



Mile Markers

We Give You the Run-Around

January 2004 Volume 26, No. 1.

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

Feature Events - Double Play!



Santa Fe Ski & Shoe Race
11 mi Ski & Shoe, 6 mi XC Ski, 4 mi Snow Shoe
Saturday, January 17, 2004
Aspen Vista Trail (near Santa Fe Ski Basin, mile 14)

8:00a - 11 mi Ski and Shoe: ski up 4 miles, Snowshoe 1.5 and return (you must carry your snowshoes while skiing)
8:15a - 6 mi XC Ski Race: ski up 3 mi to Tesuque Turn and return
9:15a - 4 mi Snow Shoe Race: snowshoe 2 mi up and return

Entry Fee: 20.00 by Jan 15, 2004, each race is \$25.00 after Jan 15, raceday registration opens at 7:00a

Corrida de los Locos 5-Miler
Saturday, January 24, 9:00a
Marty Sanchez Golf & Country Club

This is a call for volunteers for the Corrida de los Locos on Jan. 24. All positions are available. No experience necessary. If you volunteer for this one you are assured of a place in the Striders Volunteer Hall of Fame. You will also get about three stars in your running crown. If you can't volunteer, please run the race. Thanks in advance. Call Dale at 954-4384. Register online at http://www.active.com/event_detail.cfm?event_id=1095680 or use the form inside this issue.

Letter to the Editor

Re: How I Train column, December 2003

Lemme get this straight. The Mick set most of his PRs when he was young, but he's now 38? Sheesh! He's gonna be creaking in another two or three years.
- anonymous (age at publication, 73)

Come One, Come All! Club Meetings Held on Second Tuesday of Each Month at 7pm

On the **13th at 7:00p**, the monthly meeting of the membership will be hosted at **Kris Peterson at 215 Sereno Dr.** Her number is **820-6247**.
New Event Topic: Southwest Service Dogs.

How I Train - Call for Contributions

Over the past three months, the "How I Train" column has been run (no pun) by Kris Kern, Barb Dutruw, and Mick Kappler. Now it's your turn. Submit what has worked in your training to mick@daylight.com. Please note, what has worked for one person won't necessarily work for you. And, of course, what is "long" for one is not "long" for another!

Thank You To The Striders



by Ginny Seamster

A couple of months ago I asked Mick to put some information in the Strider Newsletter about my plans to train for a marathon with the Team in Training program and the fundraising efforts for the Leukemia and Lymphoma Society that were to be associated with that event.

I received several donations and some priceless words of encouragement from several strider members and, a while ago, I received a check from the treasurer of the striders. I can't quite express how I felt when I opened the envelope from Tove and saw not only the very generous donation that she was making on behalf of the striders but, much more importantly, the wonderful card she had sent. I've sometimes questioned my decision to sign up for this event but any doubts were banished from my thoughts as I read that letter. All I can say is THANK YOU SO VERY MUCH!!! That doesn't really even come close to being sufficient.

I would also like to extend an extra special thanks to Strider members Kris Kern, Kris Peterson, Tove and Jerry Shere, Diana Hardy, and Dale and Kenny Goering. You are amazing!

For a quick training update- my longest run thus far was just over 3 1/2 hours (a quick jaunt for many of the superb runners in the Striders :) I have now done all of my long training runs and have two weeks of tapering

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before running the marathon. I've gotten a general routine down in terms of eating and drinking during my long runs and have decided that vanilla power gel really doesn't taste too bad :)

I got home from school the 16th of December and will be home until the marathon in January. I hope that I'll be able to see many of the striders during my winter break.

Thank you again. I can't tell you how much your support means to me. I hope you will remember that when I finish my race, the kindness of the striders will have played a substantial part in getting me there.

Happy Holidays and a VERY Happy New Year!

