



Mile Markers



We Give You the Run-Around

May 2001 Volume 23, No. 5.

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

Feature Event

We'll Give You the Run-Around on June 2

This year's Santa Fe Run-Around, featuring for the first time a 1-kilometer kids' run, will be held on Saturday, June 2. The 5-kilometer and 10-kilometer races, plus a 5-kilometer fun walk, start at 8 a.m. The 1K run, for children 12 and under, starts at 9 a.m.

All events start and finish on the Plaza. Fees are \$12 if entry forms are postmarked by May 26 and \$15 on race day. There is a \$2 discount for Santa Fe Striders and for employees of the City of Santa Fe. The Striders and the city are the prime co-sponsors of the race. The fee for students 18 and under is \$10 by May 26 and \$11 on race day.

The entry fee for the children's run is \$1 by May 26 and \$2 on race day. All finishers in the children's run will receive medallions. Chimayo weavings will be given to the overall men's and women's winners of the 5K and 10K and to the top three finishers in age groups 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over.

Sponsors, in addition to the Striders and City Hall, are Santa Fe Screenprinters, Alpine Sports, San Francisco Street Bar & Grill, McPartlon Roofing, Wild Oats, Joe Horace Santa Fe Dodge and Davis & Associates, contractors.

Race Director Richard Curry noted that last year's races drew 179 people and that he hopes for 200 this year. "We're looking for a beautiful Saturday morning in Santa Fe," he said, with "no wind, no clouds and perfect race

Come One, Come All!

Club Meetings Held on Second Tuesday of Each Month at 7pm

On the 8th, the Striders Meeting will be graciously hosted by **Tove & Jerry Shere** at **3045 Pueblo Puye**. Their number is **473-0388**.

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conditions. The children's race will help the Run-Around be "more of a family event," Richard said.

The 5K and 10K courses are the same as in the past. The shorter race goes up Alameda to Cristo Rey Church and back again. The 10K course goes up Alameda and includes portions of Camino del Monte Sol, Garcia Street, Old Santa Fe Trail, Camino Cruz Blanca, Camino Cabra and Alameda again.

The tentative course for the children's race is from the Plaza to the Alameda and back. An entry form is included in this newsletter. The back of the entry form contains course information. For more information, call Richard Curry at 820-1459 (evenings).

5th Annual Ben Myers Ridge-A-Thon

Taos Ski Valley, Taos NM
March 30, 2001
by Carl Gable

Carl Gable recently competed in the Ridge-A-thon held at Taos Ski Valley, NM. The Ridge-A-thon is a ski race to benefit the Mountain Home Health Care Hospice of Taos NM and is held in memory of Ben Myers, a former Taos resident who died of cancer. Overall, the event raised \$16,000. Strider, Carl Gable, racing under the team banner of Team Santa Fe Adventure Racing, raised \$700.

According to a short piece in the March 29 Santa Fe New Mexican newspaper, "Other than the 24 Hours of Aspen ski marathon, the Taos Ridge-a-Thon is probably the toughest ski event in the American West."

In this event one must hike and ski menu of ten double black diamond chutes on the ridge at Taos (Billy Sol, Ninos, Juarez, Hidalgo, Spitfire, Oster, Stauffenberg, Zdarosky, St. Bernard, Elevator) for 5 hours. This is some of the steepest and most demanding terrain Taos has

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to offer. The hike from the top of the chairlift to the beginning of the chutes is a 5-8 minute lung buster at elevations* above 11,000 feet.

There was also a final bonus. Due to marginal weather, Kachina Peak had been closed most of the day. However, when two oclock rolled around, the ski patrol allowed those in the race to hike the peak. The 1000+ vertical foot hike was slower and harder than I've ever experienced (gee I wonder why?) but the rewards made it worthwhile. We gathered at the top to toast the memory of Ben Myers with champagne and then ripped our way down the untracked North face of Kachina Peak.

Carl's final tally was 18 chutes plus Kachina Peak for a total of 21 points. This years top two teams finished with 24 points. This was the first year that Carl competed in the event.

