



Mile Markers



We Give You the Run-Around

September 2000

Volume 22, No. 9.

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

Feature Event

The **Run-Ride-Picnic**, organized by our very own **Dale Goering**, will be held on **September 24, 2000 at 8:30am**. Meet at **Rabbit Rd & the railroad tracks**. See the one-page article featured inside.

Workout

Ongoing track workouts, *still* Tuesdays, *still* 6pm, *still* at Santa Fe High School.

Woman runner in need of long distance running partners to train for upcoming marathon!!!!

I'm running the **Las Vegas, Nevada International Marathon** on **February 4, 2001**. I'm looking for a number of people who would be interested in running **long runs** with me. The distance is from **ten miles up to 23 miles**. My running pace is about nine & half to ten minutes per mile depending in the elevation gain. I would like to run both pavement and trails. My training schedule starts in October which will include about four 20-23 mile runs. If you're interested in joining me, or know someone who might be, I can be reached at: **505-474-0772** or at joslynbob@earthlink.net.

Joslyn Garcia

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

On the 12th, the Striders 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**.

RRCA's How To Find A Running Coach

The **Road Runners Club of America** now has published on its web site the text of the RRCA's booklet, "*How to Find a Running Coach*," by Hal Higdon. Originally written in 1994, it now has been revised and updated by Hal Higdon, Carl Sniffen and Henley Gabeau. Created to encourage runners to broaden their running experiences, the RRCA felt that it was important to help runners find a good coach. This information will help runners locate coaches and learn how to work with one to maximize their running potential.

Also listed are the RRCA's Certified Coaches across the country and their contact information. Anyone interested in becoming an RRCA Certified Coach should read the coaching section of the web site at: <http://www.rrca.org/coaching/>.

It is hoped that this information will assist runners in adding a new dimension to their running! The RRCA can also be contacted at (703) 836-0558 at its headquarters in Alexandria, VA. RRCA grassroots running in America since 1958, 677 running clubs, 190,000 members, and over 1,800,000 race participants.

Look on the RRCA's web site: <http://www.rrca.org/>.

Ultrarunning in New Mexico

From: "Robert@ultrarunner" <Robert@ultrarunner.net>
To: <Suttons@AFWEB.com>
Date: Sun, 13 Aug 2000 14:05:52 -0700

Do you have or know of anyone with Ultrarunning info such as race schedules, results, reports, etc in New Mexico that I might be able to help promote races in New Mexico on my website <http://www.ultrarunner.net>. I will inturn set links of those race to your websites if you have any.

Thanks from a fellow ultrarunner,
Robert@ultrarunner.net

RUN-RIDE-PICNIC

Sunday-September 24, 2000- 8:30 AM

General Rules of Run & Ride event.

A team consists of two participants and one Mountain bike. One member runs while the other rides. Team members plan their own strategy. Team members reverse their roles as often as they like-or not at all. The object of the competition is to get both participants and the bike across the line as fast as possible. Times will be recorded as soon as the last person and bike crosses the finish line.

Transportation back to the start line will be provided. Transportation help may be needed. Please call if you could help. Water will be provided at the start, at Vista Grande in Eldorado and at the finish line.

Solos are welcome-runners or bikers. We may be able to pair you up and form a team.

In case of inclement weather, the event will be rescheduled.

No entry fee and no awards. This is a low key fun only event.

Start—Rabbit Road & the Railroad tracks. The course runs from Rabbit Road to highway 285 along the Rails to Trails bike path. (Approximately 11.2 miles) Course along the tracks can be rough & rocky-Caution is advised.

Check In-Release forms to be signed between 8-8:15. No pre-event sign up necessary, but a call to 954-4384 would be helpful so adequate transportation can be provided.

Finish—Highway 285 and the Railroad tracks.

Picnic—A picnic is planned at the Goering residence at 34 Ute Circle. Participants are asked to bring a pot luck or picnic lunch to share & enjoy after the event. A charcoal grill will be available. Drinks will be furnished. Show up for the picnic if you do not want to run or ride.

