

# Mile Markers

Santa Fe Striders

*We Give You the Run Around*

P.O Box 1818. Santa Fe, NM 87507

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## Timeless Space and the Big Tesuque

by

Richard Curry

American humorous poet Ogden Nash wrote that “[we] should have good communication or none at all.” There is no humor in the fact that much of our social communication is negative. Fortunately, we runners create a positive communication. There is no in between other than timeless space. That time and space allow us to concentrate on the positives in our lives.

Oftentimes we glance at our watch, whether it be on the track, streets, or trails, in the hills, or in a race. While seconds, minutes, or hours pass, we come to realize that time passes by. As runners we control our own time and space.

In W. H. Auden's poem *Runner*, he writes that “*Moving things/ Spin and swing/ One of the two/ Move as the limbs/ Of a runner do/...Round an endless track....* Runners sense moving things and visibility remains clear on a run. In 1994, Big Tesuque race director said prior to the start, “On a clear day you can see for miles and miles and miles.”

The forecast calls for clear skies for the start of the 31<sup>st</sup> Big Tesuque on October 3<sup>rd</sup>. For those who embark on the 12-mile trail run from Aspen Vista parking area to the radio towers and back, it is a run for remembrance. The six-mile ascent and six-mile descent allow plenty of thought for timeless space.

Long time Strider **Jim Westmoreland** knows the Big Tesuque trail run quite well. He has run every BT since its inception in 1992. Prior to, the BT was called the Run to the Radio Towers. Jim ran to the towers and back in 1:19.47.

As runners our clock time speaks to us. When we want to hear our interval split, our 5K or 10K finish time, or our marathon pace. We do run for time, since time runs for us. In between lies our space.

At the radio towers of the Big Tesuque one may gasp for air; at 12,000' air is thin. Yet, on the clear day, our eyes breathe space to see for “miles and miles and miles.” But this is the turnaround and there is not much time. Six miles of downhill await, while the clock runs. “*To the law of its making/ In the rivals' dance....*”

They say the truly gifted runner dances as he runs, and the truly gifted dancer runs as she dances. This “*Delights the eye/ By its symmetry/ And it changes place/ Blessing the unchangeable....*”

We admire the symmetry of the dancer; we delight to watch the gifted runner. As we move through time and run and create space there is a communication we runners share, which is timeless. And there is no negativity in that.

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## Tips of the Month

**Training:** Take a Break. Walk breaks lower running's impact on your body. During long runs, try walking for 30 to 60 seconds at the end of every mile. Between hard intervals, walk, don't jog the recovery. [Walking] helps you recover more completely....

**Fuel:** Eat some fat, such as olive oil, nuts, seeds, avocado, and fish. The body needs fat to regulate hunger and absorb vitamins like A, D, E, and K.

**Mind + Body:** Sleep it off. If you're not getting your sleep, you'll struggle to make long-term gains in fitness. Most adults need seven to nine hours sleep a night.

## 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](mailto:rgcurry@hotmail.com).

## Striders Track and Distance Runs

**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.

**Andy Winnegar** coordinates Saturday morning long distance runs. Contact Andy at [ajwinnegar@comcast.net](mailto:ajwinnegar@comcast.net) or 505-660-1839 for further information.

## Running Thoughts

“Runners are a pretty gutsy bunch. We constantly push ourselves to discover limitations, then push past them.”

Bart Yasso, Runner's World chief running officer

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## **Just Saying... Runners are the Best**

by

Michelle Holland

I want to thank Suzanne, Marissa (I think that's who it was that encouraged me the most-you know who you are), and the woman from the Los Alamos YMCA Insanity class (who is not on this list, but when I see her I'll thank her) for keeping me going today.

I obviously went out too fast and by the time I hit the seven-mile mark my hip flexors seized up and I was in such pain that I couldn't get any turn over going at all. I QUIT three times, but each time a runner came up beside me, urged me on, got me going, and in the end the woman from the Y got me through the last mile and a half.

