



Mile Markers



We Give You the Run-Around

May 2000 Volume 22, No. 5.

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

Feature Events

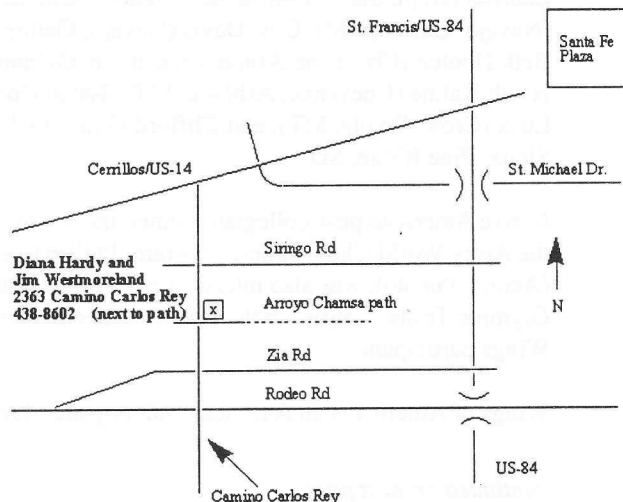
Santa Fe Strider Run-Around, June 10 at 8am and the 18th Annual High Altitude **Bandelier Races** are Saturday, May 13th. See entry forms in this issue for more details.

Radio Show!

Strider member **Jeff Della Penna** is starting a weekly radio show called **Get Fit Get Healthy** with Jeff Della Penna. It airs at **8:30 AM** **mondays** beginning April 24 on **90.7 FM KSFR**. Jeff will have interviews dealing with all aspects of fitness and health. Tune in **May 29** to hear Strider members **Kris Kern** and **Danica Tutush** talk about the running and the Striders.

Come One, Come All! Club Meetings Held on Second Tuesday of Each Month at 7pm

On the 9th, the Striders Meeting will be graciously hosted by **Diana Hardy** and **Jim Westmoreland** at **2363 Camino Carlos Rey**. Their number is **438-8602**. See the map below for directions.



Eldo-Du Results!

It was a beautiful morning for a duathlon! A small but eager group assembled for the Eldorado Duathlon on April 9. This years race featured a 5k run, 11 mi bike, and a second 5k run. It was a close race and featured several new and unique divisions. **Eric Peters** led both run legs from start to finish. **Jim Westmoreland** followed, giving **Diana Hardy** a large lead for the bike leg. The solo division was a close race. **Kris Kern** led the first run but was passed by **Lisa Smole** in the transition area. Holland Shephard made a charge into 2nd at the end of the bike. Kris regained the lead halfway through the last run.

The day featured fierce competition, epitomised by **Sean Shephard**, who led the stroller division from start to finish. At the start of the race, he was heard to say "Hey, y'all are a bunch of wimps! When I get out of this stroller I'll show you how to race. Hey, you run like my grandmother! You call that a bike? Ha! Hey buddy, your tights clash with your bike!" Congratulations to Holland and Julie for raising a true-born competitor.

Complete results:

Overall male: Kris Kern
2nd Male: Holland Shephard
Overall Female: Lisa Smole
Top Team: Jim Westmoreland/Dianna Hardy
Top Just Run: Eric Peters
Top Stroller: Sean Shephard
2nd Stroller: Julie Shephard
Top walked, biked a bit, had Latte: Kathy Garland
Top cheering halfway through the 5k: Kathy Meastores
Top skipped this to go skiing: Caroline Colonna
Top slept in: Beth Rauche
Top changed our minds: Mick and Brigitte Kappler

Strider wins Baton Rouge Race

Weight Gain Unreported

by Barb Dutrow

This hardly qualifies as an adventure race...but it is IF you eat the sausage BEFORE running!!! One of Baton Rouge's finest races.... prizes include Chocolate Rabbits for the Clydesdale Division (over 200 lbs), team division (over 650 lbs) and sausages for the overall winners! Featured treats include: chocolate (whole) milk, glazed donuts, cake, beer and sausage!

Teehee Hee,
Cheers,
Barb

The FAT BOY 5K - Baton Rouge, April 8, 2000
From Ben Cherbonnier, race director for the Fat Boy 5km

Judge Mike McDonald, our guest starter, showed up with a tuxedo shirt, bow tie, shocker shorts, running shoes and his judicial courthouse robe. He did remove his robe and ran the 5km in a very respectable time.

