



Mile Markers



We Give You the Run-Around

December 2009, Volume 31, No. 7

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

- Upcoming Events -

Dec. 12th: Santa Fe HS Cross Country team; Run for Shelter 5K Cross Country

Dec. 18th: Santa Fe Striders Christmas Party at Eldorado Club House; 6-11 p.m.

Jan. 9th: Santa Fe Snow Shoe Classic: 5K & 10K;

Feb. 13th: Corrida de los Locos

Running Notes of Interest for December, 2009:

In Christopher McDougall's book *Born to Run*, he writes of the great Czechoslovakian Emil Zatopek's willpower. For instance, Zatopek would run 20 miles in combat boots in the dead of a winter night with nothing but a flashlight; if the snow were too deep, he would jog on top of dirty laundry in a bathtub; come springtime, he would run ninety four hundreds with a 200 recovery; when it was all done, Zatopek ran 33 miles of speed work; during the late 1940's, he went 69-0 and averaged 165 miles a week in training; on certain training runs, he carried his wife on his back through the Czechoslovakian forest; in 1952 Helsinki, he won the 5,000 and 10,000 meters in world record time; a couple of days later won the marathon in Olympic record time.

In 1968, the Soviet Red Army invaded Prague. Zatopek had two choices: serve as a Soviet sports ambassador or clean toilets for the rest of his life. He chose the latter and disappeared from the world forever. One sportswriter wrote that Zatopek ran as if he had "been stabbed through the heart."

December Events

12/1: World AIDS Day
12/5: NM Jingle Bell: aroadrun.org
12/12: Run for Shelter; SFHS XC;
runforshelter@hahoo.com

January Events

1/01: Egg Nog Jog (www.aroadrun.org)
1/09: SF Snow Shoe Classic; Norski Trails
1/17: Full Circle Roundup 10K, 5K
1/17: Chama Chile Ski Classic: 575-756-2746



- Find event websites at <http://www.santafestriders.org/events/calendar.aspx> , or, <http://www.socorro.com/ssr/Schedule2009.html> -

The 1st Annual Run for Shelter 5K Cross Country Run will be held Saturday 12/5 at the Municipal Recreation Center off State Rd. 599 on Caja del Rio Road. Race time is 10 a.m. The course is a fun, yet challenging 5K loop at the MRC. Age group awards 13 & under/14-29/20-29/30-39/40-49/50-59/60-69/+70

This race is in conjunction with the Santa Fe HS Cross Country team to help Support the Youth Shelter in Santa Fe. ALL proceeds will be donated to the Youth Shelter.

Entry fee for the race is \$10.00 and includes a T-shirt for the first 100 entrants. Make checks payable to Youth Shelters and mail to Youth Shelter Run; 2363 Santa Barbara Dr.; Santa Fe, NM 87505 Please DO NOT send cash.

We will also be accepting donations of clothing and other wish list items on race day. Please visit www.youthshelters.org or call Heather at 505-983-0586 (x112) for a complete list of "Wish List" items or more info.

A course map and elevation profile can be viewed at www.usatf.org/routes/view.asp?rID=8110 .

Please email runforshelter09@yahoo.com. For entry form and further questions.

Old Race Shirts

The Club has surplus race shirts from past races available for \$5 (or make us an offer). This includes poly-pro long-sleeves from this year's Corrida that are a steal at that price. Contact Jim Owens if you need a replacement workout shirt or a new addition to your retro-wardrobe. 505-231-6166, or inquire at any of our events.

CLUB NEWS & ANNOUNCEMENTS

- A quick note : To my knowledge several Striders and local runners will run the Tucson Marathon on 12/13: Richard Curry; Rachel Gantt, Pam Geernaert; Max Mujynya; James Nunez; Steve Rogers; Meredith Schoenfeld; and Therese Trujillo. Best of luck to these runners as they run to qualify for the 2010 Boston Marathon! Look for their results in the 01/10 Mile Markers.
- The Thursday evening run has started up a 3.5 mile group for those just starting up an exercise program or otherwise not so keen on the 50-min. loop. This group breaks off from the 5.8 mile group at the Plaza and heads back to **The Running Hub** via Galisteo. These runs begin at 6 p.m. on Thursday from **The Running Hub**, Cordova Rd. next to **Evolve Fitness**.

Club Calendar

Club Meetings

Striders Bi-monthly Meetings – generally



CLUB NEWS & ANNOUNCEMENTS, continue

Professional : Longtime Striders member, painter, illustrator, and faux finisher Shirley VanSlooten will have an art opening at Bee’s Knees Studio, The Stables at 821 Canyon Rd., Friday, Dec. 11th from 5-7 p.m. Please join Shirley and fellow artists Julia Cairns and Joyce Lynn as they showcase their art work. Refreshments will be served.

UPCOMING EVENTS

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All I Really Want To Do Is Run

Some interesting time and nature scenarios took place this past summer; they happened on a track or a trail and occurred spontaneously whenever I hit my watch’s stop button or nature ran its course, so to speak.

For example, on June 15th, my watch stopped at 53:00:70. Not only did the numbers add up to the day of the month, but 3/05 is the day my father passed away. Whenever I visit PA, my home state, I play those two numbers in the lottery; I hope someday of striking it big. The next day following my run it read 8:21:74. I grew up with an 821 address; I graduated in ’74. After this run, I felt like going home.

I don’t know about you, but often a song pops into my head whenever I run. This Saturday morning on a trail north of town the late Dan Fogelberg’s *As the Raven Flies* came to my mind. To my astonishment ahead of me on the trail flew a raven. I stopped in my tracks, then tried to follow it down the trail. However, its flapping wings were much quicker than my striking footsteps. It flew east and was gone; I kept running south toward my car. I couldn’t wait to get home. Once there I cued up that song and listened a little more closely to the lyrics.

