



# Mile Markers



*We Give You the Run-Around*

January 2000 Volume 22, No. 1.

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

## Newsletter Editor Has Changed

The Santa Fe Striders Newsletter Editor has changed. A special thanks goes to **Jeremy Yang**, as he strides beyond his witty performance as editor. **JJ** insisted on working out while composing the monthly correspondence. It has been rumored that he takes a Palm Pilot on long runs so he can write while maintaining fitness. How he used to do it with a laptop remains a mystery. JJ is currently supervising the new editor, **Mick Kappler**.

## So Long and Thanks from Outgoing Editor

Editing Mile Markers for the last three years has been a blast, and I'd like to thank you all for your support. Thanks to the readers for putting up with the typos, errors, and random nonsense. Thanks to the contributors who submitted **race results, stories, poems, recipes** etc. I'm living in Albuquerque now but still a loyal Strider, so I'll see y'all around. And I'm still maintaining the Striders webpage.

-Jeremy Yang.

## Revisiting the D.S.T

(see Mile Markers, 10/99)

we just pretend we're forest elves  
and laugh and play and lose ourselves  
among the reddish granite rocks;  
good feelings flow from opened locks  
of valves of hearts of water sprites  
who spring from trails with fairy lights;  
a walker's world of make believe,  
we peter pans are loathe to leave.

Mike Sutin

## Corrida de los Locos

January 22, 2000 is the day for the annual Locos run (see application inside this newsletter). Again this year the race will be held at Las Campanas-approximately 4.1 miles on a hilly and scenic course. See the attached entry form for details. Any one interested in helping out at the race, please call **Dale Goering** at 954-4384. Volunteers are needed.

Thank You!  
Dale Goering-Race Director

## State Farm Stride For Pride 5000

Fast flat 5 kilometer run and walk. The race benefits Hogares, Inc., a treatment center for "At Risk" youth. Prize money in elite category is \$1,000.00 first male and female, \$500.00 second male & female, \$250.00 third male & female. Prize money only for elite category.

Date: April 9, 2000 (Register until April 7)  
Location: Valley High School  
Address: 1505 Candelaria Road NW  
City: Albuquerque  
Contact: Jeff Peters, 505-341-1400

Register for the the SFSFP 5K online at  
[www.racegate.com/event\\_detail.cfm?event\\_id=6736](http://www.racegate.com/event_detail.cfm?event_id=6736)  
or email Jeff at [jpeters@omnicorporation.com](mailto:jpeters@omnicorporation.com)

## Board Meetings Held on Second Tuesday of Each Month at 7pm

On the 11th, the Striders Board Meeting will be graciously hosted by **Elaine and Robert Coleman** at 899 Zia Rd. From town, a left off Old Pecos Rd. or a right off Old Santa Fe Trail. Their number is 983-9747.

## It was the Year...

It was the year of La Niña and ultimate scavenging recognition; it was the year of loss and ultimate running rejection. Here is my 1999 report to **Judge Jonathan B. Sutin**, Successor Trustee of the Property Group Running and Walking Fund, serving in his individual and not his judicial capacity. For prior reports, see Mile Marker issues: September, 1996; March, 1997; February, 1998 and January, 1999.

The lack of soggy leaves and icy gutters left curb-sides more visible and observable and likely resulted in more travelers frequenting them, thus helping to produce another bumper crop year of fine harvesting.

**Roman Cybriwsky**, a university professor and suburban Philadelphia runner, published an essay in the Winter 1999 edition of Footnotes (RCCA) entitled "Running for Change" that elevated the search for lost change while, at the same time, clicking off the miles, to a new level of dignity and national status. Yes! The program has been validated and the secret locations of the lost change repositories have finally been publicly revealed. However, suburban affluence may yield greater rewards than the humble streets of Santa Fe, or, university professors may just have more time to work at it.

