



Mile Markers



We Give You the Run-Around

February 2009, Volume 31, No. 2

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

- Featured Event -

▪ **La Corrida de los Locos - Sat. February 14th, 9am.**

The Striders' annual 5+ mile cross-country run held at Marty Sanchez Golf Links off NM 599. Find further details and a printable registration form in this newsletter or at:

http://www.santafestriders.org/race_info/Corrida09.pdf

- The Santa Fe Striders' sponsored **Santa Fe Snow Shoe Classic 5K & 10K's** were run at the Norski Trails in the SF National Forest, Sat. Jan 10th. Results can be found at www.santafestriders.org.
- The Santa Fe Striders' sponsored **Big Tesuque Trail Run** was run in the SF National Forest, Sat. Oct 4th. Results can be found at www.santafestriders.org.

Running Notes of Interest:

Feb 7th: The USATF National Cross Country Championships; Held this year in Derwood, MD. Qualifiers in each division will be eligible for the World Cross Championships scheduled for March 28 in Amman, Jordan.

Feb 1982: Two of the oldest standing American Indoor Track Records were set 27 years ago this month. Doug Padilla posted the indoor 5,000M AR mark of 13:20.55 in NY on 2/12/82. One week later Mary Slaney ran the still standing indoor Mile AR of 4:20.5 in San Diego, 2/19/82.

February Events

- 1st: *Albuquerque's Super Bowl Sunday 10K & 5K* – Albuquerque
- 14th: *Mt Taylor Winter Quadrathlon* – 42mi., Run, Bike, Ski, Snowshoe - Grants, NM
- 14th: *Sweetheart Run* – 5K & 10K, 1K kid's run – Albuquerque
- 14th: *La Corrida de los Locos 5mi run* – Santa Fe
- 28th: *Pecos Stampede* – Roswell, NM

March/April Events

- 1st: *El Paso Marathon & Half Marathon* – El Paso, TX
- 14th: *Shamrock Shuffle 10M, 10K, 5K & Kids 1K* – Rio Rancho, NM
- 29th: *Bataan Death March Marathon & Half Marathon* – White Sands Nat'l Park, NM
- Apr 25th: *Wood Gormley Elementary Panther 5K, 2 mile walk, 1K Kid's Fun Run* – Santa Fe

- Find event websites at <http://www.santafestriders.org/events/calendar.aspx> ,
or, <http://www.socorro.com/ssr/Schedule2008.html>-



STRIDERS BI-MONTHLY MEETING: March, 2009

March's meeting will be held at Richard Curry's place, date and time to be announced later. Need to work up an appetite? Join us for a pre-meeting workout, meeting and heading out at 6pm from the [Running Hub](#) before the meeting.

STRIDERS NEWS

Renew/Activate Your 2009 Membership Today

We're now accepting new and renewed club memberships for 2009. Please print, sign, and mail in the attached membership waiver along with the annual \$15 fee to activate or renew your membership. Forms can also be downloaded from the Striders website. Membership includes discounts in *Striders* race events, as well as a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

To help sway anyone that may be undecided **The Running Hub** is sponsoring a promotion to pay the annual fee for any walk-ins with purchases of \$100 or more. So head in and pick up a new pair of shoes and gear along with a complimentary membership for a limited time!

Striders membership for 2008 was approximately 96 area runners, up from 72 in 2007. In addition to financing club race events and functions, membership dues and race fees are also channeled toward donations to local running organizations. Local recipients of Club donations last year included *Wings of America*, and *Girls on the Run*.

STRIDERS ANNOUNCEMENTS

NEWS

- This Saturday, Feb 14th, is the date for the annual *Corrida de los Locos*. The weather looks to be a bit less *loco* than last year so we hope to see all you weekend warriors out at the *Marty Sanchez Golf Links* for some old-school cross-country *corriendo*. Registration forms are attached with this newsletter as well as posted to the Striders website at www.santafestriders.org. Striders members receive a discounted registration fee, students 16 and under pay just \$10. There will be age-group awards given out, and t-shirts for the first 60 entrants. Hope to see you there.
- *Team Mizuno* came through Santa Fe on Wed. January 28 sponsoring a 'Run-With-Us' night at *The Running Hub* aimed at analyzing each participants bio-mechanics and the matching their needs with the appropriate Mizuno running shoe. Turnout was heavy.
- *Girls on the Run* are in need of volunteer women coaches at Gonzales and Agua Fria elementary schools. You don't need to be a fast runner – what's needed is your ability to share your passion for wellness. The positions require a commitment for part of one or two days a week for ten weeks. Coaching is inspiring – give it a try. For information look to www.girlsontherun.org on the net, or email Kristen Edwards at kristenedwards@comcast.net.



UPCOMING

- Striders members Eric Peters, Max Mujinya, Wren Abbott, Mary Ann Johnson, Miriam Brown, and Jim Owens will be competing in the Napa Valley Marathon in March.
- Striders members Jim Owens and Kevin Brennan plan on running in this February's Austin Half-Marathon and Marathon.
- Notices for this spring's marathons and trail runs in the Valle Caldera, and Jemez Mountains are beginning to trickle out. If you're looking for an upcoming long run these are two great local events to plan for.

