



Mile Markers



We Give You the Run-Around

March 2000 Volume 22, No. 3.

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

Feature Events

What: **Eldurathalon/Elduradalon/Elduragorathalon**,
a.k.a. the 2nd Bi-(and then some)-Annual Eldora-Du
Duathlon! 5k run, 20k bike, 5k run

When April 9, 8am

Where: Agora Shopping Center In Eldorado

This is an informal, no entry fee, no awards, no support,
just for fun event!

For more info - call Kris at 661-4453 or kernkt@gat.com

...and the **Los Alamos Dog Jog**. See the calander and
entry form in this issue.

Warning: Memberships are about to Lapse!

This is the last newsletter for lapsed memberships. You
can determine your **status** by the **sticker** on the cover:

yellow: lapsed

green: through 2001 (perhaps unknowingly paid twice?)

none: through 2000

Track is Back

(starting March 28th)

What: speed workouts for all abilities

When: Tuesdays at 5:30pm

Where: Santa Fe High School Track

Come One, Come All!

**Club Meetings Held on Second Tuesday of
Each Month at 7pm**

On the 14th, the Striders Meeting will be graciously
hosted by **Dale and Kenny Goering** in **Hondo Hills**. Go
3 miles past Rodeo on Old Las Vegas Highway., left onto
Ute Circle across from 9 Mile Road, 2nd driveway on the
left. Their number is **983-6616**.

Marathon de Los Andes, 1999

by Eric Peters

It is 2:30 AM in Lima, Peru. The air outside the airport is
heavy with both humidity and traces of pollution. Crowds
of people hang out around the outside of the airport to
offer taxi services or to help people carry their baggage.
Our host arrives after a surprisingly short wait, un-
equipped to transport all seven of us. **Eddy**, **Toby**, and
Julia pile into our host's vehicle while he negotiates with
a "taxi" driver to drive us over the mountains for six hours
until we reach Huancayo.

"This is Mike Hammer's car," comments **Wilson Mustov**
of Kenya as he piles into the back seat with Josie and I,
referring to the old TV show and older car. **Salina**
Chirchir, also of Kenya, curls up in the front seat, and we
are off. As we drive down the road, we are greeted with
the smells of burning trash coming from several huge
bonfires each block. Suddenly, the driver reaches into the
back seat and locks the doors as we swerve around the
corner into a dark alley. In Peru there are two kinds of
taxis. There are official taxis that are licensed by the city,
and then there is the other kind. Our taxi is one of the
other types. The only requirement to be the other kind of
taxi is to have a car. Nobody knows what runs through
the other kind of taxi driver's mind except for the driver
himself. Particularly when he doesn't speak any English
and isn't very talkative in Spanish, either. When an
unregistered taxi driver suddenly pulls into a dark alley
and locks the doors, and I realize that his headlights are
not on, bad thoughts sometimes cross through my mind. I
wonder what the market for foreigners and luggage is like
in this part of Lima. We all breathe a collective sigh of
relief as we return to the main road and then catch up to
the other group near the edge of Lima. We get out and
ask Eddy where the bus is that is going to take us the rest
of the way, as I am certain that the car we were in would
not make it all the way to Huancayo. Not even if it didn't

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have to cross over the mountains to get there, judging by the sounds the car was making while driving on flat roads. Eventually, we get back in the car and head toward Huancayo. I am relieved to find out that the bright headlights work, even if the regular level does not. The horn does work, which is very important in Peru. Every time he is about to pass a truck or little car, he honks the horn lightly two or three times. This is very effective in alerting the other drivers that we are there, but with so many horns coming from so many directions, I'm surprised they can keep track of it all.

As we wind along the steep, dark, road between great rocks and trucks and cliffs, Josie says, "*When he flashes his lights once (at the oncoming car) it means, 'Don't hit me.' When he flashes them twice it means, 'Really, really don't hit me.' When he flashes them three times, it means, 'Marathoners on board heading for Huancayo.'*"

As he flashes his lights three times, we narrowly miss being crushed between the oncoming car and the big truck beside us. Alternating honking and flashing his lights, we pass trucks spewing forth smelly clouds of noxious gasses as we head up the mountains. As we ascend into the night, the temperature gets steadily colder.

