



Mile Markers



We Give You the Run-Around

May 2010, Volume 32, No. 4

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

- Upcoming and Recent Events -

Look for upcoming area races at The Striders' online calendar at www.santafestriders.org

- **The 32nd Santa Fe Run Around** – 8am Sat, May 29th on the Santa Fe Plaza. 5K, 10K, and Kids K. Register online at Active.com, in person at *The Running Hub* or on race day. Further details at the [Striders' website](#).

- **The 6th Annual Wood Gormley Panther Run 5K** – Ran on Sat, April 24th at Wood Gormley Elementary. Race results can be viewed on the [Wood Gormley Website](#). Photos from the race can be found [here](#).

Running Notes of Interest for May, 2010:

May 4th: On this day in 2001, Meb Keflezighi set the American record for the 10,000 meters (27:13.98.) A native of Eritrea, Keflezighi became a U.S. citizen in 1998.

May 26th: On this day in 1963, John J. Kelley won the last of eight consecutive USA National Marathon Championships in 2:25:18.

May/June Events

- May 29th: [32nd Annual Santa Fe Run Around](#), 5K/10k, Kids K Santa Fe Plaza
- June 5th: [XTERRA Four Corners Triathlon](#), offroad triathlon - Farmington
- 6th: [Mariposa Run](#), 5K/10k run and walk - Rio Rancho
- 12th: [Run the Caldera](#), Marathon and Half marathon, White Sands, NM
- 20th: [Pojoaque Butterfly Run](#), 5K/10K 1mi run/walk - Buffalo Thunder Casino, Pojoaque
- 27th: [7th Cherry Garcia 5K/10K](#), Kids K - Albuquerque

July Events

- 4th: [14th Annual Freedom Run](#), 8K run, 3K run/walk – UNM Campus, Albuquerque
- 10th: [Santa Fe's Big Friggin Loop](#), 70mi + extreme mountain bike race, No entry fee, unsupported - Santa Fe
- 17th: [Nob Hill Run](#), 5K run/walk - Sat. evening run in conjunction with [Nob Hill Summerfest](#) - Albuquerque
- 17th: [City of Santa Fe Triathlon](#), sprint triathlon – Genoveva Chavez Center, Santa Fe
- 17th: [10th Sandia Peak Challenge](#), 3.1mi and 7.2mi Hill Climb, 8.3mi bike - Sandia Peak
- 18th: [7th Chunky Monkey Run](#), 5K/10K Kids K - Albuquerque



RUN THE CALDERA – [A Lone Runner winds his way through the Valle in last yrs race](#)

Photo by Max Mujynya



The Panther Run 5K Results – 4/24/10 5K Race

Men's/Women's Overall

1. M. Ehrmantraut, 18:11
2. Alex Romero, 19:35
3. Daniel Romero, 20:21
4. Patrick Martinez, 20:25
5. Jose Rael, 20:33
6. Kieran Thornell, 21:23
7. Tim Noger 21:31
8. Vincent Thomas, 21:57
9. Steve Kellam, 22:00
10. Jody Lefevers, 22:10
11. Birk Jones, 22:28
12. Steven Yore, 22:39
13. W1 Kristin Sinnott,
23:06
14. David Trujillo, 23:09
15. Kim Koare, 23:10
16. W2 Deanne Coles,
23:15
17. Patrick Sinnott 23:38
18. W3 Dawn Swanson
23:42
19. Chris Chakeres 23:51
20. W4 Mary Uhl-
Schneider 23:53
21. Holland Shepard 23:54
22. Donald Sarich 24:01
23. W5 Robin Dressel
24:07
24. W6 Bernadette Gould
24:46
25. Rich Cook 24:55

THE WOOD GORMLEY PANTHER RUN 5K -- RECAP

According to race director Ted Freeman, there was a turnout of 556 runners of all ages to the sixth annual *Panther Run 5K*, run and walk on April 24th. The race appear to grow each year which is a real testament to the involvement of the school's parents, teachers, and organizing committee.

"**Super**" **Mike Ehrmantraut** ran home for the overall win in a time of 18:11, followed by brothers **Alex** and **Daniel Romero** in second and third respectively.

Kristin Sinnott claimed the women's overall in a time of 23:06, followed closely by runner-up **Deanne Coles**, and third place finisher **Dawn Swanson**.

A summary of results can be found on the sidebar to the right. Deeper results can be found [here](#). Photos from the race, courtesy of Max Mujynya, may be found [here](#). Contratulations to all participants.