Just saying...runners are the best. I think I would have been completely demoralized if I had actually quit when I wanted to and to actually end up finishing second in my age group and supporting the team that supported me isn't half bad.

## **Santa Fe Thunder Half Marathon Team Results**

### **Santa Fe Grand Masters**

**Gary Probst (53)** 1:29.28; **Vince Hesch (52)** 1:30.18; **Phillipe Muller (56)** 1:32.44; **Richard Curry (58)** 1:37.57 ; **Barry Phillips (55)** 1:47.08; **Suzanne Garney (55)** 1:47.28; **Andy Winnegar (65)** 1:47.38 (Team Captain); **Michelle Holland (56)** 1:52.57; **Mark Vanderlinden (57)** 1:56.31; **Jim Owens (66)** 1:57.12; **Kurt Steinhaus ((61)** 2:04.34; **Anne Probst (52)** 2:06.19; **Kathy Mastoras (58)** 2:08.02; **Julia Kinney (61)** 2:10.12; **Bob Fox (67)** 2:15.13; **Phil Holt (60)** 2:15.38; **Michele Daae (50)** 2:15.58; **Mary Vanderlinden (56)** 2:26.18; **Sarah DeGive (66)** 2:39.26; **Ray Lackovic (59)** 2:44.11

### **The Young and the Rest of Us**

**Whitney Spivey (31)** 1:33.56; **Therese Trujillo (40)** 1:36.39 (Team Captain); **Justin Schachtner (31)** 1:37.11; **Ben Allison (43)** 1:39.48; **Jennifer Steketer (43)** 1:42.09; **Brian Burke (34)** 1:42.23; **Kendra Van Buren (29)** 1:42.27; **Newlyn Allison (47)** 1:43.18; **Benny Montoya (36)** 1:45.39; **Marcus Wilner (42)** 1:46.56; **Kathryn Feng (45)** 1:52.29; **Marisa Ortiz (41)** 1:52.45; **Kathryn Becker (42)** 1:53.24; **Cynthia Koons (37)** 1:54.15; **Tamlin Horne (29)** 1:55.46; **Brian McWilliams (48)** 1:56.47; **Kari Wilner (41)** 1:59.35; **Sonia Cuesta (39)** 1:59.50; **Gina Montoya (39)** 2:05.39; **Kristina Sinnott (35)** 2:18.34; **Stephanie Huerta (47)** 2:04.21

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## From the Archives: October

**1982: Jerry Dorbin** ran a 3:50.19 at the Humboldt marathon. It was Jerry's first sub 4:00.

**1988: John Pollack** ran a 3:03.20 at the Duke City Marathon finishing 44<sup>th</sup> overall.

**1989: Jim Westmoreland** ran a blistering 16:52 5K to finish 1<sup>st</sup> at the Duke City Marathon 35-39 age group.

**1992:** The Santa Fe Striders battled it out with Albuquerque Road Runners and the Atomic City Roadrunners Runners in a 5K cross country meet at Hyde Park Shelter #1. No one kept score. BBQ and beer followed the race.

## Striders Race Results

Please submit your results along with any notes or thoughts on the race. Submit to [rgcurry@hotmail.com](mailto:rgcurry@hotmail.com) Good running....! Next deadline is 11/1/15.

## October Races

10/3: Big Tesuque Trail Run. 9 A.M. [www.newmexicosportsonline.com](http://www.newmexicosportsonline.com)

10/10: Northern New Mexico High School Cross Country Championships. 9 A.M. MRC. Volunteers needed! For further info. contact [rgcurry@hotmail.com](mailto:rgcurry@hotmail.com)

10/24: ATC Flaming Chicken. 9A.M [www.santafestridders.org](http://www.santafestridders.org) Benefits the Academy for Technology and Classics cross country and track programs.

10/31: Desert Dash 3 mile & 3 x 1 mile relay. 9 A.M. [www.newmexicosportsonline.com](http://www.newmexicosportsonline.com) or Striders vice president Mariam Browne. [mariambrowne@hotmail.com](mailto:mariambrowne@hotmail.com) Benefits Desert Academy School.

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