"*El calefaccion no funciona,*" says the driver as he puts on his hat and scarf and rolls down the window.

Evidently we have a choice of dying of asphyxiation from the poisons the engine leaks into the car or freezing to death from being bombarded with icy winds from the window. We have no choice but to squeeze even closer together in the already cramped back seat. "*Donde esta el bano?*," asks Josie after shivering in the back seat for about five hours.

"*Donde esta el bano?*," I ask (exactly like she did) when he doesn't seem to hear her. "*No hay bano, hay campo,*" replies the driver.

Eventually I ask where the country is and the driver grudgingly pulls over while the rest of us quickly spill out of the car. Before we get on the road again, Josie and I talk him into letting us get a sleeping bag out of the trunk. He makes his hand into a gun and shoots both of us with it to show his displeasure, but we do manage to get the sleeping bag out. Gradually, the feeling comes back into my toes as we drive down along the beautiful river on the road to Huancayo. The sun has begun rise, and with the sun, so the temperature. We finally arrive in Huancayo and the taxi driver pulls up in front of some sort of hotel and gets out without saying anything. I find it hard to breathe already, even just sitting in the car. After talking

to the people inside for a while, he walks back over to the car for a moment. Salina tells him the name of the hotel she thinks we are staying at, and he shoots her with his hand before taking us to the right hotel. We check in and stumble into our rooms, happily collapsing after a long, nearly sleepless journey.

To Be Continued... (in the next issue)



The 2000 Mt. Taylor Winter Quadrathlon

by Jeremy Yang.

Another lean snow year didn't keep away 550 participants in the 17th Annual Mt. Taylor Winter Quadrathlon, held on Saturday, February 19th, starting at 9AM in Grants, NM, and finishing between 3 1/2 and 9 hours later.

There were 300 soloists, and 250 team members on teams such as "**Three Men and a Babe**", "**Half Ton of Fun**", "**The Groaning Mile**", "**Sons of Ditches**", "**Hot Spring Chickens**", "**The Quad Squad**", "**Contractor Scum**", "**Over the Hill and Gone**", and "**Quandarious Quadrathletic Quartet**". As usual, the enthusiasm of the quadrathletes was matched by that of the hundreds of hard-working volunteers who staffed the three transition areas, helping and encouraging the racers.

As usual, the Striders were well represented. **Dale Goering** [5:54] soloed for the first time, and won his age group. **Kris Kern** [4:48], **Laura McClellan** [5:10], and **Jeremy Yang** [4:56], also exceeded their expectations, and **Caroline Colonna** [4:37] was 4th woman overall for her first Quad! Most importantly, no injuries or physiological breakdowns among us, though Santa Fe triathlon star **Mary Uhl** suffered a bad sprain and had to drop.

Due to the lack of snow, skiing was replaced by running or snowshoeing on the ski course, while the snowshoe trail was reasonably covered.

Like a trail of 550 ants climbing a huge anthill, we all crawled up the 23 miles and 4800', swarming over the Mt. Taylor, then, descending like a stream of lava down this ancient volcano, we flowed into the Monte Carlo restaurant, where we replenished ourselves with slabs of seared beef and pitchers of margaritas (like wild cougars feasting on a fleshy jogger).

Only 11 1/2 months till Quad 2001!

Saved by Oreos!!!!!!

I had a very slow start his year, and half way through the run portion on Mt. Taylor I got to thinking, "I haven't run a hill since Big Tesuque! what am I doing up here???" Soon after, on the run-ski section, I hit bottom, no energy, and no food in sight! And I knew my friend Niel was right on my butt. Ok, I can make the top and back to the aid station and have a yummy power bar. mmmmm. The thought of it. What am I thinking?

