

Mile Markers

Santa Fe Striders

We Give You the Run Around

P.O Box 1818. Santa Fe, NM 87507

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It was 1981...

by

Andy Winnegar

It was 1981. I was running with my girlfriend Judy in the first Santa Fe Fowl Day Race.

As we drove to Fort Marcy where the race would start, Judy was excited, almost giddy about being in a race.

I was thinking that perhaps I had one too many beers the night before.

I was unclear as well; if this was something, I would be able to get myself out of or if it was already too late.

We deposited our bags of food and went to the starting line where I was greeted by a colleague.

He was dressed in running shorts and sleeveless shirt.

I remember, I thought that he must be awfully cold in that silly outfit.

I was comfy in my long-sleeved sweatshirt and pants.

He said "Good Luck!" and I wished him luck too. I was starting to feel like a runner.

A burst from a deaf deifying horn startled me and off we ran, as fast as we could, down to an embankment to an arroyo.

As we hit some deep sand on the arroyo bed, a wakeup call from my brain was quick.

It said "this might actually kill you"

The sand was definitely harder to run on, the sweats were heavy and hot and I was already out of breath.

I told myself I am not going to be able to hold up for even another 100 feet of this.

I looked at Judy, for some sympathy, but she wasn't willing to look at me and she wasn't stopping.

I thought if I could get her attention I would claim an illness, perhaps I could move in front of her and throw-up.

I couldn't get her attention and she seemed to be running faster.

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Although we were being pushed by the crowd, we were not making much progress.

We were in the last group of runners and dropping slowly to the rear.

There was at least 2 miles left in the 5K and we were still running in sand.

Running in sand is similar to being chased in a dream where you cannot move your legs, as hard as you try, you are growing weaker and the monster is getting closer.

Also, since I couldn't breathe and with each breath that I was able to get down, I would exhale the air faster than the amount I thought I needed to go on living.

Now my lungs were burning and I was considering reaching out a grabbing hold of Judy's shirt.

Simultaneously Judy and I slowed and finally hauled in our advance letting the remaining crowd of children, elderly and overweight runners rushed by.

Now we were walking through the sand, and as it slowly covered our tennis shoes we may have even laughed or cried a little.

I know I was thankful.

There is a lesson in all of this that is worth repeating: practice, practice, practice.

Secondly, and just as importantly never ever go out with the racers at the beginning of a race.

My main thought at the time was, never ever again get in a race no matter the worthy cause.

If you want to help out make a donation.

But now my thoughts were focused on how we get back our car.

Finally, we could see a friendly volunteer pointing us up the hill out of the arroyo and on to the street.

It was a completely unfamiliar street. Where in Santa Fe were we?

Well at least we were on pavement and again we starting to jog.

We both agreed that we were going in the wrong direction, but our only other option was to retract our tracks and we weren't willing to go through that sand again.

Finally we saw another volunteer directing us at the turn a corner.

Once around the bend it was a straight shot to the finish.

If I had it to do over again, as I have explained more than once, I would have finished the race hand in hand with my true love.

At the time I didn't think of this and regrettably, I surged ahead of my future wife of 30 years and crossed the finish line.

Yet, the nagging question still remains: what could I have possibly been thinking?

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Tips of the Month

Training: Plan to Race! Sign up for a short-term goal to keep committed through the holidays.

Fuel: Cut Calories. Eating about two-thirds of your daily calorie needs for a few days out of the week helps control your weight.

Mind + Body: Pay it Forward. One of the best ways to celebrate the season is to help someone get across their first finish line. Commit to volunteering!

Striders Officers for 2015

President: Jim Owens

Vice President: Mariam Browne

Secretary: Kathy Mastoras

Treasurer: Dick McLean

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.

