



Mile Markers



We Give You the Run-Around

Sept. / Oct. 2012 Volume 32, No. 2

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

- Upcoming Area Events -

9/3: Hearts for Honduras: 10K; 5K: www.active.com

9/15: Global Youth Foot Relay Ages 6-13: www.WingsofAmerica.org

9/16: Buffalo Thunder Half Marathon: <http://santafethunder.com>

9/22: Eldorado Fun Run 5K; 1K: <http://www.active.com>

10/6: Big Tesuque 13 mi.: <http://bigtesuquetrailrun.blogspot.com>

10/21: Duke City Marathon: www.dukecitymarathon.com

Editor's Note:

- Mile Markers will be published every two months. Look for the next issue November 1st.
- Thanks to **Kristen Petersen** for donating running shoes to the SFHS XC team! Any used shoes are welcome to support SFHS runners.
- Longtime Striders member Liz Sponagle has relocated to California. Best of luck to Liz and her future triathlons.
- Santa Fe High Schools new track is scheduled for completion around September 15th.
- The Santa Fe Striders have a new logo! A visual representation can be viewed at www.santafestridders.org/images/logo/jpg.
- Volunteers are needed for Buffalo Thunder Half Marathon. Meet at starting line at Fort Marcy 6-8:30 A.M., as well as the Global Youth Foot Relay. Contact Jim Owens at 231-6166 or owens_jim@msn.com
- Ricardo Roybal is looking for two partners to compete in the Mt. Taylor Quadrathlon. If interested contact Ricardo at 505-490-3105 or ricardo.roybal@state.nm.us

Enjoy reading this month's Striders' Profile on Cloud Runner.



Running Notes of Interest for Sept. & Oct. 2012: (adapted from Runner's World)

9/29: On this day, in 2007, ultrarunner Scott Jurek won his second consecutive Spartathlon, completing the 152-mile race from Sparta to Athens in 23 hours twelve minutes.

10/24: On this day, in 1982, Alberto Salazar won his third straight NYC Marathon in 2:09.29.

Tips of the Month:

Training: Pace yourself! Starting a race or run too fast can make you miserable, while holding back can mean finishing with energy left in the tank.

Fuel: Eat breakfast!! Studies show that a pre-race meal keeps your blood sugar steady and provides energy to pull you through. If you can't stomach solid foods, drink a smoothie with bananas, fruit juice, and milk.

Mind & Body: A positive attitude can impact your race-day experience—even your ability to push through pain.

T-Shirts Available

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 – The next meeting will be September 10th at **Richard Curry's** house at 122 Spruce St. in Casa Solana. Spruce St. is off W. Alameda directly across from the Feed Bin. Go up two blocks and look for a basketball goal and Toyota Dolphin in the driveway. 992-3331.



▪ CLUB NEWS & ANNOUNCEMENTS:

Andy Winnegar organizes a Saturday morning running group. Runs are 10 miles or 90 minutes. For further information contact Andy at 466-6563 or ajwinnegar@comcast.net

Track Workouts:

Currently, the Tuesday night track workouts are at Capshaw Middle School on an old, dirt 440 yard track. Scheduled completion for the new SFHS track is set for mid-September. Striders have the go ahead from SFPS to resume workouts late September. By the way, the new track will be black and not red, as was originally planned; furthermore, it will not be an all-weather surface, as some had hoped.

Professional: Founding member **Dale Goering** recently turned 82 years young in July. Dale continues to “think young!” When asked about the longevity of his running career, Dale answered, “The secret is perseverance. I have been pretty lucky with not getting hurt over the years.”

There also has been some serious training along the way. At 46, Dale ran a 35:00 10K; at 53, he clocked a 2:48 marathon; and has run a 55:00 15K in Juarez, Mexico.

FINISHERS: **Rae Baymiller**, 69, recently ran a personal best of 22:58 at the Jim Thorpe 5K in Albuquerque. Rae relocated to Santa Fe in 2009 from NYC, where she was an active member of the Central Park Track Club.

“I didn’t know much about Jim Thorpe, so I looked him up, so it was an honor to be in the race,” said Baymiller. “There was an interesting group running. Lots of young people, but I forgot all about the altitude.”

Baymiller’s first 5K was in Carlsbad, CA, where she ran “eighteen and some change.” The altitude of Santa Fe has really helped Rae in her training, as well as joining the Striders in 2010. “I have been doing the Thursday night runs where we run some hills, and those have really helped me.”

Best of luck to Rae in her running career at altitude!!