Take care-
Ginny :)

NEW MEXICO ASSOCIATION USA TRACK & FIELD

31 SANDHILL RD., LOS LUNAS, NM 87031
505/865-8612 FAX 505/565-8387 foneskn@aol.com www.usatf.org/assoc/nm
NEWSLETTER CALENDAR: December 30, 2003

Jan 1 Egg Nog Jog 4mi. Run, 2mi. Walk, Gil,s, 268-6300.
Jan 3 CO Indoor All-Comers T&F, CSM, Golden, Don Sinclair, 303/807-7232, 775/853-5930.
Jan 10 Dearholt Desert Trail 7.4&3.2 Run/Walk, Las Cruces, 524-7824.
CO Indoor All-Comers T&F, CSU, Ft Collins, Don Sinclair.
Jan 17 CO Indoor All-Comers T&F, CU, Boulder, Don Sinclair.
Jan 24 Corrida de los Locos, Santa Fe, Dale Goering, 954-4384, www.santafestridders.org.
Jan 25 Super Bowl Sunday 5K, 2mi. Walk, Gil,s, 268-6300.
Super Sunday 5&10K, 5K Racewalk, Las Cruces, 527-5167.
Martin Luther King Mile Hi Classic, USAFA, CO Springs, Don Sinclair.
Jan 31 CO Indoor All-Comers T&F, CU, Boulder, Don Sinclair.
Feb 7 CO Indoor Championships, CU, Boulder, Don Sinclair.
Feb 14 Valentines Day Sweetheart Run 5&10K, 1mi., Athlete,s Edge, 856-9377.
CO Indoor All-Comers T&F, CU, Boulder, Don Sinclair.
Feb 15 NAU Indoor All-Comers T&F, Flagstaff, Bob Flint, 480-1991, usatf@cox.net.
Feb 19-21 Simplot Games Indoor T&F, ISA, Pocatello, www.simplotgames.com, 208/235-5604.
Feb 27-29 USATF Indoor T&F Championships, Boston, www.usatf.org, 770/941-6792.
Mar 6-7 USATF Indoor Combined Events Championships, Chapel Hill, NC, www.usatf.org.
Mar 7 Run for the Future 5K & Kids 1mi., St Pius X HS, Jeff Turcotte, 831-8417.

*STATE CHAMPIONSHIP ***GRAND PRIX SERIES

GRAND PRIX RESULTS: With results in from 8 races, the Run Old Mesilla 10K , the Run for the Zoo 10K, the Taos \square Marathon, the River Run (fka as Bastille Day) 8K, Rancho Viejo 5K, La Luz, the Gov. Johnson 10K, The Whole Enchilada Fiesta 5K and the Albuquerque Turkey Run 5K, the standings are as follows: Open Women, Rachael Cuellar 31 points, Erica Larson 13 points; Masters Women, Jean Herbert 45 points, Mary Wells 40 points, Claudia Bergsohn 11 points, Carolyn Gressit 8 points; Open Men, Filomeno Apodoca 10 points, Scott Long 9 points; Masters Men, Willie Martinez 40 points, Wayne Chick 10 points, Dan Otero 9 points, **Jim Westmoreland** 9 points.

ATTENTION RACE DIRECTORS: For inclusion in the 2004 Running Events Calendar, please call the office as soon as possible with your dates, 865-8612 or e-mail foneskn@aol.com, and if you are interested in hosting a Grand Prix or State Championship, please let us know. All events in the Grand Prix Series and State Championships must be sanctioned. The projected date for the calendar is February 10, 2004. The Organizational/Club Membership forms are going out this week (yearly dues are still \$50). (Please note: there are increases in both the National fee for both member and non-member organizations and the Association fee for non-member organizations.) Information re: sanctions, monthly meetings, schedules, clubs, etc., may be found at our web site, www.usatf.org/assoc/nm.

Cyclocross National Championships

Portland, OR, December 12-14, 2003

by Jerry Shere

Cyclocross is type of bicycle racing that evolved in Europe. It requires a fair amount of running and therefore has appeal for both cyclists, multisport athletes, and perhaps, even runners with a bike hanging in the garage looking for a different type of workout. The event takes place on a looped course that will result in lap times ranging from 6 minutes to 10 minutes. The course can only have 30% or less paved surface. The rest will consist of grass and/or dirt. There are obstacles in the course, which may be man-made in the form of wooden barriers. These obstacles require the rider to dismount and carry the bicycle over or up and remount as quickly as possible. Good courses generally don't contain difficult technical sections, such as singletrack or gnarly downhill. Races are run for a specific time period, usually lasting 45 minutes to an hour. They are mass start events and drafting and team tactics can be a factor on a well-designed course. Occasionally, sections can be run while carrying the bike faster than they can be ridden. Naturally, races are never cancelled due inclement weather.

