



Mile Markers

We Give You the Run-Around

April 1999 Volume 21, No. 4.

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

Spring Road Racing Season is Here!

A veritable all you can run smorgasboard of delectable road-racing events is being served up in Northern New Mexico this spring.

During this time of year, nearly every weekend has at least one road race scheduled in the Albuquerque/Santa Fe/Los Alamos area, and often several.

On April 11th, the "Run for the Ditches" run, walk, and inline skate takes place in Albuquerque. On April 18th is "Albuquerque's Finest 5K". On April 24th is the Corrida de Espanola 5K/10K (entry form in this issue). Also on this day is the first running of the Los Alamos Dog Jog, a 5K and 2 mile event to benefit the Los Alamos Animal Shelter (entry form in this issue). On May 2nd is the annual Run for the Zoo in Albuquerque, one of the biggest races of the year, a 5K/10K.

On May 8th in Los Alamos is the Bandelier Marathon, Ultramarathon and relays. On May 16th is the Santa Fe Century — not a run, but — a recreational bike ride of 25, 50, 75 or 100 miles which attracts well over 1000 cyclists from many states, making it by far the largest annual endurance event held in Santa Fe. On May 22nd, the Seeds of Awareness Santa Fe Rape Crisis 5K/10K starts at Ft. Marcy, with support from the Striders. On May 31st, in Boulder, Colorado, is the "Bolder Boulder 10K", which attracts upwards of 35,000 participants. If you're considering your first mega-race, this is a great one to try. If finishes in the CU stadium with a big party.

On Saturday, June 5th is the Striders flagship run, the Santa Fe Run-Around 5K/10K, which will start from the historic Plaza and loop eastward with an updated but equally challenging course. This year's race director is Richard Curry, and if you want to volunteer for the race, please call him at 995-0450.

See you at the races!

ON TRACK AGAIN!

Heavy Breathing Anyone?

Striders track workouts start the Tuesday after the clocks "spring forward" -- and the snow melts -- (April 13th) at the Santa Fe High School track at 5:30pm. After approximately 15 minutes of warm up, stretching, negotiating a workout and generally stalling for time, we do about an hour of intervals. All speeds are welcome, and usually a wide range is represented. Last year we averaged over a dozen runners during the summer, several times exceeding 20. This will be the fifth year of Striders track workouts!

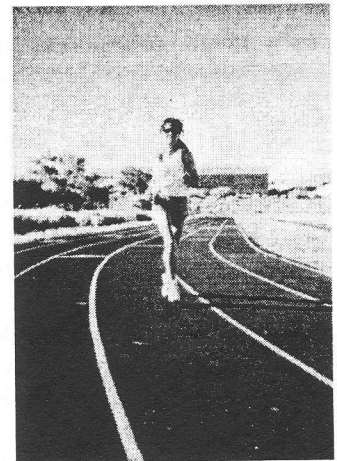
Typical workouts consist of 400s and 800s, but we'll range from 200m to 1600m intervals, usually with half the distance jog for recovery.

All road racers agree that speed work can improve your times, if that is your goal. "Train fast to go fast", it is said. However, there may be some risk of injury if strenuous speed

work is undertaken when not properly warmed up, when recovering from a race, or if overdone.

We don't have a coach, but we do have a friendly, supportive, and enthusiastic group.

All are welcome!