I think it was in Tucson last August that I pulled something in my left leg, probably a hamstring. Or else, it was the trips on successive weekends in late July or early August to the towers up Aspen Vista Road just before Tucson. Ignoring the discomfort seems to have led to a deep vein thrombosis (a blood clot) that has, on the basis of the worried looking faces of 3 doctors, ended running (I hope only for the time being). Runners -- pay attention to the pain. It may be telling you something: Like: do not age, or, do stretch, or do something. In any event, in Tucson, the cache of the year was discovered while running Broadway from Wilmot, first to Sarnoff Drive and then to Columbus:

### Day One (General)

Pennies: 14  
Nickels: 1  
Dimes: 1  
Total Items: 16

### Day Two (General)

Pennies: 15  
Dimes: 2  
Quarters: 1  
Total Items: 18

### Day Two (One Cache)

Pennies: 26  
Nickels: 5  
Dimes: 4  
Quarters: 4  
Total Items: 39

--73 items in 2 days, a personal record.

Now, for the year's totals:

Pennies: 499  
Nickels: 28  
Dimes: 70  
Quarters: 26  
Dollars: 2  
Total Items: 616

The following loyal supporters contributed to the above totals: **Bob Werner** (6), **Esther Sutin** (10), **Jennifer Leonard** (13), **Ellen MacDonald** (1), **Zak Leonard** (4), and **Billy Bob Brancard** (1). Special mention goes to first time contributor **Brian M. Sutin**, one penny on 12/24/99, Cathedral Place, Santa Fe, and one penny on 10/24/99, City Hall, Pasadena, California, and to **Gwen**, one penny, White Magnolia Bar, Bayview Hotel, Aptos, California, 8/28/99.

Respectfully submitted:

Mike Sutin, former Trustee and former runner

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## Quad Workouts

The one of a kind Mount Taylor Winter Quadrathlon is on Feb. 19th this year. See <http://www.mttaylorquad.org/> for lots of info.

Two semi-organized Quad workouts are scheduled for January 16th and February 6th, both Sundays. Meet at 8am at Aspen Vista for a run/ski/snowshoe workout. Call **Kris Kern** at 661-6293 ([kernkt@gat.com](mailto:kernkt@gat.com)) for more info.

Here's what we plan to do, more or less:

- run to Totemoff's (mid-lodge) and back (5 miles)
- ski Aspen Vista 3 miles up and back
- snowshoe up a nearby steep slope 1 mile and back
- repeat run

These legs are similar in distance and vertical to their Quad counterparts.

## **THE FREEDOM OF THE RUNNER**

by Jay Pierson

Running makes us free. It liberates us from the confines of our regular world. It unleashes us for about an hour each day from the individual oppressions that we endure. It takes us out of the rigid roles we must play during all our other waking hours and allows us to be conscientious anarchists for a fleeting while. We cannot be captives when we run. Our bodies and minds would find that totally contradictory. Running makes us part of the created order of things. We cannot run without the awakening of the knowledge of our physical symmetry in relationship with all other life. With the rhythm of our steps we fall into the rhythm of our universe. What we sometimes call a "runner's high" is really the natural chemical awakening of our internal systems. We become participants in the order of life, no longer merely observers.

Running changes us mentally. We become more peace loving. We abhor conflict. We cannot understand why world leaders do not settle their differences and negotiate peace while on a "conversation pace" run. It is difficult to harbor hate and mistrust while on a long run.

Running changes us physically. We become leaner, harder, healthier. We contain more blood. We pump it at a slower rate but in greater volume per beat. We breathe more deeply and process oxygen more efficiently. We seem to gain time rather than lose it, perhaps because we sleep the sleep of the truly tired and awaken refreshed each morning with energy to spare.

Running changes our habits. As the months and years of running accumulate, our diet changes. We migrate from heavier foods to lighter ones, from more protein to more carbohydrates, from beef and pork to fish and fowl, from overcooked vegetables to those more fresh and crisp, from cakes and cookies to apples and oranges. For some of us, however, ice cream remains an essential staple.

How does this total metamorphosis occur? What is this process by which one becomes "runner"? I offer only my own experience as evidence.

