



Mile Markers



We Give You the Run-Around

March/April 2008 Volume 30, Nos. 3/4

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

Featured Events:

Wood Gormley Panther Run

5K race, 2 mile walk, and kid's 1 mile run will take place on April 26th. The course begins at Wood Gormley, 141 Booth St., out Old Santa Fe Trail to the Folk Art Museum and back. Special awards given to top 3 finishers in male and female 5K races. Registration available with Active.com or entry form this issue. Contact Ted Freedman at tedlori@comcast.com.

March running notes of interest:

3rd: In 1990, Lynn Jennings set the American women's 10K record (31:06)

26th: In 2000, Sammy Kipketer set the men's 5K world record (13:00)

31st: In 1996, Marc Davis set an American men's 5K record (13:24)

March Events

16th : Shamrock Shuffle 10-miler; 5K; Chamisa Hills CC; 500 Country Club Dr. Rio Rancho, NM; 10-miler \$30./ 5K \$22. www.active.com. Reg. closes 3/13

30th: 19th Bataan Death March; White Sands Missile Range; \$50 by 3/23; Team reg. \$200. by 3/23; www.active.com.

April Events

19th: Unser 20K (\$40), 10K (\$20); 5K(\$20): Village of Los Ranchos; see www.active.com for details

21st: 112th Boston Marathon. www.baa.org

26th: Wood Gormley Panther Run, Santa Fe

27th: Atomic Man Duathlon; 8 a.m.; Pinon Elementary, White Rock, NM; Fat Man 10K/40K/5K; \$50. www.active.com; reg. closes 4/26

Monthly Meeting: March 11th, 7:30 PM

The March meeting will be at the home of Jim Westmoreland and Diana Hardy. Their address is 2363 Camino Carlos Rey The main agenda items will be the Panther Run, Santa Fe Run-Around, and marathon course planning for the inaugural Santa Fe marathon in

September.. We hope to see some new faces. Folks are encouraged to bring an optional dish to pass for a shared meal. Call 438-8602 for directions.

Striders News

• **Tuesday Evening Tempo Run**

6 P.M. from the Running Hub. This 5-mile tempo run loops through the South Capitol district.

• **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 for \$5. Contact club president Jim Owens for details (231-6166 or Owens_Jim@msn.com).

Striders in the News

(Contact Richard or Jim with contributions)

- Striders president Jim Owens will be one of the 20,000-plus runners at this year's 112th Boston Marathon.
- Steve Rogers finished the 2nd annual El Paso Marathon in 3:53:15 (5th in males 50-54)

April running notes of interest:

2nd: in 2006, Deena Kastor set the American women's half-marathon record (1:07:34)

7th: In 2002 Deena Kastor set the American women's 5K record (14:54)

9th: In 2006, Meseret Defar set the women's 5K world record (14:46)

14th: In 2002, Khalid Khannouchi set the American men's marathon record (2:05:38)

17th: In 1972, Boston Marathon officials allowed the first official female runners. Nina Kuscsik was the first women's winner in 3:10:26

21st: In 1980, Rosie Ruiz appeared to have won the Boston Marathon, until it was determined that she jumped in at the final half mile. By the way, in John Romero's book *Back Among the Legions*, he writes "You have to understand about the start of the Boston Marathon. It's not really a start. It's a survival lesson. You should train for it by taking a karate class."

23rd: In 2006, Deena Kastor set the American women's marathon record (2:19:36)

El Paso Marathon – March 2, 2008

The 2nd Annual El Paso Marathon was held this last weekend. Two local runners ran with 202 other marathoners and 834 half-marathoners. The event was a great success. The course began with a 300 foot rise over 4 miles, a concomitant decline over 2 miles, and a 20 mile meander through a variety of neighborhoods and river settings. There was a well-stocked and well-manned refreshment stand every mile, a multitude of officers and volunteers at every crossing and corner, and beer and burritos at the finish. The weather was perfect (45° at the start and 65° at the finish). I would highly recommend this race for any of you that like to train hard through Santa Fe's winter. By Steve Rogers