We had 380 finishers in the 5km and another 50 or so in the one mile fun run.

The 5km was won by **Will Steele** (16:49) and **Barb Dutrow** (20:19).

The food count this year was 55 dozen donuts, 10 gallons of chocolate milk, a case of bananas, a case of oranges, 80 pounds of Manda sausage cooked by Mr. Henry on his traveling pit, 3 kegs of Budweiser beer, and a birthday cake for one of the female runners whom we sang to before the race. There was very little left as the final fat boys waddles away from the school ground.

La Jolla 1/2 Marathon

by Mick Kappler

Brigitte and I participated in the La Jolla Half a recent trip to the west coast. It was a hilly course featuring oceans views, a 400ft climb at 5M, a seemingly similar climb (although it was only 150ft) at 12M, and a rapid 800m decent to the finish. If you were intertested your time, all you needed to do was start kinda close to the front of 6000 runners on the narrow side street. This is because of the ChampionChip that was given to each runner -- a small transmitter tied to your laces. You are detected when crossing magnetic mats at the start and finish. If you start too far back, you'll be walking in a herd across the start and won't get to run for a while. Register early, they'll get ya on late registration and (allegedly) won't accept race day applicants (but I saw some!).

Wings of America (American Indian Youth Development Program) to Receive National Television Coverage

Fox Sports Network on their "Goin' Deep" program will feature the Wings of America organization, which is located in Santa Fe, NM. The program will air April 30th at 7:00 p.m. It will highlight one of the youth initiatives of the Wings of America organization.

Mason Funk from Fox Sports traveled to New Mexico in February and interviewed runners who were scheduled to compete for the Wings of America National team at the USA Track and Field Cross Country Championships in Greensboro, NC.

He also made the journey to Greensboro and interviewed Gallup, NM native and National All American, Brandon Leslie (Navajo). Brandon is also a former Wings participant.

Wings of America strives to enhance the lives of American Indian youth through a variety of exciting and innovative initiatives. Youth involved in Wings programs develop positive self-esteem, leadership, holistic wellness and cultural pride. The "Goin' Deep" program will focus on how a new generation of Native youth are carrying on the tradition of running as inspired by Olympic Gold medallist and Wings board member Billy Mills.

The Wings junior women's team captured first place and the junior men's team earned second place in their respective team divisions.

Wings runners (aged 14-19) participating in the races included Samantha Spencer (Navajo from Page, AZ), Martina Goklish (White Mountain Apache living at Keams Canyon, AZ), Sheena Scott (Navajo, Page, AZ), Virginia Begay (Navajo, Sawmill, AZ), Devan Lomayaoma, (Hopi, Keams Canyon, AZ), Ralston Lamson (Hopi, Second Mesa, AZ), Vanessa Chicharello (Navajo, Gallup, NM), C.R. Davis (Navajo, Gallup, NM), Beth Hooten (Cheyenne-Arapahoe, Canton, Oklahoma), Heath Kaline (Cheyenne, Ashland, MT), Isaiah Good Luck (Crow, Wyola, MT), and Clifford Grass (Oglala Sioux, Pine Ridge, SD).

Native American post-collegiate runner and member of the Army World Class Athlete program, Phillip Castillo (Acoma Pueblo), was also interviewed. Phillip is an Olympic Trials qualifier in the marathon and a former Wings participant.

Wings of America is an American Indian youth develop-

continued on next page

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ment program of The Earth Circle Foundation based in Santa Fe, NM. Other program offerings include leadership training, running and fitness camps, holistic wellness workshops and coaches training. For more information on Wings programs, call (505) 982-6761.