Running began for me in the Fall of 1961. I had become a sedentary, atrophied, energyless, heavy smoking, 26 year old "average American". I exercised by mowing a small yard and washing a small car. I did wash the small car often. Before running, a clean car was important.

I was energized into action because I began to awaken and night with terrible coughing spasms. I would then lie in bed and contemplate my early demise. I was also alerted to my lack of good physical condition by an uncompromising full-length mirror whose objectivity gave me no excuses.

So, early one morning, in September I think, I donned my old gray sweats, a pair of high-top basketball shoes and decided to run a few miles before breakfast. At the end of the first couple of blocks I was standing on my tongue, hoping I had time to crawl home to say a final goodbye to my family.

Two months from that first miserable day, I was able to run four miles comfortably and with reasonable speed. Cigarettes were gone from my life forever. I had gone from a weak and soft 180 pounds to a strong and wiry 155. I was absolutely reincarnated into another physical being.

Possibly as important, I was entering a new phase mentally and spiritually. By flushing the accumulated crud from my system, I was gaining mental proficiency and

my inner self was beginning to struggle with the meaning of life. I can speak confidently of these changes because they were significantly sudden *and* because they happened to *me*. Though subjective, these claims are the very truths of my singular experiment. In the years since, 38 of them, I have watched the running movement change and grow. In Denver, Colorado, where I began running in 1961, the only other runner I encountered was Sonny Liston, who was training for his one-round loss to Muhammad Ali (then Cassius Marcellus Clay). Today, unlike those early years, I challenge you to find a place to run and be entirely alone.

I can also remember when a big race had less than fifty starters. I thought I had been caught in a stampede when the first marathon I ever ran had 86 entrants. Today, one would have a difficult time locating a race with less than two or three hundred runners.

Running was, and continues to be, a peoples revolution. It is not a fad, although there are those who fad in and fade out. Running is not a snob movement. The wealthiest and least wealthy, the fastest and slowest, cheer each other on and share the very best of what they know about their sport. There are no secrets.

There was a day when little was written about the sport of running. Occasionally a short note could be found in the back of a local sports section or there might even be an article in a sports magazine. Now there are several high quality, glossy magazines competing with each other to dazzle us with running magic and various equipment ratings.

Yet, even as the sport has grown, we have managed to protect our individuality and the purity of the sport. Nearly all of us run without pay. We have our own training log and schedule. Our schedule is the one that works for us. We listen to our individual biology and we understand our own physiological spokesperson. We are tuned to our personal wellness and pain, and we alter our training and racing schedule accordingly. We compete against clocks and age groups, but mostly, we compare our progress with our own expectations. For the most part, the times of a Khalid Khannouchi or a Tegla Laroupe are merely appreciated and respected but not held up as something to be challenged. We are most interested in running for how we feel about it personally, and not how we may be rated by others. We may more likely agree with the former Walt Stack whose motto was, "Start slow and taper off."

Lastly, running is a way of life. We shape our days around the run. We consciously plan ahead to make certain that little will interfere. We often plan weeks ahead for a particular race, and take great caution that no other event supersedes. We keep our automobiles finely tuned, not for fear of being late to work, but of being late to the starting line. Our eating and sleeping patterns are built around running. Entertainment is scheduled to assure enough sleep, particularly the night before a race. We might purchase a hot tub, not to be fashionable, but to help heal our aging bodies in the hope that we will run forever. We may search the bargain basement sales for all our other clothing, but we look for only the best in running gear. We pay more for each pair of running shoes than we would ever consider paying for dress shoes.

Our life's treasures have been built up more on the roads and trails over the years than in our bank accounts. Yet, running does not consume, it enhances. It may not add years, but it adds life. In the end that is its worth, the contribution it makes to the quality of one's life. It makes us free.