Day 1

Practice. We arrived in hopes of getting some track time and learning the as best we could. The course was very muddy and sloppy. Some of the off-cambers were un-rideable. Nothing was terribly technical, but it was a course that favored power. It didn't rain...thank God. Almost perfect race weather at about 45 degrees and no wind I rode for an hour early and looked for lines. Bart Bowen joined me after about half an hour and I benefited from his expertise regarding line. Just before my race Tove's rear tire went flat from a very slight puncture in the sidewall. The sealant was trying to seal it up, but it couldn't quite seal. Bart thought super glue would do the trick and he left for the hotel and I left for my race.

Men 50+. There was a very long and open starting loop that we never set foot on again. 55+ started a minute back from the 50+. There appeared to be about 20 starters in 55+. 6 of them were 60+. One guy was even older than me at 66! We decided to petition next year for a category, since it gets harder and harder to compete with the "kids". I had a good start and was sitting in around 7th when I made an error on go. I spent most of my race at a steady anaerobic pace and managed to pass some guys back. I ended up 12th. If there had been a 60+ category, I would have had a podium. I need to work on my power output. Gotta get in the gym. Technically my race was good. I rode a lot of sections that other people were having trouble with, so I'm pleased overall. I finished 12th out of 16 finishers.

Women 40+. When I finished, I swapped rear wheels with Tove even though Bart's super glue was holding nicely. Who else carries super glue to races? As soon as I put the other wheel in her brake began to drag, so I ran to a mechanic and grabbed a 5mm to adjust it. I got her fixed up and off they went. I left for the pit and lowered the seat on my BCD cross bike in case she needed a bike. It's OK to change bikes at designated pit areas in cyclocross. Apparently while I was racing, she threw a chain in such a manner that Bart had to remove a jockey wheel from the derailleur to correct it. This was not a good start for her. I got to the pit and looked for her to come around the backside of the course. When she came it to site, she was running. I had no idea what was wrong, but I knew her bike had become un-rideable. There was a low point on the course that I thought I could ride over to and give her the BCD. We swapped bikes and I saw she had no left pedal. It had come out along with the threads in the crank. A woman that she was managing to stay ahead of running complained about an illegal bike change. I didn't care. The pit was too far and she had suffered a catastrophic failure. Besides, she was screaming my name. What was I to do? Try riding through goo with one pedal. She rode incredibly hard and courageously and finished 6th. She was heartbroken. However, nobody has more heart than she does. Her ride was spectacular, she never gave up, and she had the ability to ride with any of the women on the podium.

Day 2

Men's C. Conditions were absolutely astonishing. It started raining steadily on Friday night and did not let up until early Sunday morning. Conditions that were just wet and muddy on Friday became unbelievable by race start. My race (C Men's) was first at 9AM. I chose to warm up on the paved racetrack at Portland International Raceway, rather than completely clog my bike with mud. I figured that with a starting field of close to 100 riders of all ages and abilities, lap one would be a cluster no matter what. I didn't feel confident enough to attempt the hole shot, so I chose to warm up longer and start toward the back of the field. I was not sure how to ride the wet course and where the most rideable lines were. There were a lot of young strong riders who charged hard at the start. Once we arrived at the first real quagmire, people were all over the course. About half of the riders just picked up their bikes and began running in the shin deep mud. I ran this first section and then began to figure out how to ride the endless string of marginal sections. After awhile, I learned that the really wet looking spots were the easiest to ride. It appeared that we sank to the bottom, sometimes hub deep and found traction on the rocks below. This would probably explain the plethora of flats. And you thought goat-heads were bad. Everywhere else in these bogs was greasy beyond belief. Bikes developed a mind of their own. Very often resembling frictionless objects changing directions instantaneously much to the chagrin of their hapless riders. The biggest challenge to me was the delicate balance between the effort of riding or running a section. One 100 meter section that went by the grandstands was easily faster running, however, it was followed by a long steep run-up. The pro women ran a great deal of the course. There were some that I had to run because I couldn't re-mount in the mud. I finished strong after a steep learning curve and passed a few guys near the end. There is simply no way to experience this type of cross racing except hub deep in goo. My final place was 77th and I was satisfied with that result. I need more power for this stuff. Big, strong, powerful people dominated the races.