Anne Wheelock Gonzales
Executive Director
Wings of America

>>> Race Calander <<<

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

6/10 Santa Fe Striders Run-Around Santa Fe, NM 995-0450 (Richard)

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:
Nortewl 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:

April 27, 2000

- 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.
May 5-6 A-AA H.S. T&F Championships, UNM.
Don Kirby Invite T&F, UNM, Mike MacEachen, 925-5735.
May 6 Race for the Zoo 5&10K, 2mi., Roswell, 627-5507.
Shiprock Marathon, Rick, 327-5251.
MS Walks, Albuquerque & Santa Fe, 1-800-FIGHT MS.
May 7 Big Red Express-NM USATF All-Comers T&F, UNM, Arlena, 292-0056 or Kathy, 865-8612.
Run for the Zoo 5&10* & ***K, 1mi., 5K Walk, Amber Fenner, 764-6227.
May 12-13 AAA-AAAA H.S. T&F Championships, UNM.
Albuquerque Senior Olympics T&F, 291-6277.
May 13 Bandelier Marathon, 50mi. & Relays, Bob Reedy, 672-9519 or 667-5446.
Las Cruces Junior Olympics T&F, 541-2554.
MS Walk, Las Cruces, 1-800-FIGHT MS.
May 14 AOC All-Comers T&F Meet, UNM, Leon Boyden, 293-3693.
Golden Corral ½ Marathon, 5K Run/Walk, ¼mi. Kids, Corrales, 891-9640.
Half Marathon Run/Relay & 5K, Las Cruces, 524-7824.
May 20 USCAA Corp. Challenge T&F Meet, Pat West, 821-5420, Al Alvarado, 821-2339.
Zuni Fitness 5&10K, 2mi. Run/Walk, 1mi. Youth, 782-2331. (PLEASE NOTE: This has been changed from May 27th.)
May 21 Eyewitness News 4 Run for the Ditches 5&10K, 5K Walk, 764-4444.
AAT All-Comers T&F Meet, UNM, Carl Brasher, 275-8991.
May 27 Ft. Bayard 8mi., 2mi., 5K Walk, Joe Becker, 538-2740.
May 27-28 Rocky Mt. Qualifier* All-Comers T&F, UNM, Kathy Fones, 865-8612. (This is the State Championship for open, sub-masters & masters.)
May 28 Isleta 5&10K, 2mi. Walk, Gil's, 268-6300.
May 29 Veterans Run 15K, 5K Run/Walk, 1K Kids, Fred Bryant, 294-0316.
May 30 UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.
June 2 Childrens' Run for Fun 8 Week Running Program, Rio Rancho, 891-9640.
June 3 NM Games All-Comers T&F, UNM, Scott Delillo, 880-1414.
June 4 Dino Dash 5&10K, 5K Walk, 1K Kids, Lew 883-9795, Tracy 831-2828.
Taos Marathon, Relay, ½ Marathon***, 5K Run/Walk, Bruce Gomez, 776-1860.
June 6 UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.
June 10 Hersheys Track, Las Cruces, 541-2554.
June 11 ATC All-Comers T&F Meet, UNM, Polly Rogers, 828-0182.
June 13 UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.
June 17 TNT All-Comers T&F, Los Alamos, David Hampton, 662-7028.
June 20 UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.
June 22-25 NM USATF State Junior Olympics, UNM, Kathy Fones, 865-8612.
June 24 High Altitude Mini-Marathon 5&20K, Los Alamos, Kris Kern, 661-4453.

Bridge To Hawaii

by unknown author

A man was walking along a California beach and was in deep prayer to the Lord. He said, "Lord, you have promised to give me the desires of my heart. That's what I am asking you for right now. Please give me a confirmation that you will grant my wish."

Suddenly the sky clouded up over his head and the Lord in a booming voice spoke to him. "I have searched your heart and determined it to be pure. The last time I issued a blank wish request it was to Solomon. He didn't disappoint me with his request for wisdom. I think I can trust that you won't disappoint me either. Because you have been faithful to me in all ways, I will grant you one wish you ask for."

The man sat and thought about it for a while and said, "I've always wanted to go to Hawaii, but I'm deadly afraid of flying and I get very seasick on boats. Could you build a bridge to Hawaii, so I can drive over there to visit whenever I want?"

The Lord laughed and said, "That's impossible! Think of the logistics of that! How would the supports ever reach the bottom of the Pacific? Think of how much concrete... how much steel!!! Your request is very materialistic, a little disappointing. I could do it, but it's hard for me to justify your craving for worldly things. Take a little more time and think of another wish, a wish you think would honor and glorify Me as well."