## >>> Race Calander >>>

### Close to home

1/16 Po'Pay Foot Race  
San Juan Pueblo, NM 505-852-4211  
(Herman)

1/22 Corrida de los Locos 5M  
Santa Fe, NM 505-983-2144 Dave/John

1/22 ARR X-Country Twosome 6K  
Albuquerque, NM 505-298-4154

1/30 Super Bowl Sunday 10K, 5K & 2M  
Walk  
Albuquerque, NM 505-268-6300 Gil

1/30 7th Annual Snowshoe Classic  
4.5 miles, Santa Fe, NM 260-4714  
Craig

2/12 17th Annual Mt. Taylor Winter  
Quadrathlon  
Grants, NM 505-287-4802 or 800-748-  
2142

2/13 President's Day 10K/5K Run/Walk  
Rio Rancho, NM - Ruben, 891-9640

2/13 MRU Winter Runaround 2.5M & 5M  
Albuquerque, NM 505-856-1995

3/18 Run for the Future 5K  
Albuquerque, NM 505-831-8431

3/26 Run for the Nuns 5K  
Santa Fe, NM 505-983-2789

(tentative) 5/6 Bandelier Races -  
White Rock Marathon, 50M and relays  
Los Alamos, NM (Bob) reedy@lanl.gov

6/24 Los Alamos Mini Marathons 5k and  
20k  
JLos Alamos, NM 661-4453 (Kris)  
kernkt@gat.com

8/20 Wings of America/Santa Fe Indian  
Market Foot Races  
Santa Fe Indian School, Santa Fe, NM  
505-982-6761 (Anne)

### Far Away

2/6 Mardi Gras Marathon, Half & 5K

New Orleans, LA 504-482-6682

2/19 Myrtle Beach Marathon  
Myrtle Beach, SC 843-293-7233  
<http://www.coastal.edu/mbmarathon>

3/5 Napa Valley Marathon  
Napa, CA 707-255-2609  
<http://www.napa-marathon.com>

3/18 Shamrock Marathon, 8K & 5K  
Virginia Beach, VA  
send a SASE to:  
Shamrock Sportsfest  
2308 Maple St  
Virginia Beach, VA 23451  
<http://www.shamrocksportsfest.com>

3/25 Azalea Trail Run 10K, 2M & 1M  
Mobile, AL  
send SASE to:  
Azalea Trail Run - Reg FN

PO Box 6427  
Mobile, AL 36660

4/1 Copper River Bridge Run 10K  
Charleston, SC 843-792-0345

4/9 Cherry Blossom 10M  
Washington, DC  
send a SASE to:  
Nortewl Networks Cherry Blossom  
PO Box 5366  
Rockville, MD 20848  
[entries@cherryblossom.org](mailto:entries@cherryblossom.org)  
<http://www.nortelnetworks.com/cb>

5/7 Long Island Marathon  
Long Island, NY 515-572-0248/9

5/7 Avenue of the Giants Marathon & 10K  
Humboldt, CA  
send a SASE to:  
Six Rivers Running Club  
281 Hidden Valley Rd  
Bayside, CA 95524  
<http://www.humboldt1.com/~avenue>

5/7 Pittsburgh Marathon  
Pittsburgh, PA 412-647-7866

5/7 Bloomsday 12K  
Spokane, WA

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<http://www.bloomsdayrun.org>

5/21 Avon Championship  
Milano, Italy 212-282-5350  
<http://www.avonrunning.com>  
avonrunning@avon.com

6/4 Rock-n-Roll Marathon  
San Diego, CA 858-450-6510

7/4 Peachtree Road Race  
Atlanta, GA  
send a SASE before 3/1 to:  
Peachtree 2000, Atlanta Track Club  
3097 E. Shadowlawn Av, Atlanta, GA 30305

10/15 Atlantic City Marathon  
Atlantic City, NJ 609-601-1RUN  
<http://www.virtualac.com>  
acmarathon@aol.com

### Way Out There

2/5/01 Antarctica Marathon & Half  
The White Continent  
800-444-4097 Thom

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### Tucson Marathon Results

Here are some results of local Santa Fe runners that I know of: Striders:

**David Loaiza** - Div. 30-34 2:48:25 -- 19th O.A, 5th age  
**Charlie Drysdale** - Div. 40-44 2:53:45 --38th, O.A.  
10th age  
New to Santa Fe , **Wayne Jewett** - Div. 40-44 2:50:06  
-- 24 O.A. 6th age.  
**Jerry Martinez** from Velarde - Div. 50-54 2:50:21 --  
25th O.A. 1st age