Please call 954-4384 and let me know how many teams to expect and for additional information. Thanks Dale Goering



BIG TESUQUE 2000

11.6 MILE TRAIL RUN

Saturday, October 7, 2000, 9 am

Santa Fe, New Mexico



Sponsored by the Santa Fe Striders, Quest Mortgage, San Francisco Street Bar and Grill, Alpine Sports, Rocky Mountain EMS, Outside Magazine, and Santa Fe Screen Printers
Santa Fe MultiSport (Aroma Coffee and Blue Sky Natural Beverages)

Entry Fee: \$15.00 for all registrations received before Race Day.
\$18.00 day of race.
Checks payable to: **Big Tesuque Run**

Registration & Information:

Peter Fant or Kathy Mastoras
3 Moya Loop, Santa Fe, New Mexico 87505
(505) 473-9211 W, 466-3837 H
(505) 471-6675 FAX
PGKMFant@aol.com
or, register at Alpine Sports.



Age Groups: Men and Women 19 & Under, 20-29, 30-39, 40-49, 50-59, 60 +

Race Description: Race starts about 11 miles up Hyde Park Road (towards ski basin) at Aspen Vista Trail Head. Course is out and back and follows forest service road 5.8 miles up to radio towers at summit (top of ski area). Starting elevation is 10,000, summit is 12,003'. (see www.SkiSantaFe.com for information on the mountain and on Santa Fe in general)

Mail List

Registration Form – Big Tesuque 2000

(please print and complete entire form)

Name _____ Age _____ MF _____

Address _____

City _____ State _____ Zip _____

e-mail address _____

T-shirt size (Circle One) S M L XL

Waiver must be signed: Both myself and my heirs hereby waive and release all rights and claims for damages that I may incur against the organizers and sponsors of the Big Tesuque Run. I authorize the organizers and support personnel to obtain and administer medical aid in the event of its necessity. I am doing this of my own free will and because I think it will be a fun thing to do. I realize that mountain and/or trail running has inherent risks but those are the risks I am willing to take.

Signature of Participant _____

Signature of Parent if under 18 _____

GIL'S RUNNERS SHOE WORLD
611 SAN MATEO N.E.
ALBUQUERQUE, N.M. 87108
505•268-6300

2000

RUNNING EVENTS

CALENDAR



NM USATF
31 SANDHILL ROAD
LOS LUNAS, NM 87031
505/865-8612
FAX 505/565-8387
www.usatf.org/assoc/nm

