



# Mile Markers



*We Give You the Run-Around*

February 2010, Volume 32, No. 2

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

## - Upcoming Events -

Look for upcoming area races at The Striders' online calendar at [www.santafestriders.org](http://www.santafestriders.org)

- **La Corrida de los Locos** – Sat, February 13<sup>th</sup> at Marty Sanchez Golf Course, Caja del Rio Rd.  
Race information and registration details can be viewed on the [Striders' website](#)

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- **Santa Fe Snow Shoe Classic** – was held on Sat, January 9<sup>th</sup> at the Santa Fe Norski Trails Race  
Results can be viewed at this link to the [Striders' website](#)

## Running Notes of Interest for February, 2010:

Feb. 2nd: On this day, in 1962, Jim Beatty set the indoor mile record of 3:58.9 in Los Angeles, becoming the first man in history to run a sub-4:00 mile indoors.

Feb. 26th: On this day, in 2007, Jeanne Stawiecki finished the Antactica Marathon, setting a Guinness World Record for women competing in a marathon on all seven continents in the shortest period of time (141 days).

## February Events

- 13<sup>th</sup>: [27<sup>th</sup> Annual Mt Taylor Winter Quadrathlon](#), 26mi bike, 10mi run, 4mi ski, 2mi snow shoe - Grants, NM
- 13<sup>th</sup>: [La Corrida de los Locos](#), 5k run - Marty Sanchez Golf Course, Santa Fe
- 14<sup>th</sup>: [7<sup>th</sup> Annual Sweetheart Run](#), 10k, 5k, Kids k - Bosque School, Albuquerque
- 27<sup>th</sup>: [Pecos Valley Stampede](#), 13.2mi, 10k, Roswell, NM
- 27/28<sup>th</sup>: [2010 USA Indoor Track & Field Championships](#), - Albuquerque, NM

## March Events

- 14<sup>th</sup>: [Shamrock Shuffle](#), 10mi, 10k, 5k, Kids k - Rio Rancho
- 21<sup>st</sup>: [Bataan Memorial Death March](#), 15.2mi, Marathon, White Sands, NM
- 21<sup>st</sup>: [Tessa's Ascention](#), XC Ski climb and downhill, Ski Santa Fe
- 27<sup>th</sup>: [Pork and Brew 5K](#), 5K run/walk, Kids K - Rio Rancho
- April 24<sup>th</sup>: [6<sup>th</sup> Annual Wood Gormley Panther Run](#), 5K run 2K walk, Kids K - Santa Fe



THE SANTA FE SNOW SHOE CLASSIC - [Colfax Kid Invasion](#)