And then a miracle occurred! The radio station, The Peak, had a table and the base of the last climb. And on that table was a bag of.... OREOS!!!!!! I grabbed a handful and kept trudging. Niel passed for maybe the 10th time, jabbing me with his ski poles. Not able to breath through the mass of cookies, I mumbled something at him. Then, 50 ft from the top, the Oreos kicked in! I passed **Niel**, and started flying down the other side. Soon, I caught **Jeremy**, and kept going. Finally finishing with a Quad PR!!!!

Oreos. They're not just for breakfast any more.

Being a Quadrathlete (Or the personal diary of a female soloist at the Quad 2000)
by Caroline Colonna

6:00AM: I am awake. How do I feel?-Not sore. Tired?-Somewhat. Hungry?-Marginally. Nervous? -A bit.

It's three hours before the race and I begin to mentally prepare stretching my body and visualizing the day ahead. Though not hungry I make my way to the Best Western breakfast room where I try to pile food up. Not an easy task. I am glad I brought some organic fruit juice and nutrition bars.

7:30AM: I am ready to go. I am eager to race, but I still have to wait. Time drags on; at least it passes easier with more stretching and chatting with fellow athletes.

8:30AM: Let's go! Finally on my bike I am excited about my first Quadrathlon! Anticipating the first segment of the race-13 miles uphill to the bike/run transition.

I start feeling the thrill of the competition as racers begin warming up by the start area. I am also aware of the camaraderie I continue experiencing among fellow athletes-a genuine sense of support and friendship. Both aspects make this event a truly fun and enjoyable experience.

As I am pondering this I am quickly immersed in the competitive spirit when I encounter a friend whom I

previously raced with at a multi-event race in Taos a few years back.

"Hi T, how are you? Long time no see!" I say.

"Hey C, are you doing this solo?" Surprised she questions.

"Yes." I reply

"Is this your first one?" She asks.

"Yes." I respond.

"You know it's a tough race-don't worry if you don't do so well, nobody does well their first time." She continues.

"Really? I thought you took second place last year, wasn't it your first time then?" I retort.

"Yes, but I was lucky. Have you been training for this?"

She inquires further.

I am thinking to myself to what extent, if at all, luck is a component in such a long and tough race ...

"I trained some." I reply.

"What type of running and biking have you done?" She asks.

"I ran La Luz a few times, and rode my bike up the ski area in Santa Fe and Taos a few times, why?"

"Well then, you might do just fine. Yes, I think you'll do great." She says.

"Thanks, and you, are you prepared to repeat your second place performance from last year?" I ask.

"No, as a matter of fact, I am coming down with the flu, and there are these two girls from Colorado who are pros. They win a lot of this type of races. So no I'll just be happy to finish... I have to go take my jacket off. I'll be right back."...

9:00AM: **Bang!** The pistol goes off and it's time to hit it! Damn, I forgot to set my stopwatch! Which button is it? Relax, breathe, it's OK. Found it, set it! I am in business. Now focus! I wonder where T is. I wonder what she meant by "you'll do just fine?"

9:57AM: Ride was pleasant and I feel good. Wondering if T managed to slip into the pack just ahead... What next to do for the transition? Running shoes and power gel seem so simple yet I can't seem to find anything in that big duffel bag.

"Ma'm, can I help you?" A volunteer inquires.

"No thanks." I know I must look a bit lost.

Finally off and running. Eewh, that power gel tastes awful-can't eat it., can't throw it out, can't litter. Hate sticky pockets;so I hold it for now...

The pace has dramatically changed since we began to run. Although the athletes in front of me seem to slow down, I feel somewhat invigorated. As I run up along side this woman I glance at her. She seems to recognize me.

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"Is this your first time?" She asks me.

"Yes." I reply as I pass her.

"Hey, do you still call waitresses bitches?" I hear from behind me.

My breath is taken but my pace is not. I glance back and immediately recognize her. Her resentment bothers me momentarily. As I keep running ahead it strikes me how someone could harbor such misunderstanding, especially after four years. I decide to let it go; no matter what race you run you just never know what you may discover.

