



# Mile Markers



*We Give You the Run-Around*

November 2010, Volume 32, No. 7

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](http://www.santafestriders.org)

**30<sup>th</sup> Annual Striders' Fowl Day Run** – Sat. Nov 20<sup>th</sup> at Fort Marcy Park. [5K Run, 3K Walk](#). 9am start. A donation of non-perishable food or contribution to the Salvation Army in lieu of race registration.

- **The 25<sup>th</sup> Annual Big Tesuque Trail Run** – Results and photos from the Oct 2<sup>nd</sup> race [can be found here](#).
- **The 2<sup>nd</sup> Annual Jaguar Cross Country Races** – Results from the Oct 9<sup>th</sup> slate of races can [be found here \(Open Race\)](#), and [here \(Grade School division\)](#).

## Running Notes of Interest for November, 2010:

The 2009 New York City Marathon (11/1/09) recorded the largest number of finishers of any U.S. race for the eighth straight year. 43,250 runners crossed the finish line in Central Park, nearly 10,000 more than the next biggest event, the Chicago Marathon.

### November Events

- 13<sup>th</sup>: [Inaugural NM Army Aviation Run](#), – Del Bosque Trail, Albuquerque
- 14<sup>th</sup>: [4<sup>th</sup> Annual Veterans Day 11K](#), – Kit Carson Park, Albuquerque
- 20<sup>th</sup>: [Annual Striders Fowl Day Run](#), 5K, Kids 1K, Donation of food or contribution to Salvation Army in lieu of registration - Fort Marcy Park, Santa Fe
- 25<sup>th</sup>: [Atalaya Elementary Roadrunner Turkey Trot](#), 5K, Kids 1K - Santa Fe

### December Events

- 5<sup>th</sup>: [Jingle Bell Triathlon](#), sprint triathlon, 5K run, 25K bike, 400yd swim - Rio Rancho
- 12<sup>th</sup>: [7<sup>th</sup> Annual NM Farolito Trail of Lights 5K, KidsK](#), - Albuquerque, 5pm evening start
- 18<sup>th</sup>: [USRA Las Cruces Half Marathon, 5K and Relays](#), - Las Cruces, NM
- Jan 8<sup>th</sup>: [Santa Fe Snow Shoe Classic](#), 5K and 10K - Hyde Park, Santa Fe



## THE 25<sup>TH</sup> ANNUAL BIG TESUQUE TRAIL RUN – *Turning Aspens near the start/finish*

Photo by Max Mujinaya



### Big Tesuque Sponsors



**El Merendero (Posa's)**

### Race Recap – Big Tesuque, Oct. 6<sup>th</sup>

The weather for this year's Big Tesuque Run couldn't have been better. We had an above average turnout (approx. 115 runners), the peak of the aspen colors, and some fantastic cool-max shirts and pottery awards.

**Mike Ehrmantraut** breezed to the line in 1:25:40 for the overall title, his second. **Rachel Early** ran 1:31:28 for second overall as well as the women's title. Her finish was one of the fastest women's performances on record, and an improvement on a runner-up finish in 2009. **Clark Fox** of Los Alamos ran to the 3<sup>rd</sup> overall placing in 1:32:21.

Full results, age group placings, and photos courtesy of **Max Mujinaya** [can be found here](#). Detailed race reports can be found online at the [Santa Fe Trail Runner](#), and [High Desert Dirt](#).

A special thanks to our race sponsors at right, and to race director **Peter Fant** for another job well done. A \$500 donation from the Striders was made to the [WINGS of America](#) program with the proceeds from the race.



## CLUB NEWS & ANNOUNCEMENTS

- The next **Striders Club Meeting** is scheduled for Tues. Nov 9<sup>th</sup> at **Jim and Carmel Owens'** place, 506 Camino Tierra Alta. Bring a dish and/or beverage of your choosing. Agenda items will include:
  - Big Tesuque Trail Race - Review and summaries
  - Prep Development - Jaguar XC Races
  - Striders Logo Design
  - Fowl Day Run - Planning
  - Santa Fe Snowshoe Classic - Planning
  - Christmas Party Planning – Dec 11thContact **Jim Owens** for directions and further info.
- This year's track workouts are no more. A big thanks goes out to **Mike Swain** for coordinating this summer's workouts. Turn out on Tues. nights was greater and of more varied training paces than the summer before. Hope to see you all next April.
- Tuesday night runs beginning from **the Running Hub** will be in place until April, 2011. Runs head out at 6pm depending on the number of runners that show.
- The Striders 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.

