



Mile Markers



We Give You the Run-Around

February 2001 Volume 23, No. 1.

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

Feature Event

The **Mt Taylor Winter Quadrathlon** is run-bike-ski-showshoe-ski-bike-run event at elevation on February 17th. Once again, several Striders are up for the challenge!

Membership Renewal Time

Don't miss another exciting issue of Mile Marker, the world reknown and self-acclaimed premiere literature from those who give you the Run-Around!. Your membership is status as of this printing is indicated on the address label (00=paid thru 2000, 01=2001, :-)=complimentary). New this year is the Santa Fe Strider Race jersey, included in the membership for \$25. The jersey is New Mexico yellow with runners climbing a mountain. Women and men sizes S, M, L and XL are available. If you don't want the jersey, the membership is still only \$15 - what a deal! A membership application is on the last page. Many Striders have already renewed - that's great!

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

On the 13th, the Striders Meeting will be graciously hosted by **Kenny & Dale Goering** at **34 Ute Circle**. Their home is 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**.

Wild Oats to Sponsor All Strider Events

From: Getfitgethealthy@aol.com
Date: Fri, 26 Jan 2001 11:07:55 EST
Subject: Wild Oats Event Sponsorship, 2001
To: RunAdventr@aol.com

Hello.

Jeff Della Penna here. It seems that Wild Oats is putting together a list of events that they will be sponsoring for the 2001 season. I would like to see that your events are on that list.

The great thing is that in one simple effort, all of the Strider and Strider supported events for the entire year would have the food and coffee taken care of by Wild Oats. Basically, the package that I brought up to the Corrida de los Locos. Wild Oats would come in as an official sponsor of Strider Events 2001, with a product contribution of between \$250 - \$500 worth of food, depending on the amount needed.

In return, the Wild Oats name or logo, would be included on all Strider and Strider supported race registration forms, along with the other sponsors at the \$250-\$500 price point, and the logo or name would be included on the event T-shirts.

Corrida de los Locos T-Shirts for Sale

From: DKgoering@cs.com
Date: Sun, 21 Jan 2001 23:12:32 EST
Subject: Corrida de los Locos

Thanks for the help on the race. We have a lot of shirts left over and would be happy to sell them at our cost. This is about \$8 or 8:50 per shirt. What a bargain?

How To Give A Cat A Pill

1. Pick cat up and cradle it in the crook of your left arm as if holding a baby. Position right forefinger and thumb on either side of cat's mouth and gently apply pressure to cheeks while holding pill in right hand. As cat opens mouth, pop pill into mouth. Allow cat to close mouth and swallow.
2. Retrieve pill from floor and cat from behind sofa. Cradle cat in left arm and repeat process.
3. Retrieve cat from bedroom, throw soggy pill away.
4. Take new pill from foil wrap, cradle cat in left arm holding rear paws tightly with left hand. Force jaws open and push pill to back of mouth with right forefinger. Hold mouth shut for a count of ten.
5. Retrieve pill from goldfish bowl and cat from top of wardrobe. Call spouse from yard.
6. Kneel on floor with cat wedged firmly between knees, hold front and rear paws. Ignore low growls emitted by cat. Get spouse to hold head firmly with one hand while forcing wooden ruler into mouth. Drop pill down ruler and rub cat's throat vigorously.
7. Retrieve cat from curtain rail, get another pill from foil wrap. Make note to buy new ruler and repair curtains. Carefully sweep shattered figurines and vases from hearth and set to one side for gluing later.
8. Wrap cat in large towel and get spouse to lie on cat with head just visible from below armpit. Put pill in end of drinking straw, force mouth open with pencil and blow down drinking straw.
9. Check label to make sure pill not harmful to humans, drink one beer to take taste away. Apply Band-Aid to spouse's forearm and remove blood from carpet with cold water and soap.
10. Retrieve cat from neighbor's shed. Get another pill. Open another beer. Place cat in cupboard and close door onto neck to leave head showing. Force mouth open with dessert spoon. Flick pill down throat with rubber band.
11. Fetch screwdriver from garage and put cupboard door back on hinges. Drink beer. Fetch bottle of Scotch. Pour shot, drink. Apply cold compress to cheek and check records for date of last tetanus shot. Apply whiskey compress to cheek to disinfect. Toss back another shot. Throw tee-shirt away and fetch new one from bedroom.
12. Call fire department to retrieve the friggin' cat from tree across the road. Apologize to neighbor who crashed into fence while swerving to avoid cat. Take last pill from foil-wrap.
13. Tie the dang thing's front paws to rear paws with twine and bind tightly to leg of dining room table, find heavy duty pruning gloves from shed. Push pill into mouth followed by large piece of steak. Be rough about it. Hold head vertically and pour two pints of water down throat to wash pill down.



