



Mile Markers



We Give You the Run-Around

July 2007 Volume 29, No 7

P.O. Box 1818, Santa Fe, NM 87504

Featured Event:

Check out any of the great upcoming events below.

July Events

July 4: Jane's Freedom Run, Albuquerque. La Cueva High School, 7801 Wilshire NE. 8K road race (7 AM), 3K road race (9 AM), 3K fitness walk (9 AM), 400 meter kids run (8:30 AM). See

http://www.tgrande.com/janes_freedom_run.htm or register at www.active.com (event "Jane's Freedom Run").

July 15: Chunky Monkey Run, 5K, 10K, Kids K, 7 PM. Valley High School, 1505 Candelaria Rd. NW, Albuquerque. Register at www.active.com (event "Chunky Monkey Run 2007").

July 22: PoP'ay footrace. Starts at 7 AM. San Juan Pueblo. Register at <http://www.active.com> (event "ENIPC Po Pay Foot Race")

July 22: 9th Annual Rancho Viejo Run, Rancho Viejo in Santa Fe, 7 AM. 10K road race, 5K fitness walk, 1K kids run. Register at www.active.com (event "9th Annual Rancho Viejo Run").

July 29: Run to Break the Silence. Sandia Pueblo, start and finish at Sandia Casino, Tramway and I-25, Albuquerque. Cross-country course. 20K starts at 6:30 AM, 10K at 6:45 AM, 5K run or walk at 7 AM. Register at <http://www.active.com> (event "Run to Break the Silence").

August/early Sept. Events

August 25: Taos Ski Valley Up & Over Trail Run. Starts at 9 AM at the base of Lift #1 at Taos Ski Valley. 10K with 2600 ft. of elevation gain in first 3 miles, then it's all downhill. Call 800-517-9816 or see

<http://www.taosskivalley.com/trailrun/> for information and registration.

August 26: Bosque Boogie run. Albuquerque. 10K run, 5K run/walk; off road. Check <http://www.tgrande.com/calendar.htm> for more information and registration as it becomes available.

September 2: New Mexico Marathon; Marathon, Half-marathon, 5K. Albuquerque. Start times are 5:30 AM (marathon), 6:15 AM (half), 7:00 AM (5K), but note that buses leave from Best Western Rio Grande Inn for start at 4:30 AM (marathon), 5:30 AM (half) and 6:15 AM (5K). See

<http://www.newmexicomarathon.org/races/marathon.htm> for details and registration info.

September 9: 4th Annual Chips and Salsa Run. Half-marathon (7 AM), 10K and 5K Run/Walk (7:15 AM), Kids K (9:30 AM). Start/finish at 10601 4th St. NW, Albuquerque. Register at www.active.com (event "NM Chips and Salsa Half Marathon IV").

Monthly Meeting: July 10, 2007, 7:30 PM

The July meeting will be at Jim and Diana's place, 2363 Camino Carlos Rey. From St. Francis, go west on Zia, turn right onto Camino Carlos Rey, and proceed to 2363, the first house on the right after the arroyo. Items for discussion include election of a club secretary, update on Santa Fe Run Around results, a proposal for "all comers" track events, scheduling next month's meeting. Folks are encouraged to bring an optional dish to pass for a shared meal.

Strider News

• **Thursday Evening Runs**

6 PM from the Running Hub. Join us! Contact the Running Hub at 820-2523 or www.runsantafe.com.

• **Sunday Runs**

Eric Peters is doing a great Strider service coordinating Sunday morning runs. The details are sent out on the Strider email list (see below) each week. If you don't have email, contact Eric at 466-2460.

• **Old Race Shirts**

We will sell race shirts for past races for \$5. Contact club president Jim Owens for details (231-6166 or Owens_Jim@msn.com).

Striders in the News

(Contact Andy or Jim with contributions)

Vinnie Kelley: Vinnie ran the Jemez Marathon a few weeks ago and got chased by a mama bear. Vinnie's description of this event (one I'll wager is not covered by a standard waiver form!) is found below.

