



# Mile Markers

*We Give You the Run-Around*

May 1999      Volume 21, No. 5.

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

## 1999 Corrida de Española Outruns the Weather

246 runners participated in the 4th annual Corrida de Espanola on April 24th, according to race director Beverly Schutz. The 10K and 5K races and one mile fun-run went off flawlessly, thanks to the efforts of many volunteers, plus the vigilant support of the Espanola police and fire personnel (and San Juan, San Pedro and others). "No lost runners this year!" Beverly proudly noted. "We finished the event by 11am, right on time, and only then did the bad weather blow in.," Another great event for the Espanola team, thanks to a lot of effort and a bit of good luck.

### RESULTS

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#### 10K Run

##### Age 19 and under

Male: Chris Lopez 35:02, Daniel Gonzales 40:53,  
Derek Lucero 40:58

##### Age 20-29

Female: Erica Larson 39:32, Maria Moriarity  
39:57

Male: Paul Prentice 39:34, William Roybal 40:16,  
Michael Vigil 40:49

##### Age 30-39

Female: Inez Archuleta 40:08, Diana Hardy 41:18,  
Lori Lynch 50:57

Male: Peter Fant 35:58, Chris Chavez 38:09, Jeff  
Romero 44:20

##### Age 40-49

Female: Trish Shain 45:53, Wendy Hoffman 58:08  
Male: Oliver Trujillo 34:43, Duncan Hammon  
36:38, James Westmoreland 37:56

##### Age 50-59:

Male: Paul Manick 49:43, Jules Heritier 54:03

##### Age 60-over

Male: Gordon Hoffman 128:33

#### 5K Walk

Female: Chrissy Salazar, 39:27, Diana Moore  
41:46, Lisa Perraglio 48:49  
Male: Joe Shain 36:02, Leonard Maestas 39:27,  
Dick McLean 40:52

#### 5K Run

##### Age 19 and under

Female: Patty Murray 30:05, Mari Kempes 37:12,  
Ariel Perraglio 41:36

Male: Dennis Naranjo 17:43, Chris Lopez 17:44,  
Carlos Martinez 17:44

##### Age 22-29

Female: Lili Valdez 36:19, RaeLynn Romero 36:19,  
Suzanne Montoya 45:18

Male: Bill Shashely 20:15, Albert Martinez 24:20,  
Patrick Montoya 29:13

##### Age 30-39

Female: Inez Archuleta 21:05, Judy Griego 24:02,  
Janice Martinez 27:44

Male: Leon Serna 17:21, Michael Sisneros 19:31, Lou  
Tillmont 22:25

##### Age 40-49

Female: JoAnn Pomeroy 26:16, Catherine Auckland  
27:57, Wendy Hoffman 28:37

Male: Joseph Cortez 18:35, Phil Sanchez 21:30, Paul  
Graham 21:32

##### Age 50-59

Female: Sally McClean 28:04, Lorraine Serna 31:49,  
Mabel Willaman 35:04

Male: Wallace Brunson 21:37, Claudio Chacon 24:22  
and Ron Pomeroy 25:50

##### Age 60-over

Male: Bob Baker 25:22

## RACE CALENDAR

>>> 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 2: Snakebite Classic Duathlon, El Paso TX. 5K run/30K bike/5K run. Jimmy, 915-581-5471.

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 16: Jay Benson Memorial Triathlon, ABQ, NM. 3m run/12m bike/400M swim. Barry, 262-0565.

May 16: Devil's Throne Fun Run, Cerrillos, 9am, MRU, Harry 286-2030.

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.

>>> June <<<

Jun 5: Santa Fe Runaround 5/10K, Santa Fe, NM - Jeremy Yang, 505-988-5474

Jun 5: Pajarito Mountain Run, 20 Miles, Los Alamos, NM - 505-662-5959

Jun 5: Milkman Triathlon, Dexter, NM. 500M swim/20K bike/5K run. Larry, 505-734-5414.

Jun 6: Run For Quality 10K & 5K Runs, 2 Mile Walk, Kid's K, Alb., NM - Gil Duran - 505-268-6300

Jun 6: Taos Marathon/Relay, 1/2 Mar., 5K Run/Walk, Taos, NM - Bruce Gomez, 505-776-1860

Jun 12: La Luz Friendship Run, 1/2 Mar, 4.4/1 Mile Run/Walk, La Luz, NM - Larry, 505-437-3510

Jun 12 - Frances Stevens Triathlon, WSMR, NM. 5K run/30K bike/400M swim. Rick, 505-678-3374.