Congratulations to **Matt Desmond**, 41, who won the overall Rio Grande half marathon in 1:19.31; **Vincent Hesch**, 49, finished 1st (45-49) in 1:30.29; **Mike Swain**, 54, finished 2nd (50-54) in 1:39.40; **Andy Winnegar**, 61, finished 1st (60-64) in 1:44.47. Rio Grande results can be viewed at www.chasing3.com



Note: Please forward any race results to rgcurry@hotmail.com or view them at www.santafestriders.org

MEMBER CONTRIBUTIONS:

A Big Tesuque Remembrance by Richard Curry

With the Big Tesuque trail run one month away, I thought it appropriate to reminisce a little. It used to be my favorite run, but coaching high school cross country does not allow for me to participate anymore, since we have a meet on the same day. However, during the meet, I glance towards the towers and recall my days in the early nineties gasping for air as I neared the peak.

One memorable run was when former Strider Jim Fisher was race director. Fisher has since relocated to Boulder, CO. Yet his eccentricities and Kentucky drawl left lasting impressions on many who ran the race back then. "On a clear day you can see for miles and miles and miles," Fisher often said. The Big Tesuque, however, is not always run on clear, mountain mornings. There has been rain, extreme cold, high winds, and blinding snow. Yet, no element keeps the mountain runner from testing their will in this 13-mile challenge. To the top of the radio towers and back. It is a true test of one's endurance.

I recall one Big Tesuque when Albert Fernandez, an Espanola runner, and I extended hands after crossing the finish line. On one October morning he and I attacked the downhill for a better part of five miles. "Nice run," I said afterward.

"It's beautiful, isn't it?" he answered.

My legs were so tired and didn't know if I could agree. Nevertheless, I answered, "Yes, it is," and limped toward my pickup to lie down.

From there I looked toward the top of the mountain through the yellow and gold leaves of the aspens. I allowed the sun's rays to hit my face; I stretched and rubbed my legs. For a brief moment I forgot about the soreness in them. It didn't seem to matter.

I saw Tom Day, an ex-Strider and Santa Fe woodworker, saunter towards my truck. I sat up to greet him. "It's right when you come out of the tree line and look off to the left. What is that, eleven thousand feet?" he asked.

"It must be about that," I said

"That's what makes it all worthwhile to me," he said.

His comments made me think of William Faulkner's Nobel Prize Speech. "I believe that man will not merely endure; he will prevail," said Faulkner.

Even though I will not run this year's Big Tesuque, I will take a moment to glance once again toward the towers near twelve thousand feet. I will know that runners on their ascent or descent will not "merely endure [but] prevail."

Striders Profile:



By Gerald Hausman
Bokeelia, FL, USA



Gerald Hausman

I have a friend, a distance runner, called Cloud Runner. He runs at high altitude - 12 to 14 thousand feet - and this has given him a mind that thrives on thin air and a body that glides like silk when he runs.

In a recent interview, Cloud Runner remarked, "I am now 67 years old. So I have been running most days for 55 years. It is a lifestyle, not an addiction. If I don't feel like it, I don't run . . . I don't keep track of how many days in a row, or how far I go in a year. Still, I have surely run 75,000 miles, and maybe 100,000."

Not bad mileage for a man with psoriatic arthritis. Now he has either beaten it or put up with it one cloud peak at a time. He mentioned that, "A low dosage of methotrexate helped a lot, but it still hurt - yet I could run.

"I decided that if I cut the dosage by a very small amount, too small for my body to notice, maybe I wouldn't go through withdrawal. This was necessary, I thought, because the drug, while helpful to me was also dangerous: it will slowly eat away the liver."

Today, he runs free of drugs, but not necessarily free of pain. But he says, "Diet has helped a great deal. I eat mostly fruits and vegetables, and organic meat in small amounts, using a vinegar marinade to help 'pre-digest' the meat."



Cloud Runner and Caballo
Batopilas, March 2006

When asked about his daily regimen, he replied, "I have certainly not run more than fifty miles in a day." His answers are often like that. "I like to run," he says, "but I don't want to lose any sleep over it."

When I wanted to know if he hallucinated on any of his long distance mountain runs, he replied, "The brain is hypoxic - a deficiency of oxygen reaching body tissues at high altitudes. Different people are physically able to handle it differently. I wouldn't be surprised if some people hallucinate as a result. I don't. I also have no idea why that white mountain goat was jogging alongside me for several miles on Mt. Harvard."

I'd heard that Cloud Runner had been friends with Micah True, better known as *Caballo Blanco*, the fabled distance runner in the bestseller *Born to Run*. Micah recently died at the age of 59 while running in the Gila Wilderness in New Mexico.

True was a one-of-a-kind athlete. He modeled himself after the Tarahumara, arguably the greatest long distance runners in the world. Like them, True liked to run in woven sandals; running one hundred miles was not strange to him. When he was found dead, staring up at the sky in a remote canyon his legend was intact. He died as he had lived.