## PREP NEWS & ANNOUNCEMENTS

- The High School Cross-Country season is in the books. We have several local state-medal winners:
  - [Prep Boys](#) - **Antonio Varela**, class A-AA champion, Pecos; **Santiago Pasquale**, Boys class AAA champion, SFIS; **Andres Gonzales**, Boys class AAA, St Mikes. **SF Indian School Boys**, class AAA champions (2<sup>nd</sup> straight year); **Pecos High Boys**, 2<sup>nd</sup> place class A-AA; **Santa Fe Prep Boys**, 4<sup>th</sup> place A-AA.
  - [Prep Girls](#) – **Kate Norskog**, class AAA champion (4<sup>th</sup> state title), St. Mikes; **Los Alamos Girls**, class AAAA champions; **St Mike's Girls**, 3<sup>rd</sup> place class AAA.
- Results from the Oct 9<sup>th</sup> **Jaguar Cross Country Races**, sponsored by **the Striders** and **The Running Hub** - Open Race and Grade School Division [can be found here](#). Results for the Prep Varsity and Junior Varsity Invitational races [can be found here](#).
- **Girls on the Run** are always in need of volunteer women coaches at several local 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. GOTR had nearly 80 young women run in this year's SF Run Around! For further information contact [Alice Temple](#).

## Club Calendar

### Club Meetings

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

Next meeting – 7pm Tues. Nov 9<sup>th</sup>, at **Jim and Carmel Owens' place**.

### 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 are finished for the year. Evening tempo runs beginning from *The Running Hub* will be in place until April, 2011. Runners of all levels are welcome.

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

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



## UPCOMING EVENTS

- [The 30<sup>th</sup> Annual Striders Fowl Day Run](#) – Sat. Nov 20<sup>th</sup>, Fort Marcy Park. 5K Run, 3K Walk. 9am start. A donation of non-perishable food or contribution to the Salvation Army in lieu of race registration
- [The Atalaya Elementary Roadrunner Turkey Trot](#), - Thanksgiving morning, Nov 25<sup>th</sup> 5K, Kids 1K. The Turkey Trot traditionally fields one of the year's largest 5K races in Santa Fe.
- [The Santa Fe Snow Shoe Classic](#), 5K and 10K. It's early yet, and we don't have the snowpack, but mark your calendars for the area's top winter event, Sat. January 8<sup>th</sup>, at Santa Fe's Norski Trails.

