



Mile Markers

We Give You the Run-Around

June 1999 Volume 21, No. 6.

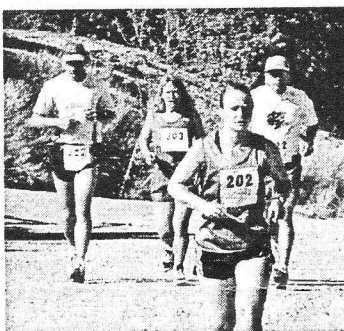
P.O. Box 1818, Santa Fe, NM 87504

Seeds of Awareness Run Branches Into Hills

The 2nd Annual Seeds of Awareness run, organized by and benefitting the Rape Crisis Center of Santa Fe, was held on Saturday, May 22nd. A 10K, 5K, and kids' 1 mile was held, all starting at Ft. Marcy on a beautiful spring morning. New courses introduced this year were hilly but scenic. Refreshments, snacks, and hot dogs were enjoyed by all after the race, along with live music by a singer/guitarist. Organizer and center director Cynthia Martinez recruited a small army of volunteers including several Striders to assist in this fine and successful event.



220 crests hill going strong



More hill lovers



Veena Tikare and race director Cynthia Martinez



Janet and Paul in a post-race quad-off



Kris Kern and Liz Snyder prepare the hot-dogs



Jeff Della Penna of Wild Oats with coffee, snacks and bike news



Diane, Paul, Veena, Kris, Beth, Jeremy, and Diana

RACE CALENDAR

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: SantaFe Runaround 5/10K,Santa Fe, NM- Richard Curry, 995-0450.
 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 MileWalk, Kid's K, Alb., NM - Gil Duran - 505-268-6300
 Jun 6: Taos Marathon/Relay,1/2Mar.,5KRun/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 MileRaces, Alb., NM, 505-277-4347 (Races begin @ 7:00 PM)
 Jun 19: 10th Anual Run For Your Life 5K, WhiteRock, NM- Ted Williams,505-672-1639
 Jun 20: Wheeler Peak 11 Miles, Red River, NM - 1-800-348-6444
 Jun 20: Arriba New Mexico Mountain Run, 22.5 Miles, Taos, NM - 505-455-0259
 Jun 26: 22nd Annual Los Alamos Mini Marathons 5/ 20K,LosAlamos, NM- Kris Kern,505-661-6293 or 505-661-4453
 Jun 26: Zuni Fitness Series 10K Run, Zuni, NM -505-782-2665
 Jun 27 - Buffalo Springs Sprint and Half Ironman Triathlons, Lubbock, TX. Mike Greer, 806-796-8213.

>>> July <<<

Jul 3: 4th OfJuly Midnight Run- 4.3 Miles, UNM Campus, Alb.,NM- Gil's,505-268-6300
 Jul 3: Caballo Mountain Run, 26.5 Miles, Los Alamos, NM - 505-662-5959
 Jul 3: 3rd Annual Alien Chase 10/5K,Run/Walk,Roswell,NM- Roswell Runners Club- 505-627-5507
 Jul 3: Freedom Days Triathlon, Farmington, NM. 1.5K swim/ 10K run/40K bike. Debbie, 800-448-1240.
 Jul 4: 4th Annual Fleet Feet Freedom 8K,3K FunRun, Kid's K, Alb.,NM- John, 505-299-8922
 Jul 4: Independence Day Run 8K 1 Mile, Las Cruces,NM- 505-

524-7824

Jul 4: Silver City Downtown 5K, Run/Walk, Silver City, NM - Grant CountyStriders, 505-388-2325
 Jul 4: Lizard Fun Run, 4 and 2 mile races, 1 mile Kid's race, Lovington,NM- Nancy Moore, 505-396-5311
 Jul 4: Fiesta Run 10K, Las Vegas, NM - T. Winston - 505-425-8035
 Jul 10: Bastille Day 8K Run/Walk,Las Cruces,NM- Don Shepan - 505-524-7824
 Jul 11: Dino Dash5/10K,1 Mile,5k /walk, Alb.,NM- 505-841-2839
 Jul 17: ARR's 13th Annual Women's Distance Festival 5K,Alb.,NM-Kennalee - 505-294-7545
 Jul 17: 20th Annual Little Beaver 5 Mile & Youth 2 Mile Run / Walk,Dulce, NM - Merlin Tafoya Sr.
 Jul 505: 759-3242 ext. 295
 Jul 18: Po'pay Run, 5K & 1 Mile Run, Pojoaque Pueblo, NM - 505-852-4265ext. 31
 Jul 18: Wings Of The SW Wind Messenger 5/10K,1 Mile,Santa Clara,NM- 505-982-6761
 Jul 24: Zuni Fitness Series 1/2 Marathon, 5K, 2 Mile,youth Run/Walk - Zuni, NM - Roger Jensen 505-782-2665
 Jul 24: Mormon Pioneer 5K, Las Cruces, NM - Karl Wood - 505-522-1433
 Jul 25: Pojoaque Pueblo Butterfly Run, 5K/10K, 455-WELL.

