



Mile Markers



We Give You the Run-Around

April 2006 Volume 28, No 4

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

Featured Event:

Panther Run

April 29, 2006: The Wood Gormley Panther Run will be April 29th starting at 8 AM from the Wood Gormley School, 141 E. Booth St. Santa Fe. Entry form in this issue.

MEMBERSHIP NEWS

We are currently updating the mailing list for MileMarkers. If you have not renewed for 2006, the current issue will probably be your last. Of course, mistakes are possible, so if you have renewed and you don't get next month's newsletter, be sure to let us know.

April Events

April 22: Fiesta de Albuquerque marathon (inaugural year for this marathon, half-marathon, 5K, 2-person and 5-person marathon relay); starts from Balloon Fiesta Park at 7 AM; entry form in this issue; see link at www.the-athletes-edge.com for information.

April 29: Wood Gormley Panther Run (see description under featured event, above).

April 30: Annual La Bajada run and picnic, starting at 10 AM. Detailed directions to start are in this issue. For more info, call June Dickinson at 988-3428.

May Events

May 7: Annual Run For the Zoo (10K, 5K) in Albuquerque; see <http://www.run4zoo.org/> for information.

May 13: Jemez Mountain runs (50 mile, 50 mile relay, 50 K and half-marathon), Los Alamos; entry form in this issue; see www.highaltitudeathletics.org for more information (pre-registration required!!!).

May 28: Devil's Throne run, Cerrillos; fun run/walk starts at 9 AM from trail just west of town and north of tracks; picnic follows (bring dish to share); Call Harry Messenheimer (505-286-2030) for directions or information.

and coming in **June:**

June 3: Santa Fe Run-Around. Reserve the date.

Monthly Meeting March 14th, 2006

The March meeting will be on Tuesday, April 11th at 7:00 PM at the home of Jim and Diana, 2363 Camino Carlos Rey. Call 438-8602 for directions. Some folks bring an optional dish to pass for a shared dinner, but this is not required.

Strider News

• **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.

• **Thursday Evening Runs**

6 PM from the Running Hub. Join us!

• **Sunday Runs**

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

• **Tuesday Track Workouts are Back**

Track workouts have started again!!! Warm-up starts at 5:45 PM and workout starts at 6 PM Tuesday evenings at the Santa Fe High School track. Details are provided every week via the email list.

Upcoming Events

• Annual **La Bajada run and picnic** is Sunday, April 30th, starting at 10 AM. It's easy to find – take the Cochiti Exit near the bottom of La Bajada Hill, drive 3.6 miles and turn right towards La Bajada Village and Tetilla Peak. Continue for 1 mile and take a dirt road on the right, go one and half miles and cross the Santa Fe River. Just over the bridge go to the right and park. Bring a picnic, chairs, blanket, lots of water, warm clothes as it can be windy on top of the mesa. Walkers, bikers and dogs are all welcome. There is a five mile loop or any other distance of your choice! For more information, call June Dickinson at 988-3428. Hope to see you there.

• More info on the **Devil's Throne Fun Run** at Cerrillos (May 28th, 9 AM). This workout replaces the race (15K and 5K) that Gil Duran sponsored and managed for years, which was in memory of his grandfather. A picnic will follow the run. Participants are requested to bring a dish to share and, if possible, a lawn chair or two. Contact Harry Messenheimer (505-286-2030) for more information and for directions, if needed.

• **Santa Fe Run-Around** is June 3. Be sure to reserve the day and come out for the big race. Keep checking the Strider web site for more details.

• For all you bicyclists, the **Santa Fe Century** will take place on May 21, 2006. Heartbreak Hill awaits! See www.santafecentury.com for more information.

• Entry forms and information on several upcoming events are in the following pages.

Strider Information

E-Mail list, Web Page and Newsletter

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. If you have problems finding the SFStriders list from the topica home page, try following the link from the Santa Fe Striders web page (www.santafestridders.org). If you have input or suggestions for the web page, contact our webmaster, Suzanne Garney (sgarney@comcast.net). For the newsletter, contact Andy Shreve (apshre@cybermesa.com, 982-7709) with race announcements, results, submissions, letters to the editor, and any other running related material you'd like to see in Mile Markers.

Officers

Kris Kern, President
Kris Peterson, Vice President
Diana Hardy, Treasurer

Andy Shreve, Newsletter Editor
Suzanne Garney, Webmaster

Jemez Mt. Runs

Date: Saturday, May 13, 2006
Time: 50Mi and 50 mi relay – 5:00 a.m.
 50K and Half Marathon – 7:00 a.m.

(50k runners may start at 5 AM with RD approval)

Location: Sheriff's Posse Shack

From intersection of Trinity Dr and Diamond Dr, take Diamond Dr. North to the traffic circle. Go straight through the traffic circle onto North Mesa Rd, and continue about 1 mi to the Posse Shack.

Entry Fees:

Date	Entry Fee
On or before May 1, 2006	50Mi - \$50 50 mi Relay - \$120 Team 50K - \$40 Half Marathon - \$30
After May 1, 2006	50Mi - \$60 50 mi Relay - \$140 Team 50K - \$50 Half Marathon - \$35

No Registrations will be accepted on race day!!!

Pasta Dinner, Packet Pick Up, and Course Briefing:

Friday, May 12, 5-6:30, Sheriff's Posse Shack
 Guests welcome for the Pasta dinner. Please indicate total number attending on entry form.