Diana Hardy on the Track

RACE CALENDAR

>>> April <<<

Apr 10: Rehobeth Race Series, 5K, 2M Walk, Gallup, NM - Art Ortega, 505-863-2916
 Apr 11: 5th Annual Run For The Ditches 10K/5K Runs, 5K Walk, Alb., NM - 505-345-1100
 Apr 11: The Stride For Pride 5K, Alb., NM - Jeff Peters - 505-341-1400
 Apr 11: Gila Bears Mountain Run, 26 Miles, Silver City, NM - 505-662-2397
 Apr 17: Apple Blossom 10K, Farmington, NM - Rick Sadwick, 505-599-0220
 Apr 18: Albuquerque's Finest 5K, Alb., NM - Charles Otero, 505-345-4274
 Apr 18: Bataan Memorial Death March, 25 Miles, White Sands Missile Range, NM - Kelly McCarthy - 505-479-6188
 Apr 18: Capulin Canyon Mountain 22.8 Mile Run, Jemez Springs, NM - 505-829-9142
 Apr 18: MVTC Triathlon, Las Cruces, 524-7824.
 Apr 24: 4th Corrida de Espanola 10K/5K, 5K & 1 Mile Walks, Espanola, NM - Beverly, 505-753-6064
 Apr 24: Los Alamos Dog Jog - 5K / 2 mile, 8am.
 Apr 24: 2nd Run For Crime Free New Mexico, 5 Miles, 5K Run/Walk, Alb., NM - Allyson 505-345-8295 or 505-296-6951
 Apr 24: Run For Recovery 8K, 2 Mile Walk, Kids K, Alb., NM - Bobby Keogh, 505-883-7222 #231
 Apr 25: NorWest Cheetahs All Comers Track/Field, Alb., NM - 505-897-4762

>>> May <<<

May 1: 17th Annual Shiprock Marathon / Relay, Half-Marathon Walk, Shiprock, NM - Shirley Lowe - 505-598-0117 or Charlene Sanders - 505-368-6306
 May 1: Zoo Run, 10K/5K/2 Mile Walk, Roswell, NM - 505-627-5507
 May 2: Run For The Zoo 10K/5K, 1/2 Mile Walk, Alb., NM - Anna Reade - 505-764-6280
 May 2: AOC All Comers Track/Field, Alb., NM - 505-293-3693
 May 8: 17th Bandelier Marathon, Ultra Mar., Relays, Los Alamos, NM - Rene LaClaire - 505-672-0816
 May 8: 3rd Annual DAREfest, 10K Run, 5K Run/Walk, Farmington, NM - 505-599-1017
 May 8: Boys & Girls Club 5K, Santa Fe, NM - Kathy Martin - 505-983-6632
 May 9: Run for the River 5K, Santa Fe, NM, - John Horning, 505-988-9126
 May 14/15: Santa Fe Indian School 24-Hour Relay, Santa Fe, NM - 505-989-6350
 May 15: Saturday In The Park 5K, 1/2 & 1 Mile, Alamogordo, NM - 505-439-4142
 May 15: Summer Biathlon - Run/Shoot/Run - Roswell, NM - 505-624-6720
 May 15: Run, Walk & Roll For Peace 10K Run, 2.5 Run/Walk, 2 Mile Roll, Roswell, NM - 505-347-5715

May 15: Wally Walters 5K, Los Alamos, NM - Terri Moore - 505-662-8173
 May 16: Santa Fe Century (bike ride), 25/50/75/100 miles.
 May 16: ABQ. Track Club All Comers Track/Field, Alb., NM - 505-828-0182
 May 16: Guaje Ridge Mountain Run, 21.1 Miles, Los Alamos, NM - 505-662-2397
 May 22: Seeds of Awareness Rape Crisis 5K/10K, Santa Fe, NM - Cynthia - 505-988-1951
 May 22: Zuni Fitness Series 10K & 5K Runs, Zuni, NM - 505-782-2665
 May 22: Nakai Family 8K, Bechbito, NM - Terry Nakai - Mail: PO BOX 2988, Shiprock, NM 87420
 May 23: 2nd Golden Corral Half Marathon, 5K Run/Walk, Alb., NM - Ruben Gallegos - 505-891-9640
 May 23: Tour New Mexico 5K, Alb., NM - Gil Duran - 505-268-6300
 May 22/23: USCAA Corp. Challenge Trak/Field, Alb., NM - 505-821-0182
 May 23: NM USATF Track/Field, Alb., NM - 505-865-8612
 May 25: UNM Twilight All Comers Track/Field, Alb., NM - 505-925-5014
 May 29: Fort Bayard Run, 8 & 2 Miles., Fort Bayard, NM - Joe Becker - 505-538-2740
 May 30: Rocky Mountain Qualifier All Comers Track/Field, Alb., NM - 505-865-8612
 May 31: Bolder Boulder 10K, Boulder, CO, 303-444-RACE.

