

Mile Markers

Santa Fe Striders

We Give You the Run Around

P.O Box 1818. Santa Fe, NM 87504

April 2015 Vol. 35 No. 4

With an End in Sight

by

Richard Curry

Many summers ago I ran the Jemez Pueblo half marathon. Afterward, at the results board, I overheard someone say, "The hardest part of this race is you're out there running all alone. The runners in front of you are out of sight." Out on Jemez Indian land there are moments when it feels like there is no end in sight, just an endless hot and dusty road. Runners no longer gather at results boards; instead we see our times from a printout sheet or visit a race results website.

That summer day at Jemez Pueblo made me think of Alan Silitoe's *The Loneliness of the Long-Distance Runner*. Smith, the story's hero, is sentenced to the Borstal prison school for delinquent youth after robbing a bakery store. There he begins to run for physical and emotional escape. School officials offer Smith sentence leniency if he finishes first in a cross country race against a talented public school team. He accepts the offer. With an end in sight to the race and a guaranteed a first-place finish, Smith stops near the finish line a few meters away. Runners pass. Smith rejects leniency and faces continued physical and emotional confinement at Borstal.

Many of us run, too, for physical and emotional escape, whether or not there is an end in sight. It is those solitary moments running allows to cherish. Often a written word comes to my mind. In Emerson's essay *On Solitude*, he writes, "I am in solitude with my reading, but I am never alone." Perhaps this holds true while reading. In running we are never alone.

Now that springtime is here our running blooms into a new season. Our running routes, be they trails, arroyos, streets or roads, offer new life; lengthened days allow more lighted time. Running may be our last great escape, with or without an end in sight.

On March 13th, I escaped to Salida, Colorado, for the Run Through Time half marathon. It is a trail run that switchbacks through Tenderfoot Mountain trails with its highest point at 7,877' and a 2,235' ascent from the start to mile 7.5. Along the blind switchbacks, I heard a loud, echoing yell, "The end is in sight. The end is in sight. The end is in sight..." With those encouraging words in mind, I chased a younger runner along the blind switchbacks of Sand Dunes, Prospector, and Cottonwood trails until we made our way toward the final descent.

She was kind and allowed me to pass. I ran alone toward Frontline Trail. From there I saw the town of Salida, and the Arkansas River flowing through time. I crossed the old Denver and Rio Grande Western railroad tracks and headed for the F Street bridge, one that would keep me focused with an end in sight.

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

Training: Run accordingly. If you're excited about a workout, you're more apt to do it—and reap the rewards!

Fuel: After hard or long workouts, your muscles are hungry. Refuel within an hour with a snack of 4:1 carbs-to-protein ratio. Low-fat chocolate milk works well.

Mind + Body: Combine planks, side-planks, bridges, push ups, chair squats, and single leg squats two to four times a week.

Striders Officers for 2015

President: Jim Owens

Vice President: Mariam Browne

Secretary: Kathy Mastoras

Treasurer: Dick McLean

Contributions

All contributions are welcome! Please send to rgcurry@hotmail.com.

Striders Track Workouts

Vinnie Kelly and Vincent Hesch coordinate track workouts are every Tuesday at Santa Fe High School at 5:45 P.M.

NOTE: On April 7th the Golden Spike Classic takes place at the SFHS track. Stay posted through No Reply for any change of venue.

Running Thoughts

“Move forward, and find out what happens next.”

Frank Shorter, 1972 Olympic Marathon gold medalist

Upcoming High School Track Meets

4/1-2: Cholla Classis at SFHS 4 P.M.; **4/7-8:** Golden Spike Classic at SFHS 3 P.M.;

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4/11: Jaguar Invitational at Capital HS 9 A.M.; **4/18:** Capital City Invite at SFHS 9 A.M.

Interested volunteers can contact Richard Curry at rgcurry@hotmail.com or 992-3331.