

Mile Markers

We Give You the Run-Around

November 1999

Volume 21, No. 11.

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

Big Tesuque Trail Run a Peak Experience

A cool bright morning. Fresh mountain air. Bright yellow aspen trees surrounding. Pumping legs and hearts steadily making their way up the Aspen Vista trail. Emerging from the trees at 11,000' to views of the Jemez Mountains to the west and 100 miles north to Colorado and beyond. Afterwards, warm chai and good cheer. This is the Big Tesuque Run.

The eighth annual Big Tesuque run was held on October 9th on a perfect fall day, against the dramatic backdrop of the aspen trees at their peak colors.

75 participants joined many volunteers and organizers for what would be a very successful and enjoyable event. Two-time race director Pete Fant did a fine job putting together all the ingredients for a great race: well supported course, careful timing, nice shirts, nice prizes, and of course good munchies. Congratulations Pete, and congratulations to all the winners, finishers and volunteers!

RESULTS:

Place	Name	Age	Sex	Time	Place	Name	Age	Sex	Time
1	Joel Rosario	22	M	01:18:09	39	Jeremy Yang	39	M	01:52:30
2	Joachim Oberst	32	M	01:19:44	40	Barb Dutrow	43	F	01:53:18
3	Ken Wilson	44	M	01:26:39	41	Martin Pieck	32	M	01:53:42
4	Steve Mahien	52	M	01:28:55	42	Monica Ryan	38	F	01:54:13
5	Rick Stuart	42	M	01:30:06	43	Karen Thorpe	28	F	01:54:25
6	Stephen Pino	36	M	01:31:45	44	Robert Werner	59	M	01:57:18
7	Kris Kern	34	M	01:31:57	45	John Joleit	43	M	01:57:38
8	Peter Fant	39	M	01:32:55	46	Laurie Abrams	34	F	01:58:09
9	Jim Westmoreland	48	M	01:33:33	47	Liz Sponagle	45	F	01:59:17
10	Slate Stern	38	M	01:34:00	48	Lynn Pickard	51	F	01:59:53
11	Bill Parmelee	46	M	01:34:38	49	Louis Bair	34	M	02:00:02
12	Ima Dunce	41	M	01:35:06	50	Joanne Fredrich	35	F	02:00:55
13	Andras Szantho	22	M	01:36:09	51	Dale Goering	69	M	02:02:44
14	Tony Lewis	41	M	01:40:00	52	David Howard	37	M	02:04:24
15	Ken Nystrom	26	M	01:40:30	53	Harvey Hall	33	M	02:04:38
16	Andy Riemenschneider	27	M	01:40:59	54	Lewis Terr	53	M	02:05:19
17	Maria Moriarty	24	F	01:41:37	55	Judy Winnegar	37	F	02:06:39
18	Sarah Black	31	F	01:42:19	56	Fred Hartman	56	M	02:08:07
19	David M. Telles	38	M	01:42:30	57	Ruthanne Hamrick	34	F	02:08:09
20	Sherry Mahien	44	F	01:42:55	58	Kurt Coonrod	39	M	02:09:54
21	Jeff Young	38	M	01:43:18	59	Ellis McMath	46	M	02:10:17
22	Michael Murphy	30	M	01:43:21	60	Lisa Gillot	33	F	02:11:00
23	Carl Gable	40	M	01:43:30	61	Jim Kuzava	47	M	02:12:57
24	Jan Baer	44	M	01:43:30	62	Nancy Ciancio	31	F	02:14:36
25	Shirley Van_Slooten	43	F	01:43:55	63	Beth Davenport	38	F	02:14:55
26	James Lackey	47	M	01:46:27	64	Vivian Reinikainen	57	F	02:14:58
27	Michael Salmon	37	M	01:46:54	65	Susan Ross	29	F	02:16:34
28	Christian Lytle	40	M	01:47:00	66	Mary Parnich	33	F	02:16:35
29	Tamas Szantho	48	M	01:47:52	67	Marco Ulloa	30	M	02:19:09
30	Albert Fernandez	44	M	01:48:10	68	Richard Danforth	56	M	02:22:38
31	Jennifer Leon	33	F	01:48:13	69	Susan Gardner	35	F	02:22:42
32	Andrew Black	27	M	01:48:47	70	Robert Rivera	48	M	02:22:48
33	Trish Shain	43	F	01:48:48	71	Kim Danahy	30	F	02:23:14
34	James Glover	42	M	01:48:54	72	Mary Zabinski	43	F	02:26:02
35	Scott Bartram	38	M	01:48:58	73	Terri Wildermuth	48	F	02:35:17
36	Allen Lamb	46	M	01:49:47	74	Nick Mandel	43	M	02:37:44
37	Charles Farvar	42	M	01:50:43	75	Miles Standish	47	M	02:41:20
38	Frankie Baca	38	M	01:52:15					

RACE CALENDAR

>>> November <<<

Nov 6: 13th Annual Pecos Valley Roundup
10/20K, 2 Mile Run/Walk, Roswell, NM-
505-624-6720

Nov 7: 17th Annual Animal Humane
Assoc.'s Doggie Dash 5K Run & 2K Walk,
Alb., NM - 505-255-5523, ext. 110

Nov 13: 29th Baylor Pass Trail Run, 5.9
Miles, Las Cruces, NM- 505-524-7824

Nov 14: 6th Annual ARR's Dirty Dozen 12K
Race, Alb., NM- Will, 505-346-2017

Nov 20: Fowl Day Run 5K, Santa Fe, NM -
Tom Day, 505-473-3159

Nov 20: Turkey Trot, 3 mile fun run and
1/2 mile kid's run, Alb., NM- 505-277-4347

