

Resolutions for the New Year

by John Farrow

Happy New Year to one and all! This is the first newsletter under new management, so to speak, and I want to extend a heart-felt thanks to Terry Bisbee for all his work with the club generally and on the newsletter specifically these past several years. He has set a very high standard indeed, and all I can say is that we'll do the best we can to carry on. But can you believe this? The guy has maybe his only bad race in the last five years in the Duke City half-marathon and he up and moves to the other side of the country. Get a grip, for Chrissakes.

Anyway, this is a new column, dedicated to a sometimes irreverent look at the great issues of our times, or at least the times of that most numerous of all runners, the average mid-packer, the Half-Fast Runner. I guess they call us average because there are so many of us. Whatever. We'll see what shakes out with Melissa Etheridge blasting from my computer speakers. God, I love technology!

Seeing as how we are in a new year, and it is fashionable to make New Year's Resolutions, here are the Half-Fast Runner's resolutions for 1996, presented in fashionable Letterman style (i.e. backwards):

10. Do not try to out-run anything with more legs or sharper teeth than you have.

9. Beware of short cuts. You can make up a lot of time by running on the sidewalk, but watch out for the parking meters. A collision with one of those suckers will drastically alter your priorities for the rest of the day, not to mention a man's intonation.

8. Get stronger. Try weight training, rowing, cycling, anything that requires you to move against resistance. Runners

generally have a superior cardio-vascular system, but often could benefit from some muscle. It's time to stop being a bunch of wimps.

7. Take time off. None of us is getting any younger and the body needs time to heal, no matter the level or intensity of your training. The older you are, the longer things take to heal, so if you're over 10 years old, let's be very careful out there.

6. Teach your children. (CSN&Y, 1970). Kids learn by watching you, and this includes learning the benefits of exercise. Let them see how enjoyable running can be, but for goodness sakes, let them do it at their own pace and without pressure.

5. Try something different. If you ordinarily prefer shorter races, try a half-marathon or a full marathon. If you prefer road racing, try mountain running. Do a du. Try a tri.

4. Wave to other runners, whether you know them or not. We need all the friends we can get.

3. Be proud that you are a runner (not a "jogger"), regardless of your ability. Remember that 97 % of Americans cannot run 3 miles. One race or good workout will give you more than enough exercise to permanently disable the average couch potato.

2. Don't sweat the small stuff. While the race is not always to the swift, that's usually the way things shake out. As so aptly put a few years ago by one of my favorite English poets, you can't always get what you want, but if you try sometime, you might find you get what you need. (M. Jagger, 1969).

1. It's all small stuff. While the unexamined life may not be worth living, never make excuses for bad days, and don't try too hard to explain the good days. A little mystery is good for the soul. Let it be. (Lennon & McCartney, 1970).

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