



# Mile Markers



*We Give You the Run-Around*

April 2012 Volume 32, No. 1

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

## - Upcoming Events -

April 28<sup>th</sup>: Wood Gormley Panther Run: 5k; 2-mile walk; 1K kid's run: [tedlori@comcast.net](mailto:tedlori@comcast.net)  
[www.newmexicosportsonline.com](http://www.newmexicosportsonline.com)

April 14<sup>th</sup>: Amanda Lynne Byrne: 10K; 5K; 5K Walk: [www.alwaysamanda.org](http://www.alwaysamanda.org)

April 16<sup>th</sup>: 116<sup>th</sup> Boston Marathon: [www.baa.org](http://www.baa.org)

April 21<sup>st</sup>: Santo Nino Angel Run: 10K; 5K; 1K: [www.santafestriders.org](http://www.santafestriders.org)

**Running Notes of Interest for April 2012:** (adapted from Runner's World)

**Training:** To prevent overtraining, don't do more than two track sessions per week.

**Fuel:** Runners trying to slim down often try to cut out all indulgent foods—but eventually, this backfires. "If you're following an overly restrictive diet, you're more likely to go overboard on your vices," says nutritionist Lisa Dorfman, RD. Instead, opt for an 80-20 rule. "Eat great 80 percent of the time. And allow room for small treats the other 20 percent."

**Mind + Body: Plan well.** Coming home famished after a workout without a dinner plan can lead to making poor food choices. Having a healthy meal ahead of time that you can easily heat up, or a few quick go-to recipes, can ensure that you make healthy food choices.

**Exercise:** (non running) Tip of the Month: Bicep Curls. Tricep extensions: While standing on one foot, do bicep curls—curling two dumbbells at once or alternating one at a time. Then do tricep extensions—extending a dumbbell overload. These exercises will strengthen biceps, triceps, and core muscles.



## 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 Calendar

### Club Meetings

**Striders Bi-monthly Meetings** – generally scheduled for the second Tues. every other month.

**Next meeting** – tentatively set for May 22<sup>nd</sup> at the home of Mike Swain. This is the Santa Fe Runaround packing party.

### ▪ CLUB NEWS & ANNOUNCEMENTS:

Striders James Nunez and Rose Giannotta will run in the 116<sup>th</sup> Boston Marathon April 16<sup>th</sup>.

This is Nunez' second Boston Marathon. He finished last year's race in 3:17, where he qualified for this year's Boston; Nunez, 41, has his sights set on a 3:15 or 3:16. "The race comes at a good time. I have been doing a lot of 5-8 interval hill repeats for three minutes every other week or so. Plus I have been averaging 55-70 miles a week, and have thrown in a couple of 27 milers along the way." Nunez credits John Lumley of the Running Hub for putting a training program in place. Boston will be Nunez's 10<sup>th</sup> marathon. His PR is 3:17.

The Boston Marathon will be Giannotta's fifth marathon. Her first was San Diego in 2006, where she raised \$4000 for leukemia. "I never thought of running a marathon until I saw a sign for leukemia/lymphoma awareness," said Giannotta. "There were 12 of us that trained for six months. I have to say I ran 5:42.16.

Giannotta, 57, qualified in the 2011 Denver with a 4:09 and feels she is a much more focused runner heading into Boston. "I feel like I want a decent time. I feel much more like a runner. San Diego was more like an accomplishment. I know Boston will be difficult for me, so I want to stay focused, pay attention to form, as well as gauge my energy and speed." Giannotta, who averages 30-35 miles a week, credits Liz Sponagle of the Running Hub for creating a training plan.





On Sunday April 15<sup>th</sup>, Vincent Hesch, 49, will run the Dallas Marathon. Dallas will be Hesch's 15<sup>th</sup> marathon; his first was Ft. Collins in 2007. Since then he has averaged three marathons a year. "I need to break 3:15 to qualify for Boston next year," said Hesch following a Striders track workout. "I am a little concerned about the last part of the race, though" Elevation there is 140 ft.