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

First Tuesday of the month run for beer. 5:30 on December 1st starting at the original Second Street Brewery will be a 5- mile run. We will follow the rail trail to Rabbit Rd. then return to 2nd St for some carb recovery. You can turn around early if you want to run a shorter distance. Bring a headlamp or flashlight. Or just go to 2nd St. about 6:30! Everyone is invited. This is not an official club event, just a bunch of friends running together. The next one will be January 5th.

Thanks. **Vince Hesch**

Santa Fe Striders Saturday long run starts at two locations with staggered start times. Location one starts at 7:30 AM (with a 10 minute warm-up) from the closed Rail Runner Station from the intersection of Zia and St. Francis Drive. There is parking across Zia next to the rail trail & restrooms at Albertsons. Location two starts the Rabbit Road parking lot for the rail trail at 7:50 AM (with a 10 minute warm-up). There is a clean portable restroom. To reach Rabbit Road Trail

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Head parking lot head south on St. Francis Drive until you pass under I-25 or south on Old Pecos Trail until you pass over I-25. Take a right heading west on Rabbit Road and follow until you reach the railroad tracks and a small parking lot on the left. Both groups will meet up by 8 AM at the Rabbit Road Trail parking lot. Contact Andy Winnegar. a@winnegar.com or text 505-660-1839

Running Thoughts

"Today I will run for pure, absolute joy!"

Lopez Lamong. 2008 and 2012 U.S. Olympian

From the Archives: December

2000: Kris Kern ran the Leadville Trail 100, which started at 4 A.M. At 3:30 he was "standing in the rain..." Kris "hit the last block" at 24:57.49, then "crawled into bed."

2001: Mike Sutin, Striders' poet laureate, wrote *Urban Trail*: *"There are some urban trails called Ball/ Where one can 'scape the City's walls/ The concrete of DeVargas Mall/ The linoleum of dull school hall/ If tuned to the foothill's call to test youth's strength by standing tall/ Where one can run until it hurts/ Thanks to a forester called Wirtz/ And let's allot more honor on them all."*

2002: Tom Day was named the new Striders poet lariat. He beat out competitors **Jerry Dorbin**, **Jeremy Lang**, and **Mike Sutin**. He ends his poem writing *"So I am a loyal Strider, no Judas Iscariot/ And that's my bid to be poet lariat."* For a reading of Tom's poem visit www.santafestriders.org/newsletters2002

2003: Speaking of day, newsletter editor **Mick Kappler** wrote *"Rise knowing this is your day, no matter what happens."*

2004: Ted Freeman completed the Florida Ironman on November 6th in 11:38. Following this feat, Ted planned to "take the next year off...plug in the battery... to recharge."

2005: June Dickinson trekked three weeks in the Indian Himalayas covering 200 miles. She crossed the Ladakh, Zanskar, and Himalaya Barriers!

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2009: Christopher McDougall published *Born to Run*, which sets out to discover the secrets of the Tarahumara Indians of Mexico.

2010: The Striders introduced a Facebook page, thanks to the work of **Christina Brennan!**

Striders Race Results.

Santa Barbara Half Marathon November 7

F55-59, Kathy Mastoras. 22nd 2:08:04
M55-59, Peter Fant. 11th 1:41:07
M55-59, Barry Phillips. 19th 1:44:43

Canyon City Marathon November 7

M65-69, Andy Winnegar. 3rd 3:56:50.88

Please submit your results along with any notes or thoughts on the race. Next deadline is 1/1/16.

December Races

12/5. Jingle Bell Run for Girls on the Run 5K. Genoveva Chavez Center 9:00 A.M.
www.newmexicosportsonline.com or www.active.com

The Finish Line

While marking the course for this year's Fowl Day Run with **June Dickinson, Dale Goering, John Pollack, and Steve Rogers** it came to mind that I ought to offer an opportunity for someone else to become editor of Mile Markers. So this 2015 Mile Markers is my final publication.

*“A runner's word holds true at the start and at the finish/ Between them both a race takes place/
And a new year lies ahead....”*

--Richard Curry