>>> August <<<

Aug 1: La Luz Trail Run 9.2m, Alb. - Roger, 878-9134 (www.ARoadRun.org/~runner/laluz.html)
 Aug 7: Summer Fun 5/10K,Las Cruces,NM- 505-524-

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

21st Annual Santa Fe Run-Around June 5th

The Striders flagship race will again be held on the historic Santa Fe Plaza, with both 10K and 5K starting at 8am on Saturday, June 5th. As before, tank tops with original art by Strider Shirley van Slooten will be given to all runners, and awards will be handmade weavings from Chimayo. The course has been slightly modified to avoid traffic on Old Santa Fe Trail. If you like it, tell race director Richard Curry. If you don't, have another doughnut! See entry form in this issue.

The Bandelier Marathon, Ultra, and Relays

The "Bandelier Races" were held on Saturday, May 8th, and consist of a marathon, ultra-marathon (50 miles), marathon relay and ultra relay. The runs start and end in White Rock, and the 25-mile loop climbs up past Bandelier Nat'l Monument, the Ponderosa Campground, into the "back gate", and through Los Alamos back to White Rock. The course is hilly and challenging, but the dramatic views of the mountains, canyons and mesas are helpfully distracting. The course and race is well supported and organized. This year, stylish caps were provided instead of the usual t-shirts.

This year, many Striders participated: Patty Danforth won the women's marathon, Suzanne Garney was 2nd. Bob Werner was first man 50+, Aaron Goldman 2nd, Chris Chavez 3rd 40-49 (one week after running the Shiprock Marathon). The "Mountain Mamas" relay team (Gretchen Ellis, Erica Larson, Amy Regan, Shirley Van Slooten) and the "Meltdowns" relay team (Tom Day, Omar Diaz, Suzanne Garney, Danica Tutush) represented the Striders in the ultra relay. The "Mavens of Mediocrity" (Dick Danforth, Ray Tell, Jeremy Yang) had some difficulty with the relay concept but were allowed to keep their caps despite all running the same leg.

1999
BANDELIER RACES

RESULTS

May 8, 1999

BB50 ULTRA MARATHON

1. Randy Isler, First Male, 7:55:23, Age 42, Tijeras; 2. Emily Loman, First Female, 8:54:44, Age 23, Durango, CO; 3. Ernst Baer, First, 50 & Over, 8:54:45, Age 55, Durango, CO; 4. Bill Dodson, 8:58:11, Age 64, Albuquerque; 5. Steve Madrid, 8:59:33, Age 38, Albuquerque; 6. Matthew Sanchez, 11:21:00, Age 46, Albuquerque.

MARATHON

1. Rick Stuart, First Male, 3:01:10, Age 41, Santa Fe; 2. Don Trujillo, 3:08:53, Age 33, Santa Fe; 3. Duncan Hammon, 3:12:08, Age 44, Los Alamos; 4. David Dixon, 3:16:23, Age 37, Santa Fe; 5. Terry Priestly, 3:20:23, Age 35, Los Alamos; 6. Mark Monroe, 3:23:43, Age 39, Albuquerque; 7. Chad McBride, 3:27:24, Age 29, Albuquerque; 8. Joseph Shehan, 3:30:08, Age 36, Tijeras; 9. Chris Chavez, 3:31:25, Age 40, Santa Fe; 10. Patty Danforth, First Female, 3:51:06, Age 39, Los Alamos; 11. Suzanne Garney, 3:54:26, Age 39, Santa Fe; 12. David Smith, 3:56:17, Age 33, Los Alamos; 13. Stephan Kopp, 4:07:01, Age 31, Los Alamos; 14. Robert Werner, 4:15:14, Age 59, Santa Fe; 15. Marcia Gallegos, 4:19:52, Age 41, Los Alamos; 16. Lisa Gillot, 4:24:31, Age 33, Santa Fe; 17. Aaron Goldman, 4:34:58, Age 67, Los Alamos; 18. Devin Farrell, 4:48:10, Age 33, Los Alamos; 19. Clint Burleson, 4:54:54, Age 45, Organ; 20. Mary Jordan, 5:11:57, Age 40, Santa Fe; 21. Jules Heritier, 5:17:26, Age 55, Espanola; 22. Michael Malinowski, 5:29:41, Age 40, Santa Fe; 23. (tie) 6:03:43, Ted Williams, Age 51, Los Alamos and Randy Bourn, Age 28, Gallup; 25. Dianna Keogh, 6:48:37, Age 43, Tijeras; 26. Marian Nordberg, 9:47:37, Age 67, Cedar Crest.