Jun 13: Run/Walk for Children & Family 10K/5K Runs, 2 Mile Walk, Alb., NM - Gil - 505-268-6300

Jun 18: UNM's Sunset Fiesta Run, 3 Mile Fun Run, Kid's 1/8, 1/4, 1/2 Mile Races, Alb., NM, 505-277-4347 (Races begin @ 7:00 PM)

Jun 19: 10th Annual Run For Your Life 5K, White Rock, NM - Ted Williams, 505-672-1639

Jun 20: Wheeler Peak 11 Miles, Red River, NM - 1-800-348-6444

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

### Recommended

The Seeds of Awareness Rape Crisis Run is on May 22nd. There are new 5K and 10K courses this year, so I can't give you an unqualified race recommendation, but the Ft. Marcy venue is likely to provide a challenging and fun course for those who don't mind hills, and the Rape Crisis Center personnel and their friends are so conscientious and organized it's sure to be a fine event, which the Striders have supported with timing and other help.

## *A letter of thanks for the Striders Shoe Donation...*

St. Labre Indian School  
Ashland, Montana 59003

Feb. 25, 1999

Dear Santa Fe Striders,

Thank you for the running shoes. The boys and girls thought it was Christmas all over again. Our track season starts March 22, 1999, so the shoes will serve the team well. Most of the kids that attend our school cannot afford training shoes, so the gift is greatly appreciated. I coach both the middle school and high school kids so the shoes will benefit both programs. Our running programs have been very successful due in part to donors such as yourselves. Cross country and track have taken a back seat to football and basketball, so the donated shoes are a god-send. Thanks again, and happy running.

Sincerely,

(signed)

Roger Knows His Gun  
St. Labre XC, Track Coach

## **Devil's Throne Fun Run at Cerillos Sunday May 16**

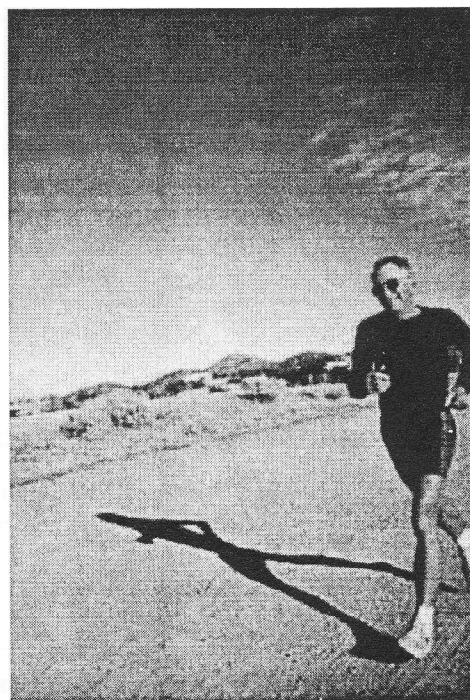
Masters Runners Unlimited encourages walkers and runners to join us Sunday morning May 16th. The walk/run will start at about 9:15.

The Club will furnish water, OJ and sodas. Please bring a brunch dish to share with other participants after the walk/run. Also, bring a lawn chair or two. We expect about 25 runners and walkers will show up, including some from the Santa Fe Striders, High Desert Wind Runners and Albuquerque Road Runners.

We want to remain as unobtrusive as possible so as not to bother the town folk. To do that we will park and begin the run on the trail just west of town. There is a grove of Cottonwoods that should provide adequate shade for our picnic, which we plan to start about 10:45. If you are going by yourself and have not been there before, call Harry Messenheimer (286-2030) for directions.

This fun workout replaces the race that Gil Duran sponsored and managed for years. Unfortunately he is unable to continue the race, which was in memory of his grandfather. We will have Gil in our thoughts as we reminisce about the past. Hope to see you there!

-Harry Messenheimer, MRU.



*Gratuitous file photo of Dale  
Goering, our own Masters  
Runner Unlimited*

## **Kathy Mastoras New Treasurer by Unanimous Vote**

Kathy Mastoras is the new Striders treasurer after an exhaustive world wide talent search by the Striders Human Resources Department with extensive involvement from the Cajoleing and Imploring Task Force. Kathy's fine two sons are currently studying math and may be called upon to assist her with long division. Congratulations Kathy!

### **A Thorn In My Side**

An early asian man first trod this stone strewn trail  
and fled from flickering flame and fire rock and  
whitened ash.

An early seven a.m. start at pace snail mail.  
It's cold and slows my stride's panache.  
Almost lost my way today to the shrine line holy  
grail in search of pride's passion and an occasional  
ruin in the wild from Frijoles and Yapashi to Capulin  
while hauling isolated ass up and down steep-pitched  
canyon walls, a self-inflicted taste of taskmaster's  
lash for fear of failure to finish fast as in a sprinter's  
dash, weary, whipped and beaten po' white trash,  
bloody, blackened toenails, dry heaves and feet of  
mishmash hash.

No winner's ribbons, medals, laurels, wreaths or  
fancy photoflash out here where Larson and Peters  
and other ultra titans clash.

Down timber on the trailhead to the Dome, across the  
flats of forest snags, debris and slash, a long, long  
sixteen miles from home.

-Mike Sutin

### **4th Annual Run for the River**

...is this Sunday, May 9th. See entry form in this issue. A  
benefit for the Forest Guardians environmental group.

