



Mile Markers



We Give You the Run-Around

February 2005 Volume 27, No. 2.

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

Feature Event - Mt Taylor Quadrathlon

Rumor has it several Striders are gearing up for the annual quadruple climb and descent. Best of luck to all those participating and good cheer to all supporters of this one-of-a-kind event. Go Striders!

Kicking Bird

by Aaron Corpus

I work for an indie filmmaker named Kelley Baker who's bringing his latest DV feature to The Guild in Albuquerque next month (2/17, 9PM). I'd like to know if one of you wouldn't mind spreading the word about the movie.

It's called "Kicking Bird." It's about a high school outsider from a broken home who finds just a little self-worth by running. The movie is ultra low budget, which is just how Kelley likes it. It was shot on middle-of-the-road DV, which means it sits somewhere between the home movie look and "Star Wars." Kelley will be on hand to drink, discuss his likes (e.g., making movies untainted by studio weasels), drink, and discuss his dislikes (e.g., making movies that don't have drinking scenes), drink, and inspire others to make features with little to no money. "Kicking Bird" was shot in and around Portland, Oregon. It boasts some acting.

Kelley actually was the sound designer on "Good Will Hunting" and its sequel, "Finding Forrester," among other Gus Van Sant projects. He also directs.

If you'd like, I'd be happy to send more info on "Kicking Bird," Kelley, or my predictions on who will win the Sports Illustrated Swimsuit Model contract on The Biggest Loser.

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

The monthly meeting of the membership will be hosted by **Kris Peterson** at her home at **215 Sereno Dr.** From St. Francis Drive, turn west on Alamo Dr. into Casa Solana and go about 1/2 mile to Sereno and turn left. Her number is **820-6247**.

Job Opening at The Running Hub

by John Lumley

Date: Mon, 24 Jan 2005 17:36:48 -0600
From: kernkt@cybermesa.com
To: striders@daylight.com

The Running Hub of Santa Fe is searching for a full or part-time employee to coordinate external sales. Sources will include, but are not limited to: High School Team Sales; College Team Sales; Medical and Personal Trainer Referrals; Road Race, Triathlon, Cross Country Meet and Track Meet Sales; Running Class Sales; Sales to Employees of Restaurants and Hospitals. There will be some retail store work as needed. Running and/or sales background preferred. Salary is negotiable and can be based upon salary, commission or a combination of both. The Running Hub does not currently have a benefits package. Interested individuals should contact John Lumley at 505-490-3791 or john@runsantafe.com.

Please pass the word. Thanks, JL

Sale at the Running Hub

by John Lumley

From: john@runsantafe.com
To: Kris Kern <kernkt@cybermesa.com>
Sent: Wed, 19 Jan 2005 12:46:12 -0500

I wanted to let your club members know that we are having a sale at The Running Hub. Your club discount will not apply to sale items. The sale items are as follows:

Last year's models of Mizuno Maverick \$59.50
Last year's models of Mizuno Mercury \$63
Last year's models of Mizuno Rider \$63
Last year's models of Mizuno Wildwood \$63
All NB 856 models \$70
All Pearl Izumi Take + and LaSportiva Co Trails \$50
All winter apparel is 30% Off

We will be advertising this sale, but I wanted to give your club a chance to get in the store before the sales are advertised, so pass the word.

Corrida de los Locos Results

January 22, 2005

Overall Male: Cody Robertson 27:45

Overall Female: Erica Larson 30:15

Place	Name	Time	Group	Place	Name	Time	Group
1	Cody Robertson	27:45	M23	61	George Gray III	45:36	M50
2	Eric Peters	29:12	M35	62	John Zahrt	46:01	M63
3	Nathan Romero	29:26	M15	63	Betsy Cata	47:04	F25
4	Erica Larson	30:15	F33	64	Ernest Cata	47:05	M51
5	Scott Nelson-Valdez	30:35	M29	65	Beth Davenport	47:34	F44
6	Warren Oldham	31:24	M35	66	Aaron Goldman	47:48	M72
7	David Finnegan	31:47	M48	67	Rita Granger	48:09	F49
8	Lyle Amer	31:53	M50	68	Lyle Kerstiens	48:51	M54
9	Tom Burnett	32:44	M56	69	Kip Herreid	48:52	M70
10	Duncan Hammon	33:08	M49	70	Jim Kuzava	48:55	M52
11	Paul Fyfe	33:10	M49	71	Sade' Cain	49:08	F17
12	Daniel Torres	33:41	M17	72	Juliana Livingston	49:09	F15
13	Tess Amer	33:44	F13	73	Ryah Alexis	49:36	F13
14	Jason Strauch	33:46	M41	74	Liz Desmond	49:37	F36
15	Dean Buzbee	33:49	M50	75	Tim Doyle	50:29	M52
16	David Telles	34:12	M43	76	Lizzie Aragon	50:42	F46
17	Ramon Garcia	34:54	M36	77	Dick Danforth	53:54	M62
18	Allen Montoya	35:32	M39	78	Robert Aragon	54:44	M47
19	Jim Hannon	35:43	M54	79	Larry Johnson	56:09	M84
20	Michael Heindl	35:46	M54	80	Gretchen Otte	56:39	F14
21	Ted Atkins	35:50	M46	81	Christy Kelly	56:43	F36
22	Adrian Maynes	36:06	M28	82	Sophia Livingston	56:43.9	F13
23	Kris Kern	36:15	M40	83	Karen Proicou	56:44	F41
24	Mick Kappler	36:16	M39	84	Karina Menter	56:46	F39
25	Mike Williamson	36:58	M56	85	Ellen Grapin	56:48	F61
26	Alex Montano	37:10	M46	86	Roberta McCollom	58:19	F52
27	Peter Romero	37:12	M50	87	Bernie McCulloch	1:00:04	M63
28	Jerry Martinez	37:18	M55	88	Pauline Tapia	1:01:27	F45
29	Sophia Torres	37:37	F12	89	Darla Graff	1:01:56	F39
30	Senevio Torres	37:40	M51	90	Charles McCanna, MD	1:03:01	M59
31	Bob Harmon	37:45	M41	91	Michael Davis	1:03:02	M58
32	John Varruska	38:02	M53	92	Gerald Allen	1:05:08	M68
33	Robert Little	39:19	M50	93	Dennis Hohman	1:05:52	M59
34	Paul Maudlin	39:35	M52	94	Jerry Dorbin	1:11:29	M74
35	Patty Danforth	39:50	F44				
36	Dan Cushik	40:16	M32				
37	Judie Amer	40:32	F50				
38	Bert Grapin	40:39	M68				
39	Eric Mas	40:43	M37				
40	Mike Swain	40:47	M46				
41	Gilbert Chavez	40:54	M45				
42	Cecil Stark	41:16	M58				
43	Tammy Wells	41:19	F45				
44	Octavio Burrola	41:22	M40				
45	Philip Romero	41:37	M51				
46	Stephen Lucero	41:46.2	M49				
47	Steven DesGeorges	41:46.5	M52				
48	Scott Walnum	42:28	M31				
49	Wolky Toll	42:44	M55				
50	Lee Levin	43:03	M54				
51	Douglas Hendry	43:05	M49				
52	Sandra Mechlenburg	43:14	F42				
53	Kathy Kirsling	43:20	F56				
54	Scott Hicks	43:40	M47				
55	Kris Peterson	44:04	F43				
56	Vicki Telles	44:34	F47				
57	Hannah Little	44:38	F14				
58	Ronda Harmon	44:59	F38				
59	Barney McCulloch	45:03	M40				
60	Richard Thompson	45:32	M64				

Age Groups							
Place	Name	Time	Group	Place	Name	Time	Group
Female 13 and under							
1	Tess Amer	33:44	F13	2	Sophia Torres	37:37	F12
3	Ryah Alexis	49:36	F13	4	Sophia Livingston	56:43.9	F13
Female 14-19							
1	Hannah Little	44:38	F14	2	Sade' Cain	49:08	F17
3	Juliana Livingston	49:09	F15	4	Gretchen Otte	56:39	F14
Female 20-29							
1	Betsy Cata	47:04	F25				
Female 30-39							
1	Erica Larson	30:15	F33	2	Ronda Harmon	44:59	F38
3	Liz Desmond	49:37	F36	4	Christy Kelly	56:43	F36
5	Karina Menter	56:46	F39	6	Darla Graff	1:01:56	F39

Female 40-49

1	Patty Danforth	39:50	F44
2	Tammy Wells	41:19	F45
3	Sandra Mechlenburg	43:14	F42
4	Kris Peterson	44:04	F43
5	Vicki Telles	44:34	F47
6	Beth Davenport	47:34	F44
7	Rita Granger	48:09	F49
8	Lizzie Aragon	50:42	F46
9	Karen Proicou	56:44	F41
10	Pauline Tapia	1:01:27	F45

Female 50-59

1	Judie Amer	40:32	F50
2	Kathy Kirsling	43:20	F56
3	Robertta McCollom	58:19	F52

Female 60-69

1	Ellen Grapin	56:48	F61
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Male 13-19

1	Nathan Romero	29:26	M15
2	Daniel Torres	33:41	M17

Male 20-29

1	Cody Robertson	27:45	M23
2	Scott Nelson-Valdez	30:35	M29
3	Adrian Maynes	36:06	M28

Male 30-39

1	Eric Peters	29:12	M35
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3	Ramon Garcia	34:54	M36
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5	Mick Kappler	36:16	M39
6	Dan Cushik	40:16	M32
7	Eric Mas	40:43	M37
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Male 40-49

1	David Finnegan	31:47	M48
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1	Lyle Amer	31:53	M50
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20	Lyle Kerstiens	48:51	M54
21	Jim Kuzava	48:55	M52
22	Tim Doyle	50:29	M52
23	Charles McCanna, MD	1:03:01	M59
24	Michael Davis	1:03:02	M58
25	Dennis Hohman	1:05:52	M59

Male 60-69

1	Bert Grapin	40:39	M68
2	Richard Thompson	45:32	M64
3	John Zahrt	46:01	M63
4	Dick Danforth	53:54	M62
5	Bernie McCulloch	1:00:04	M63
6	Gerald Allen	1:05:08	M68

Male 70-79

1	Aaron Goldman	47:48	M72
2	Kip Herreid	48:52	M70
3	Jerry Dorbin	1:11:29	M74

Male 80+

1	Larry Johnson	56:09	M84
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Forever Young*by Beth Davenport*

Enclosed is an entry form for an ARR event in Placitas on 2 April. It is being held in memory of Charlie Young, and I was thinking it would be good to let the Striders know about the event also, since Charlie had many friends in Santa Fe.

Easy Ultra*by Aaron Goldman*

If any Striders are curious about trying an "easy" ultra, I highly recommend Across the Years 24/48/72 hour runs held between Dec.29-Jan.1 in Phoenix. I did the 24 hour over New Year's day. The run is held on a 500 meter oval track that is well lighted with an aid station supplied with excellent food and drink. The ankle clips record the laps and a screen gives you an up to the second mileage and lap time. I managed 88 miles this year down from last year's 91. The camaraderie among the runners helps relieve the monotony and you can almost always find someone to chat with. One of the guys did 103 marathons in 2004, another (John Geesler) went 300 miles in the 72, another woman - Carolyn Smith - went 128 miles in 24 hours to qualify for the international 24 hour championship in Austria this summer (Nike is picking up the tab for qualifiers (125m for women and 140 for men).

Race Calendar 2005

Stay on Track with SnowPack™
Relieve Pain.
Reduce Swelling.

SnowPack stays cold 5 times longer than ordinary cold packs. For faster, frequent treatment during the first critical days after an injury - and for the long run.

SnowPack Cold Therapy available at Running Hub and Sangre de Cristo Mountain Works

www.snowpackusa.com

Patent Pending

March

19 (tentative) Santa Fe Dog Jog, Santa Fe, <http://www.santafestridders.org>

April

2 (tentative) - Forever Young Cross Country Race, a memorial race for Charlie Young, ABQ RR <http://www.roadrun.org/>
30 - 1st Annual Wood Gormley 5K and Kids 1K, Ted Freedman 466-3955

Coming Soon - New Local Hot 5K Benefit for Kids

The first annual Wood Gormley 5K run for raising fitness funding for kids is coming on April 30th. Contact Ted Freedman (466-3955) for details.

Dues are Due

Do you want to continue this wonderful newsletter in 2005? Well, then complete the membership form on the last page and promptly send it in to continue to power the Santa Fe Strider club and the 27th year of the *Mile Markers* newsletter. Come on, what are you waiting for?

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.

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 Eric Peters <eric_peters@nmenv.state.nm.us> for more information.

Strider Officers

Kris Kern, President, 983-8944, kernkt@cybermesa.com
Kris Peterson, Vice President, 820-6247, krisp@newmexico.com
Tove Shere, Treasurer, trim8s@comcast.net
Mick Kappler, newsletter editor, 989-1000, mick@daylight.com

Run Plan for February 6, 2005

by Eric Peters

Striders and anyone else interested...

Meet at the rail trail parking lot at the intersection of Zia and St. Francis at 8AM. (From downtown Santa Fe, go south on St. Francis, turn right on Zia, and immediately turn right into the parking lot.) The course: (Each segment is followed by a rough estimate of the length of that segment).