CLUB NEWS & ANNOUNCEMENTS

- Track workouts are back with the return of Daylight Savings Time. We meet every Tues. night, 6pm at the *Santa Fe High School* Track. Workouts are generally ~5,000m of intervals varying in distance from 200m to 1,600m with a certain amount of recovery between intervals. **Mike Swain** is running the workouts again this summer – specifics for each week's workout goes out by group e-mail at the beginning of the week. Go to the Striders website and sign up on the e-mail list or just drop by to meet the group and join the workout.
- The Striders now have a [Facebook page](#) listing upcoming events, meetings, results and photos. **Christina Brennan** is doing the admin work and can be contacted for submissions or news. Search for us and become a member to receive updates on club activities. **The Running Hub** also has a [Facebook page](#) listing events, results, and photos.
- The Thursday evening run is continuing its 3.5 mile group for those just starting an exercise program or otherwise not so keen on the longer loop. This new group breaks off from the 5.8 mile group at the Plaza and heads back to **The Running Hub** via Galisteo St. We're encouraging anyone that has wanted to come out, has been thinking about starting a regular running routine, or who would like a little more idle chatter during their workouts to come out and get their run on. 6pm Thursdays at **The Running Hub**.
- Girls on the Run** are always 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 email **Alice Temple** at abtemple@hotmail.com.

UPCOMING EVENTS

- The 32nd annual *Santa Fe Run Around 5K/10K* is scheduled for Saturday May 29th at the Santa Fe Plaza. The courses will be similar to last year, out on Alameda and Canyon to Cristo Rey Church and back to the Plaza. We will have pottery age-group awards for division winners. Registration is \$25 online at Active.co, in person at **The Running Hub**, or on race day. Registration for runners 18-and-under is \$15.
- Rund the Caldera Marathon and Half Marathon is scheduled for Saturday June 12th. The run winds through the Valle Caldera National Preserve north of Los Alamos.
- The **Striders Summer Picnic** is scheduled for Sun June 13th at John and Susan Lumley's place in Glorieta. Bring a dish and beverage of your choosing. Agenda items will include:
 - Relaxing with friends*
 - Planning long and hilly trail linkups that our spouses would disapprove of*
 - Gorging on someone's plate of freshly baked cookies*
 - Going back for seconds*

Contact John or Jim Owens for directions and further info.

Club Calendar

Club Meetings

Bi-monthly meetings – generally scheduled for the second Tues. every other month.

Next meeting – The Strider Summer Picnic, **Sun. June 13th at John & Susan Lumley's.**

- Food
- Barbeque
- Cold adult beverages
- Announcements
- Unsubstantiated tales of sacrifice and glory

Workout Schedules

Sundays am - Group long runs – 10+ miles often on area trails. Routes and meeting places posted to the club website (at the Group Run tab), or through the [email list-serve](#).

Tuesdays 6pm – Group track workouts at Santa Fe High School track. Runners of all levels are welcome. The workout is great for improving speed, increasing recovery and burning those calories.

Thursdays 6pm – Easy effort runs beginning from **The Running Hub**, Cordova Rd. east of St Francis

- 5.8mi, and
- 3.5mi group runs downtown and back. Full maps of the routes can be found on the [Striders website](#).