Carl Gable
gable@lanl.gov

20th Pecos Stampede 1/2 Marathon

March 24 2001

Carl Gable and Barb Dutrow ran in the 20th Pecos Stampede 1/2 Marathon, in Roswell, NM. Race start was unusual weather for NM, a cool 48 degrees, a light drizzle and a stiff wind. The course began near downtown Roswell and wound its way along a bike path and onto the relief route - where fighting the headwind began. Barb and Carl ran together (except for the parts at mile 9 & 10 where Barb kept saying 'Let's go faster' and Carl whined 'I don't want to'). It was a great training run for Boston (Barb) and a ski-a-thon (Carl). The finish time of 1:38:10 gave Barb 1st place overall woman (Marie Boyd was last years winner in 1:22!). Awards were stunning; Kachina dolls! In addition, they give the Diane Cochran Memorial Award to the overall female winner. Carl was 5th in the 40-45 age group and 10th overall. The race was extremely well organized; with support and a well marked course. Highly recommended.

Cheers,
Carl Gable, gable@lanl.gov
Barb Dutrow, dutrow@geol.lsu.edu

Bloopers

The Scouts are saving aluminum cans, bottles, and other items to be recycled. Proceeds will be used to cripple children.

Ladies Bible Study will be held Thursday morning at 10. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.

'Maximum' Heart Rate Theory Is Challenged

By Gina Kolata

originally appearing at <http://www.nytimes.com/2001/04/24/health/>

24TRAI.html?ex=989818086&ei=1&en=c6669e32fff9e731

Donald Kirkendall, an exercise physiologist at the University of North Carolina, will never forget the time he put a heart-rate monitor on a member of the United States rowing team and asked the man to row as hard as he could for six minutes.

The standard formula for calculating how fast a human heart can beat calls for subtracting the person's age from 220. The rower was in his mid- 20's.

Just getting the heart to its actual maximum rate is an immense effort and holding it there for even a minute is so painful that it is all but inconceivable for anyone who is not supremely motivated, Dr. Kirkendall said. But this rower confounded the predictions.

"His pulse rate hit 200 at 90 seconds into the test," Dr. Kirkendall said. "And he held it there for the rest of the test." A local cardiologist was looking on in astonishment and told Dr. Kirkendall, "You know, there's not a textbook in the world that says a person could have done that."

But maybe, some physiologists and cardiologists are saying, the textbooks are wrong. The question of how to find maximum heart rates is not just of academic interest, medical experts say. The formula for calculating the maximum rate has become a standard in cardiology and in fitness programs, and an entire industry has grown up around it, with monitors sold to individuals and built into exercise equipment.

"There is a need, a clinical and societal need, to estimate the maximum heart rate," said Dr. Douglas Seals, an exercise physiologist at the University of Colorado.

Doctors use the formula when they test patients for heart disease, asking them to walk on treadmills while the speed and incline are gradually increased until their heart rates reach 85 percent of the predicted maximums.

The idea is to look for signs, like chest pain or a sudden drop in the heart rate, indicating that the heart is not getting enough blood. But if doctors underestimate how fast the person's heart can beat, they may stop the test too soon, Dr. Seals noted.

Personal trainers and exercise instructors design fitness programs around the maximum heart rate, often telling people to wear heart rate monitors and then to exercise at

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80 to 90 percent of the maximum in brief spurts to build aerobic capacity and at 65 percent to 75 percent to build endurance.

Some heart monitors built into exercise machines even shut the machines down if an exerciser exceeds 90 percent of the predicted maximum. But if the heart rate formula is wrong, these exercise prescriptions are misguided.

"If you're trying to improve their aerobic fitness or to train for certain endurance events, then you want to know with a reasonable accuracy what intensity you're exercising at," Dr. Seals said. "If your estimate is 10 or 20 beats too low, then you're pretty far off."

Exercise physiologists say, however, that being pretty far off is more common than most people expect. "The more information we have, the more we realize that that formula is just a very rough consideration," said Dr. Jack H. Wilmore, an exercise physiologist at Texas A&M.

And while Dr. Seals is now proposing a new formula to use as a general guide, he and others say it is simplistic to rely on a single formula to predict the maximum heart rates of individuals.

The common formula was devised in 1970 by Dr. William Haskell, then a young physician in the federal Public Health Service and his mentor, Dr. Samuel Fox, who led the service's program on heart disease. They were trying to determine how strenuously heart disease patients could exercise.

In preparation for a medical meeting, Dr. Haskell culled data from about 10 published studies in which people of different ages had been tested to find their maximum heart rates. The subjects were never meant to be a representative sample of the population, said Dr. Haskell, who is now a professor of medicine at Stanford. Most were under 55 and some were smokers or had heart disease.

On an airplane traveling to the meeting, Dr. Haskell pulled out his data and showed them to Dr. Fox. "We drew a line through the points and I said, 'Gee, if you extrapolate that out it looks like at age 20, the heart rate maximum is 200 and at age 40 it's 180 and at age 60 it's 160,'" Dr. Haskell said.