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

Recommended

The **Corrida de Española** is a very well organized 10K and 5K, with a fast, scenic, well supervised course through central Espanola. Proceeds help fund schoolkids baseball and softball. See you there on Saturday, April 24th. See the entry form in this issue.

New members:

Caryl Acuna
Philip Crump
David Loaiza
Jennifer Steketee
James Van Every
Stephen Kane

Welcome to the Striders!

Bob's Place

by Mike Sutin

When I run long my mind day dreams of blood red
wine.
The trail becomes a river to my feet.
My ancient knees still pump
like pistons in a Willys jeep.
Why is it I just seem to creep
along this windy worn of bighorn sheep?
The icy air is thin above tree line.
The windy ridge of rock mystifies my shrine;
and in this place, there is no human sound,
save cooling sweat and frozen breath alpine.
Lace up your shoes, you stand on holy ground.

Endnote:

Exodus 3:5: "And He said: 'Draw not nigh hither;
put off thy shoes from off thy feet, for the place
whereon thou standest is holy ground.'"

Pike's Peak Ascent and Marathon

This year it's on August 21st and 22nd. Climb 8000' to the
top of Pike's Peak and then try not to get nauseous.
Entries at www.skyrunner.com (it fills up).

Striders Email List Forming

Email me at jj@daylight.com if you want to join.

-editor.

April Meeting

The April Striders meeting, social and potluck will be held
on Tuesday, April 13th, at Elaine Coleman's house, 899 Zia
Rd. From town, a left off Old Pecos Rd. or a right off Old
Santa Fe Trail. Her number is 983-9747. Potluck and so-
cial begins at 7pm, followed by various notions, motions
and promotions. **ALL ARE WELCOME AND ENCOUR-
AGED TO ATTEND!**

Treasurer Needed

We need a volunteer to assume the responsibilities of Strid-
ers treasurer for the remainder of 1999. If you are inter-
ested, please contact Kris Kern or another Striders officer.
No experience necessary!

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 wel-
come.

TRACK WORKOUTS

Track workouts are at Santa Fe High School, starting at
5:30pm, Tuesdays.

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, medi-
cal records, or almost anything printable to the Mile Mark-
ers editorial offices, c/o Jeremy Yang, at 419 E. Palace Ave.,
SFNM 87501, or email jj@daylight.com.

1999 Striders officers:

Kris Kern, president, 661-6293
kernkt@gat.com
Beth Rauch, vice president, 466-2729
rauchbeth@aol.com
Suzanne Garney, treasurer, 473-9073
suzanne_garney@erim-int.org
Jeremy Yang, newsletter editor, 341-9526
jj@daylight.com



1999 Los Alamos Dog Jog



Coordinated by Mountain Canine Corps, the Los Alamos Dog Obedience Club, and Atomic City Roadrunners as a fund raising benefit for the Friends of the Shelter which purchases items for the Los Alamos Animal Shelter. You may participate with or without a dog, and at any pace you're comfortable with.

Saturday, April 24, 1999, 8:00 am

White Rock, NM, Chamisa School

3.1 or 2 mile course

Entry fees per family: \$15 first adult, \$10 second adult,

\$5 1st & 2nd children, 3rd & 4th (etc) children are free

Directions: from Hwy. 502, take State Route 4 to White Rock, turn south onto Rover Blvd. (at the traffic light), turn east onto Meadow Lane, Chamisa School is on the right, at 301 Meadow Lane.

Race check-in and packet pick-up time will be from 7:00 am - 7:50 am April 24th at Chamisa School. Race day registration will have the same entry fees as stated above, but t-shirts may need to be mailed. T-shirts and informational packet are provided for all entrants. Prizes will be given to first through fourth places for female and male runners with dogs for the 3.1 mile course. Other awards and prizes will be determined by the race committee and given at the finish line.

Please, all dogs must be on leash at all times. To help prevent bloat (gastric dilatation or gastric torsion), don't feed your dog 90 minutes before and after the dog jog. Also, no bicycles, roller blades, or skateboards as many dogs react unpredictably around these methods of travel. Wheelchairs are welcome, as are baby strollers. Children under 13 must be accompanied by an adult (although the adult does not have to register).