10:55AM: On to the snowy steeps! Transitioning from dirt to ice/snow I learn that the Governor is just a few minutes ahead. Knowing his athletic ability I feel further invigorated to push forward. After carrying the open gel pack for almost an hour I tire of it...So I eat it. Good idea because Heart Brake Hill still looms ahead.

11:10AM: Heart Brake Hill is exactly as it is named. It's rugged. It's steep. And it can break your heart. But it's not such a heart breaker once I see the first two men that have already gone to the top and are now on their way down. I see their smiles and it provides me with the incentive and courage to run faster. And I do so. I cheer "awesome!" as they bolt past me on their way down to the finish.

On to the snow shoeing portion of the Quad. And on to the peak, at last! **At this point I loose track of time.** But I do remember one thing: at the top, I eat my chocolate goo! I spend a few moments at the top of Mount Taylor feeling gratification and admiration for the beauty of New Mexico. And, reluctantly, I descend with a pace as thrilling as the view I had captured from the top. I feel completely rejuvenated. I accelerate. I am overwhelmed by a sensation of freedom-both physical and mental. Is this how birds feel when flying? I wonder.

Finally, big clumsy feet (snowshoes) off. Running shoes on-and off I go again. I run another seven miles and I bike another thirteen. It's hard to explain the motivation behind doing such an event.. For me the clarity, purity and total unification that takes place between mind and body is this extraordinary state of total balance that I long to achieve in my life. The exhilaration and well-being that I experience at the finish line is the reason why I have to do it again and again. See you next year!



Wings of America Women Capture National Championship

Press Release 2/13/00

Greensboro, NC. Twelve of the country's fastest American Indian junior runners competed this weekend at the USA Winter National Cross Country Championships in Greensboro, NC. Temperatures in the low 40's and bone chilling wind and rain made for a very challenging course. Despite the adverse conditions, the junior women's team claimed first place in the team competition while the junior men's team finished second.

The six male and six female runners (aged 14-19) comprising the Wings of America national teams competed against high school and college-aged runners from across the nation.

Samantha Spencer (Navajo from Page, AZ) was the first Wings runner to cross the finish line in the Junior Women's 6K Race. She took 14th place with a time of 25:13. Following in 15-18th places were: Martina Goklish, (White Mountain Apache, living at Keams Canyon, AZ) 25:25; Vanessa Chicharello, (Navajo, Gallup, NM) 25:58; and Beth Hooten (Cheyenne-Arapahoe, Canton, OK) and Sheena Scott (Navajo, Page, AZ) both at 26:33. Virginia Begay (Navajo, Sawmill, AZ) was 24th with a time of 27:57.

The first four runners on a team were scored, resulting in a perfect score of 10 for the Wings junior women. Coaching the junior women's team was Alice Kinlichee, Navajo, of Shiprock, NM.

In the Junior Men's 8K Race, the first Wings runner was Devan Lomayaoma, (Hopi, Keams Canyon, AZ) who finished 25th with a time of 27:44. C. R. Davis (Navajo, Gallup, NM) was 39th with a time of 29:06. They were followed by: Heath Kaline, (Cheyenne, Ashland, MT), 46th, 29:55; Ralston Lamson (Hopi, Second Mesa, AZ), 51st, 30:28; Isaiah Good Luck (Crow, Wyola, MT), 53rd, 30:50; and Clifford Grass (Oglala Sioux, Pine Ridge, SD), 57th, 35:24. Serving as coach for the junior men was Harvey Honyouti, Hopi.

Complete race results can be found on the internet at www.greensboropacesetters.com.

Olympic Gold Medalist Billy Mills (Lakota) spoke to the Wings runners on Saturday evening and joined the group for the Sunday morning prayer circle and race. Former Wings runners Phillip Castillo (running for Army), and Pam White, Brandon Leslie, and Theo Martin (all running for Native American Sports Council) also spent time with

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the younger runners as did other merging elite runners Becki Wells, Jason Hubbard and Clint Wells. The Guilford Native American Association hosted the Wings group to two dinners and provided sack lunches on race days. The teams also visited the International Civil Rights Center and Museum Project and the F. W. Woolworth building where the sit-in movement began in 1960.