Women's B/C. Tove's race started at 10AM. She was in a field of 15 youngsters, some of which were talking about winning the race at the start. I noticed the women really talk "smack" at the start. Tove led out the first lap. She seemed to quite enjoy the conditions. She said she felt like one of the icebreaker ships plowing through the ice. The course really favored a power rider. First place went around her on lap 2 during a run section. Tove didn't have the legs to run with this Colorado University racer, so she chose to ride through the sections rather than run. Trust me, running in this stuff was very taxing. We both had to make concessions to ride when running would have been faster because of the next section, which often was un-rideable by anyone. She rode strong and steady and was passed on the final lap by a young woman in a flat section. Once again, she didn't have the legs to answer as the woman ran by her. The woman was running this section because it was faster and Tove rode it because the run-up from hell was just around the corner. In fact by Sunday they had removed the double barriers that had originally been placed there to make sure it was a run-up. She doesn't know where the 45+ women were from Friday's races, but this was a sweet victory. A bronze at Nationals is a great result for her. It was an epic weekend of Cyclocross racing according to Bart Bowen. He said Belgium had nothing on this race. We had a great time and we applaud everyone's efforts. This is difficult stuff, but very fun. New Mexico fared pretty well considering our small but enthusiastic CX community. We're looking forward to next year. It will be in Portland again. There should be some epic images of the mud-fest posted to various web sites for Sunday's racing in the next few days. There are some photos on our team website at www.teamochsner.com.

Editorial Note: Tove has been named All-American.

Inside Triathlon's 2003 All Americans

by The Editors

This report filed December 24, 2003

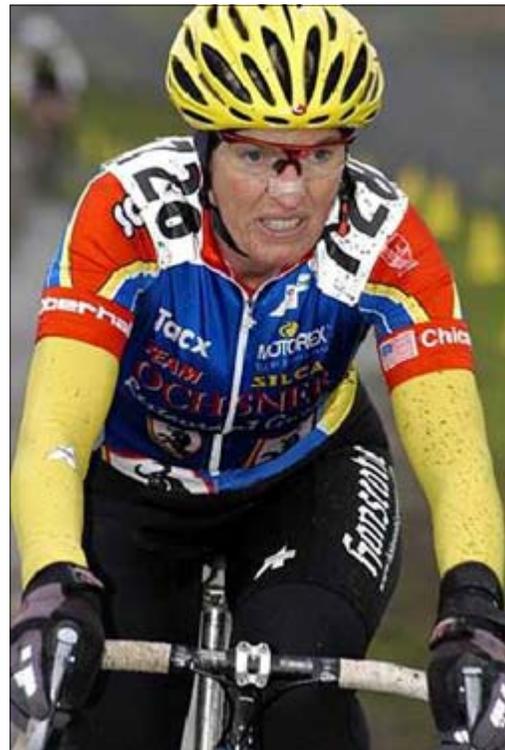
It's not easy choosing our list of the top North American age-group performers each year - and every season our task is made more difficult by the irrepressible enthusiasm and dedication displayed by athletes of all ages and abilities. But choose we must, and earning an All-American ranking for 2003 meant you had to show up, and race well, at the top events in the sport. For duathlon, these events included the ITU Duathlon World Championships in Switzerland, the USAT duathlon national championships, in Georgia, and Powerman Zofingen. Criteria for triathletes included the ITU Triathlon World Championships in New Zealand, USAT nationals in Louisiana and the Ironman Triathlon World Championships, in Hawaii. If you're on our 2003 list, congratulations. If not, there's always next season.