Marathon Age Group Awards.

Men:

Age 20-29: 1. Chad McBride, 2. Randy Bourn; Age 30-39: 1. Don Trujillo, 2. David Dixon, 3. Terry Priestly; Age 40-49: 1. Rick Stuart, 2. Duncan Hammon, 3. Chris Chavez; Age 50 & over: 1. Robert Werner, 2. Aaron Goldman, 3. Jules Hertier.

Women:

Age 30-39: 1. Patty Danforth, 2. Suzanne Garney, 3. Lisa Gillot; Age 40-49: 1. Marcia Gallegos, 2. Mary Jordan, 3. Dianna Keogh; Age 50 & Over: 1. Marian Nordberg.

ULTRA MARATHON RELAY

1. Knarley Gals (Christy Bungei, Amy Hayes, Jean Herbert,

Sherry Mahieu), Female Under 160 (First in Category) RECORD 6:13:39; 2. What's for Dinner (Fred Abramowitz, Kurt Coonrod, Bernie Howley, Gary Schuncer), Male 160 and Over (First in Category) 6:15:07; 3. Mad Dog Ultrarunning Cult (Dana Berkeland, Richard Hughes, Robert Reedy, Blake Wood), Mixed 160 and Over (First in Category) 6:20:32; 4. Mountain Mamas (Gretchen Ellis, Erica Larson, Amy Regan, Shirley Van Slooten) Female Under 160, 6:22:51; 5. MB**2 (Tim Thompson, Oliver Trujillo, Mike Gamble, Gil Butler), Male 160 and Over, 6:28:37; 6. Three Chicks and Grandpa (Sarah Eustis, Magi Ezzard, Alan Overmier, Martha Previte), Mixed Under 160 (First in Category), 6:46:59; 7. Motorists (Joseph Catanuh, Bryan Donner, Maria Moriarty, Michael Small), Mixed Under 160, 6:53:44; 8. DNA Chain Gang (Lawrence Cordova, Beth Davenport, Allen Lamb, Christian Lytle) Mixed Under 160, 7:11:11; 9. Goen, Goen, Gone IV (Steven Ellis, Charles Farrar, Larry Goen, Michael Salmon), Male Under 160 (First in Category), 7:15:41; 10. Meltdowns (Tom Day, Omar Diaz, Suzanne Garney, Danica Tutush), Mixed 160 and Over, 7:38:07; 11. Etiology Unknown (Lewis Terr, Scott Darling, Zac Pappas, Joe Whiteman), Male 160 and Over, 7:38:26.

MARATHON RELAY

1. Xalixco (Keith Fife, Vance Hatler, Teresa Hampel, Zig Hampel, Fred Hampel, Danny Martinez, Pat Nelson, Troy Nothwang), 3:25:30; 2. Leaping Lizards (James Hunter, Meghan Little, Kathryn Hyman, Travis Melton, Thomas Patton, Neal Picard, Nikki Smith, Lynn Saxton), 3:28:56; 3. Mongooses (Janette Atkins, Jessica Atkins, David Finnigan, Tim Finnigan, Joey Piotrowicz, Jesse Piotrowicz, Jesse Mark, Jonathan Theye), 3:29:56; 4. Sponsored by Nike (Sabrina Bartlett, James Farley, Susan Hammock, David Hampton, Daren Jones, John Rives, James Steritz, Joseph Walsh), 3:33:04; 5. Neutron Chargers (Kristin Bennett, Melvin Borrego, Jon Kapustinsky, Roger Klaffkey, Stacy Kray, Paul Langan, Ferenc Mezei, Partma Ragaswamy), 3:46:36; 6. Executives on the Run (Tim Babicke, Monica Babicke, Kevin Chadwell, Laura Kelly, Patrick Lynch, William Miller, Erik Peters, Mayan Shah), 3:49:03; 7. Weeble's Wobblers (Kate Evans, Thomas Evans, Robert Lowrie, Kelly Thompson, Amy Young, John Dahl, Dave Dooley, Todd Urbatsch), 3:52:13; 8. Primak Builders (Nathan Bawden, Wilbur Bergquist, Sarah Buehrer, James Hoffman, Jonathan Lathrop, Edwina Lieb, Stan Primak), 3:58:27; 9. DX Darhters (David Moir, Corine Ortiz, Evan Rose, Joseph Schwaegel, Cecil Stark, Walter Tuzel, Alan Wadlinger, Carol Wilkinson), 3:59:18; 10. The Rejects (Nora Andrew, Al Andrew, Katherine Bruell, William Gregory, Erica Peterson, Joseph Romero, Harry Watanabe, Scott Watson), 4:04:32; 11. Pine Cones (Fabian Casiquito, Tim Garcia, Severia Garcia, Celeste Gchachu, Victoria Romero, Charlotte Romero, Brandon Garcia), 4:21:11.