Housing Information:

Los Alamos has several hotels and B&B's, and there are some camping spots in the National Forest. Contact the Race Director for information on alternative lodging.

Race Director: Aaron Goldman
 (505) 662-5959
 APGoldman@swcp.com

Registration:

- Mail to:** High Altitude Athletics Club
 P.O. Box 298
 Los Alamos, NM 87544
- Online:** <http://www.highaltitudeathletics.org>
- Active.com:** event #1304986

No Registrations will be accepted on race day!!!

Race Packets include: T-Shirt, neckerchief, and More!

Packet Pickup at the Posse Shack:

- Fri May 12 during the Pasta Dinner, 5-6:30 PM
- Saturday May 13 at least 15 min prior to start

Awards:

- Pottery by **Birdell Bourdon**, Santa Clara Pueblo
- All finishers receive finishers award
- 50-mi, 50k, Half marathon winners - two-prong wedding vase
- Relay – Montrail Shoe Gift Certificates

Race Results: Results will be posted on the web site.

Aid: 11 aid stations on 50-mi course, 8 on 50-k. One aid station on Half Marathon course. Aid and food available at finish line.

Courses: All races are on mostly single-track trails, with two short paved sections. The races start and finish at 7,200' elevation, and begin with a 10-mile gentle loop through two canyons. After the half marathon finish, the races gain elevation, with one (50km) or two (50mi) 10,400' summits before looping back to the start/finish area. 50mi has >11,000' vertical gain, while the 50km has >7,000 gain. The course passes through two 5-mi burned sections with the remainder of the course in heavily wooded forests and alpine meadows.

Maps are available on the website

Cut Off: All runners must leave the Pajarito Mt aid station (30 mi) by 2:30 PM!

Entry Form (A legible copy of this form will be accepted)

Make check payable to High Altitude Athletics Club Mail to: P.O. Box 298, Los Alamos, NM 87544

Name: _____
(Please Print) First Middle Last

Address: _____
Street or P.O. Box City State Zip Code

Age on May 13, 2006: _____ **Sex (check one):** Male Female **Telephone:** _____ **email:** _____

Number attending Pasta Dinner _____ **Race (check one):** 50 mi Run 50K Run Half Marathon 50 mi Relay - Team Name _____

T-shirt Size (check one): S M L XL XXL

Registration Waiver: I understand the hazards that may be present in endurance runs, including wild life, falls, weather, and actions by other people. I verify that I have trained properly for this event. I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the High Altitude Athletics Club, Los Alamos National Bank, the US National Forest, Los Alamos Ski Club, any other race organizers and sponsors, their representatives, and successors, and/or assigns, of Jemez Mt. Runs, for any injuries or damages I may sustain as a race participant on May 13, 2006. 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 be available at the Jemez Mt. runs, and I agree that such volunteer medical assistance may be rendered to me.

 Participant Signature (Parent signature if participant under 18) _____

 Date

2nd Annual Wood Gormley Panther Run

Saturday, April 29, 2006

5k run and walk starts at 8 am

Kids' 1k run starts at 9:30 am

Courses begin and end at Wood Gormley Elementary School, 141 E. Booth St. Santa Fe, NM

Sponsored by the Wood Gormley PTC to benefit Art and PE programs.

Not sponsored by Santa Fe Public Schools

REGISTRATION INFORMATION

EARLY (postmarked by April 21)

5k run or walk \$20.00

Kids' 1k run \$5.00

-BY MAIL

Payable to Wood Gormley PTC

141 East Booth St.

Santa Fe, NM 87505

-ONLINE at Active.com

ON-SITE (after April 21)

5k run or walk \$25.00

Kids' 1k run \$7.00

On-site registration and packet pick-up at Wood Gormley the week of April 24-28 from 3-4pm & April 28 from 6-8 PM. **Race Day Registration from 6:30 - 7:30 ONLY.**

For more information contact:

Ted Freedman, 670-1124/466-3955, or

Stephanie Schulhofer, 471-6001.

Registration fee includes timing chip, t-shirt (t-shirts guaranteed to first 400 registered participants), door prizes (must be present to win), and age group/grade awards. There will be an aid station with water at the 5k turn around. Safety and support will be provided by the Santa Fe Police Department and Emergency Medical Services. Entrants will be charged \$25.00 for timing chips that are not returned.

5k run awards for men and women ages 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

5k walk awards will be presented to first three overall male and female finishers.

All 5k awards can be picked up after the race at the awards table. Kids' 1K awards will be presented to first three finishers (male and female) in each grade. Finisher ribbons to all kids!

Registration Form – Wood Gormley Panther Run

Please print clearly, and mail to Wood Gormley School, 141 E. Booth St. SF, NM 87505

Name _____ M/F _____ Age _____ Grade _____

Street, City, State, Zip _____ Phone _____

e-mail _____ Event 5k run 5k walk kids' 1k **CIRCLE ONE**

T-shirt (*adult sizes only*) S M L XL **CIRCLE ONE**

Check this box if you don't wish to have your name and address included on a list to receive special running offers.

Waiver must be signed: *I know that running a road race is a potentially hazardous activity. I should not enter and run 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 in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, waive and release Santa Fe Public School employees, staff and PTC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.*

Signature of Participant

Signature of Parent or Guardian, if under 18

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

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Santa Fe Striders

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