David and I trained together for Tucson, we met up with Jerry at the start. The three of us ran together averaging a 6:30 per mile pace until between mile twenty and twenty one my calfs started to spasm and then cramp up, I ended up walking three times before crossing the finish line. At the same time I started to have calf problems it was best for David and Jerry to still reach thier goal times so David picked up the pace and finished with a very good time as well as Jerry who placed first in his age, it was the first time he ran Tucson. David and I plan to run Boston in April and this time I hope to go all the way without having any trouble and break 2:50.

Charlie Drysdale  
Santa Fe Strider

### Downhill Course Turns Uphill

On one hand, the first half of '99 was great, featuring PR's at 800m (2:05) and the marathon (2:52). I was in the best shape of my life. On the other hand, the second half of '99 was not-so-great, featuring training lapses due to illness, marriage & honeymoon, and moving from California to Santa Fe. I was considerably slower on the high desert compared to sea level. Was I experiencing the elevation effect or was I detrained? Or both?

I entered the Tucson Marathon with mixed expectations. What's my pace? How do I consider the 1900 ft. elevation drop of the course? Upon much contemplation, I decided the benefit of the downhill course (at which I excel) would compensate for any detraining. I would begin the marathon at PR pace. Now, the drama.

I cruised through 10K at PR pace and was a little slow at 10 miles. I had set out 8 oz. Hydra Fuel bottles every two miles the night before. I missed one, then another. Where were they? I decided to hydrate with a little water and took a sip of Accelerate for some sugar. Yuck, too sweet! I continued to take water at the aid stations and continued to miss my bottles. In the past, missing Hydra Fuel has lead to dehydration for me.

At 18 miles, the perverbial course turned uphill! I had missed many of my bottles and was losing focus. I told myself to "gut-it-out." I thought I could do it. Mind over matter, right? Wrong. The lack of training and hydration could not be denied. The pace slowed. Tightness began around 21, but not to bad. A few muscle twitches at 22, just get to the finish. Walk through the aid station at 23, not a good sign. One step past 24, the house caved in.

I cramped. Not just a cramp, but a symphony of cramps. It started with a calf cramp. Stop, stretch, walk. Better now, wait a second, now a hamstring cramp. Bend the knee. Oh, the calf again. Uh, both calves. The hampstring won't let go. Ugh, the neck and fingers join in. Attempting relief brought about an orchestra of pain. It hurt so much I began to laugh! It was hilarious. Every effort to relieve a cramp caused two more. I couldn't move, let alone run. I was rolling on the ground, trying to disengage muscle use. And I call my self a runner? I paid for this?

Needless to say, the race was over before I made it to the finish. I went to fast. I gradually worked up to a walk after I took in enough fluids to dry a levee. The last 5K was quite a humbling experience, as I helplessly watched tortoises cruise past me. I may have set the world record for slowest 3M ending a marathon (it took about 45 minutes). I actually felt better and mustered a reasonable jog into the finish at 3:27.

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Adrenaline may have helped. I was rehydrated and the cramping ceased.

I denied I wasn't up to my PR pace. How many times do I live this lesson? Am I ambitiously stubborn or just plain stupid? Insanity is doing the same thing over and over again and expecting a different result. The bottom line is it's not worth pushing the fine line between running your race (not to mention having fun) and trying to get a little extra out of your race.

So what happened to my bottles? Well, the aid stations were every two miles, at the mile markers, just like my bottles! The activity around the aid station was enough to distract me from noticing. Without the Hydra Fuel, I dehydrated. Water just doesn't cut it.

Now for the race review. The Tucson Marathon course is fast (rated #1 for speed in the 1999-2000 North American Marathon Guide). If your quads can take the additional downward force, this may be the race for you. If you like race organization, forget it. My bus driver got lost on the way to the start (our busload started 2 minutes after the gun). The aid stations were inconsistent. Sport drink concentration and order of items varied. The finish line food must have been a half mile (it seemed longer) from the finish line! To add insult to injury, someone was selling food/drink at the finish for \$1. Who cares money in a marathon?

