



Mile Markers



We Give You the Run-Around

July 2012 Volume 32, No. 3

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

- Upcoming Events -

July 7th: 3rd Annual Run for Los Ninos: www.losninosdesantafe.org

July 8th: Las Vegas, NM, Fiesta Memorial Run

July 15th: Santa Fe Striders Annual Picnic @ Susan and John Lumley's

July 21st: Santa Fe Triathlon: www.newmexicosportsonline.com

July 29th Santa Clara Pueblo Runs 10K; 5K

Editor's Note:

Mile Markers seeks **Striders Profiles** for forthcoming issues. Enjoy this month's profile on Jack Lippincott. Please forward to rqcurry@hotmail.com

Santa Fe High School's track complex may be under construction soon and possibly closed for two months. See emails for further details.

The Santa Fe Rail Trail from Rabbit Rd. to Nine Mile Rd. is near completion. It is great running venue with wide open trails and beautiful rock work along the way. See you out there!

The La Tierra Trails are now open! These, too, offer challenging off-road running with exceptional views of the Jemez mountains! Pick up the trails behind Unity Church off the 599 bypass or visit www.latierratrails.org for maps.

Santa Fe High's cross country team is gearing up for its fall season. Unfortunately, many novice runners are in need of shoes. If you have old running shoes of any size to donate, let me know. Richard Curry



Running Notes of Interest for July 2012: (adapted from Runner's World)

21st: In 2007, Alan Webb shattered Steve Scott's 25-year-old American record for the mile. Webb ran 3:46.91 at a Belgium meet to best Scott's 3:47.69.

Tips of the Month: Dealing With the Heat

Take A Dip!! Pushing against water's resistance can eliminate inefficient movement and improve your form on land. It is a great cardiovascular workout.

Fuel: Drink up! It is important to drink eight to 16 ounces of fluid 1-2 hours before a run.

T-Shirts Available

The Club has surplus race shirts from past races available for \$5 (or make us an offer). This includes poly-pro long-sleeves from this year's Corrida that are a steal at that price. Contact Jim Owens if you need a replacement workout shirt or a new addition to your retro-wardrobe. 505-231-6166, or inquire at any of our events

Club Calendar

Club Meetings

Striders Bi-monthly Meetings – Generally scheduled for the second Tues. every other month.

Next meeting – Santa Fe Striders summer picnic at John and Susan Lumley's on July 15th. See email announcements for directions.

▪ CLUB NEWS & ANNOUNCEMENTS:

Andy Winnegar is hoping to organize a Saturday morning running group. Runs will be 10 miles or 90 minutes. For further information contact Andy at 466-6563 or ajwinnegar@comcast.net



Track Workouts: On the average anywhere between 20-30 runners show up at the SFHS track on Tuesday evenings. An early group begins at 5:45; a faster group begins at 6:00. Mike Swain coordinates the workouts. Check email for upcoming workouts.

Construction might begin soon at SFHS. Workouts will shift to De Vargas Middle School on Llano Rd.

Professional: Caroline Seigel, 37, took her law degree from UNM this spring. Seigel holds a bachelor's degree in drawing from Colorado College and a master's degree in art history from the University of Indiana in Bloomington.

"I am completely over-educated," Seigel joked following a Tuesday track workout. "My next goal, however, is the bar exam at the end of next month, as well as taking an ethics licensing test in August. Then I will be finished with school."

Once finished with her bar exam and testing, she hopes to attract some mentors to gain experience in art law and museum law. "Anything linked to the state department," said Seigel, who moved to Santa Fe in 2000. She currently makes her living as an art appraiser.

Congratulations, Caroline!

FINISHERS: Kenneth Johnson, 44, completed his first triathlon at the Taos Triathlon in April. His two-mile run in 15:17, 10-mile bike in 26:11, and 400-yard swim in 9:00 earned him an overall time of 52:55. He placed 31st out of 110 entrants and finished 4th in his age group.