Diana Hardy and Jim Westmoreland: **BIG THANKS** to Diana and Jim for hosting the June picnic and the 4th of July picnic. A great time was had by all.

Kelly Fullerton: Kelly is here just for the summer while taking classes at St. John. She ran the Butterfly race and came in 3rd overall female. Welcome Kelly.

Senior Olympian – Dale Goering

Strider Dale Goering represented New Mexico again at the Senior Olympics held in Louisville, Kentucky from June 22nd to July 7th. Dale finished 7th in the 5K road race with a time of 27:27 and also 7th in the 10K with a time of 58:10 for the 75 to 79 age group.

Pojoaque Butterfly Run – June 17th

The Santa Fe Striders had great representation at the 9th Annual Butterfly Run including several in the top 3 places in the age groups:

5K Race

Overall	Name	Age	In Age Group	Gender	Group	Time
26	Nathan Rubinfeld	16	5	M	16-19	21:21.0
41	Jim Hannan	56	1	M	55-59	23:03.0
148	Sally McLean	66	1	F	65-69	41:03.0

10K Race

Overall	Name	Age	In Age Group	Gender	Group	Time
14	Kelly Fullerton	25	1	F	25-29	44:45.0
15	Richard Curry	50	2	M	50-54	45:01.0
23	Sean McCormick	63	2	M	60-64	48:03.0
26	Mike DeLong	40	4	M	40-44	48:46.0
29	Michael Swain	48	3	M	45-49	49:15.0
32	Tal-Ee Roberts	27	1	M	25-29	50:17.0
39	Jim Owens	57	5	M	55-59	51:43.0
45	Faith Ventura	41	2	F	40-44	53:23.0
58	Joyce Rubinfeld	54	1	F	50-54	58:32.0
64	Dale Goering	76	1	M	70-99	00:42.0
65	Philip Crump	44	7	M	40-44	01:07.0
67	Sherry Breedlove	54	2	F	50-54	01:33.0

Grady Triathlon in Farmington, NM

A great showing by 3 of our members who participated in the Grady Williams Triathlon. When I talked to Mike on the Thursday before the event, he wasn't going to do it. Not bad results for a last minute thing. And congratulations to Todd on his first triathlon.

2:28:31 Brandon Campbell 1st in age group 30 to 34 2:42:57 Todd Schroeder 2nd in age group 35 to 39
2:30:42 Michael Swain 2nd in age group 45 to 49

Upcoming Event; September 30th; 444 Run/Walk for St. Mike's

The 7th Annual 444 Run/Walk for St. Michael's High School will be on September 30th, starting at 7:30 AM at the San Miguel Mission (Old Pecos Trail). A moderate 4 mile course that starts at the San Miguel Mission and then winds through historic and scenic neighborhoods and ends at St. Mike's High School. Because it is a point to point race, transportation is provided back to the starting line. All participants receive a goody bag, t-shirt and post race refreshments. Medals are awarded to the top three finishers in each age bracket. Further information and registration forms will be available at various sites throughout town, or contact Mary Pat Butler at mbutler@cybermesa.com or 988-2264.

Editor's Note

I note the recent passing, at age 85, of Colin Fletcher. Fletcher was a long-time and pioneering advocate of walking, especially long-distance and solo wilderness hiking. He was the author of several notable books, including *The Thousand Mile Summer*, *The Man Who Walked Through Time*, and *River*. He also wrote several editions of *The Complete Walker*, which introduced legions of outdoor enthusiasts to Fletcher's, at times, idiosyncratic views on backpacking and long-distance hiking. If you enjoy the meditative aspects of trail hiking or running and appreciate good writing, I expect you're already familiar with Fletcher's work, but if you're not, sample his books. While he was most identified with walking, I note the following passage from *The Complete Walker III* concerning getting in shape for long-distance backpacking: "Legs are best conditioned by walking, jogging or running. Especially running. And especially up hills." As usually the case with his writing, no one could have said it better.