Hesch, whose PR is 3:23 in both Sacramento and Albuquerque. "I do a lot of my workouts along the city streets of Santa Fe, but I find these track workouts really helpful." Hesch's high mileage week leading to Boston has been 51 miles; his longest training run has been 23 miles.

"So much of the marathon is mental, and that's not my strong point. I really believe in the three Cs: confidence, consistency, and control. Consistency is my strong point." Chances are strong Hesch will qualify for Boston.

### Track Workouts & Thursday Evening

Track workouts are every Tuesday at SFHS. Slower group begins at 5:45; a faster group begins at 6:00. Mike Swain coordinates the workouts. This season an average of 20-30 runners have participated. "The workouts seem to be well accepted. I try to combine shorter with longer distances, anywhere between 200 and 1600 meters. I also try to be creative in putting the workouts together," said Swain.

New this season is a slower group workout, which begins at 5:45 and is led by Striders president Jim Owens. One is considered a faster runner if she or he can run a mile in under 8:00. "So far there have been no conflicts. In the past some slower runners came to the track, fell behind, and never came back. This year we've had a consistent turnout of about 12- 15 runners," said Owens.

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.

### Professional

**FINISHERS:** Shirley VanSlooten, a Striders member since 1988, took first place at the National Snow Shoe Championships in Frisco, CO, in February. Lynn, 56, won the 50-59 age group 10K in 1:13. Sixty women competed overall. "The conditions in Frisco were difficult. There was snow everywhere and it was really tough," said VanSlooten. Elevation in Frisco is 9,300 ft.

VanSlooten qualified for the championships by winning the Red River Snow Shoe 10K in 1:09. "It is very difficult to compare times because a lot depends on the conditions of the day," said VanSlooten. The overall female winner in Red River was renowned Snow Shoe racer Laurie Lambert (TX), who finished in 59:00.

VanSlooten began snow shoe racing in 1992 with the Striders on the Borrego Trail. "I just loved it right away. It is a different way of running in the winter." In the mid-nineties VanSlooten was a 5K Grand Prix road race winner; she ran a 17:48 5K to win the series, but has since given up streets for trails. "I will probably never do a road race again. There is a different set of muscles and I just feel a difference," said VanSlooten.



VanSlooten is also an avid hiker. She will soon travel to the South Kaibab Trail at the Grand Canyon for a 42-mile rim to rim to rim hike, which she hopes to complete in 16 hours. "We will go from South Kaibab to the bottom and then to the North Canyon Trail. I have never done a hike of this distance. My longest has been 16 miles," said VanSlooten. She and her hiking contingent will begin their trek at two to three in the morning. They will wear headlamps and hike a little over two miles per hour.

### **MEMBER CONTRIBUTIONS: *Lessons from the Track* by Richard Curry**

The Santa Fe Striders track workouts begin March 13, under the coaching guidance of Michael Swain; the SFHS track season begins March 17. Therefore, I thought it fitting to question a Members of the SFHS track team their thoughts concerning lessons from the track.

*Peter Graham (SFHS Cross Country/Track coach):* The track teaches independence and self-discipline. You learn a lot about yourself running on the track. The true test on the track is the mile or 1500 meters. It is what I used to run. It is a test of both speed and endurance, and it is such a fast race anymore. Note: Graham's PRs in the mile and 1500 are 4:06 and 3:46, respectively.

*Diedre Fudge (SFHS senior and 400 m. state qualifier (61.2):* The track allows me not to make bad choices. It has allowed me to keep up my grades and has prevented me from smoking.

*Calle Hewitt (SFHS senior and high jump state qualifier ( 4'10")):* Commitment and goal-building skills; for example, there is a commitment to the team and the goal of showing up everyday. The track also teaches patience, as well as a unique spirit. There is something powerful about all that.

*Chris Flores (SFHS senior and 400 m. state qualifier ( 51.2):* There are no excuses on the track. No excuse is a good excuse. In the end it (an excuse) is not worth it.

*Lucy Lindley (Monte del Sol Track coach):* It is a simple formula of F-squared, and the two Fs are Finish and Focus. The last 200 meters and the last 50 meters on the track are what it is all about.