"I felt as if I was ready. I didn't run many bricks, only did a few, and that was on a stationary bike. I didn't do any bike training," said Johnson. "It was super windy. The swimming was difficult since we were swimming back and forth in the same lane."

Johnson is now training for the Santa Fe Triathlon July 21st. "I need to wait for things to come, and I might have to change my philosophy. I watched the triathlon the past three years, so this year I am determined."

Best of luck, Kenneth!

Run of the Caldera: Over 200 runners entered this year's Caldera 10K, half marathon, and marathon races. Race organizer and Striders member Kris Kern offered these words on the 14th annual event.

"This year's race was hot and dry! I think we say that every year. Turnout was good for all races. We tried an experiment with having the 10K on a separate day from the half marathon and marathon, which alleviated some of the race-day congestion but really stressed the volunteers.

"New race director Emily Blumenthal did a great job of picking up the races this year and keeping things organized. There were some fast times in all races. No runners were chased by bears this time but one cooler was mauled.



A big thanks goes to the Striders for providing time for the half marathon and marathon. That makes for a long, dusty day," said Kern.

Strider Shirley Lynn donated some of her artwork for prizes in all races.

Note: Please forward any race results to rgcurry@hotmail.com or view them at www.santafestriders.org

MEMBER CONTRIBUTIONS:

***To Pindar, Ancient Greece, and Athletes of the XXX Olympiad* by Richard Curry**

While many of us await The Games of the XXX Olympiad from the great city of London, I cannot help but give thought to Pindar's timeless poem *from Olympia* 8, the site of the ancient Olympic games, ancient Greece, and the American athletes.

Pindar, (522?-438 B.C.), a Greek lyric poet, wrote "Mother of games, gold-wreathed, Olympia/ mistress of truth where men of prophecy/ by burning victims probe the pleasure of Zeus of the shining/ thunderbolt,..."

The prophecy undoubtedly comes from Delphi and the Greek oracle of Apollo. I wonder of the truth in my running, as well as the truth behind the modern-day Olympic spirit. However, when I watch Galen Rupp run a 13:22 5000 meters and beat Bernard Lagat by .15 seconds and Julie Culley run a 15:13, I appreciate more and more the time and grace put into their efforts. The athletes who converge on London must feel proud. Zeus might not feel this way, but I can only assume he admired the strength and nakedness of his Greek athletic warriors. Pindar continues "...what story he has for folk/ who strain in spirit to capture/ magnificence of strength/ and space to breathe after work's weariness:..."

At times I lose my spirit to run, for I, too, feel weary. Yet, somehow running allows that "space to breathe." For twenty years I have breathed the smells of the old, 440 dirt track at Alameda Middle School. Those smells are still there yet, the sights now are different. It is fenced off and a DANGER: HARD HAT AREA sign greets any incoming walker or runner. Perhaps one cannot damn the progress of man or school. Many Greeks honored the mind, body, and spirit; many, too, paid homage to strength and wisdom. I see no wisdom in paving 75 yards of curved, sanctified earth, namely a track. I proceeded with my workout.

God willing, the XXX Olympiad will unfold with a semblance of religious spirit, for many athletes wear crosses, point to the sky, offer kneeled blessings, or thank God in post-race interviews. Pindar writes..."his will is steered by men's prayer's to favor of piety/ Then, O grove of Pisa besides Alpheos, shadowed with trees,/ accept this is our festival song with its



burden of garlands..../ Granted there will be bearers of good news, whereas burdens will befall a chosen few. As a television viewer, I need to honor that respect.

Myth is told that Alpheos, a river god, pursued the nymph Arethusa, and she is changed into a stream. I run the oval, dirt track minus 75 yards and chase my time, which appears irrelevant. Longing to swim in a stream does not.

“...Great is his fame forever/ whom your bright victory befalls./ Various goods have come/ to one man and another; there are many roads/ to happiness, if the gods consent.” These words conclude Pindar’s poem. Soon the torch will be lit at London’s XXX Olympiad, and an eternal flame will burn forever.