Wings of America is an American Indian youth development program of The Earth Circle Foundation based in Santa Fe, NM. Other program offerings include leadership training, running and fitness camps, workshops and coaches training. For more information on Wings programs, call 505-982-6761.

Race Announcement

Join us for Forest Guardians 5th Annual Run for the River 5K on April 30th at 9:00 am. The Run for the River 5K is a Sunday morning 5-kilometer (3.1-mile) run for people of all ages. The race proceeds benefit Forest Guardians Santa Fe River restoration project and other river advocacy efforts. The race will be SW of Santa Fe on County Road 56 just west of the Airport. Please call Rein Attemann at Forest Guardians at 505-988-9126 for more information and a pre-registration packet.

Visiting Runner Would Like Company

Hi everyone, this guy will be in SF in May and is looking for someone to do a trail run with. Of course, he picked the one weekend that no runs are scheduled, just the Century. Anyone wanting a trail run that weekend, please contact Bob.

Kris

Date: Fri, 11 Feb 2000 09:28:10 -0800
From: robert rainey <raineychiropractic@netzero.net>

Hello, I got your e-mail off of the striders web page. I will be in the Santa Fe area for a conference on the weekend of May 19-21. I would be interested in running trails out there could you post this message where your members could read it.

Thanks,
Robert

>>> Race Calander <<<

>>> March <<<

Mar 7: Run For OurKids, 5K Run & 1K Kid's Run, Socorro, NM - Cathy Pearce, 505-835-2507

Mar 7: Health Awareness 5K, White Sands, NM - 505-678-3374

Mar 13: Top O' The Mornin' 10K/5K, Alamogordo, NM - Raul Ruiz - 505-439-4142

Mar 13: Wind Duathlon, WSMR, NM. 7K Run/30K Bike. Rick, 505-678-3374.

Mar 20: 7th Annual Run For The Future 5K, Alb., NM - Jeff Turcotte, 505-831-8431

Mar 20: 18th Annual Pecos Valley Stampede Half-Marathon/10K, 2 Mile Run-Walk, Roswell, NM - Bob Edwards, 505-624-0257

Mar 27: 2nd Annual Dash For Trash 10K Run, 5K Run/Walk, Rio Rancho, NM - Ruben, 505-891-9640

Mar 27: Run Old Mesilla 5K & 10K - Mesilla, NM - Don Shepan, 505-524-7824

Mar 28: 3rd Annual Run for the Nuns 5K, Santa Fe, NM - 505-983-2789 or 505-982-1889

>>> 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 11: Stealth Duathlon, Holloman AFB, NM. 5m run/25m bike. David, 505-475-7328.

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

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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, NM. 5K run/20K bike/400M swim. Gena, 505-524-7824.

Apr 24: 4th Corrida de Espanola 10K/5K, 5K & 1 Mile Walks, Espanola, NM - Beverly, 505-753-6064

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

Apr 29: Los Alamos Dog Jog - 5K / 2 mile, 8am. Race form: <http://www.rt66.com/~tewapack/LADOC/dogjog.html> or Lynn @ 661-9619.

...and more...

Close to home

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

4/30 Forest Guardians 5th Annual Run for the River 5K
9am Santa Fe, NM 988-9126 (Rein) or 992-8316 (Terry) flanahorn@yahoo.com

5/6 5th Annual Corrida de Espanola 5K, a 10K, and a 1 mile competitive walk
Espanola, NM 753-6064 (Bev Schutz)

5/13 Bandelier Races - White Rock Marathon, Ultra (50M?) and relays
Los Alamos, NM 672-9519 (Bob) reedy@lanl.gov

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

7/16 Po'Pay Foot Race 10K, 5K, Children's Run and Fitness Walk
San Juan Pueblo, NM 505-852-4211 (Herman)