50-54

Mary Dunn, Cheshire, CT
Valerie Gattis, Louisville, KY
Diane Proud, Irving, TX
Renee Saint Arnaud-Watt, Canada

Tove Shere, Santa Fe, NM

HONORABLE MENTIONS
Johanna Tul, Canada
Anne Viviani, Arlington, VA



Tove Shere
2003 Inside Triathlon All American

Running and Walking Fund

Dear Successor Trustee of the Property Group Running and Walking Fund:

Here are the 2003 totals: Pennies: 986 + 2/3rds + 3/4ths, Nickels: 63, Dimes: 121, Quarters: 44, Half Dollar: 1, One Dollar Bill: 1, Ecuador - 25 centavos, Guatemala - 10 centavos, Canada - 1 cent, Euro - 1 (2), Euro - 2, Mexico - 50 centavos, Mexico - 2 pesos, Various tokens Here are the 2003 Notable Finds:

- 1) Friday route, 06/20/03 - hit for the cycle (at least, one penny, one nickel, one dime and one quarter).
- 2) Guadalupe and St. Francis, 06/17/03, cycle.
- 3) Don Gaspar, Cordova and St. Francis, 04/10/03, cycle.
- 4) Monday route, 03/03/03, cycle.
- 5) Wednesday route, 03/05/03, cycle (opposite side of the street).
- 6) St. Francis, Paseo, 1/13/03, cycle.
- 7) St. Francis, Cerrillos, 05/20/03, 3 dimes, 2 nickels, 11 pennies.
- 8) Tuesday route, 06/03/03, one dime, one nickle, 26 pennies.
- 9) St. Francis, 07/24/03, cycle.
- 10) Tuesday route 10/30/03, cycle.
- 11) Two consecutive Wednesday routes 10/15/03, 113 pennies (75 of which were on the eastern island at Alameda and St. Francis), one nickel, two dimes.

Contributors: Mary C. Damron, Margaret Werner, Esther Sutin and the following who contributed or could have contributed to the totals: Sam Macdonald, Ian Macdonald, Ellen Macdonald, Paul Macdonald, Jennifer Leonard, Zak Leonard, Ben Leonard, John Leonard, Brian Sutin, Rose Sutin, Nathan Zhang Sutin.

And here is the celebratory poem:

In Reward of Warriors

All coinage of our realm (and other realms) are keepers,
so, let us not be whelmed by refuse city sweepers
which lift the souls of Lincoln pennies off the street
but leave brave Washingtons and Jeffersons beneath our bleeping feet,
wedged well within the pavement cracks, untouched by bristle brush
propelled by pre-dawn workers before the morning rush.
The Anthonys and Kennedys have all been captured by collectors
or fallen far from failing fingers of the coin prospector:
those Anthonys and Kennedys
for which to stoop would sore your knobby knees.
And what about the dubious Rooseveltian thin dimes?
And thank G-d there are no Bushes in these unsure times,
for, if there were, we'd push, by flush of muddy gutter rain,
the buffoon doubloons right down the dirty drain
between the sanitary sewer grates overlaid by worn iron rails,
to scrape along the river Styx in search of other holy grails.

End of Report - Mike Sutin

Attitude

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room just wait." "That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it .."It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away ... just for this time in my life. Old age is like a bank account ... you withdraw from what you've put in ... So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory bank. I am still depositing. Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Nair

My neighbor found out her dog could hardly hear so she took it to the veterinarian. He found the problem was hair in it's ears and cleaned both ears and the dog could hear fine.

The vet told the lady if she wanted to keep this from reoccurring she should go to the store and get some "Nair" hair remover and rub in it's ears once a month.

The lady goes to the drug store and gets some "Nair" hair remover. At the register the druggist tells her "If you're going to use this under your arms don't use deodorant for a few days."

The lady says "I'm not using it under my arms."

The druggist says "If you're using it on your legs don't shave for a couple of days."

The lady says "I'm not using it on my legs either, and if you must know I'm using it on my schnauzer."

The druggist says "Stay off your bicycle for a week."



I.Q. Test

Below are 4 questions. Answer them instantly. You can't take your time. Answer them immediately. No pencil or paper! OK? Let's find out just how smart and clever you really are. Ready?? GO!

FIRST QUESTION: You are participating in a race. You overtake the second person. What position are you in?

ANSWER: If you answer that you are first, then you are absolutely wrong!

