



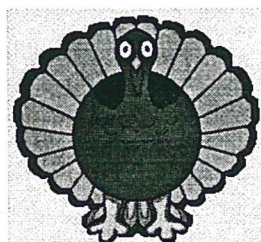
Mile Markers

We Give You the Run-Around

December 1998

Volume 20, No. 12.

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



Fowl Day Run Flies To New Heights

A record number of participants, charitable contributions and sponsors made the 1998 Fowl Day Run the biggest success ever. Co-race-directors Danica Tutush and Kris Kern reported well over 100 runners and walkers, and over 2000 lbs. of food donations to the Salvation Army holiday food drive. The run was produced by the Striders in cooperation with the city of Santa Fe Parks and Recreation Dept. Many sponsors pitched in to provide a generous array of door prizes, early holiday gifts much appreciated by the competitors. The sponsors were:

The Bicycle Zone, Santa Fe Brewing Co., Club International, Cloudcliff, Peggy van Hulsteyn, Pyramid Cafe, Santa Fe Spas, Ohori's, Rio Grande Roasters, Emack & Bolio's, Nikken Independent Dist., Delectable Desserts, 10,000 waves, Jody Visalli/Body Scapes Massage, Tesuque Village Market, Whistling Moon, Palace Restaurant, Blue Corn Cafe, Java Joe's, Tomasita's, Cowboys & Indians, Bill Manns, Caroline Dr. of Oriental Medicine, 2nd Street Brewery, Jackalope, Il Vicino, Sky-High Spinning, Outside Magazine, Elaine Pinkerton, Haagen Daaz, Rocky Mountain Chocolate Factory.



2001 - A Race Odyssey

The year 2001 may seem a long way away — some Striders may prefer not to think about it at all — but it's just around the corner if you're planning a convention.

So the Striders, at the October meeting, got the lowdown on plans for the national meeting in 2001 of the Road Runners Club of America (RRCA). The convention will be held in Albuquerque.

Our club also got a request to help at the convention. The request came from Victor Nemudrov, New Mexico's representative to the RRCA.

As many as 1000 people could attend the convention, Victor predicted. He suggested an afternoon bus trip, on the Saturday of the convention, to Santa Fe. He estimated that 200 or so conventioners might take advantage of such an outing.

Striders could act as tour guides, it was suggested. Other suggestions included preparation of an itinerary for visitors and a film about running in our city.

Elaine Coleman, who has agreed to be the Striders' liaison with the convention organizers, will talk to the Santa Fe visitors and convention bureau. She'll also look into the use of the Sweeney Convention Center.

The convention is a major undertaking for Victor, and he's looking for all the help he can get — both in ideas and in bodies for registration tables. Striders who are interested in helping should call Elaine at 983-9747.

-Tom Day

RACE CALENDAR

December 1998

- 5** **DLD Reindeer Roundup 5/10k, CANCELLED.**
- 6** **Jingle Bell Walk and Run for Arthritis 5k, 265-1545.**
- 12** **Reindeer Run 10K & 2mi, Roswell, 627-5507.**

January 1999

- 1** **Egg Nog Jog - Albuquerque, 4Mi Run, 2Mi Walk, 268-6300**
- 9** **Desert Trail - Las Cruces, 7.4 Mi Run/Walk, 524-7824**
- 17** **ARR Twosome - Albuquerque, 857-0964**
- 24?** **Santa Fe Snowshoe Classic - Hyde State Park, Craig Heacock, 260-4714.**
- 24** **Super Bowl Sunday - Albuquerque, 5&10K Run, 2Mi Walk, 268-6300**
- 31?** **Corrida de Los Locos - Santa Fe, 5Mi Run, 473-3159**

February 1999

- 7?** **MRU Winter Runaround - Albuquerque, 271-2746**
- 13** **Mt. Taylor Winter Quadrathlon - Grants, 287-4802, 800-748-2142, www@grants.org**
- 13** **President's Day Run - 10k/5k, Rio Rancho, 867-5323.**
- 27** **Cahoon Park Run- 10k, Roswell, 624-6720.**

March 1999

- 6?** **Run for the Future - 5k, Socorro, 835-2507**
- 14?** **Run for the Future - 5k, Albuquerque, 831-8431**
- 20?** **Pecos Valley Stampede- half-marathon, 10k,, Roswell, 624-0257.**
- 27?** **Run Old Mesilla - 5k/10k, Mesilla, 524-7824.**
- 28?** **Run for the Nuns - 5k, Santa Fe, 983-2789.**

The 1999 USATF race schedule and others will be published soon and excerpted here.