FINISHERS

- Striders member Max Mujinya completed both the marathon (3:13.33) and half-marathon (1:26.22) races in January's *Disney World Marathon* in Orlando, FL. It was also brought to our attention that he completed *eleven* marathons in 2008 not eight as previously noted. Our mistake – either way that's a filthy amount of racing.
- Winners of the 2nd annual Snow Shoe Classic held up on Hyde Park's Norski Trails are now up on the website. They'll be printed in next month's newsletter. We had 59 entries for this year's race, up from approx. 40 last year. Kris Kern, Kris Peterson, and Jim Owens deserve appreciation for another well run event. We'd also like to recognize our race sponsor [REI](#) who graciously provided rental snowshoes for some of our runners and goodies for our after-race raffle.
- Local *Wings of America* runners competed in last week's USATF National Cross-Country Championships in Derwood, MD - placing 4th as a team in the junior women's 6K race and 2nd in the junior men's 8K race. HS freshman Rolonda Jumbo finished 9th in the under-20 field with a 6K time of 21:48, 1min 5s behind the winner and will be an alternate for the World Cross Championships next month in Amman, Jordan.

*Have an announcement or the itch to write up a contribution of your own? Race results, announcements, submissions, letters to the editor, and any other running related material you'd like to see in the newsletter can be directed to [Kevin](#) or [Richard](#) for publication in next month's **Mile Marker**.*



STRIDERS WORKOUTS

- **Tuesday Evening Workouts** - Tuesday evening track workouts are currently on hold until the return of warmer months. Continuing group speed and interval workouts are being held, with runners meeting at [The Running Hub](#). Workouts begin at 6 p.m.
- **Thursday Evening Runs** - 6 PM starting from [The Running Hub](#). We generally get a strong turnout for this group run. The circuit run is usually a 5.8mile loop down the Rail Trail, through the Plaza, out to Canyon Rd., through the hills, and back to Cordova. A map can be found at our website.
- **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 don't have email, information for Sunday runs can be found on the Strider website under the *Group Run* tab, or contact Eric at 505-466-2460.
- **Old Race Shirts** – The Club has race shirts from past races available for \$5. Contact club president [Jim Owens](#) if you need a replacement workout shirt or a new addition to your retro-wardrobe. 505-231-6166, or inquire at any of our events.

E-MAIL LIST

The Striders maintain a free email list to announce workouts, race information, and club events. Visit (www.santafestriders.org) to add your email address and receive information on upcoming events and announcements.

Race results, photos, or suggestions for the web page should be directed to our webmaster Todd Schroeder at (toddschroeder@yahoo.com).

CLUB OFFICERS - 2009

Jim Owens, President; (Owens_Jim@msn.com);
Jim Westmoreland, Vice President
Todd Schroeder, Secretary and Webmaster; (toddschroeder@yahoo.com)
Kevin Brennan, Treasurer; (kvnbrennan@hotmail.com)

Feel free to contact any of the above members above – or any other club member for that matter - if questions should arise about upcoming events or races. Alternatively, click over to the Strider website at www.santafestriders.org for results, photos, and announcements.



**Striders Membership Application and Waiver
(Print, complete, and mail along with dues!)**



Join the Striders! Promoting running in the Santa Fe area since 1978
Annual membership costs only \$15 and includes:

- Discount on Strider race entry fees
- 10% Discount at **The Running Hub**
- 20% Discount at **The Santa Fe Baking Company**
- Monthly newsletter, the "Mile Markers"
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Support/sponsor 5 local races during the year
- The club donates \$\$\$ to help the local community
- In 2008 this included: *Girls on the Run*, and *Wings of America*.



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.

This waiver needs to be signed and submitted each year:

Signature _____ Date _____ Renewal ____ New Member ____

Parent's Signature _____ Date _____
if <18 years old

Name _____ I would like to help by assisting with:

Address _____ **Races:** Before the race ____ At the race ____

City/State/ZIP _____ **Picnics & Parties:** _____

Telephone _____ Contributions for the Newsletter/Web Page _____

Email _____ Other _____
(for newsletters and announcements)

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

Visit us at www.santafestridders.org



Santa Fe Striders
Santa Fe Screenprinters, City of Santa Fe, Whole Foods
and the Running Hub
present

CORRIDA DE LOS LOCOS

Saturday, February 14, 2009 at 9 A.M.
Race day registration begins at 8 A.M.

Start and finish at the Marty Sanchez Links de Santa Fe golf course. A scenic 5-6 mile long cross country run. For recorded directions call 955-4400. Couples are encouraged to run together!

Entry fees: \$20 in advance; \$25 race day. Striders members: \$18 advance; \$20 race day. Children 16 & under: \$10 in advance and on race day.

Pottery awards to top three male and female finishers in age groups: up to 13; 14-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80-over

Long sleeve T-shirts to first 60 entrants
Packet pick-up on race day only

For more info. call Richard Curry at 992-3331 or John Pollack at 983-2144

Make checks available to Santa Fe Striders and mail to Santa Fe Striders; P.O Box 1818; Santa Fe, NM 87504 or register online at santafestriders.org or active.com

PLEASE PRINT—ENTRY FORM

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Email address _____ Telephone number _____

T-shirt size: S M L XL

Winter running can be especially hazardous. I release all sponsors, workers, and race volunteers, including Santa Fe Striders, Santa Fe Screenprinters, and the City of Santa Fe from liability for any injury incurred. I trust I am sufficiently fit to run this race and assume all responsibility should any accident happen.

Signed _____ Parent Signature (if minor) _____