### **Striders Email List Forming**

Email me at [jj@daylight.com](mailto:jj@daylight.com) if you want to join..

## **May Meeting -- Countdown to the Run- Around!**

The May Striders meeting, social and potluck will be held on Tuesday, May 11th, at Richard Curry's house. Richard lives at 122 Spruce St. in Casa Solana, off West Alameda directly across from the Feed Bin. Richard's is the second house on the left in the second block, with a basketball hoop in the driveway. His phone is 995-0450.

Striders basketball practice ("We got game.") is before the meeting, at 6:30. Potluck and social begins at 7pm, followed by various notions, motions and promotions. **The main agenda item is the Striders flagship race, the 1999 Santa Fe Run-Around, on Saturday, June 5th.**

**ALL ARE WELCOME AND ENCOURAGED TO ATTEND! (But not begged, no, we won't stoop that low. Yet.)**

### **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.

### **TRACK WORKOUTS**

Track workouts are at Santa Fe High School, starting at 5:30pm, Tuesdays. Come one, come all, and bring a workout for us to try!

### **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](mailto:jj@daylight.com).

### **1999 Striders officers:**

Kris Kern, president, 661-6293

[kernkt@gat.com](mailto:kernkt@gat.com)

Beth Rauch, vice president, 466-2729

[rauchbeth@aol.com](mailto:rauchbeth@aol.com)

Kathy Mastoras, treasurer, 466-3837

[pgkmfant@aol.com](mailto:pgkmfant@aol.com)

Jeremy Yang, newsletter editor, 341-9526

[jj@daylight.com](mailto:jj@daylight.com)

# 4th Annual *Run for the River* 5K and Walk

◆ **WHAT:** The *Run for the River 5k* is a Sunday morning 5-Kilometer (3.1 mile) run and walk for people of all ages. All runner's receive a t-shirt. The race is a USTAF certified course.

◆ **WHERE:** The race begins Southwest of downtown Santa Fe near the Airport. From downtown Santa Fe take Cerrillos road. From the traffic light at Cerrillos Road and St. Francis continue on Cerrillos Road for 4.5 miles to Airport Road. Take a right on Airport road and go 6.5 miles where the race starts. From Albuquerque take the 599 exit north off I-25. Go to the 4-way stop sign which is Airport road. Take a left on Airport road and go 3.3 miles to the race start. For more information call (505) 988-9126.

◆ **WHEN:** Sunday, May 9, 1999. Race starts at 10:00 am. Race-day registration until 9:30 am. Additional race forms can be picked up at sports stores and outdoor stores in Albuquerque and Santa Fe and our website: [www.fguardians.org](http://www.fguardians.org)

◆ **PACKET PICKUP:** Early pickup and registration, 8-6 Friday, May, 7th and 12-5, Saturday, May 8th at Forest Guardians office at 1411 Second Street, Santa Fe, NM. Each packet includes race t-shirt, a *Boulder bar* and other goodies.

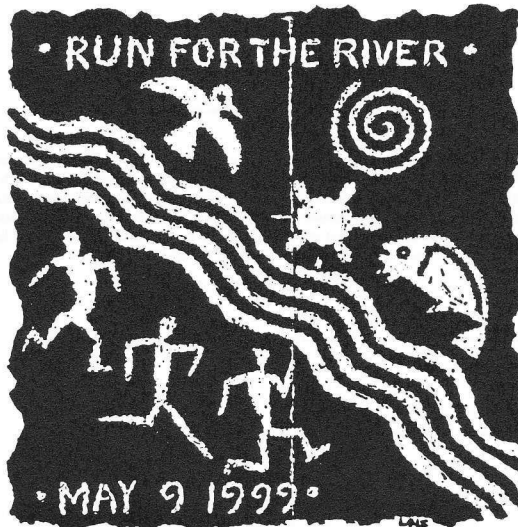
◆ **AGE GROUPS:** Classifications are men's and women's divisions ages: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older.

◆ **AWARDS/DRAWINGS:** Men's and women's age-group winners and overall winners all win race prizes. A

post-race raffle is open to all race-contestants.

◆ **PARKING:** Parking will be available at the race start/finish.

◆ **RUN CAUSE:** Race proceeds benefit the Santa Fe river restoration project and Forest Guardians river advocacy efforts.



## Entry Blank

Pre-race registration (until May 7th) \$15.00. Race-day registration: \$17.00.

Mail entry blank to: Forest Guardians, 1413 Second Street, Santa Fe, NM 87505. (505) 988-9126

Name

Last	First
<input type="text"/>	<input type="text"/>

Address

<input type="text"/>
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City	State	Zip
<input type="text"/>	<input type="text"/>	<input type="text"/>

Age

<input type="text"/>	<input type="text"/>
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Gender ☐

T-Shirt Size

S	M	L	XL
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Phone

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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☐ 5K Run ☐ 5K Walk

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 the weather, including high heat and/or humidity, traffic and 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 Forest Guardians, the 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 the persons named in this waiver.

Signature

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 or 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