## FINISHERS

- At the [Inaugural Santa Fe Trail Run](#), held Sep. 6<sup>th</sup> at the Santa Fe Capitol building, area and Club finishers included: **Antonio Lopez**, (4<sup>th</sup>) 37min 37sec; **Matt Desmond** (5<sup>th</sup>), 38:11; **Erica Baron** (6<sup>th</sup>) 38:53; **Michelle Born** (7<sup>th</sup>) 40:31; **Chris Chavez** (10<sup>th</sup>) 43:59. Follow the link above for deeper results.
- At the [Hearts for Honduras Run](#), held Sep. 6<sup>th</sup> at Santa Maria de la Paz Catholic Church, Club finishers included: **10K Race**, **Medora Allison** (1<sup>st</sup> W), 43:08; **Kathy Dobesh** (3<sup>rd</sup>), 52:46; **Newlyn Allison** (4<sup>th</sup>), 53:05; **Julia Kinney** (1<sup>st</sup> AG), 54:49; **Scott Valdez** (1<sup>st</sup> M), 38:42; **Mike Dobesh** (3<sup>rd</sup>), 42:34; **Richard Curry** (4<sup>th</sup>), 43:40. **5K Race**, **Camilla Allison** (1<sup>st</sup> W), 25:30; **Elizabeth Rodriguez** (2<sup>nd</sup>), 25:43; **Julie Blossom** (3<sup>rd</sup>), 28:30; **Steve Rogers** (1<sup>st</sup> M), 20:00; **Christian Allison** (2<sup>nd</sup>), 21:36; **Philip Madrid** (3<sup>rd</sup>), 22:28.
- At the [Imogene Pass Trail Run](#), run Sept. 11<sup>th</sup> in Ouray, CO, area and Club finishers included: **Marc Esposito** (20<sup>th</sup>), 2:48:27; **Bill Blankenship** (AG Champion), 3:21:14; **Bill Carey** (AG 4<sup>th</sup>), 3:22:59; **Toti Larson**, 3:36:38; **Devin Farrell**, 3:37:58; **Steve Kellam**, 3:38:59; **Tamsen Schurman** (35<sup>th</sup>), 3:26:38; **Deb Werenko** (10<sup>th</sup>) 3:35:39; **Cristy Wickman**, 3:59:04; **Andrea Ensign** 3:59:13; **Donna Dallas** 4:00:48; **Janet Shipley**, 4:24:08.
- At the [Pagosa Mountain Chile Cha-Cha trail runs](#), run Sept. 25<sup>th</sup> in Pagosa Springs, CO, area and Club finishers included: **3mi**, **Diana Hardy** (AG Champ), 30:49; **7mi**, **Sarah Westfall**, 1:14:36; **Bobbie Rappe**, 1:31:47; **Kathy Shubert**, 1:42:00; **Leslie Sherman**, 1:46:55; **15mi**, **Laura Stonehill**, 3:52:14; **Minesh Bacrania**, 2:57:16; **Gilbert Chavez**, 3:01:20.
- At the [Capulin Volcano Run](#), run Sept. 26<sup>th</sup> in Folsom, NM, Club runners cleaned up, including: **Eric Peters** (1<sup>st</sup> OA), 1:27:21; **Michelle Born** (2<sup>nd</sup> OA), 1:33:18; **Mariam Browne**, 1:49:24; **Laura Bacon**, 1:51:48; **Gina Ortiz**, 1:52:15; **Meredith Schoenfeld**, 1:56:53; **Therese Trujillo**, 2:00:27; **Giana Morini**, 2:11:18; **Sarah Stokely**, 2:32:46.
- At the [Pajarito Trail Fest](#), run Oct. 9-10 in Los Alamos, Club runners included: **10K**, **Eric Smith**, 1:18:40; **15mi**, **Dave Simpson** (4<sup>th</sup>), 2:19:27; **Todd Schroeder** (6<sup>th</sup>), 2:23:58; **Ruthanne Hamrick** (1<sup>st</sup> W), 2:29:51; **Kris Kern**, 2:37:46; **James Nunez**, 2:38:27; **Sheila Van Cuyk** (2<sup>nd</sup> W), 2:38:52. Detailed race reports can be found online at [Endurance Buzz](#), and at [Misty Pilgrim's blog](#).

## Striders' 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** – SF Snowshoe Classic  
**Feb** – Corrida de los Locos  
**May** – Santa Fe Run Around  
**Oct** – Jaguar XC Races  
**Oct** – Big Tesuque Trail Run  
**Oct** – Dale Ball Buster  
**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](http://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](mailto:toddschroeder@yahoo.com) With photos or race results