**Santa Fe Snow Shoe Classic Results**  
**5K Race**

Men's Overall

1. Tarik Saleh, 26:16
2. Reed Colfax, 27:11
3. Dan Tallon, 29:58

Women's Overall

1. Fay Slattery, 26:48
2. S. Van Slooten, 28:45
3. M. Martinez, 31:23

Men's Masters

1. Dan Tallon, 29:58
2. Paul Graham, 30:37
3. John Boland, 31:01

Women's Masters

Same as Overall

Junior/Senior – M

- Logan Colfax (10), 57:09
- S. McCormick (66), 37:42

Junior/Senior – W

- Sophie Geernaert (7), 47:10
- J. Squires (58), 1:09:23

**10K Race**

Men's Overall

1. Matt Desmond, 46:47
2. Steve Clarke, 47:27
3. Dean Buzbee, 48:18

Women's Overall

1. Tess Amer, 53:24
2. R. Hamrick, 1:01:11
3. L. Dougherty, 1:01:53

Men's Masters

1. Steve Clarke, 47:27
2. Dean Buzbee, 48:18
3. Eric Peters, 50:33

Women's Masters

1. R. Hamrick, 1:01:11
- 2.

Junior/Senior – M

- Doug Saari (68), 58:47

**CLUB NEWS & ANNOUNCEMENTS**

- The January club meeting saw new officers elected. They look a lot like the old officers in that **Jim Owens**, **Todd Schroeder**, and **Kevin Brennan** were re-elected to their old positions in an uncontested voice vote. **Mariam Browne** was roped into the position of Vice President by random phone call. **Jimbo Westmoreland** is stepping down from his role as Veep to focus more of his attention on race MC-ing. We also talked about the *Run Around* and the city's reluctance to continue letting us use the Plaza. There is the unfortunate possibility that we may only run 5K and Kids K races this May. Let Jim Owens know if you have ideas on this new development.
- Strider's runners **Jim Owens** and **James Nunez** will be out running in the *Austin Marathon and Half Marathon* this weekend, Feb 12-13. **Max Mujnyia** tells us he'll be out running the *IMS Arizona Marathon* in Phoenix this weekend. I reckon there's some runners out there training for *Napa Valley*. Good luck to all.
- The Thursday evening run is continuing its 3.5 mile group for those just starting an exercise program or otherwise not so keen on the longer loop. This new group breaks off from the 5.8 mile group at the Plaza and heads back to **The Running Hub** via Galisteo St. We're encouraging anyone that has wanted to come out, has been thinking about starting a regular running routine, or who would like a little more idle chatter during their workouts to come out and get their run on. 6pm Thursdays at **The Running Hub**.





- **Girls on the Run** are always in need of volunteer women coaches at Gonzales and Agua Fria elementary schools. You don't need to be a fast runner – what's needed is your ability to share your passion for wellness. The positions require a commitment for part of one or two days a week for ten weeks. Coaching is inspiring – give it a try. For information email **Alice Temple** at [abtemple@hotmail.com](mailto:abtemple@hotmail.com).

### UPCOMING EVENTS

- The annual *Corrida del los Locos* is scheduled for Saturday February 13<sup>th</sup> at the Marty Sanchez Municipal Golf Course. The course will be similar to last year, approx. 5.8mi cross country run. We have long-sleeved shirts with the race logo for the first 80 entrants, and pottery age-group awards for division winners. Register on race day, \$25 entry, \$22 for Striders' members, \$18 for children 16yrs and under. Marty Sanchez Links de Santa Fe is located west of town off NM 599, on Caja del Rio Rd. Course maps and further information can be found on the [Striders website](#). Hope to see all of you there! --**Richard Curry**
- The next bi-monthly Striders meeting is scheduled for 730pm Tues Mar 9<sup>th</sup> at Richard Curry's place. Agenda items include:
  - Snowshoe Classic* race recap - Jan 2010
  - Corrida de los Locos* race recap - Feb 2010
  - SF Run Around* planning - May 2010Directions are as follows or contact Richard ( 992-3331) for further info.:
  - W. Alameda from St. Francis
  - 2nd right after the Casa Solana Center onto Spruce St.
  - 122 Spruce St. Look for basketball goal in driveway.If you can bring a dish or dessert to pass around that's great but not required.

### Upcoming Races:

February 27-28: Attend the *2010 US Indoor Track & Field Championships* at the Abq Convention Ctr. Tickets still available, [visit usatf.org](http://visit.usatf.org) for further details.

April 24<sup>th</sup>: *6<sup>th</sup> Annual Wood Gormley Panther Run*, 5K run 2K walk, Kids K . Visit [active.com](http://active.com) for further details.

May 22nd: *5th annual Jemez Mt. 50-miler, 50-K, and half-marathon Trail Runs*; Visit [www.highaltitudeathletics.org](http://www.highaltitudeathletics.org) for further details.

June 12th: *5th annual Run the Caldera Marathon*; 10K; Visit [www.vallescaldera.gov](http://www.vallescaldera.gov) for further details.

### FINISHERS

- We had 57 finishers in January's *Snow Shoe Classic* up at Norski Trails. **Tarik Saleh** and **Matt Desmond** ran to the overall titles in the Men's 5K and 10K runs. **Fay Slattery** and **Tess Amer** took home the Women's crowns respectively. Full results can be found at the [Striders Website](#), along with photos of the race.
- Several area and Striders runners competed in the *California International Marathon*, Dec. 6<sup>th</sup>. Finishers included: **Marc Espisito** (SF) - 2:50:13; **Emily Stuber** (SF) - 3:17:17; and, **Pamela Geernaert** (SF) - 3:28:49

## Club Calendar

### Club Meetings

**Bi-monthly meetings** – generally scheduled for the second Tues. every other month.

Next meeting – 7:30pm  
**Tues Mar 9, 2010.**  
Richard Curry's place

### Workout Schedules

**Sundays am** - Group long runs – 10+ miles often on area trails. Routes and meeting places posted to the club website (at the Group Run tab), or through the [email list-serve](#).