The man thought about it for a long while and tried to think of a really good wish. Finally, he said, "Here's the deal, Lord. I've been married and divorced four times. My wives always said that I don't care and that I'm insensitive. So I wish that I could understand women...I want to know how they feel inside and what they're thinking when they give me the silent treatment...I want to know why they're crying...I want to know what they really mean when they say 'nothing'...I want to know how to make them truly happy...That's the wish that I want, Lord."

Then after a few minutes, God said, "You want two lanes or four on that bridge?"

Jesus Saves

Jesus and Satan were having an ongoing argument about who was better on his computer. They had been going at it for days and God was tired of hearing all of the bickering. Finally, God said, "*Cool it. I am going to set up a test that will run two hours, and I will judge who does the better job.*" So Satan and Jesus sat at the keyboards and typed away.

They moused.

They did spreadsheets.

They wrote reports.

They sent faxes.

They sent e-mails.

They sent out e-mails with attachments.

They downloaded.

They did some genealogy reports.

They made cards.

They did every known job.

But ten minutes before their time was up, lightning suddenly flashed across the sky, thunder rolled, the rain poured and, of course, the electricity went off. Satan stared at his blank screen and screamed every curse word known in the underworld. Jesus just sighed. The electricity finally flickered back on, and each of them restarted their computers. Satan started searching frantically, screaming "*It's gone! It's all gone! I lost everything when the power went out!*" Meanwhile, Jesus quietly started printing out all of his files from the past two hours. Satan observed this and became irate. "*Wait! He cheated! How did he do it?*" God shrugged and said, "*Jesus saves.*"

The Cross

by unknown author

The young man was at the end of his rope. Seeing no way out, he dropped to his knees in prayer. "Lord, I can't go on," he said. "I have too heavy a cross to bear."

The Lord replied, "My son, if you can't bear its weight, just place your cross inside this room. Then, open that other door and pick out any cross you wish."

The man was filled with relief. Thank you, Lord, he sighed, and he did as he was told. Upon entering the other door, he saw many crosses, some so large the tops were not visible. Then, he spotted a tiny cross leaning against a far wall. "I'd like that one, Lord," he whispered.

And the Lord replied, "My son, that is the cross you just brought in."

When life's problems seem overwhelming, it helps to look around and see what other people are coping with. You may consider yourself far more fortunate than you imagined.

Your Cross

by unknown author

Whatever your cross, whatever your pain.
There will always be sunshine after the rain.

Perhaps you may stumble, perhaps even fall,
But God's always there to answer your call.

I Am Thankful!

by unknown author

FOR THE TEENAGER WHO IS NOT DOING DISHES BUT IS WATCHING T.V., BECAUSE THAT MEANS HE IS AT HOME AND NOT ON THE STREETS.

FOR THE TAXES THAT I PAY, BECAUSE IT MEANS THAT I AM EMPLOYED.

FOR THE MESS TO CLEAN AFTER A PARTY, BECAUSE IT MEANS THAT I HAVE BEEN SURROUNDED BY FRIENDS.

FOR THE CLOTHES THAT FIT A LITTLE TOO SNUG, BECAUSE IT MEANS I HAVE ENOUGH TO EAT.

FOR MY SHADOW THAT WATCHES ME WORK, BECAUSE IT MEANS I AM OUT IN THE SUNSHINE.

FOR A LAWN THAT NEEDS MOWING, WINDOWS THAT NEED CLEANING, AND GUTTERS THAT NEED FIXING, BECAUSE IT MEANS I HAVE A HOME.

FOR ALL THE COMPLAINING I HEAR ABOUT THE GOVERNMENT, BECAUSE IT MEANS THAT WE HAVE FREEDOM OF SPEECH.

FOR THE PARKING SPOT I FIND AT THE FAR END OF THE PARKING LOT, BECAUSE IT MEANS I AM CAPABLE OF WALKING AND THAT I HAVE BEEN BLESSED WITH TRANSPORTATION.

FOR MY HUGE HEATING BILL, BECAUSE IT MEANS I AM WARM.

FOR THE LADY BEHIND ME IN CHURCH THAT SINGS OFF KEY, BECAUSE IT MEANS THAT I CAN HEAR.

FOR THE PILE OF LAUNDRY AND IRONING, BECAUSE IT MEANS I HAVE CLOTHES TO WEAR.

