

Mile Markers

Santa Fe Striders

We Give You the Run Around

P.O Box 1818. Santa Fe, NM 87507

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Our Running Animal Spirit

by

Richard Curry

In the summer of 1970, I told my dad I was going to try out for the high school cross country team. His first words were, "You got to be an animal to run that sport." Forty-five summers later I continue my attempt while running to become an animal.

Some Striders will run the Santa Fe Thunder half marathon on September 20th. The race once named Buffalo Thunder holds symbolic meaning for the animal that at one time roamed freely the high plains. It represents power and strength, two traits that suit us as runners. Imagine a thundering herd pounding the grasslands; as runners we, too, embody our power and strength.

And at times in a quieter, gentler running spirit, we may long to imagine ourselves a graceful deer, running swiftly across a chosen terrain. Like the deer, we may stop to listen and observe life's stillness. Yet, in one disturbance the deer and stillness are gone, but our run continues.

Gone is the annual Fowl Day Run, a Striders 5K held each year since 1981 the weekend before Thanksgiving. The turkey represents abundance and fertility. The Mayans and Toltecs saw it as a "jeweled bird." For many Striders, the Fowl Day Run holds precious memories since its inauguration forty-four years ago. An entrance fee of non-perishable food items for the needy nourished a fertile abundance for those both less and more fortunate on Thanksgiving Day.

The day may come, but I have yet to cross running paths with a bear. This animal represents our grounding force and strength. Similar to our buffalo spirit, our bear spirit may be a little more confrontational. I need no physical or emotional groundings while running in the woods. However, and bear with me, if our paths ever cross, I will pray to stay grounded and rely on any ounce of strength of force to remain non-confrontational.

Running alongside with a butterfly is a beautiful moment. This creature symbolizes life's changes. For the short while it shoulders our run, it may alter our thought, divert our attention, and capture our change. Subsequently, within seconds of a wing span, the butterfly is gone.

At the old, dirt track of Aspen Magnet School, ravens and crows circle the field, nest in the trees. These scavenger birds bring life's mysteries and magic. Between track intervals, I observe these black birds that stay perched atop the goalpost crossbar or tree limbs. I toss pieces of bagel; they caw and wait. I call and run. Does running reveal the mystery and magic of our lives?

What more mysterious creature is there other than the coyote. Its hidden wisdom and trickery keep us alive and on guard while we run. It stares from the river banks, appears in broad daylight on a city street, hides from sight in the hills, and lives in a den.

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Finally, the dog, “man's best friend.” This animal wants to run even when we don't. Its loyalty never wanes and is a faithful running partner. Maybe it exemplifies a true animal running spirit.

Tips of the Month

Training: Start slow. Running the first mile or two hard can lead to a crash late in the race. Pay attention to your watch. Excitement makes those early miles feel easy, even if you're running faster than usual.

Fuel: Don't overdo it. Eating right has a huge impact on your race, but consuming too much can make you feel sluggish. Eat moderate quantities of carbohydrates in the days leading up to a half or full marathon.

Mind + Body: Learn the course. Knowing what you'll encounter on the course will get your head ready. Identify spots where you think the going may get tough and come up with strategies you can use to push through it.

Note: The first 1.5 miles of the Santa Fe Thunder Half Marathon are uphill on the Old Taos Highway; the next 11.5 are downhill, with a few inclines along the way.

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 and Distance Runs

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.

Mile Markers

Santa Fe Striders

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Andy Winnegar coordinates Saturday morning long distance runs. Contact Andy at a@winnegar.com or 505-660-1839 for further information.

Running Thoughts

“Fast running isn't forced. You have to relax and let the run come out of you.”

Desi Davila Linden. 2012 Olympic marathoner.

From the Archives: September

1980: Marilyn Davis wrote this poem:

My own feet/ Thump, thumping/ Like my mother's heartbeat/ Thump, thumping/ Soothes me/ To my/ Origins.

1981: The Striders planned the inaugural Fowl Day Run to be held November 20th at Ft. Marcy.

1982: Fun runs were held every Wednesday night at 6:15 from the Plaza. Distances were 3, 6, or 10 miles.

1983: June Dickinson won the women's masters Miracle Mile in Albuquerque in 6:38. June continues to run and hike and coaches cross country and track at Desert Academy.

1986: June recovers from arthroscopic surgery to win the Santa Fe Women's 5K Run (50-54) in 22:39.

1988: A Striders monthly motto: “Give no credence to any thought that was not born outdoors while one moved about freely.” Nietzsche. German philosopher. 1844-1900.

1989: Dale Goering, Kenny Goering, and June Dickinson competed in the International Masters Track Meet in Eugene, OR. June and Kenny ran against the legendary Sister Marion Irvine who, at 59, ran a 40:02 10K. Dale ran against three sub-34:00 runners in the 55 and over category. “We were impressed,” said Dale.

Striders Race Results

Mile Markers

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No submissions for August.

Please submit your results along with any notes or thoughts on the race. Submit to rgcurry@hotmail.com Good running....! Next deadline is 10/1/15.

Upcoming Races

9/4: ZozobRun 10K/5K: www.tcrproductions.com

9/7: Hearts for Honduras 10K/ 5K: www.active.com

9/13: Santa Fe Waldorf Wolf Pack Trail Run: www.newmexicosportsonline.com

9/20: Santa Fe Thunder Half Marathon/ 5K. (**Note: Contact Andy Winnegar if you are interested in running as part of the Striders team.**) www.newmexicosportsonline.com

9/26: El Dorado Fun Run 10K/ 5K: www.newmexicosportsonline.com

9/27: Lobos River Run 5K Gonzales Community School: www.newmexicosportsonline.com