14. Consume remainder of Scotch. Get spouse to drive you to emergency room, sit quietly while doctor stitches fingers and forearm and removes pill remnants from right eye. Call furniture shop on way home to order new table.
15. Arrange for Humane Society to collect mutant cat from hell and call local pet shop to see if they have any hamsters.

How To Give A Dog A Pill

1. Wrap it in bacon.

>>> Race Calander <<<

2/17 Mt Taylor Winter Quadrathlon
Grants, NM
287-4802

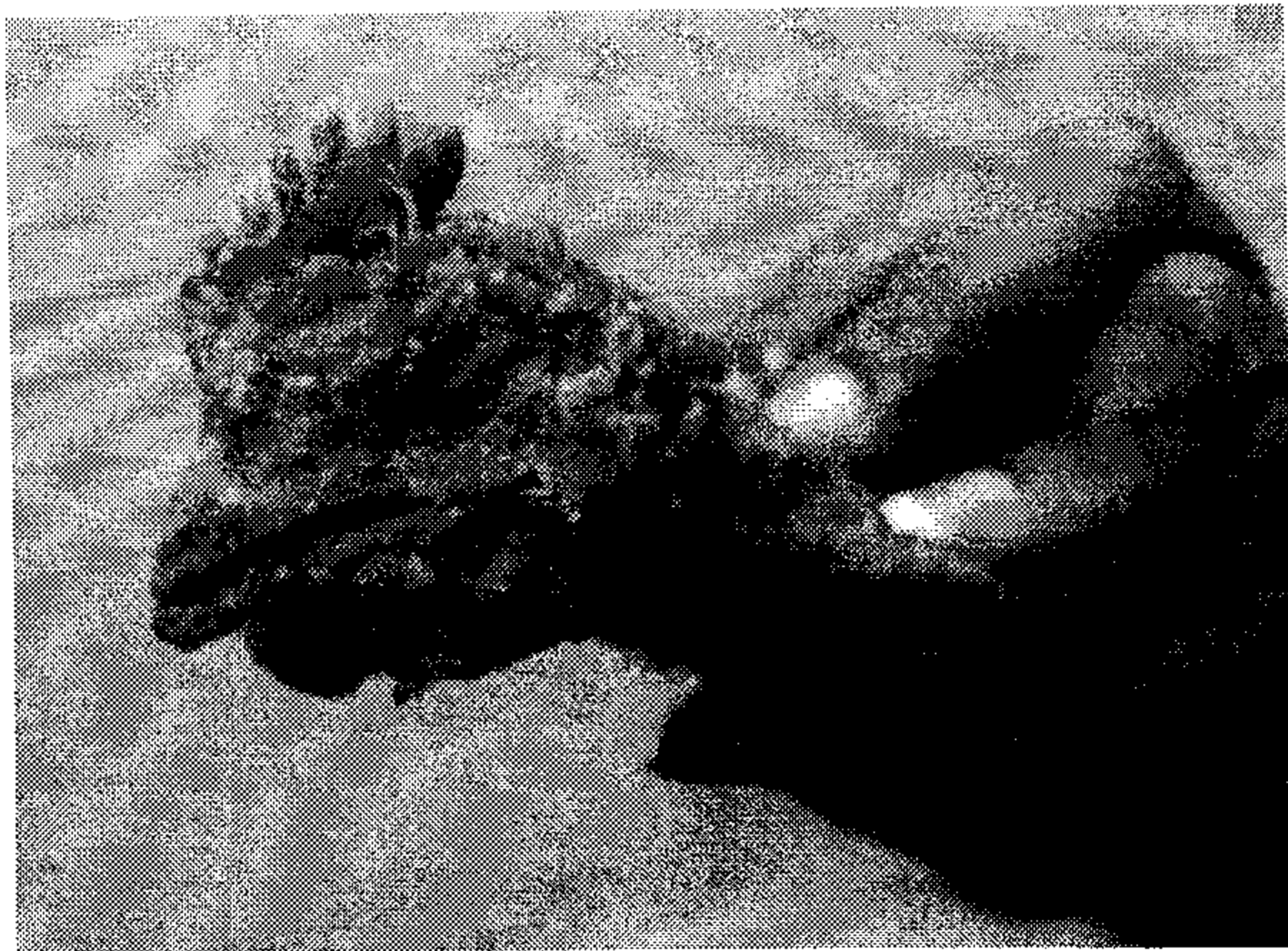
6/9 Santa Fe Runaround, 5K & 10K
Santa Fe, NM (at the Plaza)
<http://www.daylight.com/~jj/striders/>

