



# Mile Markers



*We Give You the Run-Around*

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October 2000 Volume 22, No. 10.

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

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## Feature Event

The **Bandelier Races** are on! Let's burn up the course, well, figuratively. It's on the **21st at 7am**. See <http://www.cybermesa.com/kertkt/bandy.html> or call Bob Reedy at **672-9519** for more information.

**Coming Soon: Fowl 5K, Yea!**

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## Strider Writes Book on Running

Santa Fe Strider **Heather Liston** is one of the authors of a fine new book called "**The Running Times Guide to Breakthrough Running**," published by Human Kinetics. The editor is **Gordon Bakoulis**, several-time Olympic qualifier in the marathon and a former coach of Heather's from New York City. Each chapter is written by a different distinguished runner, coach, sports journalist, or other expert.

**Borders Santa Fe** carries the book, in case you're interested in having a look. If you have any questions, feel free to contact Heather at 982-9715.

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

On the 10th, the Striders Meeting will be graciously hosted by Strider members **Dale and Kenny Goering** in **Hondo Hills**. Go 3 miles past Rodeo on Old Las Vegas Hwy, left onto Ute Circle across from 9 Mile Rd, 2nd driveway on the left. Their number is **954-4384**.

## For All of You Ultra marathoners, This is the Race for You!

by Barb Dutrow

The **Colorado Relay**, a 170 mile event, starting in Idaho Springs, CO (30 miles east of Denver) and ending in Glenwood Springs, CO. Teams can consist 5 ultra runners which run a **single leg 30-37 miles** or teams of 10 where each runner runs a 10K during a three cycle rotation. Seventy-one teams began the relay, put on by Colorado Outward Bound. Two ultra teams came from each NM and WI and one from CO. The other NM ultra team featured the awesome ultramarathoner and Strider **Susan Gardner**. Team High Five, consisted of Striders **Barb Dutrow, Carl Galbe, Tom Garrison, Kris Kern** and **Slate Stern**, with support crew extraordinaire **Marianne Martinez**.

The race began at **5am, Sept. 15** with Leadville veteran, Strider President and stud, **Kris Kern** taking on the steep hill climbs. After a 12 mile warmup, Kris entered 6 miles of brutal switchbacks leading up to Guanella Pass about daybreak. He held a blistering pace, dropping the other ultra runners, as he **climbed nearly 5000' through the aspen covered mountains**, in peak colors, to top out at 11,800'. A long descent followed. He covered his 37 mile leg in 6:20, setting the team up for a great time.

**Tom Garrison**, another ultramarathoner and Leadville veteran, took on the high elevation, trail section. He began by ascending to Kenosah Pass at an elevation of 10,000' before beginning the very difficult Colorado Trail section. Climbing through trees and switchbacks, without support, and at **elevations above 10,000'** he run up and over Georgia Pass (ca. 12,000') and then down into the Swan River Valley. After 32 miles and 6:43 of running in low oxygen air, he handed off to Carl Gable in Breckenridge.

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**Carl** followed the **Blue River Bikeway**, and after coming dangerously close to **Copper Mountain** was persuaded by hard driving Kris NOT to stop and ski. A hilly warmup began his ascent over the final pass in the race, Vail Pass at 10,600'. A steep, and fast, descent followed as he made his way to the city of Vail, elevation 8400'. It is now nearing midnight, temperatures are dropping and it is cold!

**Slate Stern**, wanting to practice his all night running skills, took the relay **through the night under a nearly full moon**. Running along a bikeway, negotiating traffic circles in Vail, he began the gradual decline as he ran along the . After 5:29 of running 30 miles in total darkness but under awesome moonlight, he handed off to Barb Dutrow in Eagle.

Fortunately these fast times set the team sufficiently far ahead that **Barb** didn't need to worry about a sprint to the finish (initially talked about in the pre-race psyching out event), though she tried. Barb's relay leg continued the gradual descent. Just after daybreak, the course veered onto yet another Colorado (cement) bike path winding through the **spectacular scenery of Glenwood Canyon**, floored by the Colorado River. Her pavement pounding ended 33 miles and 4:50 later. She ran into Glenwood Springs and was joined by the team as they **ran across the finish line together** at 9:28am on the 16th, for a total running time of 28 hours and 28 minutes. Team High Five won the Ultra division and cut 4 hours 32 minutes off the **course record!** A great time was had by all, and a **happy birthday** was celebrated by Tom G.

