

Mile Markers

Santa Fe Striders

We Give You the Run Around

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Thanks to Jim Owens, Striders president, for allowing me an opportunity to write a monthly **Mile Markers** column. This column will feature personal reflections, monthly tips, and other interests related to running.

Perhaps with Perseverance

by Richard Curry

Soon after New Year's Day I ran eight miles along the Rail Trail with Zack Grand, a 2014 graduate of Santa Fe High, who now runs cross country and track at Division III Amherst College in Massachusetts. A cold, steady wind blew in our faces as we took off from the Rabbit Road parking lot heading south. The temperature was sub-20 degrees. We reminisced about his seasons as a Demon cross country and track runner, as well as his current life as a college runner in the Northeast. Occasionally, we talked about my running. Last fall Zack ran an 8K PR in 26:56 and anticipates a sub-32 minute 10K on the track this spring. I never reached those times nor ever will. However, like Zack, I anticipate some running goals in 2015. Perhaps with perseverance.

In Jonathan Beverly's *Editor's Note* of **Running Times** January/February edition, he writes that "staying healthy is critical to achieving and other objectives as a runner." On our run Zack mentioned the climate on the eastern slopes of the Berkshires took time getting used to, as well as increased mileage expected from his coach. "I also think I need to get a little more sleep out there," he said. Though Zack faced rigorous academic and cross country training schedules, he stayed healthy. "I ate a lot of oatmeal," he said. I mulled this over and said to myself that I would eat more oatmeal, too, in 2015. Nonetheless, I, too, stayed healthy in 2014.

People sometimes ask me how far I run, and if I run everyday. I often answer, "I try to run 100- mile months and, no, I don't run everyday." In fact, to my dismay, I missed 90 days of running in 2014; this calculates to a 4.7 mile average in the 275 days I did. For better or worse, I reached my goal to run 1,200 miles. On December 31, I tallied 1,301 miles.

The 2015 **Runners World** calendar states in **Mind + Body** that we runners ought to "look at [our] accomplishments from last year and build on them and to set a fresh goal." A 26:56 did not earn Zack a varsity position at Amherst. "I hope to run a sub-26 next year and be one of the top seven," said Zack, who averaged 60- mile weeks throughout the season. I averaged 25-mile weeks throughout 2014. With perseverance I hope to add 10 miles to my weekly total and hit 1,300 for the year.

Beverly concludes, "If [our] objective is to be the best runner [we] can be in 2015, start by resolving to do more early in the year to injury-proof [ourselves] for the intensity and races to come." Perhaps with perseverance we can all become better runners this year if we set a goal.