



Mile Markers



We Give You the Run-Around

August 2006 Volume 28, No 8

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

Featured Event:

Big Tesuque Trail Run (October 7th)

October 7: Trail run on Aspen Vista forest service road. Course is out and back (up and down!) through pines and aspens to radio towers at top of Santa Fe Ski Area. Starting elevation is 10000 ft., summit is 12003 ft. Total distance of 12 miles. Start time is 9 AM. Registration form in this issue.

Upcoming Events

August 26: Taos Ski Valley Up & Over Trail Run. A challenging 10K trail run up and over the ski hill. Elevation gain of 2612 ft. in the first 3 miles, and then downhill from there. Starts at 9 AM. Register at www.active.com (event "Taos Ski Valley Up & Over").

September 3: New Mexico Marathon; Marathon, Half-marathon, 5K. Albuquerque. Start times are 5:30 AM (marathon), 6:15 AM (half), 7:00 AM (5K), but note that buses leave from Hotel Albuquerque at Old Town for start at 4:00 AM (marathon), 5:15 AM (half) and 6:15 AM (5K). See <http://www.newmexicomarathon.org/races/marathon.htm> for details and registration info.

September 10: 3rd Annual Chips and Salsa Run. Half-marathon (7 AM), 5K Run/Walk (7:30 AM), Kids K (9 AM). Start/finish at El Pinto Restaurant, 10500 4th St. NW, Albuquerque. Register at www.active.com (event "Chips and Salsa").

September 17: 10th Annual Run for the Hills. All terrain 10K road race (7:30 AM), 5K road race (9 AM), 5K fitness walk (9 AM), and 1K Kids Run (10 AM). Starts from High Desert Park, Albuquerque. See <http://www.tgrande.com/rfth.htm> for info and registration, or register at The Running Hub.

October 1: Sandia Shadows Trail Run. 5K and ≈12 K cross-country race along open space trails above Albuquerque. Note the new date! Starts at 8 AM from Piedra Lisa Park at east end of Menaul. For info, especially discussion of parking, see <http://www.the-athletes-edge.com/events/sandiashadows.htm>. Register at www.active.com (event "Sandia Mountain Shadows Trail Run").

Monthly Meeting August 8th, 7 PM

The August meeting will be on Tuesday, August 8th at 7:00 PM at Kris Peterson's house, 215 Sereno Drive. From St. Francis, turn west on Alamo, follow Alamo several blocks to Sereno, turn left on Sereno, 215 is on left. Call 820-6247 for directions. Agenda will include discussion of Run-Around finances, the upcoming Big-T run, the upcoming Fowl Day Run, Girls on the Run 5K, overall budget and finances, membership and volunteers, and possible changes in meeting day or time. Some folks bring an optional dish to pass for a shared dinner, but this is not required.

Striders 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! Contact the Running Hub at 820-2523 or www.runsantafe.com.

- **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 are ongoing. 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.

Striders 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



Big Tesuque Trail Run 2006

A 12-Mile Trail Run

on

Aspen Vista Trail

in

Santa Fe National Forest

Saturday, October 7th at 9 AM

Santa Fe, New Mexico

Another Fine

Santa Fe Striders Production

Course is up and back forest service road through quaking aspens and magnificent pines to the radio towers at the top of the ski area. Starting elevation is 10,000 ft., summit is 12,003 ft.

Total race distance is 12 miles

Register:

On-Line:

www.santafestriders.org

Or at Active.com

By Mail:

P.O. Box 1818
Santa Fe, NM 87504

In Person:



121 Sandoval
Santa Fe, NM 87504
Phone: (505) 983-5155

Or:



333 Montezuma
Santa Fe, NM 87501
(505) 820-2523

Get There:

From Santa Fe, take Hyde Park Road toward the ski basin about 14 miles to the Aspen Vista Trailhead.

Pick Up Shirt and Number:

The day of the race,
7:30-8:30 AM.

Win:

Age Groups:

Men and Women
19 & Under, 20-29, 30-39,
40-49, 50-59, 60-69, 70+

Learn More:

Kris Kern

kernkt@cybermesa.com
(505) 667-8027 [work]

Sponsors:



Profits Donated To:



Wings of America, an American Indian youth development program of The Earth Circle Foundation, Inc. Running has an integral place in the spiritual and ceremonial traditions of American Indian people.

Big Tesuque 2006 Registration Form

Name _____ Age _____ Date of Birth _____ M/F _____
Address _____
City _____ State _____ Zip _____
E-Mail Address _____ Phone _____
Shirt Size (Circle One) S M L XL

Entry Fee:

\$22.00 for all registrations received before race day.

\$28.00 day of race.

Checks payable to:

Big Tesuque Run

Waiver must be signed: Both my heirs and myself hereby waive and release all rights and claims for damages that I may incur against the organizers, sponsors, and anybody else associated with the Big Tesuque Trail Run. I authorize the organizers and support personnel to obtain and administer medical aid in the event of its necessity. I am doing this of my own free will and because I think it will be a fun thing to do. I realize that mountain and/or trail running has inherent risks but, hey, that's life on the edge like I like to live it.

Signature of Participant

Date

Signature of Parent if Participant is 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 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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