*Lloyd Takeshita (Ret.; high altitude ultra/marathoner; Zumba instructor):* Track means working on biomechanics and getting a feeling for your pace. It is also a place where on the straightaways you work on form, and on the curves you learn to take on the wind. What do you like about them?

*Richard Curry (Interviewer):* What do I like about them? I switch the two words: work [the] track. We can do all the leisurely runs we want, but on the track is where we reap the benefits of our running. Our legs let us know the difference.

*Henry Valdez (2004 SFHS, writer, and coach):* Intervals will bring you speed and strategy. If your workout is a good one, it will bring more of a mental aspect to your running; it will develop that instinctual race mentality.

*Steve Rogers (former ATC Cross Country/Track coach; 3:16 Boston marathoner):* With a track workout my overall pace improves so much that the next long run is faster.

*Jacob Cohen (SFHS Athlete of the Year 1998):* You can never practice enough on the track. Your start and your sprint to the finish is half the race.

*Mike Specht (a.k.a. "the Beast"; SFHS 2010):* Running is forever. There can be no regrets. Note: Specht will run at Duke City this fall, his first half marathon.



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Race results, announcements, 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.



**FOR INSPIRATION...** “If you feel like eating, eat. Let your body tell you what it wants.” Joan Benoit Samuelson.

**Striders Profile:** Fred Maas: 47

How long have you been a member of the Santa Fe Striders? Off and on since the seventies, mostly off because, frankly, I am a solitary runner.

When did you start running and why? I began distance running in 1957 after watching Ron DeLaney run a 4:00.1 indoor mile at Madison Square Garden. I was 12 years old. I was so impressed, the next day I went out to see if I could run a mile, and was astonished to find that I could. Been running ever since, but back then I thought three miles was far. In those days, cars always stopped to offer me a lift. They couldn't understand why I was running. When I told them, “no thank you, I just enjoy running,” they thought I was crackers. I never in my wildest dreams imagined “running” would become popular.

Are you a native Santa Fean? If not, when did you arrive? What is it you do in the City Different? Arrived in 1969 and never left. Taught math and science and coached track and cross country at Santa Fe Prep School. Retired last year.

Do you have a favorite place to run? Trails. Any trails, but especially in the canyons of Utah.

Where is your favorite place to eat? Outdoors, cooking over charcoal or an open fire, camping.

Do you have a favorite race and/or favorite place to run in Santa Fe? My favorite race is Pikes Peak. Have been doing it off and on since 1979.

My favorite place to run in Santa Fe is to Picacho Peak on the Dale Ball Trails. Also really like the hill on the Circle Trail up from the Ranger Station in Hyde Park.

What is your favorite or least favorite running story? I have so many stories ... but I suppose you mean, something published. That would be, *Wilderness*, by Gerald Hausman. This is the story of John Colter's Run. Colter, of course, was the trapper, first white man to see Yellowstone, who, when captured by the Sioux and threatened with death, challenged them to make sport of it, give him a short head start, and then try to run him down. After a hundred miles, it was apparent, they couldn't. I was afraid this footnote in history books might be forgotten, and coaxed Gerry into writing the book. It became an international best seller, printed in many languages, and sold more abroad than in the U.S.

Do you have a post-race treat? (adapted from *Running Times*) No.



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What is your guilty pleasure? (adapted from *Running Times*) Never convicted.

What is on your playlist? (adapted from *Running Times*) I don't run with headphones.

(If you do, please read Amanda Lynn Byrne's story in her memorial run)

## **STRIDERS CLUB MEMBERSHIPS**

**Renew/Activate Your 2010 Membership Today** - The Club encourages interested runners to join us with a new or renewed club membership for 2010. 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.



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## 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](http://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](http://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 [toddshroeder@yahoo.com](mailto:toddshroeder@yahoo.com)



**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 \_\_\_\_\_  
(for newsletters and announcements)

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.



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Visit us at [www.santafestriders.org](http://www.santafestriders.org)