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## **Bicycling Across Iowa**

by Elaine Pinkerton  
(aka Elaine Coleman)

**Author of The Santa Fe Trail by Bicycle and Santa Fe on Foot**

**This article first appeared in the Albuquerque Journal, September 14,2000**

**RAGBRAI:** Rhymes with MAGPIE and stands for Register's Annual Great Bicycle Ride Across Iowa.

For those who love bicycling, RAGBRAI is one of those rare experiences that exceeds expectations. From July 23-30, I rode in the 28th annual RAGBRAI, finding it both harder, more fun, and more fascinating than I anticipated. A sort of "**Bay to Breakers**" on wheels, it was a micro-cosmic, mobile society, an amazing display of human creativity and quirkiness, and my best workout since running marathons.

Hillier and more green and lush I imagined Iowa, challenging and yet safe (Iowa State Patrol did a magnificent job of keeping traffic mostly out of cyclists' paths), my week of bicycling across Iowa provided a mind-clearing break from everyday life, a challenge met, and a chance to meet cyclists from all over the country and the world.

I first heard about the Des Moines Register's cycle extravaganza ten years ago while bicycling the Santa Fe Trail from the Santa Fe Plaza to New Franklin, Missouri. Several fellow cyclists on that jaunt absolutely raved about RAGBRAI.

The fact that it could be beastly hot didn't seem important. In the small Eastern town where I grew up, kids rode bikes everywhere. I remember two-wheeling through the long, hot days of endless summers. Thinking back to how much fun that had been, I ignored the inner voice that questioned the sanity of bicycling from Council Bluffs to Burlington, Iowa in July.

I lived in Iowa before age five, and the thought at another look at my home state, appealed to me. It might be a sort of return to my roots. When **my friend Faye**, a veteran of five RAGBRAIs, urged me to bike across Iowa with her, I finally decided, Why not!

Faye, whose house had burned to ashes in the recent Cerro Grande fire, had her own reasons for returning to the bike tour she'd grown to love. Thanks to her affiliation, I joined her in teaming up with the Whiners, one of a multitude of bicycle groups that provided a sag wagon, staked out a camp site at the end of each ride, set up sun showers at the end of the day, and helped the team in dozens of indispensable ways.

**The Whiners** wore yellow jerseys festooned with pink pigs. The Whiner support truck carried an apparently endless supply of Mardi Gras beads, which Whiners wore around their necks each morning and distributed all day. By the end of RAGBRAI, thousands of cyclists and Iowans were wearing Whiner beads. Mostly from Michigan, the Whiners made me, new kid on the bike block, part of their family. They were great cyclists and wonderful company.

The **stream of bicycling humanity** was a constant source of interest. Entire families, father-daughter teams, mother-son teams, husband-wife teams, engaged couples, one bridal party (complete with a veil on the bride's bike helmet) streamed by during the bike day. Albuquerque native Diana Casey and her husband Chris were using RAGBRAI as the last leg to complete a cross-country bicycle trip they began on April 30.

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Throughout the ride across Iowa, Ragbrians were met with **smiles, food, and festivities**. Little farming communities -- with names like Underwood, Shelby, Harlan, Elk Horn, Anita, Greenfield, Ankeny, Redfield, Granger, Bondurant, Pella, Bussey, Blakesburg, Ottumwa, Packwood, Dublin, Washington, Olds, and Kingston -- had parties and buffets. We were all their guests at dances, concerts, craft fairs, talent shows, and performances.

People were out to greet us between the towns as well. Every farmer's grassy front yard became a potential resting couch. Homespun refreshment stands proffered Gatorade, lattes or cappuccino, watermelon, roasted sweet corn, potatoes, huge peaches, brownies, cinnamon rolls, and rhubarb pie. Fresh squeezed, icy lemonade awaited us at the top of the gnarliest hills, Tender Tom's Turkey concession, offering huge smoked turkey legs, turkey tenderloins in a bun, and turkey bratwurst, found us every day. So did Mr. Pork Chop, with his pink painted school bus and a barker whose bellowed "**PORRRRRRK CHOPS**" could be heard for country blocks. And then there was Pastafari, whose signs started up ten miles in advance and whose portable kitchen sold delicious rigatoni with a fresh tomato sauce full of succulent sliced veggies -- all served to rhythmic strains of Jimmy Cliff or Bob Marley.