FOR WEARINESS AND ACHING MUSCLES AT THE END OF THE DAY, BECAUSE IT MEANS I HAVE BEEN CAPABLE OF WORKING HARD.

FOR THE ALARM THAT GOES OFF IN THE EARLY MORNING HOURS, BECAUSE IT MEANS THAT I AM ALIVE.

Santa Fe Run-Around

Volunteer Form

^{22nd}
The ~~21st~~ Annual Santa Fe Run-Around

Presented by the Santa Fe Striders and the City of Santa Fe Parks and Recreation Dept.

10K Run/5K Run/5K Fun Walk
Saturday, ~~June 5, 1999~~ at 8:00 A.M.

Santa Fe's Historic Plaza
^{June 10, 2000}

Volunteers Needed!

If you would like to volunteer to help officiate the race, please complete this form, send it in, and be a registered volunteer. All volunteers will receive a free shirt (commemorative and original design tank top), refreshments, and be entered in a special prize drawing.

Mail this form to:

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

Questions?

Contact Richard at (505) 995-0450 (evenings)

2000 ~~1999~~ Santa Fe Run-Around Volunteer Form

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

SHIRT SIZE (circle one): S M L XL

**Thank You
Volunteers!**

In consideration of the acceptance of my volunteering to assist with this race, I release all sponsors, workers, and race volunteers of liability for any injury incurred. I confirm that I am physically healthy and am abiding by any doctor's orders regarding physical activity. I understand that this race is for fun, that the weather may be bad, and safety and fun are much more important than aggressive competition.

Signature: _____

Date: _____

Parental

Signature: _____
(if under 18).

18th Annual High Altitude Bandelier Marathon, BB50 Ultrarun, 50-Mile Relay, and Marathon Relay



May 13, 2000
Los Alamos, New Mexico

Sponsored by:
Los Alamos National Bank
with support from:
LANL Foundation,
High Altitude Athletics Club,
Los Alamos Family YMCA,
La Vista Church of the Nazarene,
County of Los Alamos, R.S.V.P.,
Gerald Asnell, LA MESA, and
L.A. Aux. Fire Brigade.

Course Description:

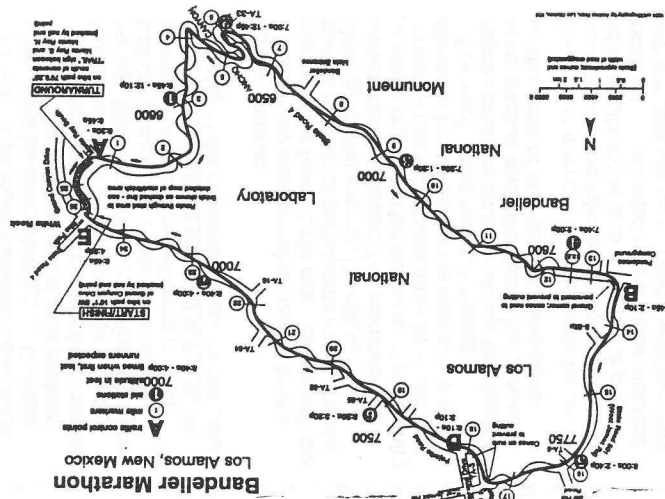
All races, which are completely on paved roads, follow the same course for the first 25 miles (see map). The ultra and the 50-mile relay are two-lap runs. These hilly, high-altitude runs are difficult but pass through beautiful terrain, much of it bordering Bandelier National Monument. The course starts at an altitude of 6550 feet and rises to about 7800 feet. The total rise in the 25 mile loop is 1950 feet. 50-relay hand-offs will be at 12.5, 25 and 37.5 miles. Marathon relay hand-offs will be at approximately 3.3 mile intervals (very near aid-stations). Both courses have been USA T&F certified.

Records:

Marathon: Open - Jerry Martinez (2:39:42) and Diane Walthers (3:19:30); Masters - Toby Skinner (2:49:30) and Diane Walthers (3:19:30). **Ultra:** Steve Warshawer (6:12:42) and Theresa Daus-Weber (7:18:20.8). 50 and over: John Capps (7:07:00.4). **The 4 X 12.5-mile relay:** under 160 male 5:01:18, 160 & over male 5:29:48, under 160 female 6:13:39, 160 & over female 8:59:23, under 160 mixed 5:29:08, 160 & over mixed 6:01:18.
Marathon relay: 2:29:37.