Forever long ago ancient Greeks celebrated their Games with toasts to Dionysus. I, too, will toast with a glass of red wine, then celebrate and admire the athletes in their soundness of mind, body, and soul.

For Inspiration: Mental will is a muscle that needs exercise., just like the muscles of the body.”
Lynn Jennings



Striders Profile: Name: **JACK LIPPINCOTT** Age: (Optional) **66**

How long have you been a member of the Santa Fe Striders?
Off & on since 1984...

When did you start running and why?
1962 – miler on high school track team, in Houston, TX. I was too small for football...

Are you a native Santa Fean? If not, when did you arrive? What is it you do in the City Different?
No; but, my wife – Kathy – is as native as one can be; she is a Tesuque Indian. I lived in SF full-time from 1984 – 1991. Was CFO for Gerry Peters. Now, just visit.

Do you have a favorite place to run?
Ft. Marcy, over Bishop's Lodge hill to the Tesuque Village Market, and back...

Where is your favorite place to eat?
Breakfast - Tecolote
Lunch – The Shed, or Bert's Burger Bowl
Supper – La Choza, or Bobcat Bite

Do you have a favorite race and/or favorite place to run in Santa Fe?
The Runaround, and the Big Tesuque Run

What is your favorite or least favorite running story?
Jim Ryun's high school mile (See below...)

Do you have a post-race treat? (adapted from *Running Times*)
Beer, or chocolate (but not simultaneously...)

What is your guilty pleasure? (adapted from *Running Times*)
Staying up late (to watch Jimmy Fallon...)

What is on your playlist? (adapted from *Running Times*)
Anything Springsteen...

Inspirational story...

As I'm preparing myself mentally for doing track work in the next few weeks, I came across this replay of Jim Ryun's 3:58 mile in the Kansas high school state final.



You can feel the lactate build up & the baboon on your back growing into the gorilla by the last 200. I feel it's worth sharing...

"The video of Ryun's 3:58 mile at the Kansas State track meet shows Peterson took Ryun through 880 around 2:00, and then Ryun went around and powered away on his own. He was all alone by the time he came out of the curve after the 880 point and kept pulling away.

I'm pretty sure Peterson hung on to finish in 4:17, actually. Pretty impressive after rabbiting an 880 that must have been within 4 or 5 seconds of his PR for the half mile. How many kids today would risk their senior year state meet to help a teammate run faster? On the other hand, if that teammate was aiming to set a record (mile run in all-high school race) that may never be approached, maybe lots of guys would do it..

What's surreal now looking at the video is the obvious amateurism of the event. It's a cinder track in the baking sun; the visitor's spectator stand on the far side of the track is some little bitty wooden bleachers, a few people scattered on the infield and maybe a half dozen guys hanging around the finish line. All of the runners look like the gawky teenage early '60s geeks they were.

Then it sinks in that the guy in the light gray (black and white film) is running under four minutes right then and there all by himself, 150 yards in front, a time trial basically, and you can see the cinders shooting back from his spikes, and he is obviously dyin' with a 220 to go, and he just puts his head down a little and guts it out, and...just...oh man..."

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. Forms can be found at the conclusion of this newsletter, and also can be downloaded from the Striders website. Membership includes discounts in Striders race events, as well as a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

Striders membership for 2009 is up close to 115 area runners. 2008 numbers were approximately 96 runners, 2007 numbers, approx. 72. In addition to financing club race events 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.





Club Officers – 2009

[Jim Owens](#), President

[Jim Westmoreland](#), VicePres

[Todd Schroeder](#), Secretary

[Kevin Brennan](#), Treasurer

Feel free to contact any of the above members – or any other club member for that matter - if questions should arise about upcoming events or races. Alternatively, click over to the Strider website www.santafestriders.org for results, photos, and announcements.

E-MAIL LIST

The Striders maintain a free email list to announce workouts, race information, and club events. Visit 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 toddshroeder@yahoo.com



Str 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 only \$15 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 2008 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:

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 _____
(for newsletters and announcements)

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.santafestriders.org