Report From the Boston Marathon

Date: Thu, 6 May 1999 09:23:52 -0600 (MDT)
From: Barb Dutrow <dutrow@kokopelli.lanl.gov>
Subject: where was track when i needed it?
To: jj@daylight.com

Hi there!

Ya, where were those track workouts when I needed them... that is BEFORE the Boston Marathon! So alas, without your skilled speed training, my legs felt that course! Fortunately the weather was superb. They talked of 10mph headwinds at the top of Heartbreak Hill, but it was hardly noticable (ah, that spring wind training in NM is good for something).

In addition, this year they had electronic sensors every 5Km. The results were immediately uploaded onto the net, so that you could have a lot of virtual spectators watching your progress! (pressure pressure) By the time I telephoned, everyone already knew my time!

3:19:23 (net); 33rd Masters woman (33/951), 216/3727 female; and 2621/12,727 starters (you know boston, they provide more data that you desire!).

Cheers

Barb

Striders Annual Social

at Elaine's House
Sunday, June 13th, 2pm

All Striders, Families, Running and non-Run- ning Guests Invited and Encouraged to Attend!

The annual BBQ, potluck, and picnic which was last held two years ago will be held 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. The club is buying drinks and utensils, food is the usual potluck profusion. A BBQ grille will be available.



Corrida (1999)
(In Memoriam)

Come, come run with the best.
It is the sound of hoofbeats
of Strider horses; Hark!
Toe the line, on your mark,
and start your engines with a spark,
get set, go to where the winner's wrest
be-ribboned laurel wreaths
and settle not for second-best.
Fly fast O iron horse.
All about the round concourse.

-Mike Sutin.

Run-Around June 5th; Packet Packing June 4th

The Run-Around packet packing party will be at race director Richard Curry's house, on Friday, June 4th, at 6pm. 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.

Join the Striders email list. Send requests to
jj@daylight.com.

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.

1999 Striders officers:

Kris Kern, president, 661-6293
kernkt@gat.com
Beth Rauch, vice president, 466-2729
rauchbeth@aol.com
Kathy Mastoras, treasurer, 466-3837
pgkmfant@aol.com
Jeremy Yang, newsletter editor, 341-9526
jj@daylight.com



The Santa Fe Striders and The City of Santa Fe present
The 21st Annual Santa Fe Run-Around
10K Run/5K Run/5K Fun Walk
8:00 A.M., Saturday, June 5, 1999
Santa Fe's Historic Plaza



SARCON
 CONSTRUCTION

SAN FRANCISCO STREET

BAR & GRILL



Start & finish on the Plaza. Commemorative tank tops.
 Race registration will begin at 6:45 A.M. Packet pick-up on race day.
 Pre-registration: \$12.00 (Postmarked by 5/29.)
 Race day registration: \$15.00
 \$2.00 Discount to Santa Fe Striders & City of Santa Fe employees.
 Students 18 & under entry fee: \$10.00.



McPARTLON
 Roofing



Chimayo weavings to overall winners and top three finishers in each age group: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Make checks payable to: Santa Fe Striders.

Mail forms to: The Santa Fe Run-Around, P.O. Box 1818, Santa Fe, NM 87504

Questions? Volunteers? Call 995-0450 (evenings)

Alpine
 SPORTS

The following businesses made the 1999 Santa Fe Run-Around possible: Alpine Sports, San Francisco Street Bar & Grill, McPartlon Roofing, Sarconwest Construction, St. Vincent Hospital. T-shirt assistance: Santa Fe Screenprinters

Mail with check to: Santa Fe Run-Around, P.O. Box 1818, Santa Fe, NM 87504

NAME: _____
 LAST FIRST

ADDRESS: _____
 STREET

CITY STATE ZIP

Santa Fe Strider? Yes: ___ No: ___ City Employee? Yes: ___ No: ___ Employee No. _____

Student 18 & under? Yes ___ No ___

AGE (on race day): _____ SEX: Male ___ Female ___ T-SHIRT: S ___ M ___ L ___ XL ___

PHONE: _____ 10K ___ 5K ___ 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 weather, including high heat or humidity, traffic and the 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 the Santa Fe Striders Road Running Club, the City and 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 persons named in this waiver.

Signature _____

Guardian's signature if under 18 years _____

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