

# Mile Markers

**Santa Fe Striders**

*We Give You the Run Around*

P.O Box 1818. Santa Fe, NM 87507

**November 2015 Vol. 35 No. 11**

## Thanks and Giving to Run

by

Richard Curry

Daylight Savings Time ended this Sunday at 2 A.M. and, as we know, we gained an hour sleep Saturday night. So for now daylight hours are shorter, while night time hours come a bit earlier. With the oncoming holiday season, our temptation to indulge may confront us. We may worry about gaining a few extra pounds or we may concern over our little time to run. But it is the season for thanks and giving to run.

The 34<sup>th</sup> Fowl Day Run commences on Saturday, November 21<sup>st</sup> at Ft. Marcy Park. Since 1981 the Striders have worked with the Salvation Army to collect food for the needy. Donation is a \$15 non-perishable food contribution. There are many awards and pies to be given away, and what better way to begin the holiday season than running a challenging 5K cross country run or 3K walk. Thanks to **Diana Hardy** for resurrecting the Fowl Day after a two-year hiatus.

With Standard Time it is no longer light but dark at the end of the work day. With true regard to Hamlet's dark thought, *To [run] or not to [run]? / That is the question.* One answer of mind is to meet **John Lumley** at the Running Hub every Thursday at 6 P.M. His routes take runners through the east side of town. Following the run some meet at a local establishment for a meal or cold beverage. Hey, even Hamlet tipped a pint or two following a fencing workout.

Across the country Thanksgiving is now a popular race day. The City Different is no exception with the 8<sup>th</sup> Atalaya Turkey Trot 5K going off at 9 A.M. Proceeds for this race contribute towards teacher funding, classroom supplies, and library books. Many pumpkin pies are raffled away and there are numerous prizes that follow. Organizers claim this course to be flatter than ever! Nothing like a flat course 5K before turkey and pumpkin pie round out our stomachs.

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Happy Thanksgiving! Be safe while running at night!!

## Tips of the Month

**Training:** Hit the Hills! It's time to climb to improve strength and speed. Running uphill forces knees to lift higher, which helps power your stride. Run at least one hill workout a week and work on accelerations.

**Fuel:** Eat Omega-35. Salmon and other fatty fish contain the most omega-3s, but all seafood has it. You may want to try walnuts, ground flax seed, or omega-3 enriched eggs.

**Mind + Body:** Be Present. Stay in the moment. Ignore distractions, such as weather, fatigue, or negative thoughts.

## 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 Distance Runs

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.

Sunday long runs are ongoing throughout the fall and winter. Stay posted to Striders emails for time and place.

## Running Thoughts

“Long runs are easy. Crawling out of a warm bed at 6:00 A.M. on a Sunday morning? That's hard.”

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Mark Remy, Runner's World editor at large and author of *The Runner's Rule Book*

## From the Archives: November

*At four, she rose for running long before the dawn/ lapped three times the green grass golf course lawn./ Mars faded, fell into the east sky fire, and was gone./ "For 60,000 years no one will ever see it,"/ she said, and wore down a scrawny white-tailed rabbit. --Michael Sutin, 2006*

**1981: John Arnold** directed the first Fowl Day Run. Governor Bruce King was scheduled to begin the race. Entry fee was open

**1991: John Pollack** and **Jim Westmoreland** and 2500 other runners competed in the Sun Carnival International Classic 15K in El Paso and Juarez. Jim finished in 53:08; John finished in 58:16; they both enjoyed free beer after the race.

**1992:** Entry fee for the Fowl Day Run was \$3.00

**1993:** The Fowl Day Run collected 1,000 pounds of food! **Shirley Lynn** took 1<sup>st</sup> place in the NM USATF Grand Prix racing series.

**1995:** Entry fee for the Fowl Day run increased to \$8.00. Sweaters and jackets were accepted this year by the Salvation Army.

**1996:** Following the Big Tesuque Run in October, Director Jim Fisher harshly criticized the Striders and announced he would no longer direct the race. Fisher claimed he spent \$835.00 of his own money with little or no support from the Striders.

**1997: John Carroll Pollack** published *Dazzled by My Own Chicanery*, a coming-of-age story that comes to life during a 10-mile race in the small northern village of Hancock, Michigan.

Thanks to **Jeremy Lang**, the Striders were linked to the world wide web!  
[www.daylight.com/~jjstriders](http://www.daylight.com/~jjstriders)

Entry fee for the Fowl Day Run was still \$10.00

**1999:** The Y2K No Problem Run Committee was formed.

Striders secretary **Kathy Mastoras** held the position of Treasurer.

The 19<sup>th</sup> Fowl Day Run entry fee was still \$10.00.

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## **Striders Race Results.**

### **Duke City**

#### **Marathon**

Vinnie Kelley- 64 3:34.15  
Trevor Kusiak- 33 3:57.24  
Kathryn Feng-45 4:01.00  
Peter Fant- 55 4:07.12  
Steven Elliot- 56 4:20.23  
Chris Chavez- 56 4:43.12  
Kathy Mastoras- 58 4:49.15  
Phil Holt-60 4:59.51  
Beth Davenport-54 5:13.27  
Richard Rivera-71 7:37.31

#### **Half Marathon**

David Simpson- 45 1:35.01  
Vincent Hesch-53 1:36.24  
Therese Trujillo-40 1:39.34  
Floyd Morales-54 1:53.50  
Chris Campbell-48 1:54.57  
Julie Gallegos-41 2:02.26  
Keza Boyd-36 2:06.02  
Patricia Shain-58 2:18.48  
Susan Campbell-53 2:15.52  
Carol McVeigh-66 2:44.42  
Dina Jansen-45 3:34.48

Note: Congratulations to **Chris Chavez!** He has competed in **EVERY** Duke City Marathon since the inaugural run in 1984!

#### **10K**

Gary Probst- 53 41:12; John Stadick- 48 48:56; Mark Khono- 53 59:00

#### **5K**

Melanie Ortiz- 39 32:50

#### **5K Walk**

Diana Hesch- 52 54:16; Patsy Mango- 60 54:17

#### **Portland Marathon**

Kendra Van Buren 3:55.03

#### **Chicago Marathon**

Shawna Winnegar 3:06.13

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 12/1/15.

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## November Races

11/21: Have a Fowl Day Run. 9 A.M. Cross country 3-mile run and 3K walk at Fort Marcy Park. Donation is \$15 non-perishable food for Salvation Army.

[www.newmexicosportsonline.com](http://www.newmexicosportsonline.com) or Event coordinator director Diana Hardy at [sprintdiana@gmail.com](mailto:sprintdiana@gmail.com)

11/26: 8<sup>th</sup> Atalaya Turkey Trot. 9 A.M. 5K and 1K Kids' run. Thanksgiving Day! \$25 and \$10.Proceeds benefit Atalaya Elementary School. Contact [info@ridgeline racing.org](mailto:info@ridgeline racing.org) or 930-5924. See also [www.newmexicosportsonline.com](http://www.newmexicosportsonline.com)

## The Finish Line

**Newlyn Allison** competed in the Javelina Jundred 100K along the Pemberton Trail in Fountain Hills, Arizona, last Saturday. However, due to an unexpected chest infection the night before the start, Newlyn was forced to stop at the 46-mile mark after 11 hours of running. “Up to that point everything went well—hydration, food, clothes, even the heat was okay. I had to accept it was getting difficult to walk, let alone take a deep breath, and listening to my body was probably the wisest thing,” said Newlyn.