8/20 Wings of America/Santa Fe Indian Market Wing Messenger Foot Races
5K, Children's Run and Fitness Walk
Santa Fe Indian School, Santa Fe, NM 505-982-6761 (Anne)

Far Away

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:
Nortel Networks Cherry Blossom
PO Box 5366
Rockville, MD 20848
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
<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



NEW MEXICO ASSOCIATION
USA TRACK & FIELD
31 SANDHILL ROAD, LOS LUNAS, NM 87031
505/865-8612 FAX 505/565-8387 e-mail foneskn@aol.com www.usatf.org/assoc/nm

NEWSLETTER

CALENDAR:

February 23, 2000

- Mar 5 "M" Mountain Duathlon, Socorro, Cathy Pearce, 835-2507.
- Mar 11 10 Week Women & Men in Motion Training Program, Nina, 891-0339.
- Mar 16-18 UNM Track & Field Meet, UNM, Mike MacEachen,
- Mar 18 Pecos Valley Stampede ½ Marathon, 10K & 2mi., Roswell, 627-5507.
- Mar 25 Run Old Mesilla 5&10***K, 5K Walk, Las Cruces, 524-7824.
- Mar 26 Defined Fitness Duathlon, Rio Rancho, 891-9640.
- April 1 Dash for Trash 5&10K, 5K Walk, 1/4mi.Kids, Rio Rancho, 891-9640.
- April 1-2 Phoenix Invitational Track & Field Meet, Bob Flint, 480/949-1991.
- April 2 Run for Our Kids 5K, Socorro, Donna Voelker, 480-4692.
- April 8 Women In Training 10-week Program, ARR, Kennalee Nemudrov, 294-7545.
- April 9 State Farm Stride for Pride 5000, Jeff Peters, 341-1400, 296-4220.
Albuquerque's Finest ½ Marathon, Charles Otero, 345-4274.
- April 15 MS Walk, Farmington, 1-800-FIGHT-MS.
P.A.L. Spring Run 5&10K, 1mi.Youth Run/Fun Walk, Gallup, 863-1410.
- April 16 MVTC Triathlon, Las Cruces, 524-7824.
- April 29 MS Walk, Roswell, 1-800-FIGHT-MS.
- April 30 Run for the River 5K, Santa Fe, Terry Flanagan, 992-8316.
USCAA Corp. Challenge Road Races, Pat West, 821-5420.

USATF BOARD MEETING: The Next board meeting will be held at 7:30PM on Wednesday, March 8, 2000 at the John Baker Memorial Building, located at the north end of the UNM Track (Cesar Chavez SE between University and Yale). On the agenda will be discussion of concessions at the Rocky Mt Qualifier, State Junior Olympics and the Masters Meet.

2000 RUNNING EVENTS CALENDAR: The calendar is now available at Gil's Runnersshoe World, Fleet Feet Sports, REI, or send a self-addressed stamped envelope to: NM USATF, 31 Sandhill Rd., Los Lunas, NM 87031.

TRACK & FIELD SCHEDULE: The track & field meet scheduled on April 30th at Los Lunas, Valencia County Roadrunners, has been cancelled. Also, the meet scheduled for July 2nd has been moved to Socorro. The meet will be hosted by the Socorro Track Club, Aaron Armijo, 438-8602.

USATF NATIONAL CONVENTION: The 2000 National Convention will be held in Albuquerque, November 29 to December 3. We are expecting approximately 1500 delegates, plus spouses, etc, and would like to make this as memorable as possible. We are looking for items to include in the delegates' packets - if you have any suggestions please call the office, 865-8612.

THE "FOREVER SPORT CHALLENGE": adidas Sportswear is sponsoring a program for 13 and 14-year-old kids from the United State and 12 other countries. Until May 5, 2000, adidas will solicit 500-750 word essays on the topic "What makes an athlete an Olympian?" from teens born between October 1, 1985 and August 31, 1987. A national judging panel will select the top 16 essays (8 girls and 8 boys) and the finalists will be flown to the US Olympic Trials in Sacramento in July. There they will compete in a series of 5 athletic events (100M, 800M, hurdles, long jump and shot put), with points being awarded in each

Running of the Bells

by Mike Sutin

They promised us a day for crazies
and Peters won it in a romp.