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

Runnin' Free

When I was a runnin' all alone,
stubbed my toe on a lone pine cone
blown off a branch of an old piOon
crossing the trail like a rolling stone.

My route was in the download mode.
The cone caromed down the forest road
and hopped right over a horny toad
to justify this rhapsodic ode.

The cone dropped far from the tallest tree
and bidden well to slow my spree.
Why wouldn't it just let me be?
Even a cone urges to run free.

Mike Sutin

Shoe Drive!

Do you have dozens of old running shoes cluttering up your closet? There are a few organizations collecting old running shoes and shipping them to third world contries. Just imagine, your shoes being the treasured possession of the next Kenyan superstar! Bring your unwanted shoes to the January Strider meeting and "shoe you care"! We'll collect shoes and donate them to one of these organizations.

-Kris Kern.

Strider Elections, Holiday Gala, and December Meeting at Carmen's Pizzeria

The December meeting, banquet and elections will be held on Tuesday, December 8th at 7PM at Carmen's Pizzeria, 1201 Cerrillos Rd. Make plans to attend and enjoy stuffed pizza while marveling to the miracle of democracy. Miraculously, if you don't attend you'll be even more likely to be elected! Nominate someone or volunteer for president, vice-president, treasurer, or newsletter editor. Race-directorships are also available. After eloquent speeches and denials, the candidates will nevertheless be elected by democratic vote, usually between mouthfuls.

Call Dale at 983-6616 for more info on the elections.

Announcing! The 1999 Mt. Taylor Winter Quadrathlon Training and Brunch Series.

This year's training sessions will be on Saturday, Dec. 19 and Saturday, Jan 23 at 8:00 AM at Aspen Vista on the road to SF Ski hill..

The workouts will consist of:

- A run to the ski hill and back
- A cross country ski up Aspen Vista trail and back
- Snowshoe in random paths
- A repeat run.

Biking to the workout is optional. (as are the rest of the events.). Following the workout will be the annual trek to "Dave's Not Here" which will be closed resulting in a search for another place to eat.

Spread the word! The more the colder.

And be sure to check the Quad web page at:

<http://www.grants.org/new/quad/quad.htm>

For more info, contact me or Jeremy.

--Kris Kern (661-6293).

(After the workouts, seasoned Quad veterans will offer extensive and authoritative-sounding albeit contradictory advice and precautions on successful Quad training and survival!)

'Tis the Season! Striders

Membership Renewal

It is time to renew your Striders membership for 1999. Don't miss any of the last 12 issues of this millenium! Our operators are standing by! Act now! Send in your \$15!

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.

-> PLEASE NOTE:

It's dark at 6pm! So let's 1) practice safe running (wear reflective vests and/or other attire), 2) use the buddy system, especially with new runners and visitors, since it's extra easy to get lost in the dark. -Suzanne Garney.

Express Yourself!

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 419 E. Palace Ave., SFNM 87501, or email jj@daylight.com.

1998 Striders officers:

Tom Day, president, 473-3159

Danica Tutush Girard, vice president, 983-7129
dtutush@aol.com

Suzanne Garney, treasurer, 473-9073
suzanne_garney@erim-int.org

Jeremy Yang, newsletter editor, 341-9526
jj@daylight.com

Santa Fe Striders Club Membership Application and Waiver



Name: _____

☐ Renewal
☐ New member

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 of carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

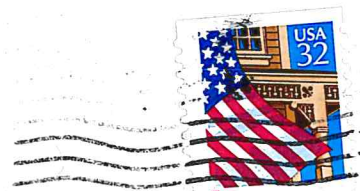
Parent's Signature if under 18 yrs. _____ Date _____

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



Diana Hardy & Jim Westmoreland
2363 Camino Carlos Rey
Santa Fe, NM 87505

Merry Holidays and Happy Renewed Membership!

December 1998