Strider Information: E-Mail list, Web Page and Newsletter

The Striders maintain a free email list to announce workouts, race information, and club events. Sign up at www.topica.com and look for SFStriders@topica.com. If you have problems finding the SFStriders list from the topica home page, try following the link from the Santa Fe Striders web page (www.santafestridders.org). If you have input or suggestions for the web page, contact our webmaster, Suzanne Garney (sgarney@comcast.net). For the newsletter, contact Andy Shreve (apshre@cybermesa.com, 982-7709) with race announcements, results, submissions, letters to the editor, and any other running related material you'd like to see.

Officers

Jim Owens, President
(Owens_Jim@msn.com; 231-6616)
Jim Westmoreland, Vice Pres.

Diana Hardy, Treasurer
Andy Shreve, Newsletter Editor
(apshre@cybermesa.com; 982-7709)

Suzanne Garney, Webmaster

Jemez Marathon Results

=	NAME	Age	TIME	26	Peter Rehn	39 M	4:55:24	53	Margaret Welk	31 F	5:43:39
=	=====	===	=====	27	Mark Nelson	37 M	4:56:18	54	James Larentzos	28 M	5:45:20
1	Daniel Blaugrund	32 M	3:47:15	28	Jimmy Cheykaychi	53 M	4:56:40	55	Ernest Garcia	48 M	5:47:43
2	Susan Brozik	40 F	3:47:17	29	Andrea Ensign	40 F	4:57:59	56	Lucia Santini	43 F	5:49:20
3	Ken Gordon	42 M	3:49:26	30	Jean Herbert	50 F	5:00:37	57	Beth Davenport	46 F	5:59:20
4	Janet Trujillo	31 F	3:50:50	31	Jarrod Clark	29 M	5:03:55	58	Annie McCoy	29 F	6:01:56
5	Brian Murray	33 M	4:06:22	32	Tracy Balk	41 M	5:04:07	59	Tom Bargeloh	55 M	6:02:00
6	Steve Mahieu	60 M	4:06:55	33	Howard Thomas	54 M	5:04:12	60	Bonnie Cardon	50 F	6:06:23
7	Michael Mitchell	45 M	4:07:45	34	Timothy FlynnOBrien	55 M	5:07:11	61	Judith Blake	42 F	6:13:21
8	Susan Mikecz	28 F	4:08:52	35	Devin Farrell	42 M	5:11:47	62	Jon Brown	54 M	6:13:25
9	Kurt Coonrod	46 M	4:08:52	36	Christine Baade	44 F	5:11:52	63	Mike DeLong	40 M	6:23:03
10	Mark Nolan	52 M	4:11:56	37	Marshall White	33 M	5:14:51	64	Faith Ventura	41 F	6:23:04
11	Louie Telles	46 M	4:14:31	38	Nicole Jeffery	36 F	5:15:42	65	Richard Harris	67 M	6:27:53
12	Michael Courtney	51 M	4:14:55	39	Derek Cunningham	37 M	5:17:02	66	Richard Viktoran	52 M	6:27:54
13	Barry Roberts	47 M	4:18:00	40	Julia Stephen	37 F	5:19:14	67	Roger Squires	46 M	6:45:31
14	Andrew Green	46 M	4:23:35	41	Vinnie Kelly	55 M	5:19:48	68	Summer Kennedy	51 F	6:45:36
15	Micheal Hettinger	32 M	4:25:58	42	Steven Madrid	46 M	5:19:52	69	DeeDee Trotter	54 F	6:46:27
16	Daniel Hadlich	37 M	4:34:29	43	Gregory Helbig	51 M	5:23:46		Sarah Stanford-		
17	Richard Curry	50 M	4:35:13	44	Matthew Hoffman	18 M	5:24:07	70	Mcintyr	19 F	6:55:55
18	Brian Reardon	36 M	4:38:43	45	Jeff Smith	42 M	5:24:44	71	Bob Boeder	64 M	6:58:32
19	John Sanchez	42 M	4:44:32	46	Luis Figueroa	53 M	5:26:55	72	Richard Keyser	43 M	7:02:36
20	Max Mujjnyna	40 M	4:45:08	47	Snezana Konecni	41 F	5:27:46	73	Allen Lamb	54 M	7:08:37
21	Stephen Kraw	37 M	4:46:18	48	Linda Wieseman	45 F	5:29:53	74	Cheryl Schmidt	45 F	7:59:10
22	Martha Schumann	33 F	4:46:39	49	Jim Bieg	59 M	5:33:35	75	Karen Thorn	56 F	8:03:13
23	Alice Temple	43 F	4:47:46	50	Kelly Bowles	47 F	5:36:26	76	Aaron Goldman	75 M	8:03:13
24	James Westmoreland	55 M	4:51:50	51	Robert Mhoon	60 M	5:37:45				
25	Chris Pauls	38 M	4:55:23	52	James Overfelt	43 M	5:41:03				