Please print information and circle where appropriate:

Name (last, first, mi) _____

Address _____

e-mail (next year notification) _____

Gender of human

M

F

Phone: _____

Dog's name _____

Dog's age _____

Is this a shelter dog?

Y

N

Adult long sleeve t-shirt size

M

L

X-L

Child short sleeve t-shirt size

M (10-12)

L (14-16)

Checks payable to: Mountain Canine Corps

Pre-registration due: April 3, 1998

Send completed registration form and checks to:

Los Alamos Dog Jog

924 Tewa Loop

Los Alamos, NM 87544

In consideration of my participation in the Los Alamos Dog Jog of 1999, my dog is a minimum of 16 weeks old, licensed, and current on all vaccinations. I agree to obey all traffic laws, exercise safety precautions, avoid littering, clean up after my dog, and respect the property of others. I attest to myself and my dog's physical capabilities, and I realize there are risks associated with competing in this event. I accept full responsibility for any injury or accident to myself or to my dog. I understand that since this event involves many people and dogs, I will have my dog under control at all times. I also waive any and all claims for myself against the County of Los Alamos, as well as the officials and the sponsors of this event. I hereby give race officials permission to obtain any medical aid required for myself or my dog during this event:

SIGNATURE (required) _____ (Parent or guardian must sign if under 18)

CORRIDA DE ESPANOLA
10K * 5K RUN/WALK * 1 MILE RUN/WALK

RACE DAY: APRIL 24, 1999

Money will be used to fund McCurdy Baseball & Softball

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**\$10.00 REGISTRATION FEE: INCLUDES T-SHIRT, REFRESHMENTS
& DOOR PRIZES.**

Do not mail checks after 4/15/99. Make check payable to: Corrida De Espanola.

JOIN IN ESPANOLA'S FOURTH ANNUAL RUN ON MAINSTREET!!!!
BRING THE WHOLE FAMILY - 1 MILE RUN/WALK- PERFECT FOR CHILDREN
AND FIRST TIME RUNNERS. STROLLERS & WHEELCHAIRS WELCOME.
PLEASE NO BICYCLES, ROLLER SKATES /BLADES, OR DOGS.

T-SHIRTS, REFRESHMENTS, PRIZES AND AWARDS!!

PRE-REGISTRATION: Before April 15, 1999

REGISTRATION on RACE DAY: Starts at: 6:00AM

10K Race: 7:00AM

5k Race: 8:15AM

5Kwalk: 8:15AM

1 Mile: 9:00AM

AWARDS AND PRIZES : 10:00 AM

***START & FINISH AT ESPANOLA PLAZA - RUN WILL BE ON CITY STREETS**

***WATER & POWERADE AT BEGINNING, TURNAROUND & END**

***FIRST AID AT START & FINISH *REFRESHMENTS AT FINISH**

***DOOR PRIZES: MUST BE PRESENT TO WIN**

***AWARDS WILL BE GIVEN TO TOP WINNERS**

***FOR INFORMATION CALL: Beverly Schutz 753-6064**

I will participate in the: 10K Run_____ 5K Run_____ 5K Walk_____

1 Mile_____ Stroller_____ Wheelchair_____

Age on race day: _____ Sex: M_____ F_____

Last Name: _____ First Name: _____ M/I_____

Address _____ Phone #()- _____

Medical Problems: _____

T-Shirt Size: (circle one) Child Adult (OVER)

Please return to: CORRIDA DE ESPANOLA
 912-B N. Riverside Drive
 Espanola, NM 87532

**WAIVER: I UNDERSTAND AND ASSUME FULL RESPONSIBILITY FOR ANY INJURY OR
ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THE CORRIDA DE
ESPANOLA. BY MY SIGNATURE, I HEREBY WAIVE AND RELEASE ALL ORGANIZATIONS
AND/OR SPONSORS FOR THE CORRIDA DE ESPANOLA, BECAUSE OF MY PARTICIPATION
IN THE ABOVE SAID EVENT.**

SIGNATURE: _____ DATE: _____
PARENT'S SIGNATURE, IF UNDER 18: _____ DATE: _____

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