5/12 Bandelier Races, Marathon & 50M relays
White Rock, NM
672-9519 (Bob)
HAAC: FMI - <http://www.cybermesa.com/~kernkt/HAAC.htm>

6/30 Los Alamos Mini Marathons, 5K & 10K
Los Alamos, NM
661-6293 (Kris)
HAAC: FMI - <http://www.cybermesa.com/~kernkt/HAAC.htm>

8/4 Canmore Challenge 12K, 6K & 1K
Canadian Rockies
Kelvin.Broad@nau.edu (Kelvin)
<http://www.mountainrunning.com>

11/17 Fowl Day 5K
Salvation Army Donation Drive
Fort Marcy Park
438-4463 mick@daylight.com (Mick)
<http://www.daylight.com/~jj/striders>



I Nearly Froze My Bells Off

by Mike Sutin

When I espied young Peters
a-traipsing in his under-shorts
four-scoring down the jogging track,
leaving gore-texed older cold cohorts
on the ice-slicked asphalt black,
I thought of Gary Johnson lying on his back.

Was I discouraged? Did I lose heart?
No way, but I was still three miles from the start.
In this place of palaces, I felt apart:
To run a race, one needs a paved road chart.
At least, the steel gates are state-of-the-art.
I missed getting dropped by a golfing cart.

I Wish for You...