Whenever the hills began taking their toll on my knees, I would make a study of helmet decor and team names. The diversity of toppings never failed to take my mind off aches and pains. For example, the "**TP Heads**" wore toilet paper rolls in little dispensers atop their helmets. Team Cocktail (mostly CPAs) wore plastic martini glasses. Team I Wanna all wore bright pink jerseys emblazoned with their desires ("*I wanna my own bike*," on the back of a little boy riding on a tandem behind his dad; "*I wanna real vacation*"; "*I wanna push*" were just a few).

**Team Spam** wore different varieties of Spam cans atop their helmets. There were also: Team Cockroach, Team Drag-On, Team Wimpy, Team Schmooze, Team Fung Shui, Cycle Mutts, Team Gnarly, Stray Dogs, Team Tall Dogs, Delaware Blue Hens ("*Poultry in Motion*"), Team Stegasoreass, Team Killer Bees, Team Bubbles, Team Skin, Pottawattamie Peddlers, and Team Katydid. Not surprisingly, Team Sigorney Weavers hailed from Sigorney, Iowa.

Members of **Team Tutu** all wore colorful net tutus -- the women over their bike shorts; the men framing their bike helmets. Every team member had a Tutu name: I met Tutu Wheezy (a petite woman with asthma), Tutu Tall, and Tutu Young.

The most beautiful helmet was festooned with black and white feathers, worn by a young woman in her twenties. She was sole representative of the Quad City Quackers, she explained (Davenport and Bettendorf, Iowa; Moline and Rock Island, Illinois). Another team of one was the fellow riding along in his spaceship topped helmet, Enterprise Echo. Team Jack comprised Jack himself and Jack's friend.

One of the friendliest, spiffiest groups was Team Aim High, a group of **125 Air Force bicyclists**, all wearing red, white and blue jerseys. I had a pleasant on-wheel chats with General Mike Wooley of Scott Air Force Base and Dr. Sheila Widnell, MIT professor and Secretary of the Air Force.

Each year, one day of RAGBRAI always has a 20 or so mile "enhancement" for those wishing to do a hundred-miler. RAGBRAI 2000 ended up with over a Century ride: it totaled 109 miles. Team Aim High had 80 in the Century.

I didn't participate in the Century ride, and one day I had to ride in the sag wagon because of a sore throat. But I did accomplish what I'd set out to do. Not only did I get to view the hills and fields of southern Iowa, I **recaptured that carefree feeling** of so many summers ago. Next year's RAGBRAI route just might be closer to my old town of Cedar Falls, and I just might have to once again bicycle across Iowa.

#### RAGBRAI FACTS:

In 27 years, RAGBRAI has passed through 709 Iowa towns, spent the night in 117 different overnight towns, and, with the completion of the 25th ride in 1997, has been in all of Iowa's 99 counties.

14 bicycle shops now participate in RAGBRAI, up from two in the early years.

Though the ride is now limited to 8,500 riders, as many as 20,000 have participated in past years.

For more information about RAGBRAI, write to RAGBRAI  
P.O. Box 622  
Des Moines, Iowa 50303-0622  
or call 1-800-I RIDE IA (474-3342)  
or visit <http://www.ragbrai.org>  
E-mail: [jimg@ragbrai.org](mailto:jimg@ragbrai.org)