**Tuesdays 6pm** – 6+ mi run beginning from *The Running Hub*. Farlek speedwork for those interested. Runners of all levels are welcome. The workout is great for improving speed, increasing recovery and burning those calories. Bring reflective clothing and a light.

**Thursdays 6pm** – Easy effort runs beginning from *The Running Hub*, Cordova Rd. east of St Francis

- 5.8mi, and
- 3.5mi group runs downtown and back. Full maps of the routes can be found on the [Striders website](#).





## MEMBER CONTRIBUTION

*Running in the Second Person* - - Richard Curry

Many summers ago after a half-marathon at Jemez Pueblo, I overheard someone say at the results board, "The hard part is you're out there running all alone. The runners in front of you are out of sight."

I turned after hearing these words, for they rang true to me. Alan Silitoe's story *The Loneliness of the Long-Distance Runner* rang true, as well, for in ninth grade I became a long-distance runner. It was then I thought of running in the second person.

From time to time I run with a second person; other times I run with two others. There are times I run with a group. Nothing compares, however, with running and being alone. Inevitably, though, a long-distance runner shares a moment or two or more with loneliness.

As an English teacher, I mention first, second, and third person to students all the time. I instruct them to avoid writing in the second person; I now break that instruction and continue this writing to title it *Running in the Second Person*.

Even though you are out running alone, your thoughts are with you. In his essay *On Solitude*, Ralph Waldo Emerson wrote, "I am in solitude with my reading, but I am never alone." The same might hold true with your running. You are in solitude on a run, but you are never alone.

It is the breathing of your being that happens in a season. This being winter, a time of stillness, you are one with the cold, the snow, the wind, the ice, the dark, the day, whatever the time. Wintertime will pass to springtime, then to summertime and to autumn and to another winter, which you are all too familiar.

You get a feeling of triumph. Triumph in the fact you made the effort to get out of bed, don your clothes and lace your shoes. You head out to meet the day. You might run to meet the night. You fall into a rhythm. You feel your heartbeat. You see your breath. You smell your sweat. You gasp for air. You feel alive. You feel dead. You think of love.

You begin to pray. You pray for you family. You pray for your health. You pray for those so far away. You pray for those victims of disaster. You pray for yourself. You may be too late. You connect with the earth. You listen to the winds. You pick up some sand or dirt, a stone or a rock. You consider the order of things. You pray your run will last forever. You pray your run will end. You pray to God you die on the run.

I am alive. However, "It's about time to stop; though don't you think I am not still running, because I am, one way or another," says Smith, towards the end of Silitoe's story. As soon as [Smith] got to Borstal [a reform school], they made [him] a long-distance cross country runner. You who read this are also made to be a runner. So, no matter who is in front of us, seen or unseen, we need never let that out of our sight.

## New Members for 2010

We continue to add new members to the Club. A big welcome to recent additions/renewals:

- Jim & Carmel Owens
- Vinnie Kelley
- John Pollack

## Member Discounts

**The Santa Fe Baking Co. –**  
Café and Bakery -  
20% discounts on purchases for Striders members.

**The Running Hub –**  
Santa Fe's specialty running store - 10% discounts on purchases for Striders members.

## Striders Race Registration

Discounted entry fees at Striders sponsored races:

- Jan – Snowshoe Classic
- Feb – Corrida de los Locos
- Jun – Santa Fe Run Around
- Oct – Big Tesuque Trail Run
- Nov – Fowl Day Run

## E-MAIL LIST

The Striders maintain a free email list to announce workouts, race information, and club events. Visit [www.santafestriders.org](http://www.santafestriders.org) to add your email and receive information on workouts, upcoming events and announcements.

