



Mile Markers



We Give You the Run-Around

June 2000 Volume 22, No. 6.

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

Feature Event

Come to our very own **Santa Fe Striders' Run-Around**, June 10th at 8am, sponsored by **Premier Motorcars of Santa Fe, San Francisco Bar & Grill, Alpine Sports, McPartlon Roofing, Santa Fe Screen Printers**, and made possible by the **City of Santa Fe, the RRCA**, and the **Santa Fe Striders Running Club** (that's us), plus raffle prizes, like free maintenance work at **Mobile One Automotive**. Read about race details and find an entry form in this issue.

Free Internet Based Running Log

Hello, my name is Jonathan Estabrook and I work for a computer consultant firm in Ames, IA called Winning Solutions Inc. We are currently in the works of making an elaborate training stats web page. Currently we have just put our running stats section online. This is a free internet based running log program that is free to use and allows the user to log daily runs and races.

If you would like to view the site, the URL is www.winningstats.com <<http://www.winningstats.com>>. I was writing to inquire about the possibility of exchanging links. If you would be interested please reply to wsj@winningsolutionsinc.com <<mailto:wsj@winningsolutionsinc.com>> or any of the below contact information. We appreciate your time.

Thanks,

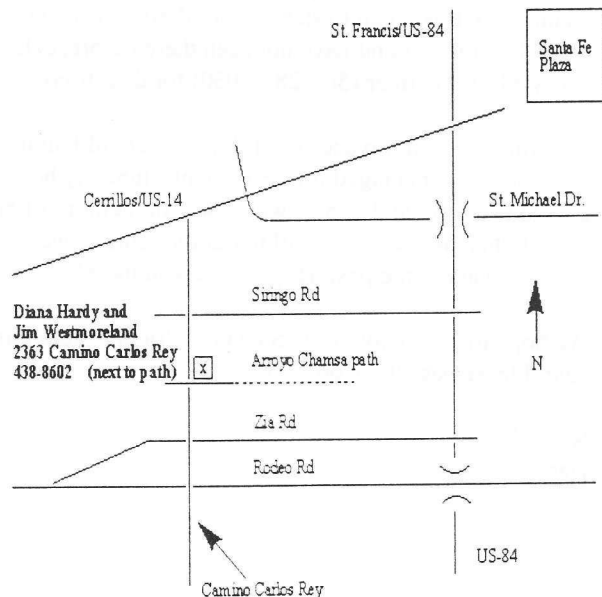
Jonathan Estabrook
President
Winning Solutions, Inc.
www.winningsolutionsinc.com

Come One, Come All, But Not This Month!
Club Meetings Held on Second Tuesday of Each Month at 7pm, Except in June

Traditionally, we don't meet in June. See you next month.

Annual Strider Picnic June 10!

Come join us at the annual strider picnic! This year's picnic will follow the Run Around event on June 10th, and will be held at the home of **Jim Westmoreland and Diana Hardy**. We'll start the grill at noon. The Striders will provide **drinks, burgers, hot dogs, condiments, utensils, and a grill**. Bring a **side dish, salad, or dessert** to share. Bring family and future striders! People who have lawn chairs... please bring them. See map below for directions.



Races

Fire Fighters Run 5K, 10K & 2M Walk June 11

This event will be held at Kit Carson Park in Albuquerque. Contact Gil's at 268-6300 for more information.

Los Alamos High Altitude Mini Marathon 5k and 20k June 24, 7:30 AM

Despite forest fires, heat, and road construction, the race will go on as planned! See you on the 24th for a great run. Entry forms can be found at many stores in Santa Fe, or download one from the web site. Just follow the links from the strider web!

Bandelier Races

The Bandelier Races were canceled due to the fire. We have chosen **October 21** as a tentative new race day.

Master Runners Unlimited 3rd annual Devil's Throne Fun Run

We encourage walkers and runners to join us Sunday morning June 4th at Cerillos. The walk/run will start at about 9:00.

MRU will furnish water, OJ and sodas. Please bring a brunch dish to share with other participants after the walk/run. Also, bring a lawn chair or two. We expect about 15 runners.

We want to remain as unobtrusive as possible so as not to bother the town folk. To do that we will park and begin the run on the trail just west of town. There is a grove of Cottonwoods that should provide adequate shade for our picnic, which we plan to start about 10:30. If you are going by yourself and have not been there before, call Harry Messenheimer (505-286-2030) for directions.

This fun workout replaces the 15k race that Gil Duran sponsored and managed for years. Unfortunately he is unable to continue the race, which was in memory of his grandfather. We will have Gil in our thoughts as we reminisce about the past. Hope to see you there!

We hope to see many of the Santa Fe Striders again this year. Please pass the word. Thanks.

Regards,
Harry

A Challenge for Direction Giving!

How to get to the Devil's Throne Fun Run

by Kris Kern

Go to the town of Cerillos. In town, turn right on the main street (I don't remember the name, or if there is a stop sign, but it is obviously the main street. Not that it is paved or anything.) Cross the rail road tracks, and turn left. Cross the first arroyo and the cottonwood grove is on the right.

I did this run when it was a race, and again as an informal run with MRU. It's worthwhile, and the picnic after the run is nice.

Computer Gender

An English teacher was explaining to his students the concept of gender association in the English language. He stated how hurricanes at one time were given feminine names and how ships and planes were usually referred to as "she."