Anyone have a dollar?

*Mick Kappler*

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## Let's Hear About Peru!

Rumor has it that one of our beloved Striders ventured to South America for a marathon. That's a long way to go for a run. Hmmm, wonder if **Eric Peters** knows who has this sort of dedication and adventure? It would be wonderful to spread the story in the next newsletter.

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## Yoke of the Month

Mick was running with JJ one afternoon and Mick said, "I know an office supply store manager. I can get you a great deal on paper clips." JJ said, "Oh, wonderful, I can use a hundred or so." Mick replied, "Hmmm, you'll get a discount if you pay per 1000, otherwise, you will have to *paperclip*!"

## Renewal Season is Here!

### Striders Membership Due

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! For a low low \$15/year, all the rights, privileges and benefits of Striders membership will be yours. Also makes an inspiring Christmas gift. Use the membership form in this newsletter.

## Cyber Information

Looking for running information on-line? See our website at <http://www.daylight.com/~jj/striders> or <http://www.racegate.com> for all kinds of goodies.

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## 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.

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## 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 Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email [mick@daylight.com](mailto:mick@daylight.com).

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## 2000 Striders Officers

Kris Kern, President, 661-6293  
[kernkt@gat.com](mailto:kernkt@gat.com)

Tove Shere, Vice President, 473-0388  
[trim8s@nets.com](mailto:trim8s@nets.com)

Kathy Mastoras, Treasurer, 466-3837  
[pgkmfant@aol.com](mailto:pgkmfant@aol.com)

Mick Kappler, newsletter editor, 438-4463  
[mick@daylight.com](mailto:mick@daylight.com)

Santa Fe Screenprinters and the Santa Fe Striders  
with lots of help from Las Campanas  
present

# CORRIDA DE LOS LOCOS

Saturday, Jan. 22, 2000 at 9 a.m.

Race day registration begins at 8 a.m

Start and finish at Las Campanas clubhouse--see map and directions  
4.1-mile course is hilly and very scenic

Entry fees: \$12 in advance, \$15 race day      Striders members: \$10 advance, \$13 race day

Awards: Ribbons to top three male and female finishers in age groups 14-19, 20-29, 30-39,  
40-49, 50-59, 60-69, 70 and over

Long-sleeve T-shirts to first 175 entrants

Packet pickup on day of race only

For more information, call John Pollak at 983-2144  
between 9 a.m. and 9 p.m.

Make checks payable to Santa Fe Striders. Advance registrants, mail to Santa Fe Striders,  
PO Box 1818, Santa Fe, NM 87504

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## ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