Lodging: Lodging available in the area include motels, hotels, Bed & Breakfast establishments, and camping grounds. Further information on lodging can be obtained from the Los Alamos Chamber of Commerce (505-662-8105).

For additional race information, call the Race Director, Bob Reedy, at (505) 672-9519 (Please call before 9 p.m.) or see our website at www.cybermesa.com/~kemkt/HAAC



Expected Temperatures
6:30 a.m. 45-50 F
9:00 a.m. 60-65 F
High for day 70-80 F

The Bandelier Races
P.O. Box 298
Los Alamos, NM 87544

Phone 674-6644
Mail Stop 6740

THE RACES:

Marathon (26.2 miles)
50-mile Ultra Marathon
50-mile Relay (4 x 12.5 miles)
Marathon Relay (8 x 3.3 miles)

Date: May 13, 2000
Time: 6:30 a.m. SHARP.

Location:

Grand Canyon and State Route 4, at the Nazarene Church parking lot in White Rock, NM. All races start and finish here.

Entries: Open to all runners of any age. If postmarked by May 8, the entry fees are \$25 for the Marathon, \$40 for the 50-miler, \$8 per person for the marathon relay, and \$10 per person for the 50 mile relay. Fees increase after May 8 to \$40 for the Marathon, \$55 for the 50-miler, \$10 per person for the marathon relay and \$15 per person for the 50 mile relay.

No entries will be taken on race day!

First 200 registrants receive complimentary T-shirts courtesy of Los Alamos National Bank.

Categories

Marathon:

Male and female, under 20, 20-29, 30-39, 40-49, 50-59, and 60 & over.

50-miler:

Open male and female, and 50 & over.

50-Mile Relay:

Male, female, mixed; under 160 and 160 & over for the sum of the four ages.

Marathon Relay: First through fifth places.

Race Packets:

Pick up at L.A. Outdoors, 771 Central Ave. (Mart-Mac Center) 3 to 6 p.m. on Friday, May 12, or at starting line between 5:30 and 6:00 a.m. on the 13th. Please pick up packets on the 12th if at all possible.

Awards:

All marathon finishers will receive a special race pin with the Bandelier symbol.

The first three finishers in each marathon age group will receive custom medals.

Special awards will be given to the first male and female finishers in the marathon and 50-miler and the first 50 & over finisher in the 50-miler.

Every finisher in the 50-mile run will receive a custom medal.

Members of the winning 50-mile relay teams in each category and the first five marathon-relay teams will receive awards.

Award Ceremonies:

Marathon relay: approximately 11:00 a.m.
Marathon: approximately 12:00 p.m.

50-mile relay & run: as they finish.

Facilities: Limited. Toilets at start area.

Aid: Electrolyte drink, water, & oranges at approximately 3-mile intervals and at finish.

Restrictions:

Parking is also very limited. No parking will be allowed on Grand Canyon Road adjacent to the church. Please plan ahead.

Alcoholic beverages are not allowed on the Nazarene Church Grounds.

All Runners:

All runners must follow the course precisely, staying on the left side of the road at all times except when approaching a turn (e.g., at Palatito Rd. & SR 4) when a crossover to the right side in preparation for a right turn at or crossing the intersection is recommended.

Please exercise caution when crossing and obey official's instructions at all times.

We're sorry, but T-shirts and entry fees cannot be returned for no-shows.

50-Milers & 50-Relay:

A short loop down Grand Canyon Rd. is required because the main loop is just shy of 25 miles. This route, including this short loop, must be completed twice. Detailed maps will be included in the race packets.

Aid Stations and traffic control can only be maintained for a 10-hour pace (a 4:30 p.m. finish). We recommend you bring your own trail car & support people if you will be slower. The finish line will remain open.

50-milers must be weighed at 6 a.m. on race day at the registration desk to compete.

Relay teams:

Each relay team member must submit a signed entry form. Only relay teams with the correct number of participants may compete officially for the awards. Un-official participation is allowed if all members are properly registered for the race. Signed entry forms for late substitutes must be in the race director's hands before the start of the race.

For each relay team, a single representative must pick up the team's race packet and distribute its contents to the rest of the team's members.