One of the students raised their hand and asked "What 'gender' is a computer"?

The teacher wasn't certain which it was, so he divided the class into two groups, males in one, females in the other, and asked them to decide if a computer should be masculine or feminine. Both groups were asked to give four reasons for their recommendation.

The group of women concluded that computers should be referred to in the masculine gender because:

1. In order to get their attention, you have to turn them on.
2. They have a lot of data but are still clueless.
3. They are supposed to help you solve your problems, but half of the time they ARE the problem.
4. As soon as you commit to one, you realize that, if you had waited a little longer, you could have had a better model.

The men, on the other hand, decided that computers should definitely be referred to in the feminine gender because:

1. No one but their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even your smallest mistakes are stored in long-term memory for later retrieval.
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

Striders' Flagship Race Set for June 10

The 22nd annual Santa Fe Run-Around, a 5-K and 10-K run plus a 5-K fun walk, will be held at 8 a.m. on Saturday, June 10. All events start and finish on the Santa Fe Plaza.

This year's race has a slightly different course than last year's and will be wheelchair accessible. Paseo de Peralta, crossed at two different intersections last year, will be crossed at only one intersection this year, making for a safer course.

The 10-K course goes up Alameda to Palace Avenue, right to Canyon Road, down Canyon to Camino del Monte Sol and left on Monte Sol. It proceeds right on Garcia Street, makes a left to meet up with Old Santa Fe Trail, goes up Old Santa Fe Trail to Camino del Monte Sol and then to Camino Cruz Blanca. The course then goes up Camino Cruz Blanca, around the condominiums across from St. John's College, down Camino Cabra to Alameda and back to the Plaza.

5-K runners and walkers will go up Alameda all the way to Camino Cabra and then trace their steps back to the Plaza.

Entry forms are being distributed to sporting goods stores and recreation centers in Santa Fe and surrounding areas. Fees for all events are \$12 for entries postmarked by June 4 and \$15 on race day. Fees for members of the Santa Fe Striders, one of the sponsors of the race, are \$10 by June 4 and \$12 on race day. Students 18 and under pay a flat rate of \$10.

Female and male overall winners will receive Chimayo weavings. Weavings also will be given to the first three male and female finishers in each of age groups 0-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over.

All entrants will receive a commemorative runners' singlet.

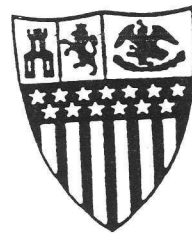
Sponsors of the race in addition the Striders are the City of Santa Fe, Premier Motor Cars of Santa Fe, Roadrunner Clubs of America, McPartlon Roofing, San Francisco Street Bar and Grill, Alpine Sports and Santa Fe Screenprinters.

Richard Curry, the race director, noted that the course is scenic but very hilly. He hopes to equal or exceed last year's total of 170 runners and emphasized that wheelchair entrants are welcome.

For more information call Richard at 995-0450 in the evenings or John Pollak at 983-2144 between 9 a.m. and 9 p.m.



The Santa Fe Striders and The City of Santa Fe present
The 22nd Annual Santa Fe Run-Around
10K Run/5K Run/5K Fun Walk
8:00 A.M., Saturday, June 10, 2000
Santa Fe's Historic Plaza



PREMIER
MOTORCARS of SANTA FE



SUBARU

Drivers wanted.

SAN FRANCISCO STREET

BAR & GRILL



Start & finish on the Plaza. Commemorative tank tops.
 Race registration will begin at 6:45 A.M. Packet pick-up on race day.
 Pre-registration: \$12.00 (Postmarked by 6/7.)
 Race day registration: \$15.00
 \$2.00 Discount to Santa Fe Striders & City of Santa Fe employees.
 Students 18 & under entry fee: \$10.00.

Alpine
SPORTS

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

Make checks payable to: Santa Fe Striders.

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

Questions? Volunteers? Call 995-0450 (evenings)



McPARTLON
 Roofing

The following businesses made the 2000 Santa Fe Run-Around possible: Alpine Sports, San Francisco
 Street Bar & Grill, McPartlon Roofing, and PREMIER Motor Cars of Santa Fe.

T-shirt assistance: Santa Fe Screenprinters

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

NAME: _____
 LAST FIRST

ADDRESS: _____
 STREET

CITY

STATE ZIP

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

Student 18 & under? Yes ___ No ___

AGE (on race day): _____ SEX: Male ___ Female ___

T-SHIRT: S ___ M ___ L ___ XL ___

PHONE: _____ 10K ___ 5K ___ 5K Walk ___

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, waive and release the Santa Fe Striders Road Running Club, the City and County of Santa Fe and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature

Guardian's signature if under 18 years

Date

>>> Race Calander <<<

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

6/11 Fire Fighters Run 5K, 10K & 2M
Walk
Kit Carson Park
Albuquerque, NM 268-6300 (Gil)

6/24 7:30am 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

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

Get Fast - Have a Blast

Track workouts on Tuesdays, 5:45pm. A supportive group of nine kept all going in line this past week. Get as speed workout and encouragement along the way. Let's step up and see what we can do.

This Space Could be Yours!

Let's hear from you.

Yoke of the Month

I had a yoke but it broke, what a joke!

Snap-On Tools

The bandwagon is coming. but first, I need to scan in to photo! Maybe I'll figure out how to rachet the scan by next month. Thanks for your patience Mike.

The Editor

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
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

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



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