FINISHERS

- Several area runners competed in this year's [Shamrock Shuffle](#) 10mi race in Rio Rancho on March 14th. Finishers included: **Kevin Brennan**, 1:03:17; **Mike Dobesh**, 1:09:35; **Dave Simpson**, 1:10:54; and **Katherine Shubert**, 1:31:39.
- The Striders were represented at this year's [Bataan Death March Memorial Marathon](#) on March 21st by Mr. **Max Mujynya**, who completed the sandy course in 3:50:37. **Maryann Kos** rolled to an overall victory in the 15mi race, finishing ahead of the first male. Booyah.
- Several Striders runners competed in the [114th Boston Marathon](#), April 19th in Boston, MA. Finishers include: **Kevin Brennan**, 2:50:51; **Michael Dobesh**, 3:12:43; **Steve Rogers**, 3:16:04; **Max Mujynya**, 3:17:13; **Tony Gallegos (Esp)**, 3:20:13; **Laura Bacon**, 3:30:59; **Vince Hesch**, **3:32:48**; **Teri Tingey (LA)**, 4:17:09; and lastly, **Maryann Kos** boldly found a way to bandit the race (3:19) in place of her scheduled 20miler for the day. She'll be running the race legit in April 2011. Congratulations everyone.
- In the [Albuquerque Half Marathon](#) run April 17th, Strider finishers included: **Luis Chavez**, finishing third overall in a time of 1:16:17; **Alice Temple**, 1:45:30; **Pam Geernaert**, 1:48:14; and **Donald Sarich**, 2:07:19;
- Several Striders runners competed in this year's [Jemez Mountain Trail Runs](#) above Los Alamos last weekend. In the 50K event finishers include: **Shiela Van Cuyk**, 7:08:59; **Maryann Kos**, 7:19:53; **Max Mujynya**, 8:12:29; **Laura Bacon**, 8:18:51; **Pam Geernaert**, 8:53:27. In the Half Marathon finishers include: **Richard Curry**, 2:11:13; **Gina Ortiz**, 2:25:51; **Diana Hardy**, 3:01:02; **Katherine Shubert**, 3:03:12; **Jim Westmoreland**, 3:22:00; and **Carrie Haag**, 3:51:20; It should be pointed out that there were over 250 finishers for the combined 50K and 50mi events, with the winner of the 50mi finishing in 8hrs 26min.
- Lastly, Striders runner **Rose Giannotta** celebrated Mother's Day on May 9th by finishing the [Ft. Collins Old Town Marathon](#), May 9th, in 4:24, placing 5th in her age group. When asked about the race, Rose said, "All I can say it was yummy. It wasn't stressful, just easy going so to speak. The atmosphere was great. I ran downhill much of the way. I kept waiting for an uphill, but it just didn't happen. I have to say it's the best run I ever did." Congratulations, Rose! Striders runner **Maryann Kos** was also competing, finishing in 3:16, good for women's 4th overall.

Have results to report? [Let us know](#) and we'll post them in our next issue

New Members for 2010

We continue to add new members to the Club. A big welcome to recent additions/renewals:

- **Michael Swain**
- Pam & Gerald Geernaert
- Julia Kinney
- Suzanne Garney
- Brenda Bennett
- Eric Montgomery
- Richard Virgin
- Carrie Haag
- Andrew Shreve
- Dale Goering
- Jane Dickinson
- Steven Rogers
- Vincent & Diana Hesch
- Philip Crump

Member Discounts

The Santa Fe Baking Co. – Café and Bakery - 20% discounts on purchases for Striders members.

The Running Hub – Santa Fe's specialty running store - 10% discounts on purchases for Striders members.

Striders Race Registration

Discounted entry fees at Striders sponsored races:

- Jan** – Snowshoe Classic
- Feb** – Corrida de los Locos
- May** – Santa Fe Run Around
- Oct** – Big Tesuque Trail Run
- Nov** – Fowl Day Run

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 and receive information on workouts, upcoming events and announcements.

STRIDERS WEBSITE

Contact webmaster Todd Schroeder at toddschroeder@yahoo.com





MEMBER CONTRIBUTION

Running with Time and a Simple Question - - Richard Curry

This spring I made numerous trips on a school bus to Albuquerque with the Santa Fe HS boys and girls track teams. One of our early trips placed us at Wilson Stadium, where one can see the radio towers atop the Sandia Mountains. Those familiar with trail running know that the La Luz Trail leads winds up to those towers.

While standing around waiting for the meet to begin, one of our distance runners asked me, "Have you ever run up there?"

"Up where?" I asked.

He pointed toward the mountains. "Where those towers are."

"I've been up there twice," I answered. "That's the La Luz trail."

I began to reflect on the two times I ran La Luz. The last was August 3, 1997. I crossed the finish line in 1:54:27. My first venture was August 8, 1993. I finished in 1:54:27. It intrigued me that my time was identical, so, out of curiosity, I asked a question to one of my favorite books. I selected Henry David Thoreau's *Walden*. It answered, "Both time and place were changed and dwelt nearer to these parts of the universe and to those eras of history, which had attracted me."

I interpreted Thoreau's book to simply mean the 12-mile mountain race attracted me. It was part of my running universe during that four-year span. I let it go at that.

It is now 2010 and I no longer desire to run La Luz; "both time and place [have] changed."

The high school track season is over now, and there are no longer any bus rides until next year. To close out this season I entered the Jemez Trail half-marathon, a race I have never done. I know nothing about the course, nor do I want to. However, I am left one more time to ask Thoreau's *Walden* a simple question. It seems appropriate since Thoreau spent time in the woods practicing simple living, and I hope the run can be a simple one. So my question is this: Will I run well?