Report from the Jemez Marathon

Close encounters of the bear kind

I knew it was going to be a little weird when we missed the turn to the starting line. Picture three half asleep runaholics talking about races from 35 years ago while they drive past the starting line. So we get to the parking lot at 7:02 and sprint up to the starting line. Thankfully the race started 15 minutes late but I was a little concerned when I saw that I had two different brands of shoes on. It was going to be that type of day.

Most of the super runners found something else to do that day. After about a mile I noticed the trio in the lead had a combined age that was about the same as mine. There were 7 in the lead pack so I knew this would be a chance to finish in the top 5. That's a pretty good deal for a 55 year old guy. So I was psyched.

The 3 leaders disappeared on a wrong turn shortly after mile 2. I thought they were amazingly fast until I got the news. At the mile 9 support station they told me I was closing in on the leader. Mile 8, 9, and 10 have fantastic views. Unfortunately they are straight up. The leader pulled away. Before I could catch him, the 3rd place runner passed me on mile 10. Some downhill miles had been sub 8's and I had a sub 7 so it was discouraging to be passed on a mile that took me over 12 minutes to run by a guy that seemed to be holding back.

After 14 miles I was closing in again. Even though the 2 guys looked much stronger than me I thought it would be great fun to catch them on the killer downhill. I could see them running the opposite way on the switchbacks. This was very encouraging. I was fantasizing about taking the lead before mile 16. The stronger legs would blast away from me as soon as we got on the flat at 17 but it was a chance for great bragging rights. Little did I know that the race was about to end for me.

As I came around the corner and could see the guy ahead of me I saw a black bear cub up the hill to the left. It was very cute and had no interest in me. There wasn't much cause for concern. I was running forward and looking back at the bear when I heard Mom coming through the bushes. I turned my head and saw a huge bear come out of the woods to the right. It was 50 feet ahead of me. Luckily it headed down the hill toward the other runner. I started to run backwards. She turned her head toward me.

She looked at me over her shoulder like Lauren Bacall. For those of you too young to remember Lauren Bacall she had a way of looking a Bogie that seemed to say "Are you going to drop dead or should I make arrangements?" "The bear looked to be at least 300 pounds. She gets a little bigger each time I tell so story. She's gained a couple hundred pounds over the last week.

While she decided which one of us was for dinner I continued backwards. She swung her huge body around towards me and stood up. I kept backing up and by the time she started toward me I was already at least 75 meters away. When I got to the corner I started to run up the hill away from the finish line. I was going the wrong way. Nothing new for me. At least I wasn't running backwards.

I thought that if I can't go past this bear for a few minutes I should walk back and tell the next runner to watch out. I had just about calmed down enough to think this through when out of the wood comes Mom. Apparently while I was running around the switch back she simply walked up the hill. She might have been wondering why I had such a bad sense of direction. Maybe she heard I got lost on this course before and on the 3 peaks run.