The sun came out and warmed the lazies
while runners circled golf cart stomp.

We run so not to push up daisies
and celebrate with certain pomp.

Heroic Couplets

(Tom Day Will Love This!)

by Mike Sutin

While walking up the Dorothy Stewart trell,
I skidded on a patch of ice and fell
upon an excrescent mound of stone
and caused the muscle on my thin thighbone,
the one attached by ligaments, to swell,
and knocked me off my kingly mountain throne.
Did I stand down, succumb to tolling bell
and pitying myself, my lot bemoan?
I limp, give favor to the searing pain.
If it hurts bad, I must be getting gain.
Get off your knees, raise up yourself from hell.
Or listen for the sound of life's death knell.
You've got to pick your broken body up,
if from the victors' cup you want to sup.
You've got to try to do the best you can
has been the tried and time worn test of man.
I was not stopped by clots within my vein,
only the anchor bedded in my brain.

I Asked the Lord to Bless You

by unknown author

I asked the Lord to bless you
As I prayed for you today
To guide you and protect you
As you go along your way....
His love is always with you
His promises are true,
And when we give Him all our cares
You know He will see us through
So when the road you're traveling on
Seems difficult at best
Just remember I'm here praying
And God will do the rest.

So, you think a gallon of gasoline is expensive, huh??

Diet Snapple 16 oz for \$1.29 = \$ 10.32 per gallon
Lipton Ice Tea 16 oz for \$1.19 = \$ 9.52 per gallon
Gatorade 20 oz for \$1.59 = \$ 10.17 per gallon
Ocean Spray 16 oz for \$1.25 = \$ 10.00 per gallon
Pint of milk 16 oz for \$1.59 = \$ 12.72 per gallon
STP Brake Fluid 12 oz for \$3.15 = \$ 33.60 per gallon
Vick's Nyquil 6 oz for \$8.35 = \$178.13 per gallon
Pepto Bismol 4 oz for \$3.85 = \$123.20 per gallon
Whiteout 7 oz for \$1.39 = \$ 25.42 per gallon
Scope 1.5 oz for \$0.99 = \$ 84.48 per gallon

And this is the REAL KICKER.....

Evian water 9 oz for \$1.49 = \$ 21.19 per gallon.....\$21.19
FOR WATER!!

So next time you're at the pump, be glad your car doesn't
run on Nyquil, or Scope, or Whiteout

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.

WEEKLY RUNS

Striders, guests, and other random runners meet at **5:30pm**
on **Tuesdays** at the **Santa Fe HS track** for speed workouts,
and at **6pm** on **Wednesdays** at Lincoln and Palace, across
from the **Plaza clock**, for a 5-mile or so run. Everyone is
welcome.

Express Yourself!

Please submit articles, race results, running tips, poetry, car-
toons, 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.

2000 Striders Officers

Kris Kern, President, 661-6293

kernkt@gat.com

Tove Shere, Vice President, 473-0388

trim8s@nets.com

Eric Peters, Treasurer, 466-2460

RunAdventr@aol.com

Mick Kappler, newsletter editor, 438-4463

mick@daylight.com

2000 Los Alamos Dog Jog

Please print information and circle where appropriate:

Name (last, first, mi) _____

Address _____

e-mail (for next year) _____

Gender of human M F Phone _____

Dog's name _____ Age _____

Is this a shelter dog? Y N Course length? 3.1 2

Adult long-sleeve T-shirt size M L X-L NONE

Child short sleeve T-shirt size M(10-12) L(14-16) NONE

Informational packet Y N

Make checks payable to: Friends of the Shelter

Pre-registration due: April 7, 2000

Send completed registration form and checks to:

Los Alamos Dog Jog
1411 11th Street
Los Alamos NM 87544

In consideration of my participation in the Los Alamos Dog Jog of 2000, 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 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)

[Back to LADOC Home Page](#)

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