



Mile Markers



We Give You the Run-Around

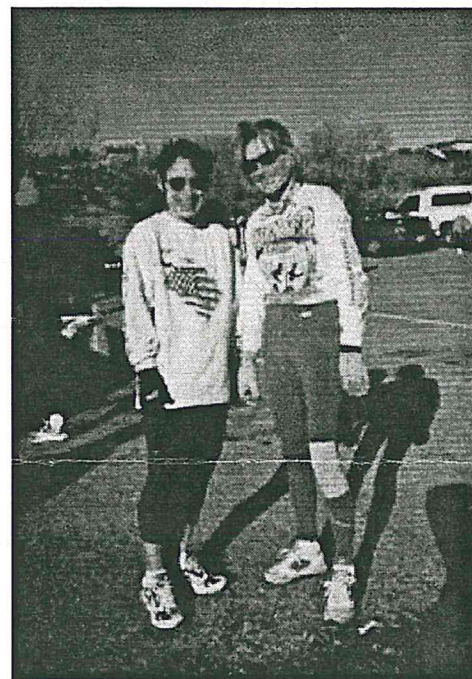
P.O. Box 1818, Santa Fe, NM 87504

December 1997

Volume 19, No. 12.



The Start



Donna Berg and June Dickerson relax and limber up before the Fowl Day Run.



Danica Tutush Girard with Fowl Dog Scruff.

Fine, Festive, Fun, Yet Fowl

Approximately 100 participants gathered in the arroyo alongside Ft. Marcy park to run and walk the 17th Annual Fowl Day Run on Saturday, Nov. 22nd, on a brisk yet bright fall morning. Several hundred pounds of food was collected by the Salvation Army to help the needy of Santa Fe over the holidays. The event was co-sponsored by the City of Santa Fe and the Striders. Diana Hardy served as race director, and chief prize dispenser. A bounty of prizes were donated by local businesses and won by lucky runners including dinners, books, massages, bagels, bread, and many pairs of cheap yet stylish sunglasses.

RACE CALENDAR

December 1997

- 6 **White Sands/Alamagordo Marathon**
1/2 mar., 5K, 382-8869.
- 6 **DLD Reindeer Roundup 5&10K**
Albuquerque. 822-0476
- 13 **Reindeer Run 10K & 2mi**
Roswell, 624-8830.

January 1998

- 1 **Egg Nog Jog**
Alb., 4 mi run, 2 mi walk, Gil's, 268-6300.
- 17 **Santa Fe Snowshoe Classic**
4.5mi, Craig Heacock, 984-2388.
- 25 **Superbowl Run**
Alb., 5/10K, Gil's, 268-6300.

February 1998

- 1? **Corrida de los Locos**
Santa Fe
- 14 **Mt. Taylor Winter Quadrathlon**
Bike/run/ski/snowshoe. Grants, NM.

March 1998

- ? **Run for the Future**
Socorro, 5K
- ? **Jack Rabbit Run**
1 Mile, Rio Rancho.

*Corrections? Additions? Recommendations?
Send 'em in! -ed.*

Editor's Note

Thank you MileMarkers readers for the chance to edit your newsletter this past year. I have enjoyed doing so. Sorry for the typos and mistakes and omissions and occasional excesses. Thank you to the contributors of essays and stories and reports and results and poems and pictures, especially to the "repeat offenders." Thanks also, of course, to my devoted and diligent staff, and to the hardworking circulation department and production team as well.

My approach has been to rely upon the creativity of others as much as possible, and serve as editor primarily. I think the focus of the newsletter should be local running. There are many glossy publications which are better suited to marathon training schedules, VO2-max graphs, and anterior cruciate ligament therapies. What they cannot provide and we can is news about Santa Fe running and runners. Finally, I have probably reflected my biased view that running is supposed to be fun, and usually is a real gas, whether it's jogging

1st Ever El-Du-Radolon a Huge Success!

The 1st Annual El-Du-Radolon (Eldorado Duathlon), brain-child of Kris Kern and Ann Chernoff Allan, took place on the morning of Saturday, November 8th, starting at the Agora Mall in Eldorado. In attendance were 5 women, 9 men, one dog and a handful of spectators.

The course consisted of a 5k run loop in Eldorado, a 30k bike out route 285 towards Galisteo and back, and another 5k run. The winners were Ann and Reed Allan.

Co-race director Kern presented the winners with their awards after a short speech. The winners saved their prizes to enjoy with lunch, and since they didn't have a bottle opener.

The first El-Du-Radolon was not officially sponsored, but the supermarket did let us use their rest room.



Quad Workouts

The first of two semi-organized workouts to prepare for the Quad will be on Sunday, December 14th. Meet at the Aspen Vista parking lot at 8am for a run/ski/snowshoe workout. Call Kris Kern at 662-9528 or Jeremy Yang at 988-5474 for more info.

If you're really hard-core, try biking up to Aspen Vista first!

the trails around Santa Fe by myself, or careening down Canyon Road with hundreds of other road racers, or finishing that last 400m during a Striders track workout.

Happy Holidays and A Happy New Year of Running in 1998!

Jeremy Yang
1997 MileMarkers Editor



"Outside Field Staff" member Scruff Tutush Girard.

Dues Due Next Month

Striders dues are due in January. \$15 for one full year of Strider membership including race discounts, newsletter subscription, and secret decoder ring. O.K., there's no secret decoder ring. Would you believe a secret handshake? And the initiation ceremony is not all that embarrassing, really.

Send completed registration form with \$15 to Santa Fe Striders, PO Box 1818, Santa Fe, NM 87504.

WEEKLY RUNS

Striders, guests, and other random runners continue to meet at 6pm on Wednesdays at Lincoln and Palace, across from the Plaza clock, for a 5-mile or so run. Everyone is welcome.

Brave the cold and see the latest in reflective and thermal fashions!

Join the Striders! Annual membership costs only \$15 (\$7.50 after 7/1) and includes:

- Discount on Strider race entry fees
- Monthly newsletter
- That warm feeling of belonging
- Did I mention the discounts?
- That's about it.

December Meeting and Striders Elections at Carmen's Pizzeria

The December end-of-year meeting, dinner, holiday gathering and Strider elections will be at Carmen's Pizza, at 1201 Cerrillos, at 7pm, Tuesday, December 9th.

If you would like to run for a Striders office, nominate another sucker -- er, I mean candidate --, organize a movement, foment a revolution, or perhaps vote, be sure to attend the December meeting and get those campaign speeches ready!

The "Striderweb"

<http://www.daylight.com/~jj/striders> is the website for race schedules, club information, running links, and who knows what. Please let me know if you have any suggestions or submissions for the web page. Email me at jj@daylight.com or send me a photo for the online photo album! -ed.

Write for Mile Markers!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to the Mile Markers editorial offices, c/o Jeremy Yang, at 1729 1/2 Agua Fria, SFNM, 87501, or email to jj@daylight.com.

1997 Striders officers:

Danica Tutush Girard, president, 989-1819
DTGirard@aol.com
 John Pollak, vice president, 983-2144
 Suzanne Garney, treasurer, 473-9073
SGarney@erim.org
 Jeremy Yang, newsletter editor, 988-5474
JJ@daylight.com

Santa Fe Striders Club Membership Application and Waiver



Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees 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. _____

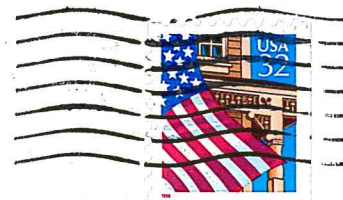
Date _____

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Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



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Santa Fe, NM 87505