

Mile Markers

Santa Fe Striders

We Give You the Run Around

P.O Box 1818. Santa Fe, NM 87507

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For Whatever Reason

by

Richard Curry

My running routine includes hill repeats over dirt and rock. One morning these repeats led me to think of Sisyphus' fate. The gods condemned the mortal to push a rock to the top of a mountain. Once at the top the rock would roll back down, and Sisyphus would push it up again. This imposed punishment would last for all eternity; in contrast, my hill repeats would last under one hour.

I write this for “the workman of today works everyday in his life at the same tasks.” As runners, we run most days of our lives in a manner something similar: to stay healthy, to become stronger, to become faster, to live longer. There may be other reasons we run as well.

For whatever reason, and reason varies according to myth, the gods cast upon Sisyphus an absurd task. Some saw the sentence as tragic; Sisyphus, however, accepted his fate and, eventually, found solace in his punishment. Absurdist labeled him the “absurd hero.”

Hill repeats over dirt and rock are not punishment, nor can they be labeled a heroic feat. Yet, I do state their worth of starting at the bottom and finishing at the top of the hill. My solace comes from stopping at the top, jogging or walking to the bottom. Along the way I am able to pick up a rock, stone, or handful of dirt and toss it into the air. Sisyphus did not have this option. Yet, it was while his rock rolled back down from the top of the mountain that he found happiness.

Algerian writer Albert Camus retold the myth of Sisyphus in 1955. In his essay he wrote that “in one's conscious state one knows the extent of his wretched condition.” It may be safe to say our lives are not wretched, although timeless hill or track repeats may become exhausting work. Camus also wrote that in the myth of Sisyphus he saw the “hopeless, meaningless, eternal uphill labor which is human life.” Our running supports hope, meaning, and labors of life.

There is “silent joy” within Sisyphus because he accepts his fate. As runners, we, too, find silent joy for whatever reason, be it lacing our shoes, running the trails, signing up for a race, setting a PR, completing a workout, or experiencing long, slow distance on weekends. Like Sisyphus, we have our own rock to push.

Camus' life suffered a tragic end with an automobile accident in 1960. He left Sisyphus at the foot of a mountain. While I jog or walk down the hill, I try to find solace, for when I turn, a long uphill of dirt and rock awaits. Within that hour of time, I am only able to imagine what happiness is.

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Tips of the Month

Training: Consider the Humidity: ...[W]hen you check the weather report, look at both the temp and relative humidity; if the latter is above 40%, it could impact your performance. Slow down...

Fuel: Just Add Salt. [D]rinking a salt solution two hours before a 60-minute workout...help[s] retain fluids during the workout.

Mind + Body: Be Patient. Give yourself 8-14 days to acclimatize to hot weather. Be prepared to accept slower splits [and runs] on hot days.

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.

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

“The human body is capable of amazing physical deeds”

Dean Karnazes, ultra marathoner and author of *Run!: Stories of Blisters and Bliss*

Summer Picnic

The Striders annual picnic will be held August 9th at the home of John and Susan Lumley.

Please contact **Jim Owens** or **John Lumley** for further information.

From the Archives:

August 1980

Remember the SOAK? This downtown spa hosted all Striders on the 26th for a FREE soak from 7-10 P.M. Finger food, rum punch, and towels were provided. Members could soak alone or with a partner and had the option or not to wear clothes. There was a thirty minute soak limit.

Ironically, 80 members made up the club in 1980.

August 1981

On the 18th, longtime member **Jerry Dorbin**, businessman, writer, and marathoner spoke on the “No Mileage Method of Training for a Marathon.”

Personally, I like this method. However, marathon training has changed since the summer of 1981.

Striders Race Results

Rose Giannotta. Taos Up and Over 10K. 1:53.22. “This run was the hardest trail run I've ever done but the most beautiful. I will do it again.”

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Please submit your results (if you want them published) along with any notes or thoughts on the race. Submit to rgcurry@hotmail.com Good running....! Next deadline is 9/1/15.