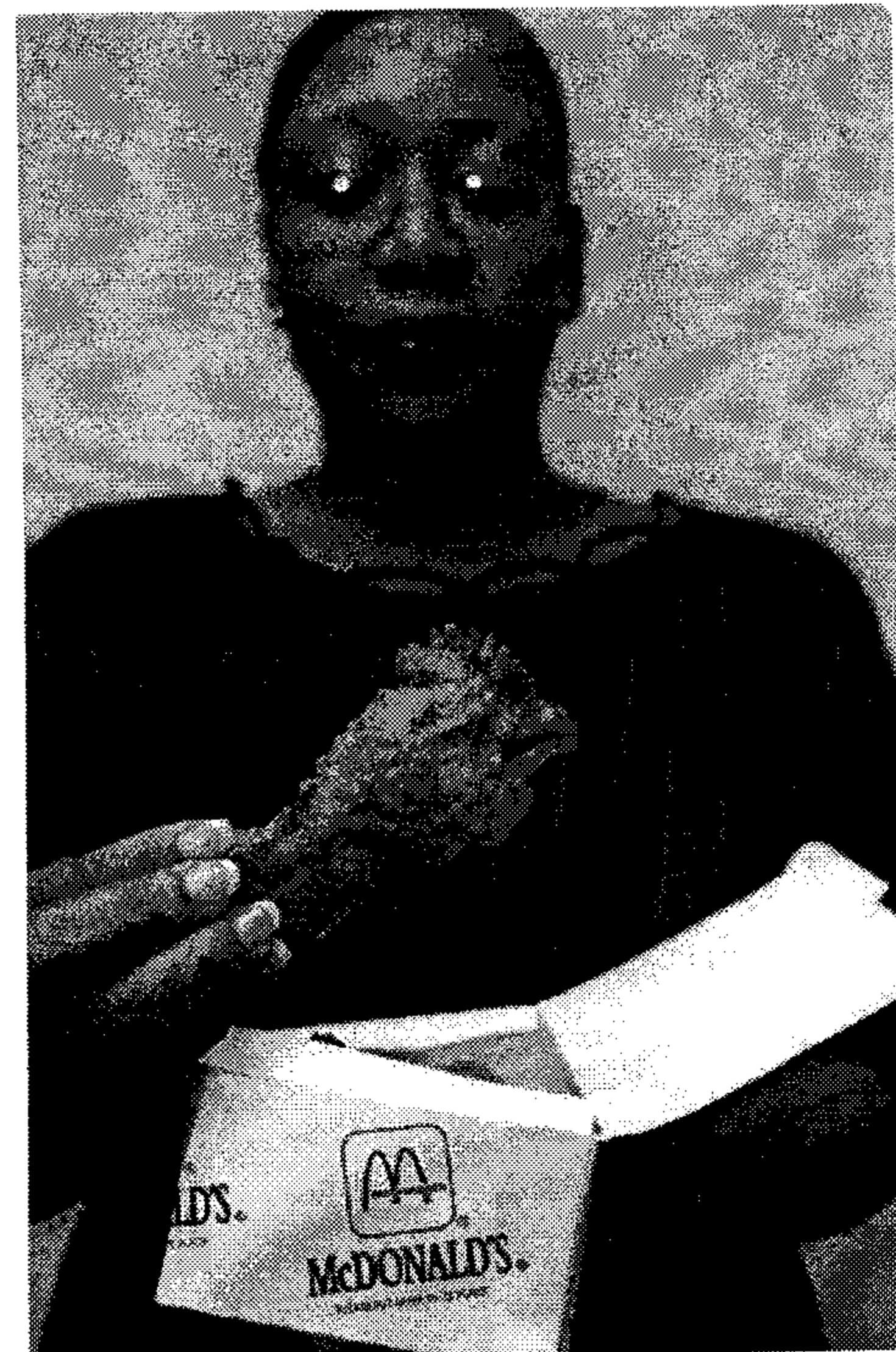
Comfort on difficult days,
Smiles when sadness intrudes,
Rainbows to follow the clouds,
Laughter to kiss your lips,
Sunsets to warm your heart,
Gentle hugs when spirits sag,
Friendships to brighten your being,
Beauty for your eyes to see,
Confidence for when you doubt,
Faith so that you can believe,
Courage to know yourself,
Patience to accept the truth,
And love to complete your life.

God Bless You!

I asked the Lord to bless you
As I prayed for you today
To guide you and protect you
As you go along your way....

His love is always with you
His promises are true,
No matter what the tribulation
You know He will see us through

So when the road you're traveling on
Seems difficult at best
Give your problems to the Lord
And God will do the rest.



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 **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.

2001 Striders Officers

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

Kris Kern, Vice President, 661-6293
kernkt@gat.com

Diana Hardy & Jim Westmoreland, Treasurers, 438-8602
hardy_diana@seo.state.nm.us

Mick Kappler, newsletter editor, 438-4463
mick@daylight.com

Santa Fe Striders Club Membership Application and Waiver



Name: _____

- Renewal
 New member
 Jersey

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

Enclose \$15.00 for annual membership fees. Add \$10 for the Santa Fe Striders new race jersey (Women and men sizes S, M, L and XL). 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