## FINISHERS, (continued)

- At the [2nd Annual Jaguar Cross-Country Races](#), run Oct. 9<sup>th</sup> at the Santa Fe Municipal Fields and sponsored by both the Santa Fe Striders and the Running Hub, results for the 5K Open Race and Grade School 1K [can be found here](#). A review of the day's races and play-by-play of the competition can be found online at [High Desert Dirt, here](#).
- At this year's [Chicago Marathon](#), run Oct. 10<sup>th</sup>, area and Club runners included: **Jesse Armijo** (45<sup>th</sup>), 2:26:16; **Ben Fletcher** (61<sup>st</sup>), 2:28:18; **Antonio Lopez**, 2:49:10; **Liz Jaramillo-Lopez**, 3:25:50; **Myles Fitzgerald**, 3:34:46; **Harry Barnes**, 3:48:23; **Khawlah Munshi**, 4:18:08; and **Katy Fitzgerald**, 4:18:18.
- At the [Duke City Marathon](#), run Oct. 17<sup>th</sup> along the Bosque in Albuquerque, had gobs of area and Club runners competing. We will single out just a few: **Amanda Cola** was running track workouts with the group on Tues. nights in preparation for her first marathon - she finished 2<sup>nd</sup> overall in a time of 3:24:53; **Maryann Kos** finished 4<sup>th</sup> overall in 3:26:46; **Chris Chavez** completed his 27<sup>th</sup> consecutive Duke City Marathon in 3:31:16; **Vin Kelley** is also a perennial finisher, reaching the line in 3:16:35 despite a major spill at Big Tesuque two weeks prior; **Vince Hesch** ran to a PR of 3:22:43 after a summer of track work on Tues. nights; and, the first Club sponsored team – the **Stride Hers**, made up of **Therese Trujillo**, **Meredith Schoenfeld**, **Mariam Browne**, and two others won the team relay by almost 35min in a time of 3:12:32. **Ted Freedman** was an age group winner in the half-marathon in 1:35:27; **Julia Kinney** crossed in 1:57:07 (5<sup>th</sup> AG). Detailed race reports from the day can be found online at [Brian Pilgrim's blog](#), or over at the [Santa Fe Trail Runner, here](#).
- The [2<sup>nd</sup> Annual Dale Ball Buster](#), run Oct. 24<sup>th</sup>, was awesome but also was not a race. For that reason we do not have results to publish, but we can provide a link to photos. **Kevin's photos here**, **Hadji Corona's photos here**.
- Julia Kinney** finished Oct.'s [Spinx Run-Fest Marathon](#) in Greenville, South Carolina in 4:14:56 (2<sup>nd</sup> AG), a Boston qualifying time. Congrats. She plans to run the Holualoa Marathon in Tucson next month.
- Liz Sponagle** toed the line with the world's best at September's [ITU World Championship](#), in Budapest, Hungary. Stepping down from the Ironman distance, she motored to a seventh overall age-group placing in 2:22:54. **Ana Maria Trujillo** did a great write-up of both Liz and the race in the [Santa Fe New Mexican](#).
- The men and women [UNM Lobos Cross-Country](#) teams recently swept to Conference and [Regional](#) team titles, and will compete at the NCAA Championships. Former Santa Fe Prep standout **Shawna Winnegar** finished the women's Regional in 50<sup>th</sup> place, in 21:59.7 (6K), as the team's seventh runner.

Have we left someone out? Other results to report? [Let us know](#) and we'll post them in our next issue. All past editions of the MileMarker are archived at [www.santafestriders.org](#)

## Club Officers – 2010

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

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.

## 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

Race results, photos, links, or suggestions for the web page should be directed to the webmaster Todd Schroeder at [toddshroeder@yahoo.com](mailto:toddshroeder@yahoo.com)



## 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. 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*.



A BIG THANKS TO OUR 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 \_\_\_\_

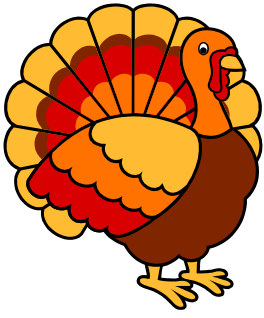
City/State/ZIP \_\_\_\_\_ **Picnics & Parties:** \_\_\_\_\_

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](http://www.santafestridders.org)



# 30th Annual Fowl Day Run

## Cross Country 5K Fun Run/3K Walk

Supporting the

## Salvation Army Holiday Food Drive



**Saturday, November 20, 2010, Ft. Marcy  
Start Time 9:00 AM**

**Join this fun event and donate food for those in need this holiday season!**

**entry:** bring non-perishable food, cash, or a check made out to the Salvation Army. **Suggested donation value of \$15 or more.** Winter coats and clothes, clean and in good condition, are also welcome. The Salvation Army will be on hand to accept your donations.

Refreshments and post-event prizes. Including pumpkin pies!



Event starts across the arroyo behind the Fort Marcy sports complex, near Murales road and the arroyo. Please park in the lot off of Murales Road.

Organized by the Santa Fe Striders Running Club on behalf of the Salvation Army and Girls on the Run.

Contact the Event Director:  
Diana Hardy - 438-8602,  
sprintdiana@gmail.com.