If you overtake the second person and you take his place, you are second! Try not to screw up in the next question. To answer the second question, don't take as much time as you took for the first question. (You know you took too much time.)

SECOND QUESTION: If you overtake the last person, then you are...?

ANSWER: If you answered that you are second to last, then you are wrong again. Tell me, how can you overtake the LAST person?

THIRD QUESTION: Very tricky math! Note: This must be done in your head only. Do NOT use paper and pencil or a calculator. Try it. Take 1000 and add 40 to it. Now add another 1000. Now add 30. Add another 1000. Now add 20. Now add another 1000. Now add 10. What is the total?

ANSWER: Did you get 5000? The correct answer is actually 4100. Don't believe it? Check with your calculator! Today is definitely not your day. Maybe you will get the last question right?

LAST QUESTION: Mary's father has five daughters: Nana, Nene, Nini, Nono. What is the name of the fifth daughter?

ANSWER: Nunu? Nana? Nene? NONO! Of course not. The fifth daughter's name is Mary. Read the question again.



Santa Fe Ski And Shoe

Saturday January 17, 2004

11 mi Ski and Shoe - 6 mi XC Ski Race - 4 mi Snow Shoe Race



Sponsored by:

Crescent Moon Snowshoes Montrail Running Shoes
SealSkinz Waterproof Socks Dermatone Sunscreen
Bike and Sport



Organized by:

Santa Fe Striders Norski Trails de Santa Fe Team Santa Fe



Races will take place on the Aspen Vista Trail near the Santa Fe Ski Basin (Mile 13).

11 mi Ski and Shoe – Start is 8:00. Racers will ski approximately 4 miles up the trail, snowshoe approximately 1.5 miles to the ski basin boundary, then return. **YOU MUST CARRY YOUR SNOWSHOES WHILE SKIING.** Skis may be left at the transition.

6 mi XC Ski Race – Start is 8:15. Ski 3 mi up to “Tesuque Turn” and return.

4 mi Snow Shoe Race – Start is 9:15. Snowshoe 2 mi up and return.

Registration: Mail the form below or register online with Active.com. See the Strider page www.santafestriders.org for details. Entry is \$20 until Jan 15, 2004. Day of race entry is \$25. Registration opens at 7 AM on race day. First 75 entries include a gimmie (not a shirt!).

Awards to the top 5 male and female finishers of each race in sub-masters (under 40) and masters (40 and over).

Aid will be provided at the start/finish, and at the transition. Water and Gatoraid will be provided. If you anticipate requiring additional aid carry any supplies you desire.

Cut Here

Send completed form and fee to Santa Fe Striders, PO Box 1818 Santa Fe, NM 87504

Name _____ Age on race day (Jan 17, 2004) _____ Sex _____

Address _____ City _____ State _____ Zip _____

Telephone Number _____ email _____

Race (check one): Ski Shoe _____ XC Ski _____ Snow Shoe _____

Fee: \$20 by Jan 15. Each race is \$25 after Jan 15. Make checks payable to **Santa Fe Striders**

Wavier: THIS IS A DIFFICULT EVENT! I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the Santa Fe Striders, Norski Trails de Santa Fe, the National Forest Service, and any other organizers and sponsors, their representatives, successors, and/or assigns, of the Santa Fe Ski-Snow, for any injuries or damages I may sustain as a race participant on January 17, 2004. I give race officials permission to obtain medical aid for me should I, in their judgment, require it. I understand that volunteer first aid assistance may or may not be available at the Santa Fe Ski And Shoe, and I agree that such volunteer medical assistance may be rendered to me.

Signature _____ Signature of Parent/Guardian if under 18 _____

Santa Fe Striders

Santa Fe Screenprinters, City of Santa Fe and Whole Foods

present

CORRIDA DE LOS LOCOS

Saturday, Jan. 24, 2004 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. See map and directions on back; for recorded directions call 955-4400.

Scenic course, about 5 miles long

Entry fees: \$15 in advance, \$20 on race day; Strider members \$13 in advance, \$20 on race day

Children 13 and under - \$10 in advance and on race day

Awards to top three male and female finishers in age groups: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Long-sleeve T-shirts to first 125 entrants
Packet pickup on day of race only

For more information, call John Pollak at 983-2144 or Dale Goering at 954-4384 between 9 a.m. and 9 p.m.