Cloud Runner knew him, had run with him. Once on a camping trip in Los Alisos, Mexico, he heard True say, "One day I will go on a long run and not come back."



Cloud Runner, Mt. Sherman, Colorado
(credit: Brendan Maas)

Cloud Runner added, "He was emphatic about it, prophetic, and I knew at the time it would be so. He may have known, or known instinctively, the way a runner knows his body, that he had heart disease."



I asked Cloud Runner if he looked up to *Caballo Blanco* more than any other back country runner and he said, "I most admire Tewanima, the legendary Hopi runner of the early 1900s. It was said that he would run from his village to Winslow, Arizona, a distance of 80 miles, just to watch the trains go by. It was said children would follow him out of town. Initially, his foot strikes were deep in the sand and a long stride apart. But as the village faded in the distance behind, the footprints became lighter and further apart until they disappeared altogether. One day, I will run in his footsteps."

STRIDERS CLUB MEMBERSHIPS

Renew/Activate Your 2012 Membership Today - The Club encourages interested runners to join us with a new or renewed club membership for 2012. 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 2012 has climbed to 184 area runners. Membership figures for past years were the following:

- 2011: 157 members and 124 households
- 2010: 131 members and 110 households
- 2009: 130 members and 114 households
- 2008: 105 members and 96 households
- 2007: 72 members

In addition to financing club race events and functions, membership dues and race fees are directed toward local running organizations, including **Girls on the Run** and **Wings of America**.

Club Officers – 2012

[Jim Owens](#), President
[Jim Westmoreland](#), VicePresident
[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 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 \$20 and includes:

- Discount on Striders race entry fees
- 10% Discount at **The Running Hub**
- 20% Discount at **The Santa Fe Baking Company**
- Bi-monthly newsletter, the "Mile Markers"
- Weekly Track, Trail and Road Runs
- Summer and Holiday Club Parties
- Support/sponsor 5 local races during the year
- The club donates \$\$\$ to help the local community
- In 2011 this included: **Girls on the Run**, and **Wings of America**,
and the **Striders' Youth Track Program**



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 \$20.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the April of the following year. Make checks payable to *Santa Fe Striders* and mail to PO Box 1818, Santa Fe, NM 87504.
Visit us at www.santafestriders.org



Big
Tesuque
Trail Run
2012

A 12-Mile Trail Run

on

Aspen Vista Trail

in

Santa Fe National Forest

Saturday, October 6th at 9 AM

Santa Fe, New Mexico

Another Fine

Santa Fe Striders Production

Course is up and back forest service road through quaking aspens and magnificent pines to the radio towers at the top of the ski area. Starting elevation is 10,000 ft., summit is 12,003 ft.

Total race distance is 12 miles

Register:

On-Line:

www.santafestriders.org

Or at Active.com

By Mail:

P.O. Box 1818
Santa Fe, NM 87504

In Person:



121 Sandoval
Santa Fe, NM 87504
Phone: (505) 983-5155

Or:



527 W. Cordova Ste B
Santa Fe, NM 87501
(505) 820-2523

Get There:

From Santa Fe, take Hyde Park Road toward the ski basin about 14 miles to the Aspen Vista Trailhead.

Pick Up Shirt and Number:

The day of the race,
7:30-8:30 AM.

Win:

Age Groups:

Men and Women
19 & Under, 20-29, 30-39,
40-49, 50-59, 60-69, 70+

Learn More:

Peter Fant

peter.fant@soudermiller.com
(505) 473-9211 [work]

Sponsors:



Profits Donated To:



Wings of America,
an American Indian youth
development program of
The Earth Circle Foundation, Inc.
Running has an integral place in
the spiritual and ceremonial
traditions of American Indian
people.

Big Tesuque 2012 Registration Form

Name _____ Age _____ Date of Birth _____ M/F _____

Address _____

City _____ State _____ Zip _____

E-Mail Address _____ Phone _____

T-Shirt Size (Circle One) S M L XL

Entry Fee:
\$25.00.
\$22.00 early striders
members registration.
Checks payable to:
Big Tesuque Run

Waiver must be signed: Both my heirs and myself hereby waive and release all rights and claims for damages that I may incur against the organizers, sponsors, and anybody else associated with the Big Tesuque Trail Run. I authorize the organizers and support personnel to obtain and administer medical aid in the event of its necessity. I am doing this of my own free will and because I think it will be a fun thing to do. I realize that mountain and/or trail running has inherent risks but, hey, that's life on the edge like I like to live it.

Signature of Participant

Date

Signature of Parent if Participant is Under 18