One morning on the dirt track at Alameda, which is one of my favorite places to run, two black gnats flew into my mouth. Ten years ago I lived in central NJ and often ran the Raritan Canal, where swarms of gnats flew into my mouth. I gave thanks for living once again at 7,000 ft. instead of at sea level. The gnats reminded me to run with my mouth closed. Consequently, I pray that old, dirt tracks and trails never disappear.

On June 17th, along a trail north of Buckman Rd., a locust flew directly into my chest. I stopped in my tracks; it squirmed belly up in the dirt. Slowly I moved forward, and when I looked back the locust was gone. I appreciated that for a few seconds our worlds collided.

Another favorite running venue of mine is the Santa Fe National Cemetary. It was there one morning I met Josef, a member of the AmeriKenyan club. I felt a pleasant surprise to see him, for he recently spoke the previous Tuesday night to a group of us at the SFHS track. He found interest in my Heart for Honduras singlet and asked if runners were permitted to run the cemetery. I nodded yes and circled my hands to describe my route. Then I pointed to the hills beyond the Santa Fe Spa. He smiled as if to say he might be there someday. That coming Sunday he planned to run Grandma’s Marathon.

“What kind of time will you run?” I asked.





submissions, letters to the editor, and any other running related material you'd like to see in the newsletter can be directed to [Kevin](#) or [Richard](#) for publication in next month's **Mile Marker**.

"I hope to run a 2:13," he said.

I registered his time. He would beat me by an hour and forty-five minutes. We shook hands and I continued my run. In my eyes my run was complete, for I experienced a personal interaction with a Kenyan runner.

About a week after my meeting with Josef, I stopped my watch once again; it read 16:00:87. Sixteen is the day of a month I was born; hardly ever did I read a double zero, and it was to be eighty-seven degrees this day in summer.

At a Thursday morning track workout, again at Alameda, I stopped my watch to read 48:41:81. I tried to figure out what those numbers meant, but nothing came to me, just that they were all the same three. I figured I was thinking too much these days about numbers, so I headed home and thought I might leave my watch there for a while.

But on June 29th on the Unity Trail my watch read 57:03:00. A three, five, seven, and zero read me again. I found it amazing to read a double zero once more this summer. Being on the Unity Trail I had to trust in the Divine Order of Time.

A few days later it was July 2nd. I was doing 10 x 200's at Alameda. Out of curiosity between my eighth and ninth repeat I wanted to know the time of day, which was 8:21:47 MST. For a brief second I thought I might be going back in time.

I profess these time and nature scenarios might have little significance other than something to write about. But I need to believe that Time and Nature are true to us all.

--Richard Curry

FOR INSPIRATION... "If one can stick to the training throughout the many long years, then willpower is no longer a problem. It's raining? That doesn't matter. I am tired? That's besides the point. It's simply that I just have to." Emil Zatopek, legendary Czech Olympian

Final Note: According to Race Director Diana Hardy, the Fowl Day Run, held at Ft. Marcy Park on Nov. 21st, was a great success. "Over 1,000 pounds of food was donated and one or two boxes were yet to be opened," said Hardy. "We had about 50 runners in the adult 5K race and at least 85 Girls on the Run participants."

Congratulations to Diana and her fine work on putting on this popular Striders and community event. We look forward to the race next year come Thanksgiving time!

Mile Markers welcomes all contributions for Jan. 2010. Enjoy the Holidays!

Club Officers – 2009

[Jim Owens](#), President
[Jim Westmoreland](#), VicePres
[Todd Schroeder](#), Secretary
[Kevin Brennan](#), Treasurer

Feel free to contact any of the above members – or any other club member for that matter - if questions should arise about upcoming events or races. Alternatively, click over to the Strider website www.santafestriders.org for results, photos, and announcements.

E-MAIL LIST

The Striders maintain a free email list to announce workouts, race information, and club events. Visit www.santafestriders.org to add your email and receive information on workouts, upcoming events and announcements.

STRIDERS WEBSITE

Race results, photos, links, or suggestions for the web page should be directed to the webmaster Todd Schroeder at todschröder@yahoo.com





STRIDERS CLUB MEMBERSHIPS

Renew/Activate Your 2009 Membership Today - The Club encourages interested runners to join us with a new or renewed club membership for 2009. Forms can be found at the conclusion of this newsletter, and also can be downloaded from the Striders website. Membership includes discounts in *Striders* race events, as well as a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

Striders membership for 2009 is up close to 115 area runners. 2008 numbers were approximately 96 runners, 2007 numbers, approx. 72. In addition to financing club race events and functions, membership dues and race fees are contributed as donations to local running organizations, including *Girls on the Run*, *Wings of America*, and *Monte del Sol*.

Tshirts??



**Striders Membership Application and Waiver
(Print, complete, and mail along with dues!)**



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
- 10% Discount at **The Running Hub**
- 20% Discount at **The Santa Fe Baking Company**
- 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
 - In 2008 this included: **Girls on the Run**, and **Wings of America**.



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 and submitted each year:

Signature _____ Date _____ Renewal ____ New Member ____

Parent's Signature _____ Date _____
if <18 years old

Name _____ I would like to help by assisting with:

Address _____ **Races:** Before the race ____ At the race ____

City/State/ZIP _____ **Picnics & Parties:** _____

Telephone _____ Contributions for the Newsletter/Web Page _____

Email _____ Other _____
(for newsletters and announcements)

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