I was pretty worried that the bear had actually demonstrated an interest in me. I turned and went back down the hill. I was happy to be running toward the finish line again but wondering if the bear wanted to see me again. Sure enough I ran around the switch back and she came out of the woods again.

At this point I really wanted to get away. There was no need to panic. If this bear wanted a piece of me she would have had it by now. I was frustrated and more than a little confused. I've never seen a black bear express interest in a human, much less me. Was she thinking I was trying to go near her or the cub? If I hang around to stay on the course and she hangs to find the cub is she going to want to let me know who's boss?

I dove into the woods to my right thinking if she couldn't see me I'd be out of sight and out of mind. This was probably a real bad move. She gave chase down the hill. We came out on another road below the race course. She was about 100 yards away and didn't seem to be headed towards me. I stopped for a second. So did she. I yelled and held up my hands. She held her ground.

I didn't feel safe standing there so I turned to get away. She started toward me again. She was moving slowly but this didn't seem like a good thing. I had been to the track that Tuesday and wondered if I could run for 1200 meters before I was out of gas. I decided to sprint for 2 minutes and get this over with. Adrenaline is a great thing. The next time I looked at my watch 5 minutes had gone by. The bear was out of sight. I don't know if she chased me for 5 yards or 500 yards. I was afraid to look back. One thing for sure she would have caught me if she wanted to.

I jogged down hill and tried to decide what to do. I looked at my watch and realized it had been 33 minutes since the split at mile 14. Time was racing by. What seemed like 5 minutes was over a half hour. I laid down in a stream to wash off my scent and think things over. I decided to go back the way I came. I'd have to go past the bear again but by now lots of people had gone by and she was probably a ways from any humans. So was I.

Getting more lost is kind of like getting more dead. You really have nothing to worry about if you already know it's hopeless. As you can imagine this was no comfort to me. I was actually more scared now. There wasn't time to be scared when the bear was close. Dumb as it seems I was really worried now that I had less to worry about.

I took me a while to get back on course. I lost about 68 minutes altogether. I was a little discouraged and wondered what it would be like to run 32 miles instead of 26. I was moving pretty slow till I got to mile 18 where Shelia had passed me the year before. It seemed like I had more strength than last year so I picked up the pace. I finished in 5 hours and 19 minutes. Much longer than I planned on running but it didn't seem

that much more difficult than 3 peaks. The winner came in 3:47 so I probably wouldn't have been much under 4 hours myself. Still I actually felt pretty good on the last downhill mile and finished with a 7:02 split for the final mile. Not bad since I barely broke 10 minutes per mile if I ran 32 miles.

On the way home we wondered if the Caldera administration would worry about the liability. Would they cancel the race if I had gotten mauled? With the few brain cells we had left we talked about what I could have done. Jim Westmorland told me he's going to run a little faster so that we will be closer together. Richard Curry offered me his third place prize as a consolation. I thought that next year I'd bring pepper spray and a camera. Let me tell you pepper spray seems pretty wimpy when you're face to face with an animal that has teeth the size of your fingers.

Chris Chavez and my wife tell me never to run from a bear. That's probably good advice. I would add don't turn your head and watch a cub while running full speed toward her mom. You might also want to be aware that a bear can smell a fart on Mars. A table full of sports drinks will attract them. You might be a little more careful near the aid stations than I was. Also wearing two of the same brand of shoes is recommended. All in all it was a great experience and it's great to be in one piece.

See you on the trails.

-vinnie kelley

Strider Contribution

Living Easy in the Summertime

Lately George Gershwin's swaying ballad "Summertime" has been running around my head. Probably because the school year is over and my summer work has begun. The ballad begins "Summertime/ And the livin' is easy/ Fish are jumpin'/ And the cotton is high..."

One reason I entered the teaching profession was for June, July, and August, where I surmised living to be easy. But soon I came to understand that not working during those three months was not an option. Just keeping up with the cost of living in Santa Fe was anything but easy, so it meant work. Both rent and bills come due every month, as we know. School comes from the Greek *skole*, and means "leisure learning"; work derives from the Old English *we(o)rc* and means act, deed, work. I try to balance both.