Telephone number \_\_\_\_\_

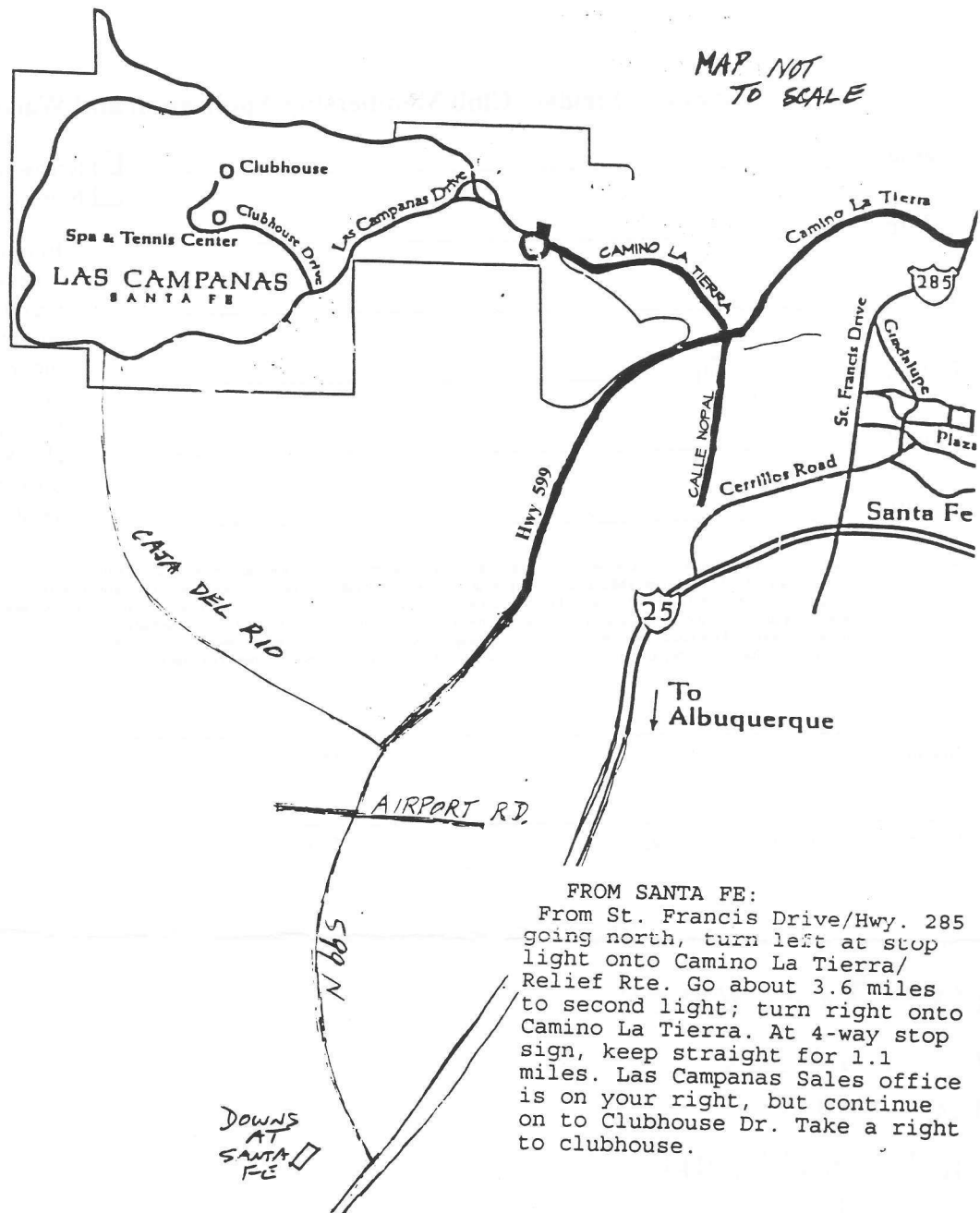
T-shirt size S M L XL

Winter running can be especially hazardous. I release all sponsors, workers, and race volunteers, including Santa Fe Striders, Santa Fe Screenprinters and Las Campanas, from liability for any injury incurred. I am sufficiently fit to run this race and assume all responsibility should anything bad happen to me.

Signed: \_\_\_\_\_  
Parents signature (if for minor) \_\_\_\_\_

MUST BE SIGNED





#### BYPASS MAP TO LAS CAMPANAS COMING NORTH FROM ALBUQUERQUE

Traveling north on I-25, go just past the Santa Fe Downs and take Highway 599 North. Go through the 4-way stop at Airport Rd. Go 1.4 miles to Caja del Rio Rd. and turn left. Go 3.9 miles on Caja del Rio. It will deadend at Camino Las Campanas. Turn right onto Camino Las Campanas. Go 1.7 miles to Clubhouse Drive. Turn left onto Clubhouse Drive.

## 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. \_\_\_\_\_

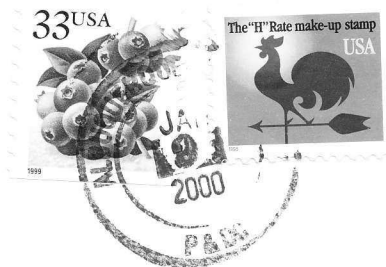
Date \_\_\_\_\_

## Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



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