Canyon to Rio Grande; Mike, Mariann, Scott, Caroline, Sheila, Joyce; Cheap Car #1- needs repairs

2nd Annual Wood Gormley Panther Run

Saturday, April 28, 2007

5k run starts at 8 am

2 mile walk starts At 8:10 AM

Kids' 1k run starts at 9:30 am

Courses begin and end at Wood Gormley Elementary School, 141 E. Booth St. Santa Fe, NM

Sponsored by the Wood Gormley PTC to benefit Art and PE programs.

Not sponsored by Santa Fe Public Schools

EARLY (postmarked by April 18)

5k run or 2 mile walk \$20.00

Kids' 1k run \$5.00

-BY MAIL

Payable to Wood Gormley PTC

141 East Booth St.

Santa Fe, NM 87505

After April 18

5k run or 2 mile walk \$25.00

Kids' 1k run \$10.00

On-site registration and packet pick-up at Wood Gormley the week of April 23-27 from 3-4pm & April 27 from 6-8 PM. **Race Day Registration from 6:30 - 7:30 ONLY.**

ONLINE at *Active.com*

Chip timed by Athlete's Edge

For more information contact:

Ted Freedman, 670-1124/466-3955, or

Jill Ballantyne, 466-3251.

Registration fee includes timing chip, t-shirt (t-shirts guaranteed to first 500 registered participants), door prizes (must be present to win), and age group/grade awards. There will be an aid station with water at the 5k turn around. Safety and support will be provided by the Santa Fe Police Department and Emergency Medical Services. Entrants will be charged \$25.00 for timing chips that are not returned.

5k run awards for men and women ages 9 & under, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Awards to overall male and female runners.

All 5k awards can be picked up after the race at the awards table. Kids' 1K awards will be presented to first three finishers (male and female) in each grade. Finisher ribbons to all kids!

Registration Form – Wood Gormley Panther Run

Please print clearly and mail to: Wood Gormley Elementary School, 141 E. Booth St. SF, NM 87505

Name _____ M/F _____ Age _____ Grade _____

Street, City, State, Zip _____ Phone _____

e-mail _____ Circle Event(s) 5k run **2 mile walk** kids' 1k

T-shirt (*adult sizes*) XS S M L XL Youth sizes 6-8 10-12

Waiver must be signed: *I know that running a road race is a potentially hazardous activity. I should not enter and run 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 in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, waive and release Santa Fe Public School employees, staff and PTC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.*

Signature of Participant

Signature of Parent or Guardian, if under 18



**Striders Membership Application and Waiver
(Print, complete, and mail with \$\$\$!)**

Join the Striders! Promoting running in the Santa Fe area since 1978
Annual membership costs only \$15 and includes:

- Discount on Strider race entry fees
- Monthly newsletter, the "Mile Markers"
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Help the community
- 10% Discount at the Running Hub

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.

This waiver needs to be signed each year !!!

Signature _____	Renewal ____ New Member ____
Parent's Signature _____ if <18 years old	Receive newsletter by: Paper ____ Email ____
Name _____	
Address _____	I would like to help by:
City/State/ZIP _____	Races: Before the race ____ At the race ____
Telephone _____	Picnics & Parties ____
Email _____	Articles for the Newsletter/Web Page ____
	Other _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.