I tell myself every June that I will slow down time and take it easy; on the other hand, I want to increase mileage with my running, maybe hit 40, 50, possibly 60-mile weeks. I know the latter is a long shot, but if I learn leisurely, much like the citizens that converse in *The Dialogues of Plato*, anything is possible. Will I get up every morning, put in five to 10 miles, and end the week with a long run on Sunday to make a 50-mile week? Or will I wake every morning instead to read Plato for several hours? Hmmmm. Run or read Plato? Not much of a choice there. Who wants to read Plato in the summer? However, I believe everything one needs to know can be found in *The Dialogues* or Plato's *Republic*. Back to Gershwin's tune.

"Your daddy's rich/ And your momma's good-lookin'/ So hush little baby/ Don't you cry..."

While driving to Albuquerque's airport one day, I composed my own ballad:

I run the hills/ Early in the morning/ I drink a red wine/ Sometime later that day/ I run the hills/ It's another red wine/ So be it now/
What more can I say?

I log my miles/ They're reachin' nowhere near 60/ I log my miles/ Thirty seems to be where they stay/ I run the hills/ on the north end
of Santa Fe/ Just to keep the time at bay.

In Book VIII of *The Dialogues*, an Athenian citizen and Cleinias, of Cnosus in Crete, discuss the seven courses of running: the single course; the double course; the horse-course; the long course; a course of sixty *stadia* (60 x 670 ft.) to some temple of Ares; a smooth course; and, finally, a distance of 100 *stadia* over mountains, and across every sort of country, to a temple of Apollo and Artemis. (This race is run by the archer, in heavy armor.) All competitors in ancient Greece wore either light or heavy armor. An unarmed warrior would not be given a prize. The herald, who called runners to their starts, and those who set the races in motion, awaited the return of the runners to award them their prizes. Imagine running a 20K race in heavy armor?

Here in America and throughout the world we run in just a singlet and shorts and wear the lightest of racing shoes. Anywhere from the 5K to an ultra marathon, we compete for a prize in our age group. This is our claim to victory, our garland, our reward and recognition for the miles of training. For a brief moment we conquered the course and the prize was ours. Then night comes, then the day and we begin our training once again.

"One of these mornings/ You're going to rise up singing/ Then you'll spread your wings/ And you'll take to the sky..."

I cherish the summertime mornings in Santa Fe, knowing I don't have to attend the halls of academia, where I work. After nine months I need a summer break. Bearing my own armor, I head to the hills to run for the prize.

Now, it's time to stop this writing. The rain has fallen, and my weeds have gotten high.

by Richard Curry

Striders on the Go



July 1st run to Spirit Lake



Mountain sheep on the road near the ski basin



Jim's new toy at the 4th of July picnic



Serious discussions going on about???



Richard Curry at the Jemez marathon



Vinnie is still smiling; must be before the bear found him



Striders Membership Application and Waiver
(Print, complete, and mail with \$\$\$!)



Join the Striders! Promoting running in the Santa Fe area since 1978
Annual membership costs only \$15 and includes:

- Discount on Strider race entry fees
- Monthly newsletter, the "Mile Markers"
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Support/sponsor 5 local races during the year
- The club donates \$\$\$ to help the local community
- 10% Discount at the Running Hub

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the SANTA FE STRIDERS Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

This waiver needs to be signed each year !!!

Signature _____ Date _____ Renewal ____ New Member ____

Parent's Signature _____ Date _____ Receive newsletter by: Paper ____ Email ____
if <18 years old

Name _____

Address _____

City/State/ZIP _____

Telephone _____

Email _____

I would like to help by:

Races: Before the race ____ At the race ____

Picnics & Parties ____

Articles for the Newsletter/Web Page ____

Other _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

Visit us at www.santafestridders.org

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