## STRIDERS WEBSITE

Race results, photos, links, or suggestions for the web page should be directed to the webmaster Todd Schroeder at [toddschroeder@yahoo.com](mailto:toddschroeder@yahoo.com)

Have the itch to write up a contribution of your own? Race results, announcements, submissions, letters to the editor, and any other running related material you'd like to see in the newsletter can be directed to [Richard](#) or [Kevin](#) for publication in next month's **Mile Marker**.





## STRIDERS CLUB MEMBERSHIPS

**Renew/Activate Your 2010 Membership Today** - The Club encourages interested runners to join us with a new or renewed club membership for 2010. 2009 memberships are good through April 30, 2010. New memberships for the 2010 year are now being accepted, and will be good through April 30, 2011. Membership fees are increasing from \$15 to \$20 this year - the first increase in fees since anyone can remember, including Dale. Membership forms can be found attached with this newsletter, or at the [Striders website](#). Membership includes discounts in *Striders* race events, email notices of club events, a subscription to the monthly *Mile Markers Newsletter*, and a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

Ending Striders membership for 2009 was approx. 130 area runners, up from 96 member runners in 2008 and 72 member runners in 2007. In addition to financing club races and functions, membership dues and race fees are contributed as donations to local running organizations including *Girls on the Run*, *Wings of America*, and *Monte del Sol*.

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## FURTHER INSPIRATION...

"I don't train to beat another runner. We are out there together, competing with the marathon, and I train to run...as fast as I can." --Juma Ikangaa



**A BIG THANKS TO OUR 2009/2010 SPONSORS**



**Striders Membership Application and Waiver  
(Print, complete, and mail along with dues!)**



Join the Striders! Promoting running in the Santa Fe area since 1978  
Annual membership costs \$20 and includes:

- Discount on Strider race entry fees
- 10% Discount at **The Running Hub**
- 20% Discount at **The Santa Fe Baking Company**
- 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  
- In 2009 this included: **Girls on the Run**, and **Wings of America**.



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 and submitted each year:***

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Signature \_\_\_\_\_ Date \_\_\_\_\_ Renewal \_\_\_\_ New Member \_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_  
if <18 years old

Name \_\_\_\_\_ I would like to help by assisting with:

Address \_\_\_\_\_ **Races:** Before the race \_\_\_\_ At the race \_\_\_\_

City/State/ZIP \_\_\_\_\_ **Picnics & Parties:** \_\_\_\_\_

Telephone \_\_\_\_\_ Contributions for the Newsletter/Web Page \_\_\_\_\_

Email \_\_\_\_\_ Other \_\_\_\_\_  
(for newsletters and announcements)

Enclose \$20.00 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.santafestriders.org](http://www.santafestriders.org)

Santa Fe Striders  
Santa Fe Screenprinters, City of Santa Fe, Whole Foods,  
Paseo Pottery and the Running Hub  
present

## Corrida De Los Locos

Saturday Feb. 13, 2010 at 9 A.M.  
Race day registration begins at 8 A.M.

Start and finish at the Marty Sanchez Links de Santa Fe golf course. A scenic and challenging 5.8 cross country run. For recorded directions call 955-4400.

Entry fees: \$25 in advance; \$25 race day. Striders members: \$20 advance; \$22 race day, Children 16 & under: \$18 in advance and on race day.

Paseo Pottery awards to top three male and female finishers. Age groups include up to 13; 14-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80 and over

Long sleeve T-shirts to first 80 entrants; Packet pick-up on race day only.  
For more information call Richard Curry at 992-3331 or John Pollack at 983-2144  
Between 9 A.M. and 9 P.M.

Make checks payable to Santa Fe Striders and mail to Santa Fe Striders, P.O. Box 1818, Santa Fe, NM 87504 or register online at [www.santafestriders.org](http://www.santafestriders.org) or [www.active.com](http://www.active.com)

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### PLEASE PRINT—ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_  
Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_

Email address \_\_\_\_\_ Telephone  
number \_\_\_\_\_

T-shirt size: S M L XL

Winter running can be especially hazardous. I release all sponsors, workers, and race volunteers, including Santa Fe Striders and the City of Santa Fe from liability for any injury incurred. I trust I am sufficiently fit to run this race and assume all responsibility should any accident happen.

Signed \_\_\_\_\_  
Parent signature (if minor) \_\_\_\_\_