



# Mile Markers



*We Give You the Run-Around*

---

September 2006 Volume 28, No 9

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

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](http://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.

September 24: John Baker Memorial 5K run and walk. Albuquerque Academy, 6400 Wyoming Blvd. NE. Starts at 8 AM with kids K immediately following. Registration and info at [www.active.com](http://www.active.com) (event "John Baker Memorial 5K Run and Walk + Kids Run").

October 1: Sandia Shadows Trail Run. 5K and ≈12 K cross-country race. Starts at 8 AM from Piedra Lisa Park at east end of Menaul. For info, see <http://www.the-athletes-edge.com/events/sandiashadows.htm>. Register at [www.active.com](http://www.active.com) (event "Sandia Mountain Shadows Trail Run").

October 7: Big Tesuque Trail Run (featured event)

October 21: Ryan's Run, 5K run, 2 mile walk, Kids K. Benefit for New Mexico Ronald McDonald House. Registration at 8 AM, kids K starts at 8:30 AM, 5K and 2 mile fun walk start at 9 AM. For info, see [www.rmhc-nm.org/events/ryan.php](http://www.rmhc-nm.org/events/ryan.php)

October 22: Duke City Marathon, Albuquerque. Marathon, marathon relay, half marathon, 5 K run/walk. Registration form in this issue. For more info see [www.dukecitymarathon.com](http://www.dukecitymarathon.com)

October 29: Great Pumpkin Chase. 5K, 10K and Kids K. 9 AM from Kit Carson Park in Albuquerque (Kit Carson Ave and Alcalde Pl. SW). Halloween costumes encouraged. For info and registration, see [www.active.com](http://www.active.com) (event "Great Pumpkin Chase 5K, 10K and Kids K")

## Monthly Meeting September 12, 7 PM

The August meeting will be on Tuesday, September 12th at 7:00 PM at Richard Curry's house, 122 Spruce Street in Casa Solana. Call 992-3331 for directions. Agenda will include discussion of the upcoming Big-T run, the upcoming Fowl Day Run, and the Girls on the Run program. 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](http://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**

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](http://www.topica.com) and look for [SFStriders@topica.com](mailto:SFStriders@topica.com), or email [kernkt@cybermesa.com](mailto: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](http://www.santafestridders.org)). If you have input or suggestions for the web page, contact our webmaster, Suzanne Garney ([sgarney@comcast.net](mailto:sgarney@comcast.net)). For the newsletter, contact Andy Shreve ([apshre@cybermesa.com](mailto: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

## Striders Contributions

### Thoughts of Dante and Medieval Numbers from the Track at Alameda Middle School

Lately the numbers 1, 3, 7, 9, 10 and 100 have come into play while doing track workouts at Alameda JHS. For instance, in Dante's *Inferno* the number three is a symbol of the Holy Trinity; to square a number was, in medieval times, to perfect it. Throughout *Inferno*, we see multiple uses of three, nine and thirty-three. The *Divine Commedia* has three parts, each divided into thirty-three cantos. Canto one of *Inferno* serves as an introduction, making one hundred cantos. It was written in three-line stanzas called tercets. Furthermore, we frequently find trios of characters, namely the three beasts that threaten Dante in Canto 1. Hell, too, is divided in three parts containing nine circles, the vestibule making the tenth circle. *Purgatorio* and *Paradiso* each have nine levels, plus one additional level for a total of ten each.

Ten is significant because it was considered a perfect number, since three squared equals nine, plus one (the individual soul or unity of God) totals 10.

Seven is important reflecting the days of the week, Seven Deadly Sins, and the Seven Cardinal Virtues.

With Dante running around my head, I decided to jog three easy warm-up miles, followed by a 3.1 run on the track; then, according to the numbers, I would finish with a three-mile recovery jog, and finally finishing with a one-mile run in seven minutes. A perfect workout for me. Nine miles with perfect numbers around the track. Furthermore, it being Sunday, I could see the Sabbath Day as Day 1 or Day 7. Had Dante been a runner, he might have liked this workout.

Along the way during my three mile warm-up, all the while paying close attention to my heart monitor at 130 beats per minute, the Troparion came to mind. For those of you unfamiliar to it, it reads as such: "Holy God, Holy Mighty, Holy Immortal, Have Mercy on Us." If you attend an Orthodox church you might repeat this three times, and it's normally sung right before the reading of the Holy Gospel. To me it seemed appropriate, for I often see a track or a trail as my church on Sunday morning. The "Us" in the Troparion refers to me and to all those who have sinned.

Then the inevitable happened. One lap into the third leg of my workout, a sin occurred. A lady with a tennis racket and ball got out of her car, followed by a black and white Australian sheepdog. At first sight, 300 meters away, I saw the dog to be a pit bull. I asked myself, "Do pit bulls chase tennis balls?" Regardless, I donned my shirt and my workout came to an abrupt end. I would take no chances. So I left the track riding my bike and thought of Dante again. Where might he classify this pet owner bringing her dog to the track? Circle 1? Circle 9? Maybe it was me who sinned for not finishing the workout. Oh, well. Have mercy on us all.

- Richard Curry

---

### Sunday, August 27, 2006

At four, she rose for running long before the dawn,  
lapped three times the green grass golf course lawn.  
Mars faded, fell into the east sky fire, and was gone.  
"For 60,000 years no one will ever see it,"  
she said, and wore down a scrawny white-tailed rabbit.

- Michael Sutin

### Note:

On August 27, 2006, Mars made the closest approach to Earth in 5000 years of recorded history. It may be as long as 2287 or 60,000 years before it happens again. I was there, were you?



# Big Tesuque Trail Run 2006

A 12-Mile Trail Run

on

Aspen Vista Trail

in

Santa Fe National Forest

Saturday, October 7<sup>th</sup> 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](http://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

# Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