Make checks payable to Santa Fe Striders. Advance registrants, mail to Santa Fe Striders, PO Box 1818, Santa Fe, NM 87504. Registration online at Active.com.

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, Santa Fe Screenprinters and the City of Santa Fe, from liability for any injury incurred. I am sufficiently fit to run this race and assume all responsibility should anything bad happen to me.

Signed _____ Parent Signature (if minor) _____

>>> Race Calendar <<<



1/17 8a Santa Fe Ski & Shoe Race. Kris 983 kernkt@cybermesa.com

1/24 9a Corrida de los Locos 5 Miler. Dale 954-4384 dkgoering@cs.com

1/31 10a - CANCELLED - 4th Annual Sandia Mountain Shoe. Jeff or Patti, 505-281-3495, canyoung5@juno.com

3/20 Southwest Service Dog Jog, near Chavez Center, Mick 438-4463.

6/5 Santa Fe Run-Around, Mick 438-4463

Dear Mom, What's your crystal ball say about Tucson? 3:10? 3:05? 2:59? 3:07! **Your Son**

Thursday Evening Runs

Thursday night runs begin at 6 pm from the Running Hub. The loop is as follows:

Montezuma (store front) to left at Cerrillos/Galisteo intersection to right on De Vargas St (cross Old SF Trail, cross Paseo de Peralta) to Canyon Rd to right on Camino Del Monte Sol to left on Camino Cruz Blanca to Camino Cabra to left on Canyon Rd to De Vargas St to left on Cerrillos/Galisteo to right on Montezuma to store. The route is about 5 1/2 miles. We add a little extra around St. Johns to make it close to 6 miles by heading up road to Wilderness Gate then connecting back to Cruz Blanca with first left.

Cyber Information

Looking for running information on-line? See our website at <http://www.santafestrider.org> or <http://www.racegate.com> for all kinds of goodies.

Weekly Group Workouts

Striders, guests, and other random runners meet at **6pm on Thursdays at The Running Hub** (333 Montezuma #6), for a 5-mile or so run. Also, track workouts (April-October) begin at **6pm on Tuesdays at the Santa Fe High School**. Everyone is welcome. Group runs are happening on the weekends. Course and distance vary. Contact Diana Hardy for more info - hardy_diana@seo.state.nm.us

Express Yourself!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to the Mile Markers editorial offices, c/o Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email mick@daylight.com.

2003 Strider Officers

Kris Kern, President, 983-8944
kernkt@cybermesa.com
 Kris Peterson, Vice President, 820-6247
krisp@newmexico.com
 Tove Shere, Treasurer, 473-0388
trim8s@nets.com
 Mick Kappler, newsletter editor, 438-4463
mick@daylight.com

Dues Due!

Strider Dues for 2004 are due! Lots of great reasons to continue your membership. For only \$15 you get

great writing monthly!
 Discounts on Strider races!
 Be the first on your block to hear about new events!

And support the events we are putting on this year to benefit Childrens Vaccination Coalition, Partners in Education, Salvation Army Food Bank, Norski Trails de Santa Fe, and (new this year!) Southwest Service Dogs!

Newsletter Help Needed

We're in need of help in a couple areas of the newsletter:

- * copying and sending issues to members
- * keeping the event calendar up-to-date

The volunteer work is an hour or less per month. If you or someone you know can help, let us know. For more information, contact Mick (438-4463) or Kris (983-8944)

eMileMarkers

You can get *Mile Markers* electronically! Send your request to kernkt@cybermesa.com

Santa Fe Striders Club Membership Application and Waiver



Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

- Renewal
- New member
- Email newsletter

Annual dues for the Santa Fe Striders club are \$15. A \$1.25 is for a subscription to the RRCA's quarterly magazine, *footnotes* for one year. Annual fees are due in January and membership runs through December. If you are paying in July or later, the dues are \$7.50. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

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 of carelessness on the part of the persons named in this waiver.

Signature

Date

Parent's Signature if under 18 yrs.

Date

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