Walden replied, "All that I could say, then, with respect to farming on a large scale, was, that I had had my seeds ready. Many think that seeds improve with age. I have no doubt that time discriminates between the good and the bad..."

It is interesting *Walden* speaks of planting seeds. Thoreau once said, "I have great faith in a seed." I will finish the year with my students reading Paul Fleischman's *Seedfolks*, and we will plant seeds for an herbal garden at the downtown Railyard. Furthermore, at the Jemez trail run I hope to plant my own seed. Whether this seed improves with age I don't know; consequently, I do know that time waits for no one.

Club Officers – 2010

[Jim Owens](#), President
[Mariam Browne](#), VicePres
[Todd Schroeder](#), Secretary
[Kevin Brennan](#), Treasurer

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

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STRIDERS WEBSITE

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

Have 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 [Richard](#) or [Kevin](#) for publication in next month's **Mile Marker**.





STRIDERS CLUB MEMBERSHIPS

Renew/Activate Your 2010 Membership Today - The Club encourages interested runners to join us with a new or renewed club membership for 2010. 2009 memberships are good through April 30, 2010. New memberships for the 2010 year are now being accepted, and will be good through April 30, 2011. Membership fees are increasing from \$15 to \$20 this year - the first increase in fees since anyone can remember, including Dale. Membership forms can be found attached with this newsletter, or at the [Striders website](#). Membership includes discounts in *Striders* race events, email notices of club events, a subscription to the monthly *Mile Markers Newsletter*, and a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

Ending Striders membership for 2009 was approx. 130 area runners, up from 96 member runners in 2008 and 72 member runners in 2007. In addition to financing club races and functions, membership dues and race fees are contributed as donations to local running organizations including *Girls on the Run*, *Wings of America*, and *Monte del Sol*.

FURTHER INSPIRATION...

"If you want to win a race you have to go a little berserk." -- Bill Rodgers



A BIG THANKS TO OUR 2009/2010 SPONSORS



**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 \$20 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 2009 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 \$20.00 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

5K Walk/Run, 10K Run and 1K Kids Run

DATE: Saturday, May 29, 2010

TIME: 5K and 10K Runs – 8:00 a.m.
Kids 1K Run – 9:30 a.m.

LOCATION

Start and finish are on the historic Santa Fe Plaza

COURSE

Flat and fast! See www.santafestridders.org for details.

REGISTRATION

5K and 10K \$25, Kids 1K Free (but need to register)

5K AND 10K FOR 18 AND UNDER \$15

SF Striders and Rotarians \$3 discount before race day

REGISTRATION BY MAIL

Fill out the attached form and mail to:
Santa Fe Striders
P.O. Box 1818, Santa Fe, NM 87504

IN PERSON AT THE RUNNING HUB

527 B West Cordova, Santa Fe

ONLINE

www.active.com

BAG PICK UP

Friday, May 28th, Noon to 6PM, at The Running Hub

WALK/RACE INFORMATION

Aid stations every 1.5 mile
Gift Certificates Top Male & Female 10K \$100, 5K \$75
Age group awards, male and female (10 yr age groups plus for the 5K only, 12 and under, 13-14, 15-16, 17-18, 19-29)
Awards for ALL finishers of the Kids 1K
T-Shirts guaranteed to first 250 entrants.

FOR MORE INFORMATION

www.santafestridders.org
Jim 505-231-6166 Owens_jim@msn.com



TALK AND RUN WITH A PROFESSIONAL KENYAN RUNNER

FACE PRINTING FOR THE KIDS

BRING YOUR USED ATHLETIC SHOES FOR THE KENYANS TO SEND BACK HOME



Stern Law Firm



2010 Runaround Entry Form Saturday, May 29, 2010

A legible copy of this form will be accepted. Make check payable to Santa Fe Striders. Mail to: P.O. Box 1818, Santa Fe, NM 87504

Name: (Please Print) _____
First Middle Last

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

Age on May 29, 2010: _____ Sex (check one): Male Female Telephone: _____

Race (check one): Kids 1K Run 5K Walk/Run 10K Run Email: _____

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

Bag Pick Up: Friday, May 28th, Noon to 6PM, at The Running Hub

Legal Waiver: 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 the Santa Fe Striders Road Running Club, the City and County of Santa Fe 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.

Participant Signature: (Parent signature if participant under 18) _____ Date: _____