Each team member is responsible for being familiar with and following the correct course. All handoffs must take place at the proper locations as indicated on the maps included with the race packets. Team members may only run a single leg of the race for the team to compete officially. However, 50 milers or marathoners may serve as the first leg of a relay team. Violation of any of these procedures will result in disqualification. The procedures in this brochure take precedence over any instructions received out on the course with the exception of instructions given explicitly by the race director.

Please mail with payment to: Bandelier Races
P.O. Box 298, Los Alamos, NM 87544

Note: Race packets may be picked up on Friday, May 12, at 3-6 p.m. at L.A. Outdoors, 771 Central Ave., Los Alamos.

A legible copy may be substituted for this form.

REGISTRATION

(Please Print)

Name _____
Last Name, First Name Middle Initial email address (optional)

Address _____
Street or Box No. City State Zip LANL Mail Stop (if appl.)

Age as of May 13, 2000 _____ Birthdate _____ Sex: Male ☐ Female ☐ Home Phone: _____

I will be running in the: Bandelier Marathon ☐ BB50 ☐ 50 mile relay ☐ Marathon relay ☐ (fees are listed inside)

Name of relay team _____ Relay Team Captain _____

T-shirt size: S ☐ M ☐ L ☐ XL ☐ USAT&F# (optional) _____ Please make check payable to "Bandelier Races"

I attest to my 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. I also waive any and all claims for myself against the County of Los Alamos, the officials and the sponsors of this event, and the High Altitude Athletics Club. I hereby give race officials permission to obtain any medical aid I may require during this event.

SIGNATURE (required) _____ (Parent or guardian must sign if under age 18)

New Employee Manual

by Liam McEneaney

Welcome aboard! You are one of our most valued new employees. Enclosed please find some helpful guidelines to company policy.

OVERTIME - The Company has an optional overtime policy - you have the option of working forty hours of overtime or eighty hours of overtime.

PROMOTION - The Company rewards hard work and devotion. We like to think that if you work hard and devote enough time and energy to the company, you will be rewarded by being allowed to train the CEO's son when he is promoted to Vice President over you.

STOCK OPTIONS - You may buy shares in the company when it goes public. So named because you'll be working in the stock room at Wal-Mart when the company goes belly-up due to your incompetence.\

401k - This is how much money you'll lose under your "Stock Option" plan.

HELLTH PLAN - No, that isn't a misprint; you now belong to an H.M.O. That stands for "Hell's Medical Organization." It was organized by some of Hell's finest minds; Hitler, Genghis Khan, and Josef Stalin worked night and day to create a 162-page manual documenting the exact terms of your coverage, but it all boils down to three points:

- 1) You belong to the HMO. We mean that literally - as of now, the HMO owns you. To insure that you don't forget your subscriber number, we will tattoo it to your forehead.
- 2) You have been assigned a primary care physician. You will not be told your physician's name. You may never see your physician. Your physician is imaginary. If you see any doctor without express written permission of your imaginary primary care physician, you will be forced to pay full price, plus eat your weight in lard.
- 3) You are not covered under this plan.

TERMINATION - All employees will be given two weeks notice upon being fired. We like to feel that this gives an employee a "grace period" to steal all of the office supplies that he or she may have forgotten to take during his or her period of employment.

COMPLAINTS - May be made anonymously in the box marked "Complaints" in the employee break room. All complaints will be reviewed, processed, and fed to an angry Rottweiler named Frankie.

Yoke of the Month

There a dance, lots of people, everyone doing the boogy. But there's this guy and gal on opposites sides of the floor, not dancing. You see, the guy has a **wooden eye** and so nobody has asked him to dance. The gal has a **hairlip**, so noone has asked her to dance. The guy finally gets up enough courage, walks over to the gal and asked her,

"Would you like to dance with me?"

and she replied "Oh, wouid I!"

and the wood eye man sharply responded "*Hairlip, hairlip, hairlip.*"

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 Workouts

Striders, guests, and other random runners meet at **5:45pm** 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, 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.

2000 Striders Officers

Kris Kern, President, 661-6293
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trim8s@nets.com

Eric Peters, Treasurer, 466-2460
RunAdventr@aol.com

Mick Kappler, newsletter editor, 438-4463
mick@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



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Santa Fe, NM 87505