4	Jane's Run 3&8K, 3K Walk, 1K Kids, John Bryl, 299-8922.	627-5507.	Santa Fe Trail Run 5&10***K, 2mi., Gil's, 268-6300.
5-9	Independence Day Run 8K & 1mi., Las Cruces, 541-2554.	9	Run for Diabetes 5K & 10mi., Patrice Leddy, 899-1487.
8	UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.	10	Run for the Hills 5&10K, 5K Walk, 1K Kids, TCR 256-3625.
9	USATF Youth Nationals, Decatur, ILL	15-Oct 1	Olympic Games, Sydney, Australia.
11	Hersheys T&F, Albuquerque, Dan Maestas, 896-8742.	16	Zuni Fitness Coronado's Curse 5&10K, 2mi. Walk/Run, 782-2331.
13-16	NM USATF Masters T&F, UNM, Kathy Fones, 865-8612.	17	NM Marathon, Charles Otero, 345-4274.
14-23	UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.	23	Alzheimers Memory Run 5K Run/Walk, Rodger Sack, 821-8419.
15	Region X Junior Olympics, Colorado, Kathy Fones, 865-8612.		Run for National AIDS Brigade 5K, Paul Smyth, 254-8220.
16	USA Olympic Trials, Sacramento, CA., 877/873-9690.		
18	Race for the Cure 5K, 1mi. Fun Run, Marge Navarro, 970/259-8719.	OCTOBER 1	Sun Healthcare Duke City Marathon*, ½ Mara., Relays, 5K Run/Walk, Hotline, 880-1414.
22	Bastille Day 8K***&* Run/Walk, Las Cruces, 524-7824.	7	The Whole Enchilada Fiesta 5K***&*, 1mi., Las Cruces, 524-7824.
23	Po'Pay Foot Race, San Juan Pueblo, Herman Agoyo, 852-4211.	8	John Dale Gomez 5K***&Corrida de Taos 10K, Bruce Gomez, 776-1860.
25-30	UNM Twilight Meet, All-Comers T&F, Mike MacEachen, 925-5735.	14	Bean Fiesta Run, Estancia, Colleen Burns, 384-5039.
26-30	Burn Lake Triathlon, Las Cruces, 541-2554.	15	La Loma 5&10K, 1mi., 5K Walk, Rio Rancho, 891-9640.
AUGUST 4-5	Zuni Fitness 5K&1/2 Mara., Youth Duathlon, 2mi. Run/Walk, 782-2331.	21	Ryan's Run 5K Run & 2mi. Walk, Sandy Mann, 842-8960.
6	Pojoaque Butterfly Run 5&10K, 1mi. Walk, Eric Vigil, 455-9355.	22	Corrales Festival 5&10K, 5K Walk, Gil's, 268-6300.
10-13	USATF Nat'l Jr. Olympics, Buffalo, NY.	28	ARR Dirty Dozen 12K, Will Steinberg, 292-5931.
12	NM Sr. Olympics, Las Vegas, 623-5777.	29	Victoria's Secret There's No Excuse for Abuse 5K, Elizabeth, 247-4219.
13	Bulldawg 100-mi. Relay, Las Cruces, 526-5394.	NOVEMBER 4	AHA Doggie Dash 5K Run/Walk, Victor Nemudrov, 294-7545.
20	La Luz Trail Run***, Rodger Sack, 821-8419.	5	Pecos Valley Roundup 10&20***K, 2mi., Roswell, 627-5507.
26	USATF Nat'l Masters Championships, Eugene, OR. Eugenechamps.com	11	Run for Adoption 5&15K, 2mi. Walk, Gil's, 268-6300.
27	Summer Fun 5&10K, 5K Walk, Las Cruces, 524-7824.	12	P.A.L. Run Against Gangs & Graffiti 5&10K, Santa Fe, 438-1436.
SEPTEMBER 4	8th Annual Desert Sun Run 5&10K, NM Boys Ranch, 864-7381.	18	Baylor Pass Wilderness Trail Run 5.9mi., Las Cruces, 524-7824.
	Avon Global Women's Circuit 5&10K, Victor Nemudrov, 294-7545.	19	Disabled Veterans 5&10K, 2mi. Walk, 2mi. Wheelchair, Gil's, 268-6300.
	Governor Johnson's Run 10K***, Clouderoft, Marsha Slane, 687-2133.	23	NM USATF State Cross-Country* Championships, Kathy Fones, 865-8612.
	Wings of America/SF Indian Mkt. Wind Messenger Foot Races, Anne, 982-6761.		Region X JO's Cross-Country, Arizona.
	Run to Break the Silence 20K, 5K Run/Walk, ½ Kids, Bernalillo, 891-9640.		Holiday Ole 5K Run/Walk, 260-0199.
	Greyhound Rescue 5&10K, 2mi. Walk, Gil's, 268-6300.		Turkey Trot 5K Run/Walk, Las Cruces, 524-7824.
	Zuni Fitness 25mi. Reservation Relay, 5mi. Youth Relay, 2mi. Walk/Run, 782-2331.		Albuquerque Turkey 5***&10K, 2mi. Walk, Gil's, 268-6300.
	Rancho Viejo 5&10K, 5K Walk, 1K Kids, Santa Fe, Nina Neilson, 983-6921.	25	USATF Fall Cross-Country Chmps., Boston, MA.
	Turtle Mara., ½ Mara., 5K, Roswell,	29-Dec 3	USATF NATIONAL CONVENTION,

Santa Fe Striders Run-Around 2000 Results

5K

Place	Name	Age	Time
1	Chris Lopez	17	17:48
2	David Sandoval	43	17:56
3	Juan Vargas	29	17:58
4	John Valdez	18	18:33
5	Michael Trujillo	14	18:48
6	Kedsteer Cardenas	24	18:49
7	Brandon Maas	20	19:12
8	Becki Wells	25	19:20
9	Milton Toya	16	19:22
10	Henry Valdez	14	19:34
11	Marciel Heseh	41	19:43
12	Dan Anaya	44	19:46
13	Paul Gooris	46	19:50
14	Paul Tachau	42	19:52
15	John Trujillo	45	20:33
16	Ted Freedman	51	20:35
17	Emmett Hunt	51	21:00
18	Jim Krueger	31	21:11
19	Richard Martinez	33	21:15.1
20	Almea Malanock	19	21:15.9
21	Katherine Van Essen	41	21:23
22	Steve Her Many Horses	33	21:29
23	Carlos Olivas	25	22:10
24	Wallace Brunson	51	22:11
25	George Croshaw	54	22:15
26	Darrick Franklin	28	22:27
27	Aric Wheeler	28	22:28
28	Cinnamon Blair	30	22:29
29	Jerome Tafoya	13	22:30
30	Amy Mason	31	22:50
31	Ray Roybal	36	23:18
32	James Nells	41	23:30
33	Lisa Abramson	21	23:40
34	Paul Bueno	25	23:48
35	Bennett Armijo	48	23:58
36	Lisa Nienstaedt	37	24:06
37	Stephen Lucero	45	24:09
38	Jake Leslie	16	24:15
39	Beth Miller	37	24:17
40	Wendy Hollister	39	24:18
41	David Asetoyer	37	24:22
42	Yvette Cohoe	17	24:29
43	Lehigh Sheppard	45	24:30
44	Lorraine Palmer	37	24:36
45	Gilbert Chavez	40	24:47.4
46	Brooks Saucedo-McQuade	15	24:47.7
47	Mathew Johnston	23	25:02
48	Michael Gorospe	57	25:25
49	Vanessa Quintana	19	25:35
50	Randy Levitt	43	25:29
51	Jake Garcia	44	25:52
52	Jordan Bolich	9	25:58
53	Eugene Wolkoff	68	26:12
54	Elizabeth Griego	48	26:30
55	Dionne Shepard	25	26:39
56	Jamie Kruger	21	26:42
57	Kim Kyo	57	27:08
58	Doug Bolich	37	27:23
59	Brian McPactlena	52	27:29
60	Carl Twibell	49	27:29
61	Tim Causgrove	40	27:35
62	Devin Bolich	9	27:39

63	Danica Tutush	33	27:44
64	Craig Libby	57	28:03
65	Kurt Tiefa	44	28:13
66	Susan Ashley	33	28:21
67	Marla Herman	35	28:26
68	Robin Smith	39	28:30
69	Christa Coggins	38	28:42
70	Gregg Beamis	72	28:47
71	John Storbeck	53	29:03
72	Ernest Correa	46	29:15
73	Liz Chavez	43	29:21
74	Charles McCanna	53	29:31
75	Michele Gonzales	25	29:33
76	Mindy Morales	30	29:40
77	Joel Van Essen	9	29:52
78	Matthew Martinez	22	30:02
79	Melanie Vigil	38	30:16
80	Susan Protiva	37	30:37
81	Karen Earle-Brown	35	30:38
82	Lyn Pine	37	30:41
83	John Matanock	51	31:41
84	Corinne Willison	56	31:46
85	Jerry Dorbin	69	31:56
86	Simone Ward	43	32:08
87	Julie Shepherd	39	32:28
88	Jeanne Milholland	48	32:29
89	Adrienne Reininga	16	32:32
90	Barbara Pacheco	42	32:55
91	Sally McLean	59	33:05
92	Rod Sanford	35	33:14
93	Krystal Ortiz	16	33:27
94	Joe Shain	54	33:29
95	Evangeline Ortiz	29	33:32
96	Zachary Trevathan	10	33:49
97	Stanley	48	34:20
98	Dominic Spinale	12	34:42
99	Rory Curtin	7	34:45.0
100	Heather Charter	30	34:45.4
101	Margaret Tapia	43	35:00
102	Laura Hlinak	46	35:04
103	Saul Cohen	72	35:07
104	Steve Wright	48	36:29
105	Melissa Kircheloe	22	37:17
106	Fedelina Morales	54	38:28
107	Mike Ward	60	43:33
108	Timothy Ebinger	6	45:45
109	Michael Ebinger	42	45:46
110	Britt Raunan	37	45:49
111	Luke Griscom	11	47:04.9
112	Tommy McPartlan	11	47:05
113	Lilian Nimlo	6	48:07.5
114	Robert Nimlo	37	48:07.9

10K

Place	Name	Age	Time
1	Brian Chee	28	35:20
2	Eric Peters	31	36:45
3	Terry Bia	25	37:26
4	Oliver Trujillo	47	37:59
5	Joseph Grindstaff	22	38:11
6	Elliott Wright	18	38:59
7	D.J. Baars	31	39:26
8	Charlie Drysdale	42	39:30
9	Tim Swietlik	41	39:52
10	Martin Pieck	33	39:57
11	Gary Segura	43	40:21

continued on next page

continued from previous page

12	Thomas Miller	22	40:43
13	Erica Larson	28	41:21
14	Reed Bienveny	16	41:24
15	Chris Chavez	41	41:50
16	Alex Montano	42	42:45
17	Page Press	42	42:56
18	Roxy Hunt	35	43:27
19	Darren Trexler	39	43:33
20	David Ellis	39	43:47
21	Stephan Kopp	33	43:56
22	Gary Wall	53	44:04
23	Vinney Kelly	47	44:55
24	Lisa Smole	31	45:25
25	Jack Phillips	35	45:28
26	Ernest Garcia	41	45:35
27	Richard Teitz	57	46:01
28	Elisabeth Gilbert	31	46:37.5
29	Jay Gondek	41	46:37.8
30	Caroline Colonna	36	46:46
31	Jon Chakeres	17	47:04.5
32	Cody Sheppard	51	47:13
33	Michael Langone	40	47:15
34	Robert Werner	60	47:21
35	Patty Danforth	40	47:22
36	Robert Findling	48	47:24
37	Philip Romero	47	47:36
38	Trish Shain	43	47:41
39	Alan Hoff	45	47:56
40	Lisa Old	26	48:22
41	David Byrnes	34	48:25
42	Steven Mayer	47	48:37
43	Paul Graham	49	48:38
44	Holland Shephard	46	48:58
45	Robert Lucker	34	49:20
46	Bernadette Gould	40	49:22
47	Russ Mitchell	34	49:23
48	Sean Gallagher	34	49:28
49	Amanda Swensen	24	49:32
50	Julie Donovan	36	49:40
51	Julia Harvold	30	49:48
52	Jennifer Steketee	28	49:49
53	Bill Braneard	43	49:51
54	Jeff Della Penna	44	50:00
55	Steven Michel	43	50:02
56	Tom Day	61	50:10
57	Richard Crawford	52	50:11
58	Paul Martinez	43	50:29
59	Adam Mackie	46	50:45
60	Daryl Smith	40	51:02
61	Vivian Reinikainen	57	51:34
62	J.J. Romero	40	51:49
63	Steven Des Georges	48	52:16
64	Jon Gagan	37	52:20
65	Kristen Peterson	39	52:28
66	Lavina Barber	40	52:31
67	Clarke	40	52:33
68	Beth Rouche	37	52:39
69	Craig Pfeiffer	57	52:47
70	Lewis Terr	53	53:17
71	Cyndy Iglesias	35	54:15
72	Maria Day	38	54:29.2
73	Lisa Williamson	46	54:29.8
74	Kathy Pino	33	54:34
75	Steve Benaivdez	35	54:52
76	Diane Otero-Bell	33	55:02
77	Ginny Seamster	17	55:38
78	Ernest Rocha	56	55:40
79	Bryan Breen	53	55:48.5

80	Shelly Parent	31	55:48.8
81	Beth Davenport	39	56:07
82	Anita Stewart	36	56:15
83	Joe Nina	38	56:23
84	Jay Pierson	64	56:26
85	Robyn Benson	30	57:09
86	Nancy Fairchild	45	57:29
87	Matthew Wheeler	30	57:39
88	Chalouy Jermance	48	57:50
89	Roy Cope	61	58:00
90	Margaret Alexander	52	58:48
91	Rhonda Black	43	59:14.2
92	Lisa Haley	38	59:14.8
93	John McPhee	50	59:50
94	Nick Mandel	44	1:00:11
95	Dottie Hillyer	41	1:00:03
96	Hennie Fitzpatrick	45	1:00:59
97	Kay Matsumoto	35	1:01:11
98	Nancy Everist	44	1:01:21
99	Sandra Bitsie	38	1:01:32
100	Dick Danforth	57	1:02:08
101	Dawn O'Brien	36	1:03:10
102	Dave Merriman	37	1:03:50
103	Ayla Matanock	17	1:03:57
104	Ted Williams	52	1:04:20
105	Len Goldberg	57	1:04:21
106	Peter Collins	62	1:07:02
107	Monica Edwards	27	1:18:30
108	Mike Sutin	65	1:18:37

Ben ben Yisroel

provided by Mike Sutin

Jacob and the Deep Vein Thrombosis

Deceiver wrestled with his God
(who others call their "inner demon.")
He said: I met Him face to face
and lived, so I am now a he-man
who survived to win another race
for life; He played not fair, the Lord,
and smote my sinew with His Sword.

I must go back to the land of Nod.
He struck me deep within my thigh
and pierced my lower limb's main vein.
Although it hurt, I did not cry;
it left me with the mark of Cain.
I won the run, so swift I soared;
I am one up on life's scoreboard.

Endnotes

1. Genesis 4:13-16
2. Genesis 27:12
3. Genesis 32:25-33: "And the sun rose upon him as he passed over Peniel, and he limped upon his thigh. Therefore the children of Israel eat not the sinew of the thigh-vein, unto this day; because he touched the hollow of Jacob's thigh, even in the sinew of the thigh-vein."

Campaign 2000 -- For a Post Laureate

by Tom Day

The current Campaign has got me down.
It's put me in an all-day frown.
Gore's a phony, Bush too dumb;
It's making all our brains cells numb.
I look around to see if there
Is some way out of the despair.

Maybe in Poems we can find
A means of mending our fractured minds--
So if the Striders ever choose
A poet as our official Muse
I'll get myself a campaign button
And inscribe the name of Michael Sutin

I've had it with these boob-tube liars.
I'm signing up with the versifiers.

My Prayer

by unknown author

Dear Lord,

So far today, I am doing all right. I have not gossiped,
lost my temper, been greedy, grumpy, nasty, selfish, or
self indulgent. I have not whined, bitched, cursed, or
eaten any chocolate. I have not charged on my credit
card.

However, I am going to get out of bed in a few minutes,
and I will need a lot more help after that.

Amen

>>> Race Calander <<<

9/15 2000 Olympic Games in Sydney, Australia.

10/24 8:30am Run-Ride-Picnic
Rabbit Rd & Railroad tracks, Santa Fe
954-4384 (Dale)

10/1 Duke City Marathon

10/7 9am Big Tesuque 2000 (11.6M)
Race start is 11M up Hyde Pk, Santa Fe
PGKMFant@aol.com
473-9211 (W) 466-3837 (H) 471-6675 (Fax)
(Peter Fant or Kathy Mastoras)

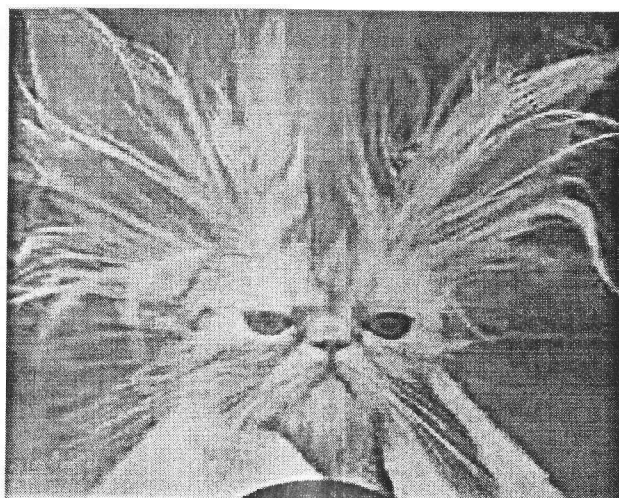
10/21 Banderlier Races

12/8 Tuscon Marathon

Yoke of the Month

How much wood, could a woodchuck chuck, if a wood-
chuck could chuck wood?

J.D.: **Viagra Next Month**



Women do not snore, burp, sweat or pass gas.
Therefore, they must
"BITCH or they will BLOW UP!"

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, 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

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



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