Nov 21: Holiday Ole 5K Run/Walk, Alb.,
NM- Matt Segura, 505-265-4580

Nov 25: ABQ Turkey Run 5/10K, 2 Mile
Walk, Alb., NM- Gil's, 505-268-6300

Nov 25: Turkey Trot 5K Run/Walk, Las
Cruces, NM- 505-524-7824

>>> December <<<

Dec 4: Reindeer Run 10K/2 Mile Run/Walk,
Roswell, NM- 505-627-5507

Dec 5: Jingle Bell Walk and Run for
Arthritis 5K, Alb., NM- 505-265-1545

Dec 11: Holiday Classic 5K and 10K,
Alamogordo, NM- 505-439-4142

Dec 11: Polar Bear Triathlon (5K, 30K,
.4K) White Sands Missile Range, NM- 505-
678-3374

>>> January 2000 <<<

Jan 1: Egg Nog Jog, 4 mile Fun Run, 2
mile walk, Alb., NM - Gil Duran, 268-
6300

Jan 30: Super Bowl Sunday 5K & 2 Mile
Walk, Alb., NM - Gil Duran, 268-6300

Jan 30: 7th Annual Snowshoe Classic, 4.5
miles, Santa Fe, NM - Craig at 260-4714

Corrida de Los Locos TBE...

The Corrida de Los Locos, the Striders' popular mid-winter run, has yet to be scheduled but normally takes place in January or February. Various locations have been used, including the "La Tierra" area north of town, the Santa Fe Downs area, and Las Campañas. If you wish to be involved in the planning of the year 2000 Locos Run, attend the upcoming Striders meeting and "Go Locos"!



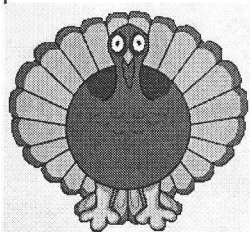
*A specimen of Mountainus Lionus,
reported recently chasing a
run on Aspen Vista.*

*Please confirm dates and race data with
organizers! Corrections? Additions?
Recommendations? Send 'em in! -ed.*

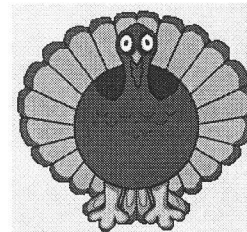
RECOMMENDATION

The **19th annual Fowl Day Run** is on Saturday, November 20th at 9am. The run is fun and challenging: starting in the arroyo by Ft. Marcy, up dirt roads to the Governor's Mansion and back for an on/off road hilly 5K (or so). The entry fee is unusual yet seasonal: \$10 worth of non-perishable food donated to the **Salvation Army to spread holiday cheer among those in need**. There are often a generous supply of door prizes thanks to local sponsors, and always a friendly and contagious holiday spirit. See flyer in this issue.

The Santa Fe Striders present
the 19th annual
FOWL DAY RUN



Saturday, November 20th
9:00AM



Fort Marcy Rec Center
(in back by tennis courts and
baseball diamond)
Santa Fe, New Mexico

Sponsored by the Santa Fe Striders
in conjunction with the City of Santa Fe Parks and
Rec. Dept.

A benefit for the Salvation Army and their holiday
food drive

Entry fee: \$10-worth of non-perishable food

Registration: begins at 8AM. No pre-registration.

Course: 5k, on/off road including arroyos and dirt roads.

More info: call Kris at 661-4453/6293.

Have a Fowl Day with the Striders on November 20th!

Sin in the Garden of Verses

"You are not now a bed pan case,"
He said,
"but stay within your bedstead space,"
He said,
"and elevate your leg above
your head,
or I will soon withdraw My Love,"
He said.
"The clot will climb right up and you'll
be dead.
I told you not to be a fool,"
He said.
"You tried to run a way to stay
ahead.
And now you'll have to learn to lay
a-bed,
and have four fluffy pillows at
your head.
To trails that once you first begat,"
He said,
now say goodbye and nevermore
to tread.
Instead of clot, pray that your sore
had bled.
Beware of life's so threatening
thin thread.
The sin of sport denies My Wings
outspread,"
He said.

-Lefty Gameleg

Strider Elections coming up...

Every year the December meeting is also the year end party and banquet and the elections for Striders officers is held. The site for the meeting will be announced in next month's newsletter, probably some friendly and family-style dining establishment in Santa Fe with a high noise tolerance. All offices are up for grabs, so if you're interested in running for office (or just voting, or just partying), plan on attending. Contact any officer for more info.

Renewal Season is Here!

Renew your enthusiasm for running, for fitness, and indeed for life itself!! Ok, put that off till spring, but at least renew your **Striders membership!** Send in the membership form and keep Stridering!

November Striders Meeting

The November meeting will be held on Tuesday, November 9th at Beth Rauch's house in Eldorado. Directions: Take the Lamy/Eldorado exit off I-25, 2nd light right onto Avenida Vista Grande (at Agora Mall), past the RR tracks, past Compadres, just past the powerlines, left on Lucero, right on Camerada Rd. to #7. 466-2729.

Potluck begins at 7pm, followed by various agendas, motions, announcements, and other club business.

Y2K Y-Not-Run?

Several Striders are interested in putting on some sort of special event for New Year's Eve or Day of Year 2000. If you wish to get involved, come to a meeting and join the Y2K No-Problem Run committee!

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. Now that it's dark, remember to wear your reflective vests and other attire, and run with others to help maintain visibility.

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 441 Greg 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

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