## >>> Race Calander <<<

10/14 Bean Fiesta Run, Estancia  
384-5034 Colleen

10/15 La Loma 5K, 10K, 1M, 5K Walk  
Rio Rancho  
891-9640

10/15 XC ABQ Athletics Track Club  
(All-Comers)  
275-8991 Carl

10/21 Banderlier Marathon, 50M, &  
Relays  
White Rock  
672-9519 Bob

10/21 Ryan's 5K Run & 2M Walk  
842-8960 Sandy

10/22 Corrales Festival 5K, 10K, & 5K  
Wlak  
268-6300 Gil's

10/22 ABQ Roadrunners Dirty Dozen 12K  
292-5931 Will

10/22 XC El Malpais Track Club (All-  
Comers)  
775-3389 Lou

10/28 Victoria's Secret There's No  
Excuse for Abuse 5K  
247-4219 Elizabeth

10/29 AHA Doggie Dash 5K Run/Walk  
294-7545 Victor

10/29 3rd Annual Run for the Liberty  
5K Run/Walk  
Rio Rancho  
896-8818

10/29 XC Nor-West Cheetahs (All-Com-  
ers)  
867-6885 Ron

11/4 XC State High School Champion-  
ships

11/5 XC ABQ Track Club  
828-0182 Polly

11/12 XC NM USATF Championships  
865-8612 Kathy

## " World Run Day " Attracts Global Interest

News Release  
New York, N.Y. September 7.

World Run Day - the **Novemer 5th** Global Fitness and  
Charity Challenge -- is the largest multi-continent "running  
with fundraising" event ever!

Registration is open now at [www.active.com](http://www.active.com). Each runner  
selects an event running distance - any distance. Each runner  
promises a pledge to "*any charity on the face of the earth*" --  
for any amount. Whether running in an existing event, with  
family and friends, or alone on a treadmill watching TV,  
runners can be part of this event and help their favorite  
charity at the same time.

Registration (US\$10.99) includes a commemorative World  
Run Day t-shirt, Internet posting of results at  
[www.runday.com](http://www.runday.com), and the opportunity to share The Power  
of Running with a global family of charity-minded runners.

One-hundred percent of all pledges and contributions go  
directly to the runner's selected charity. The event t-shirt is  
provided at cost (plus shipping/handling) to each and every  
runner.

Known in running circles as "*The Big E-Run*," and "*An  
International Day of Charity*," World Run Day hopes to  
capture the magic of Earth Day, We Are The World, and  
perhaps (given some time) even the millennium celebration.

*"It's all prepared for a special group of fitness enthusiasts -  
charity runners worldwide,"* notes event coordinator **Bill  
McDermott**.

The World Run Day website, [www.runday.com](http://www.runday.com) continues to  
build anticipation for this colossal event. Multiple language  
translations, hundreds of charity links, generous in-kind  
sponsors, and constant efforts to locate and involve every  
Novemer 5th running event in the world are all part of the  
event's extraordinary planning process.

For more information visit [www.runday.com](http://www.runday.com) or contact Bill  
McDermott at [info@runday.com](mailto:info@runday.com). Charities and media  
organizations are invited to call 1 (917) 626-9623 seven days  
a week.

Bill McDermott - World Run Day Event Coordinator  
New York, New York \* [www.runday.com](http://www.runday.com) \* 1 917 626-9623  
Sponsored by: [ipranet.com](http://ipranet.com) [runtheplanet.com](http://runtheplanet.com), [run-down.com](http://run-down.com),  
[runnersweb.com](http://runnersweb.com), [gusports.com](http://gusports.com) \* [pimsinc.com](http://pimsinc.com), [sysoft.com](http://sysoft.com),  
[idealist.org](http://idealist.org), [gilbert-american.com](http://gilbert-american.com) \* and runners worldwide \*

Register for The Global Fitness and Charity Challenge at  
[www.active.com](http://www.active.com)



## WIT AND WISDOM

There is this rather old-fashioned lady, always quite delicate and elegant especially in language. She and her husband were planning a week's vacation in Florida, so she wrote to a particular campground and asked for reservations.

She wanted to make sure the campground was fully equipped but didn't quite know how to ask about the toilet facilities. She just couldn't bring herself to write the word "toilet" in her letter. After much deliberation, she finally came up with the old-fashioned term "bathroom commode." But when she wrote it down, she still thought she was being too forward. So she started all over again, rewrote the entire letter and referred to the bathroom commode as the "B.C." "Does the campground have its own B.C.?" is what she actually wrote.

Well, the campground owner wasn't old-fashioned at all and when he got the letter he just couldn't figure out what the old woman was talking about. That "B.C." business really stumped him. After worrying about it for a while, he showed the letter to several campers, but they couldn't imagine what the lady meant either. So the camp owner, finally coming to the conclusion that the lady must be asking about the local Baptist Church, sat down and wrote the following reply.