At that point, Dr. Fox suggested a formula: maximum heart rate equals 220 minus age. But, exercise physiologists said, these data, like virtually all exercise data, had limitations. They relied on volunteers who most likely were not representative of the general population. "It's whoever came in the door," Dr. Kirkendall said.

In addition, he and others said, gauging maximum heart rates

for people who are not used to exercising is often difficult because many prematurely stop the test. As the treadmill hills get steeper, people who are not used to exercise will notice that their calves are aching. "They will say they can't go any further," Dr. Kirkendall said.

In addition, Dr. Wilmore, the exercise physiologist, said it was clear from the scattered data points that maximum heart rates could vary widely from the formula. "If it says 150, it could be 180 and it could be 120," Dr. Wilmore said.

But the formula quickly entered the medical literature. Even though it was almost always presented as an average maximum rate, the absolute numbers took on an air of received wisdom in part, medical scientists said, because the time was right.

Doctors urging heart patients to exercise wanted a way to gauge exercise intensity. At the same time, exercise gurus, promoting aerobic exercise to the public, were asking how hard people should push themselves to improve their cardiovascular fitness. Suddenly, there was a desire for a simple formula to estimate maximum heart rates.

"You tell people to exercise at a moderate intensity," Dr. Haskell said. "Well, what's a moderate intensity?" Soon, there was a worldwide heart-rate monitor industry, led by Polar Electro Inc, of Oulu, Finland, selling more than 750,000 monitors a year in the United States and citing the "220 minus your age" formula as a guide for training.

The formula became increasingly entrenched, used to make graphs that are posted on the walls of health clubs and in cardiology treadmill rooms, prescribed in information for heart patients and inscribed in textbooks. But some experts never believed it.

Dr. Fritz Hagerman, an exercise physiologist at Ohio University, said he had learned from more than three decades of studying world class rowers that the whole idea of a formula to predict an individual's maximum heart rate was ludicrous. Even sillier, he said, is the common notion that the heart rate is an indication of fitness.

Some people get blood to their muscles by pushing out large amounts every time their hearts contract, he said. Others accomplish the same thing by contracting their hearts at fast rates. As a result, Dr. Hagerman said, he has seen Olympic rowers in their 20's with maximum heart rates of 220. And he has seen others on the same team and with the same ability, but who get blood to their tissues by pumping hard, with maximum rates of just 160.

"The heart rate is probably the least important variable in

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comparing athletes," Dr. Hagerman said. Heart rate is an indicator of heart disease, said Dr. Michael Lauer, a cardiologist and the director of clinical research in cardiology at the Cleveland Clinic Foundation. But, he added, it is not the maximum that matters: it is how quickly the heart rate falls when exercise is stopped.

An average healthy person's heart rate drops about 20 beats in a minute and the rates of athletes "nose dive by 50 beats in a minute," Dr. Lauer said. In three recent studies, Dr. Lauer and his colleagues found that people whose rates fell less than 12 beats within a minute after they stopped exercising vigorously had a fourfold increased risk of dying in the next six years compared with those whose heart rates dropped by 13 or more beats.

Dr. Lauer pays no attention to the standard formula when he gives treadmill tests. More than 40 percent of patients, he said, can get their heart rates to more than 100 percent of their predicted maximum. "That tells you that that wasn't their maximum heart rate," Dr. Lauer said. The danger, he said, is that when doctors use that formula to decide when to end a treadmill test, they can inadvertently mislead themselves and their patients. Some patients may be stopping too soon and others may seem to have a heart problem because they never can get to what is supposed to be their maximum rate.

"Some people are being pushed and others are not," Dr. Lauer said. "In my view, that is unacceptable." Yet, Dr. Seals said, many doctors want some sort of guide for estimating maximum heart rates for treadmill tests. And many people who want to increase their fitness crave a general formula.

So Dr. Seals and his colleagues decided to take another stab at finding an equation. In a study published in the March issue of The Journal of the American College of Cardiology, Dr. Seals and his colleagues devised a new formula: maximum heart rate equals 208 minus 0.7 times age. They used published studies involving 18,712 healthy people and data from 514 healthy people they recruited. Their formula gives much higher average maximum heart rates for older people, with the new and old heart rate curves starting to diverge at age 40.

But raising doubts about the heart rate formula is unlikely to lead people to abandon it, exercise physiologists say. What would they do without it?

"I've kind of laughed about it over the years," