



Mile Markers



We Give You the Run-Around

July 2005 Volume 27, No 7

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

Featured Event – Yellow Ribbon Run

5k Run and 2 Mile Walk
July 16, 8 AM Los Alamos Ice Rink

This event benefits the Los Alamos Suicide Awareness and Prevention Program and the Owen Miller Memorial Scholarship Fund.

July Events

4 Jane's Freedom Run
16 Yellow Ribbon Run
24 Rancho Viejo Run
30 Rio Grande Sun Fun Run

August Events

20 Los Alamos Triathlon

Help Wanted!

Mick Kappler is leaving Santa Fe, and the Striders are in need of an editor for Mile Markers. The pay is bad, the benefits are worse, but at least you can do it in the comfort of your own home. We produce it in MS Word once a month. Contact Kris Kern.

Meeting July 17 - Picnic!

The July Meeting will be a pot-luck picnic from 5-7 PM at the home of Kris Peterson, 215 Sereno Dr. Striders will provide beverages, plates, utensils, etc. Bring a dish to share. Call 820-6247 for directions.

Past Events

Santa Fe Run Around

328 runners entered this year's Run Around, including 56 kids in the 1k, 172 for the 5k and 101 in the 10k. We'll give a wrap-up next month. Results are below.

Los Alamos Mini-Marathons

186 participated in the 1k, 5k, and 20k results. Joey Grindstaff and Therese Trujillo were 20k overall winners, while Tim Finnegan and Heather Murdoch were 5k overall winners.

Camp Marafiki – Aug 7-12
www.kenyausa.com

For info, email
Paula@albanyrunwalk.com
Info@kenyausa.com

Camp Marafiki is located in Santa Fe, and is open to runners of all abilities. It is run by Dr. Jon Woo, who has a 2:19 marathon PR and trains international runners.

Thursday Evening Runs

6 PM from the Running Hub. Join us!

Track

6 PM Santa Fe High School track. Warm up well! Bring water. Workouts will be announced on the e-mail list prior to the workout.

Sunday Runs

Eric Peters is doing a great Strider service coordinating Sunday morning runs. The details are sent out on the Strider email list each week. If you aren't on the list, see below. If you don't have email, contact Eric 466-2460

E-Mail list

The Striders maintain a free email list to announce workouts, race information, and club events. Sign up at www.topica.com and look for SfStriders@topica.com or email kernkt@cybermesa.com

Strider Officers:

Kris Kern, President
Kris Peterson, Vice President
Tove Shere, Treasurer
Mick Kappler, Newsletter editor

Strider Shirts

We have a limited number of special edition Strider coolmax tank tops. They are bright yellow with the Strider logo on the front – certain to get attention at the starting line. \$20 for Strider members. Contact Kris Kern.

2005 Run Around Results

5K Run

Overall Female Open Winners

1	Kathy Van Essen	21:58.4
2	Jacqueline Rea	23:17.0
3	Renee Villarreal	23:18.1

Female 15 and under

1	Belinda Secular	25:37.0
2	Bridgette Butler	27:10.0
3	Emilie Leriche	28:17.6
4	Caitlin Smith	28:53.3
5	Elizabeth Ryan	29:28.6
6	Sophie Brown	31:45.8
	Molly Quay-de la	
7	Vall	32:03.0

8	Rachel Tynes	33:33.3
9	Mairi Glover	37:03.4
10	Petra Zeiler	38:49.6
11	Sophie Quay	38:49.7

Female 16 to 19

1	Sade Cain	25:44.5
2	Anna Vavruska	27:09.2
3	Brynn MacLeod	51:57.8

Female 20 to 29

1	Jacqueline Rea	23:17.0
2	Renee Villarreal	23:18.1
3	Jennifer Harrison	23:51.0
4	Steph Sauer	25:04.4
5	Katy Fitzgerald	25:05.1
6	Mariah Salas	25:07.0
7	Caroline Yamashiro	26:10.9
8	Anne Stanley	27:11.8
9	Dayna Patterson	28:32.9
10	Kate Groves	29:33.5
11	Emily Breen	31:00.9
12	Liana Serna	31:56.7
	Genevieve	
13	Giddings	33:19.6

Female 30 to 39

1	Caterina Vidoli	24:10.7
2	Heather Hawkins	27:02.9
	Monica	
3	Scarborough	27:08.3
4	Rachel Williamson	27:09.7
5	jennifer mccarthy	27:10.5
6	Felicia Taw	28:13.2
7	Pamela Geernaert	28:34.3
8	Katrin Heitmann	30:57.5
9	Sha Reins	31:50.5
10	Sarah Faeder	32:26.1
11	Aliza Schoen	32:59.1
12	Shana Cooper	33:36.1
13	Casey Hibbard	33:39.1
14	Tallie Tolen	33:46.6
15	Michele Merenkov	35:33.6
16	Kristina Ecker	35:43.5
17	Rose Ella Alarid	36:00.9
18	Dina Jansen	36:01.0
19	Aviva Sussman	38:02.6
20	Jennifer McCumber	41:03.0
21	Judith Salazar	41:05.7
22	Christina Stafford	45:48.9
23	Bonnie Kiang	45:49.0

Female 40 to 49

1	Kathy Van Essen	21:58.4
2	Anita Stewart	23:48.8
3	Cindy Romero	25:37.1
4	DONNA KOUWE	26:16.0
5	Gretchen Grogan	26:29.5
6	Quella Musgrave	27:49.2
7	Joanie Pettigrew	28:56.2
8	Amber Goodrich	29:20.2
9	Caryl Azuna	29:48.9
10	Lizzie Aragon	30:00.8
11	Nettie Salas	30:19.2
12	Valerie Alarid	30:20.8
13	DeeDee Adams	31:50.4
14	Eileen Gabaldon	31:59.2
15	Janine Summers	32:00.7
16	Joannie Berna	33:19.2
17	Angelica Vialpando	33:19.6
18	Steffanie O'Hanlan	33:45.9
19	Carol Ish	33:51.1
20	Judy Leyba	34:37.4
21	Alva Sisneros	34:40.3
22	Ann Brown	34:59.3
23	Jody Pugh	38:05.4
24	Dianna Lynn	38:07.8
25	Cindy Chase	38:13.2
26	Catherine Leriche	39:00.6

Female 50 to 59

1	Sue McDonald	25:15.3
2	Brooke Peters	27:13.5
3	Tove Shere	27:51.7
4	Colleen Chick	28:50.1
5	Renee Robillard	31:30.7
6	Karen Thorn	31:56.1
7	Fran Cole	32:00.4
8	Karin Roth	34:26.1
9	Lois Lipman	37:47.8
10	Eugenia Houle	41:05.7
11	Nina Dougherty	43:07.8
12	Susan MacLeod	52:07.9

Female 60 to 69

1	Kay Duplichan	31:12.6
2	Carolyn Robinson	32:20.1
3	Cathy Gates	38:18.0
4	Kathleen L'Heureux	41:27.2

**Overall Male Open
Winners**

1	Likhaya Dayile	15:30.8
2	Justin Ogle	17:58.9
3	Richard Rono	18:04.9

Male 15 and Under

1	Joey Bieg	24:47.9
2	Quinn Butler	26:02.3
3	Travis Ish	26:05.9
4	Patrick Rodriguez	26:19.3
5	Haleim Boulehalfa	27:08.9
6	Luke Sheppard	27:10.0
7	Matt Petney	27:26.5
8	Casey Ish	29:33.6
9	Soren Brown	31:47.5

Male 16 to 19

1	Henry Valdez	18:40.7
2	Ricky Salazar	20:08.3

Male 20 to 29

1	Likhaya Dayile	15:30.8
2	Justin Ogle	17:58.9
3	Andras Szantho	18:46.9
4	David Romero	21:27.5
5	Stefan Andermann	21:56.5
6	Andrew Gaunt	22:03.3
7	Trevor Hayton	25:44.8
8	Mark Shaw	26:31.6
9	Mathew McCollom	26:48.5

Male 30 to 39

1	Sal Gonzales	18:59.3
2	Scott Valdez	19:06.5
3	Timothy Draper	20:49.6
4	David Tolen	23:26.2
5	Alexander Mueller	23:29.1
6	Daniel Sanchez	23:59.9
7	Scott Walnum	24:09.8
8	Richard Martinez	24:13.9
9	William Dearholt	27:43.1
10	Gavin Collis	28:15.3
11	Douglas Jansen	36:16.9

Male 40 to 49

1	Richard Rono	18:04.9
2	Peter Tafoya	19:27.1
3	Greg Ridgley	21:24.1
4	Barry Phillips	21:28.5
5	Steve Tobin	23:07.9
6	Dan Anaya	24:03.5

7	Peter Chavez	24:15.4
8	Floyd Morelos	24:19.5
9	Mike Daney	24:26.5
10	Bryan Chippeaux	24:38.6
11	Herrmann Hans	25:13.6
12	John Lumley	25:16.7
13	Tim Romero	26:07.3
14	rita granger	26:30.5
15	Chuck Vigil	26:56.1
16	Micah Nussbaum	27:19.0
17	Salman Habib	28:58.8
18	John Bounds	29:15.1
19	Robert Aragon	33:46.3

Male 50 to 59

1	Wayne Chick	19:25.0
2	Ted Freedman	20:59.3
3	Jim Hannan	22:21.3
4	Pete Romero	23:29.4
5	Greg Robinson	26:18.3
6	Ron Martinez	26:22.3
7	Charles McCann	28:24.7
8	Mark Warchol	28:33.5
9	Gary Geernaert	28:35.1
10	Bryan Breyh	31:01.3
11	Bruce Pettigrew	34:25.3
12	Gordon Groff	35:37.0
13	John Moloney	39:15.5

Male 60 to 69

1	Carey Loyd	21:00.2
2	Michael Chicka	21:34.0
3	James Fries	25:23.3
4	Steve Strait	26:41.8
5	Roy Cope	30:37.9
6	Dick Danforth	32:08.6