Dear Madam,

I regret very much the delay in answering your letter, but I now take the pleasure of informing you that a B.C. is located 9 miles north of the campground, and is capable of seating 250 people at the same time. It is located at a beautiful pine grove and is open only on Sundays and Wednesdays. I admit it is quite a distance away if you are in the habit of going regularly, but no doubt you will be pleased to know that a great number of people take their lunch along and make a day of it.

They usually arrive early and stay late. My daughter met her husband in the B.C. The last time my wife and I went was six years ago and it was so crowded, we had to stand up the whole time we were there.

Sometimes it is so crowded; there are 5 to a seat. It may interest you to know that right now there is a supper planned to raise money to buy more seats. They're going to hold it in the basement of the B.C. I would like to say that it pains me very much not to be able to go more regularly, but it is surely not due to the lack of desire on my part. As we grow older, it seems to be more of an effort, particularly in the cold weather.

If you do decide to come down to our campground, perhaps I could go with you the first time you go, sit you down and introduce you to all the other folks. We will be sure to have a seat up front where you can be seen by everyone. Remember, we are a friendly community.

Sincerely yours,  
(The campground owner)

Diane K-H  
3/14/00

## Viagra Falls

by Jerry Dorbin

A dirty old man with a yen that surpasses  
Proposed, "Come with me, let's entreat all the leases."  
His more discreet buddies remonstrated, however,  
"You're big on the ardor but short with the clever,  
and bawdy temerity's not such a fit trait  
In them as depends on sildenafil citrate."

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## Campaign Redux

by Jerry Dorbin

Credit Mike Sutin for having the sight  
To view life in a poetical light,  
And Tom Day, likewise, you'll agree,  
For noting same appreciatively,  
For nothing, this year, has numbed the brain  
Like the remorselessly boring political campaign.  
It could move us to write-in Alfred E. Newman  
Or make Ralph Nader start to seem human.  
But even Nader is whelming us under:  
Enough, already, about corporate plunder.

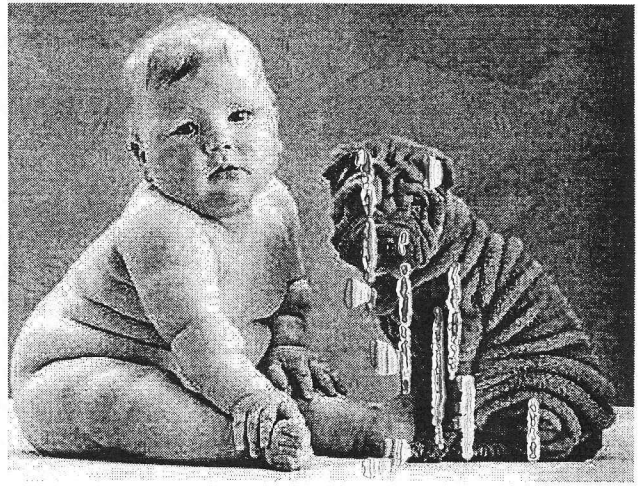
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## Old Ranch Run

by Mike Sutin

Kenyan kangaroos,  
Tanganyika tigers of the trail,  
Tiny women in training,  
lithe lilliputians,  
fast slender people,  
slow people running to be slender.  
Black beetles on the bike path  
become pulp beneath bounding New Balances.  
Far behind, an indigenous grandmother  
plods and puffs toward the paradise terminus,  
but pretty far ahead of me.  
Rancho Viejo; hombre viejo.

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## Another Californian on the Way

Date: Wed, 13 Sep 2000 10:18:43 -0700

Date: Thu 28 Sep 2000 (combined)

From: Cathy Rusiniak <catherine.rusiniak@oracle.com>

I am going to be relocating to the Santa Fe area in approximately six months (around March of next year), just in time for the new track season. I currently train with a marathon running group and would like to know if your group also does marathon training. I'm really looking for a group to do long weekend runs with and also some midweek runs and track workouts. For the past few years I have done 3-4 marathons per year, so I'll always be looking for people to run with! I look forward to hooking up with the Striders when I arrive in NM.

