

Mile Markers

Santa Fe Striders

We Give You the Run Around

P.O Box 1818. Santa Fe, NM 87504

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What Did Tolstoy Write?

by

Richard Curry

What was it Tolstoy wrote in his classic novel *Anna Karenina*? I asked myself this question while running down the half-mile hill of Avenida Rincon. I ought to know my question's answer, for it is one of the great opening lines in all of world literature. However, my mind stays blank as I near the end of my seven-mile trail and road run around the northwest quadrant of town.

The month of June and part of July I traveled back east and visited family and friends. There seems a world of sadness and illness for many living where I traveled. Sadness in days, for they are not like they used to be. Families don't visit anymore. People move away. Friends and relatives die. I hear people say that "the good ol' days are gone. They ain't like it used to be." Thomas Wolfe, the great writer from Asheville, North Carolina, did write *You Can't Go Home Again*.

While visiting, I saw my childhood friend, who suffered from diabetes, have all five toes removed from his left foot. Nothing remained but a stub. Two toes remained on his right foot. We once ran cross country together in high school. Part of our family team. I wonder how one goes from running high school cross country to suffering from adulthood diabetes.

I near the gentle hill of Calle Mejia, one of my favorite hills in Santa Fe. At its crest I stop to watch traffic on Highway 285 and look out over the national cemetery. To the east the Sangre de Cristo mountains bring me back home. My house is a mile away from where I stand.

In Susan Sontag's book *Illness as Metaphor*, she writes that "Illness is the night-side of life." Maybe running is the day-side of life. My diabetic friend ran his last race and has now passed. With him in mind, I run for a healthier life.

Running may be our last great escape, one that leads beyond sadness and illness and, perhaps, prolongs our eventual meeting with Death. After all, Sontag writes, "disease ...can strike anywhere...far from anything spiritual...." Many of us who run may encounter some spiritual experience, whatever it may mean.

After my run I open Tolstoy's epic to remind myself of his masterful opening line: "*Happy families are all alike; every unhappy family is unhappy in its own way.*"

I appreciate those in my running family, for we reap rewards of happiness and stride toward a healthier life, all alike; consequently, I respect the unhappy family, for they struggle to endure their life of suffering and loss, each in its own way.

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Tips of the Month

Training: Stray from Routine. If on vacation, ditch the regimented miles and follow the family...Or just walk—do at least 30 minutes to maintain endurance.

Fuel: Think, Then Order. If you're watching weight, avoid temptation by deciding what you will have before stepping inside a restaurant.

Mind + Body: Explore! Mini-adventures can refresh you mentally. Head off in a different direction each day and go wherever you feel like exploring...You may discover a place to return to later-....

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 every Tuesday at Santa Fe High School at 5:45 P.M.

Thursday night runs begin at the Running Hub at 6:00 P.M. Distances are 5.75 or 3.5 miles. Contact John Lumley at the Running Hub for further information.

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Running Thoughts

“I always run when I travel. It's the only way to stay sane.”

Malcolm Gladwell. *The New Yorker* staff writer and author of *The Tipping Point*

From the Archives:

June 1980

On June 28th, 1980, at the Duke City Dashers New Mexico 5K Masters Meet, **Dale Goering** won the 50-59 age group in a time of 19:07. Yes, Dale continues to run in 2015!! His wife, **Kenny**, won the 40-49 age group in 26:08. Yes, Dale and Kenny continue their wonderful marriage!!

July 1980

Graydon Anderson led many runners on a Saturday morning long run. His July 12th run ran high into the mountains. Beginning at Aspen Vista parking lot, runners ascended to Tesuque Peak (12,040'); from there it was onto Lake Peak (12,400'); then it was onto Penitente Peak (12,250'). Graydon believed in running high—into the mountains that is.