Striders Information: E-Mail list, Web Page and Newsletter

The Striders maintain a free email list to announce workouts, race information, and club events. Visit (www.santafestriders.org). If you have input or suggestions for the web page, contact our webmaster Todd Schroeder (toddschroeder@yahoo.com), or Richard Curry (ridlcu46@msn.com) 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 President

Todd Schroeder, Webmaster (toddschroeder@yahoo.com)

Willie Richardson, Treasurer; (willieinsantafe@gmail.com)

Vinnie Kelley, Secretary

Striders Contribution

Dazzled by My Own Chicanery: A Cautionary Tale

Owing to my incomplete mastery of myself, circumstances can govern the ebb and flow of my vanity, and it was flush as I anticipated the running the Canal Run 10 Miler along Portage Canal in the Keweenaw Peninsula of Upper Michigan from a state park on the shore of Lake Superior into the village of Hancock. I had grown up in the area, and some of my former classmates, friends, and acquaintances from more than twenty-five years before would likely be either runners or spectators, and I wanted to run well. No, not well; I wanted to run very well. My mission was made all the more piquant for not having been an athlete in high school.

About 300 of us, a very few familiar to me, the rest strangers, surged forward along the tree-shrouded mostly flat road with occasional gently rolling hills on a cool morning as the rising sun dissipated the mist and a delicate breeze from the lake caressed us. It was good to be alive and running, and I was running well. My pace through the first few miles remained fairly constant, hovering between 6:05 and 6:10 per mile. I was ahead of everyone I knew, so I just relaxed and ran without concern or purpose other than to finish well.

A growing harmony produced by footsteps in synchronization with my own forced me to notice that I had company about mile 5. A young man who appeared to be in his late 20s had attached himself to me, running to my left and just slightly behind. I tested his commitment to my pace by ever so slightly surging forward to pass the few stragglers ahead of us who had gone out just a bit too fast and also by slowing down ever so slightly on the increasingly frequent but still small hills. The Kid was with me step for step.

Matters remained unchanged as we approached the last mile when I thought of something annoying. Was I going to pace The Kid for half this race only for him to outkick me at the end? Youth usually trumps age when it comes to shorts bursts of speed, and no one I know of trembles at the threat of my kick. But what choice did I have? My only hope lay in using to my advantage my knowledge of the course. Within the last mile it would rise steadily for about a half mile at a fairly steep incline away from the canal to the main street of the village and then level off for the last quarter or third of a mile to the finish. I had to set The Kid up and then surprise him at the crest.

As we started up the hill, I very deliberately went into an exaggerated arm-swing, leg pumping motion to lull The Kid into a plodding step, which I hoped would induce a sort of torpor in him and out of which I planned to explode at the top. He followed my cue. Only vaguely was I aware that a stranger slowly pulled up on the other side of The Kid and then moved ahead of us; nor did I care. I was focused on my plan, and no stranger was going to mess it up. At the crest I transferred all of my climbing motion directly into a sprint and hoped that the shock of seeing me pull away would cause The Kid to surrender physically. I sprinted with abandon and without anxiety or self-doubt. If The Kid was going to beat me, he would have to do so on his own determination and ability. I wasn't giving anything away. I finished in 62 minutes, a few seconds ahead of The Kid and a few seconds behind The Stranger.

A familiar looking lady leaned over the side of the finish chute and gave The Stranger a kiss. Hey, I said to myself, Isn't that Diane? Yes! And didn't she marry Ray? Yes! Oh, no! That must be Ray, and he just beat me! Agghhh! And it was so. Ray had been in the class ahead of me at school. But more importantly he had also been the running back on the football team, point guard on the basketball team, a good track and field athlete, and winner of the annual award for best athlete, student, and citizen. He was currently serving as principal of our former high school and was about to be appointed superintendent of the school district. And he had just beaten me. So mesmerized I had become by The Kid that I didn't recognize or even care about The Stranger.

There is a lesson here somewhere, and it has something to do with not becoming so consumed with matters at hand that you miss greater opportunities.

--by John Carroll Pollak (from November 1997)



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
- Support/sponsor 5 local races during the year
- The club donates \$\$\$ to help the local 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 _____ Date _____ Renewal _____ New Member _____

Parent's Signature _____ Date _____ Receive newsletter by: Paper _____ Email _____
if <18 years old

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.

Visit us at www.santafestridders.org