1. Start either on the paved bike path or in the arroyo that runs parallel to it (or some combination of the two) and run to Sam's Club on Rodeo Road. (3.5 miles)
2. Turn left and run about 1/2 mile east on Rodeo and then turn right on Richards. (0.5 miles)
3. Run to the stop sign about half a mile south past the Community College and take a left on the new spur for the Rail Trail. (2 miles)
4. Turn left and follow the trail by the railroad tracks back into town. (3 miles)

The course is relatively flat (for Santa Fe!) with about three short, notable hills to go up. It is about half paved, and half of the paved area has dirt trails nearby. It may be run in the opposite direction if sufficient interest is expressed.

The distance: This course looks like at least 11 miles on the map, so it is probably more like 12 miles. As always, assistance will be provided to shorten or extend the route for individual needs.

Happy running

To receive run announcements via email, send an empty message with "Subject: subscribe" to striders-request@daylight.com.

First Annual "Forever Young" (in memory of Charlie Young) 10K Run & 2 Mile Non-competitive Walk

In Placitas, NM

Date: Saturday April 2, 2005

Time: 8:00 am

Entry fees:

- \$18.00 pre-registered
- \$20.00 race day registration
- Make checks payable to:

Albuquerque Road Runners

This is a loop course, cross country on hills.

Follow I-25, Exit 242, from Bernalillo 2.1 miles East on Hwy 165. Start is at the Homestead Village shopping mall on the North side of the road.

For more information,

Contact: Alan Overmier 286-8595 or 321-2171

Roxie Miller 896-3063



In honor of Charlie, who usually ran "shirtless", this is not a T-shirt run. First 75 participants will receive a pair of mittens.

Also, a \$2.00 discount will be given to those who run shirtless (not topless). To be given at the finish line.



Prizes will be given to top three overall finishers: Male/Female

Prizes will also be awarded to top three finishers in each age group:

Under 20 20-29 30-39 40-49 50-59 60+

Sponsored by: Albuquerque Road Runners

Cut Here

Mail form and entry fee to: Alan Overmier 2 Kuleco Lane Tijeras, NM 87059

Or Register on-line at Active.com

Name

Age on race day :

Sex:

10K:

Walk:

Address

Phone

Waiver: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the Albuquerque Road Runners, the National Forest Service, the Road Runners Clubs of America (RRCA) and any other organizers and sponsors, their representatives, successors, and/or assigns, of Forever Young, for any injuries or damages I may sustain as a race participant on April 2, 2005. 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 "Forever Young", and I agree that such volunteer medical assistance may be rendered to me.

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date

SUPER BOWL SUNDAY RUN 5K RUN & 2 MILE WALK

- WHERE:** KIT CARSON PARK
ALBUQUERQUE, NM
- DATE:** FEBRUARY 6, 2005
- STARTING TIME:** 9:00 AM
- ENTRY FEES:** \$18.00 PRE-ENTRY
\$20.00 RACE DAY
- ENTER OR MAIL:** GIL'S RUNNERSHOE WORLD
611 SAN MATEO NE
ALBUQUERQUE, NM 87108
505-268-6300
- AWARDS:** TROPHIES TO FIRST THREE IN EACH AGE GROUP IN THE
5K RUN, MALE AND FEMALE.
TROPHIES TO FIRST FIVE MALES AND FIRST FIVE
FEMALES IN THE WALK.
- AGE GROUPS:** 14 & UNDER, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 &
70 + (FOR 5K RUN ONLY)
- PACKET PICK-UP:** GIL'S RUNNERSHOE WORLD, SATURDAY, FEBRUARY 5
AND AT RACE SITE.

SUPER BOWL SUNDAY RUN

5K RUN & 2 MILE WALK

ENTRY FORM

NAME _____ **AGE** _____ **SEX** _____

ADDRESS _____ **ZIP** _____

CITY _____ **PHONE** _____

RACE: (CIRCLE ONE) **5K** **WALK**

MAKE CHECKS PAYABLE TO GIL'S RUNNERSHOE WORLD

T-SHIRT SIZE **S** **M** **L** **XL**

I ASSUME ANY AND ALL RESPONSIBILITY AND LIABILITY FOR ANY AND ALL MEDICAL, PHYSICAL AND MENTAL INJURIES I MIGHT INCUR IN CONNECTION WITH THIS RACE. I RELEASE ALL RESPONSIBILITY FOR ALL PERSONS OR PARTIES INVOLVED WITH THIS EVENT.

SIGNATURE _____

SIGNATURE OF PARENT IF UNDER 18

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