Male 70 and over

1	L.JI Duplichan	38:10.1
2	Jerry Dorbin	42:42.8

10K Run

Overall Female Open Winners

1	Stephanie Kyser	39:59.4
2	Tess Amer	41:57.8
3	Vikki Saga	44:28.4

Female 15 and under

1	Tess Amer	41:57.8
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Female 20 to 29

1	Katrina Petney	46:05.5
2	Amanda Swensen	49:17.0
3	Ginny Seamster	55:01.6
4	Tegwyn Pine	57:08.8
5	Erica Zunkel	57:37.5
6	Jennifer Smith	34:01.0

Female 30 to 39

1	Stephanie Kyser	39:59.4
2	Michelle Warsa	50:24.4
3	Kele McDaniel	52:13.0
4	Susan Ross	53:44.1
5	Wendy Thompson	53:46.1
6	Jennifer Biedscheid	54:01.0
7	Jennifer Chipman	56:09.1
8	Lisa Valaika	58:07.8
9	Alexa Daily	58:14.8
10	Erika Anderson	58:16.9
11	Kate Garduno	06:18.0
12	Kirste Mulholland	06:44.6
13	Erin Powers-McKay	08:18.2
14	Amy Galgrath	11:14.7

Female 40 to 49

1	Vikki Saga	44:28.4
2	Bernadette Gould	45:58.5
3	Patty Danforth	49:17.5
4	Tammy Heindl	52:25.9
5	Mary Armijo	06:45.1
6	Skye Quinn	22:21.2

Female 50 to 59

1	Lehigh Sheppard	51:28.5
2	Anne Nolan	51:59.8
	Irene Jackson-	
3	Schon	55:55.7
4	Charley Davis	56:08.5
5	Jermance Chalouy	57:38.0
6	Jean Rand	57:54.9
7	Deborah Gaynor	59:29.0
8	Ardyth Simmons	13:12.0
9	Marilyn Harris	14:21.3
10	Roberta McCollom	16:25.0

Female 60 to 69

1	Mary Billen	03:48.2
2	Judy Stevens	07:43.3
3	Caryl Baron	08:28.4

Overall Male Open**Winners**

1	David Busienet	31:23.3
2	Daniel Cheruiyot	31:51.6
3	Brandon Leslie	32:25.6

Male 16 to 19

1	Luis Chavez	38:02.4
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Male 20 to 29

1	Brandon Leslie	32:25.6
2	Nicholas Martinez	35:33.4
3	Marc Esposito	38:20.9
4	Lenny Gurule	44:01.1
5	Luke Hennigh	50:25.6
6	Ruben Romero	57:10.5

Male 30 to 39

1	David Busienet	31:23.3
2	Daniel Cheruiyot	31:51.6
3	Jonathan Ndambuki	32:50.9
4	Andrew Musuva	35:00.4
5	Eric Peters	37:40.6
6	Matt Desmond	37:59.6
7	Taylor Pardve	45:29.2
8	John Scott	45:40.3
9	Mike Moffett	46:37.4
10	Andrew Blemker	47:57.9
11	Craig Fluharty	50:01.4
12	Derk Cunningham	50:42.4
13	Jeff Daily	54:07.6
14	Loy Harrell	55:23.6
15	Steven Trujillo	05:17.4

Male 40 to 49

1	Chris Chavez	41:40.2
2	Dag Daselter	44:52.0
3	Jeremy Yang	44:55.3
4	Charles Brunn	47:16.0
5	Samuel Chun	48:50.1
6	Mike Swain	49:25.0
7	Paul Coriz	50:32.1
8	David Duran	53:24.1
9	Scott Hicks	56:00.4
10	Dan Pava	59:25.4
11	Morris Pine	05:17.8

Male 50 to 59

1	Lyle Amer	40:46.8
2	Bill Blankenship	45:15.2
3	Michael Heindl	45:24.6

4	John Vavruska	47:06.7
5	Cody Sheppard	48:30.5
6	Larry Goldstone	52:36.3
	STEPHEN	
7	LUCERO	52:46.8
8	Jim Bieg	52:51.4
9	howard dunbar	53:08.6
10	Jim Owens	53:21.6
11	Joseph Howard	54:26.3
12	Jeff Pine	57:08.9
13	Richard Wertz	57:45.5
14	Roger Dykstra	59:01.1
15	Thomas Seamster	00:32.5
16	Carl Luff	00:34.1
17	John McPhee	00:42.4
18	Marc Space	01:26.8
19	Ed Kwicklis	03:56.1
20	John McCuish	08:38.8
21	Ted Williams	16:18.8

Male 60 to 69

1	Ben Egel	50:46.0
2	David Yepa	50:50.1
3	Don Zillman	52:27.1
4	Thomas Wangler	53:34.9
5	Eric Hoover	55:14.2
6	Philip Crump	55:36.7
7	Bruce Herr	55:45.0
8	Fred Maas	59:52.7
9	Peter Armstrong	03:09.1
10	Laurence Shandler	05:52.1
11	Craig Libby	06:21.7
12	Jim Stevens	07:42.7
13	Stevan Baron	14:05.1
14	Robert Harris	14:21.5

Santa Fe Striders Club Membership Application and Waiver



Name: _____

- Renewal
- New member
- Email newsletter

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

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 or 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