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## I've Learned

by unknown author

I've learned- that you should always leave loved ones with loving words. It may be the last time you see them.

I've learned- that you can keep going long after you think you can't.

I've learned- that heroes are people who do what has to be done when it needs to be done, regardless of the consequences.

I've learned- that no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.

I've learned- that just because two people argue it doesn't mean they don't love each other. And just because they don't argue doesn't mean they do.

I've learned- that we don't have to change friends if we understand that friends change.

I've learned- that two people can look at the exact same thing and see something totally different.

I've learned- that even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

I've learned- that credentials on the wall do not make you a decent human being.

I've learned- that the people you care about most in life are taken from you too soon.

## Yoke of the Month - Hey, That Ain't No Yoke!

A newly discovered chapter in the Book of Genesis has provided the answer to the age-old question, "Where do pets come from?" Adam said, "Lord, when I was in the garden, you walked with me every day. Now I do not see you anymore. I am lonesome here and it is difficult for me to remember how much you love me." And God said, "No problem! I will create a companion for you that will be with you forever and who will be a reflection of my love for you, so that you will love me even when you cannot see me. Regardless of how selfish or childish or unloveable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourself."

And God created a new animal to be a companion for Adam.

And it was a good animal.

God was pleased.

And the new animal was pleased to be with Adam and he wagged his tail.

And Adam said, "Lord, I have already named all the animals in the Kingdom and I cannot think of a name for this new animal." And God said, "No problem. Because I have created this animal to be a reflection of my love for you, his name will be a reflection of my own name, and you will call him 'DOG'."

And Dog lived with Adam and was a companion to him and loved him.

And Adam was comforted.

And God was pleased.

And Dog was content and wagged his tail.

After a while, it came to pass that Adam's guardian angel came to the Lord and said, "Lord, Adam has become filled with pride. He struts and preens like a peacock and he believes he is worthy of adoration. Dog has indeed taught him that he is loved, but perhaps too well." And God said, "No problem! I will create for him companion who will be with him forever and who will see him as he is. The companion will remind him of his limitations, so he will know that he is not always worthy of adoration."

And God created CAT to be a companion to Adam. And Cat would not obey Adam. And when Adam gazed into Cat's eyes, he was reminded that he was not the supreme being.

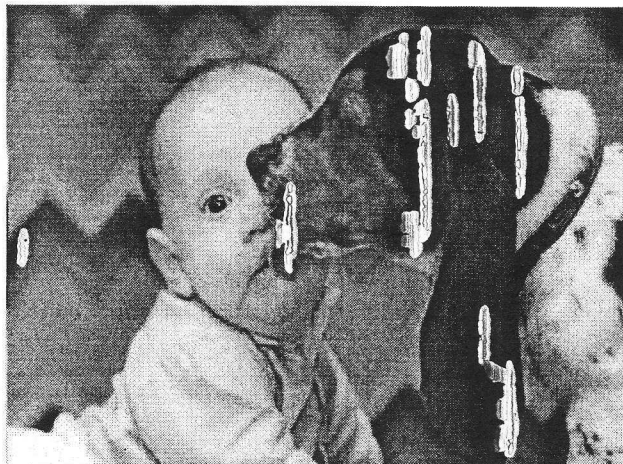
And Adam learned humility.

And God was pleased.

And Adam was greatly improved.

And Dog was happy.

And the cat didn't give a crap one way or the other.



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## 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 and a new site <http://www.geocities.com/sfmultisport>. For Road biking, see

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## 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.

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## Express Yourself!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to the Mile Markers editorial offices, c/o Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email [mick@daylight.com](mailto:mick@daylight.com).

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## 2000 Striders Officers

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

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

Eric Peters, Treasurer, 466-2460  
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Mick Kappler, newsletter editor, 438-4463  
[mick@daylight.com](mailto: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.

Note: \$1.25 of membership fees is for a subscription to the RRCA's quarterly magazine, Footnotes, for one year.

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



*\$20.00 fee*  
*30151 Tomas St Santa Fe NM 87505*  
*970 307 0758*  
*add. \$10*  
*check paid*

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

*282 5124 photo*

*Blue Water*

*949-8587234*

Running into the next Millenium

October 2000

Mile Markers

4760875205