

Mile Markers

Santa Fe Striders

We Give You the Run Around

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Despite Conditions

by

Richard Curry

Bill Bowerman, the legendary Oregon cross country and track coach and co-founder of Nike, once said, "There is no such thing as bad weather, just soft people." Bowerman wanted tough runners, runners who ran despite conditions. It proved true, for he coached 31 Olympians, 51 All Americans, 12 American record holders, 22 NCAA champions and won four NCAA titles.

On January 13, Santa Fe received its first significant snowfall of 2015. I did not want to appear a soft runner and say the weather was too bad, so I changed my clothes and hit the streets for a run. We all know how running frees our minds from the work we do.

On Alamo Dr. I ran toward The Lodge and Santa Fe Spa, where I would stop to look at the road conditions and traffic along 285. Even on these snowy, wet conditions, trucks and cars sped into and out of town; the Sangre de Cristos to the east were hid behind the dense, snowy clouds. I scoped my course and decided to cross 285 and run south onto Guadalupe past the Rosario cemetery, where time stands still. I turned east onto Paseo de Peralta. I counted fifty-eight cars, trucks, and buses in that short stretch. Despite conditions traffic was on the move.

I stopped in front of Carlos Gilbert Elementary to watch some school kids play in the snow. Their playing made sense. At the Scottish Rite Temple I ran down Washington Ave., turned left onto Marcy St., walked across the street and into the library. Here the public surfed the internet, checked emails, read or wrote, found warmth, slept, read the newspaper. I scanned the video shelves.

Library silence is unlike running silence. It's too confining, so I left for the streets and headed east toward the intersection of Palace and Alameda. Along Palace Avenue I ran in the middle of the street and no longer counted cars; instead I looked at snowflakes, brick sidewalks,

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and stone houses. At the intersection I had a decision to make: go left past Patrick Smith Park and around Cristo Rey Church and down Canyon Road for an extra mile or run straight down Canyon toward home. My decision sat well.

Gallery employees pushed snow onto the street, a city truck plowed snow against the wheels of parked cars, and food trucks made their deliveries. I pushed my way toward Paseo de Peralta. On Alameda I felt as if I was in the Run Around and turned onto Cathedral Place. I opted for a left onto Water St. I walked into La Fonda Hotel, my first place of employment in Santa Fe. I noticed on the door menu that a filet mignon entree is \$23.95. In 1980 it was twelve dollars cheaper. Times change.

In the lobby sat a man reading a real estate magazine, two desk clerks addressed a lady's question about checkout time, and the lounge, where I worked, sat an empty stage. That night, however, music legend Bill Hearne would "string it up." One summer night thirty years ago Mr. Hearne and I conversed outside the hotel on San Francisco St. at two in the morning. He waited for a cab, and I looked for my car.

On this morning the Plaza seemed different than it was years ago. Even time is short lived, I suppose. With two miles left, I turned onto Galisteo Street then onto Alameda. It was a straight shot west and I had one more stop. At the La Montanita Co-op I bought the local newspaper, rolled it into a plastic bag, and jogged the last six hundred meters toward home.

In my living room, I glanced at the front page and four headlines read: "Officers **charged..**"; Gov. unveils **\$6.3B...**"; "County, hospital **sued..**"; "French **police seeking** others..." My mind no longer felt free; despite conditions it might take work reading these articles.

Tips of the Month (adapted from *Runner's World*)

Training: Ease Into Speed. Keep your warm up active. Run by effort and not pace.

Fuel: Keep It Warm. In cold weather fill your bottles w/ hot water. Use electrolyte tablets. Carry gels close to your body.

Mind + Body: Find Friends. Training partners make running commitments easier.

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The first time I ran the Corrida... by Newlyn Allison

The first time I ran the Corrida it was so cold and windy I wore a face mask. There weren't too many runners that day! Ben ran the next year, with a foot of snow and ice crust. Maybe we're loco at heart because the craziness of the race appealed to us—run no matter what the weather!--and we kept running it every year we could. When the previous directors retired no one volunteered. Rather than see the Corrida end, Ben and I decided to take it on. It's been a great four years. We've tried to keep the race fun and encourage young people to run. The number of runners has grown, and members of high school cross-country teams have come out, which adds to the competition. People tend to watch the weather reports before they register, so we often have a slew of registrants a few days before the race and on race day.

Kevin Brennan had the idea of cowbells for the awards, and it seemed a fitting prize for our winter race. (I had a hand in the women's awards being pretty colors.) Cowbells are a great way to cheer on your favorite runner! Frank and Ray Gallegos at the Marty Sanchez Links Restaurant are making the burritos for the runners after the race this year, and we have the usual delicious Whole Foods donations. And thanks to Frank, we've been invited to have our awards ceremony in the restaurant instead of standing outside in the wind.

Ben and I have enjoyed directing the Corrida, but all good things have to come to an end. I've started back to school, and that combined with other responsibilities has made it difficult to do the job as well as I'd like. Fortunately, Whitney Spivey and Antonio Lopez have volunteered to be the next directors, and they already have great ideas and a lot of energy. We're so glad the tradition of the Corrida will continue!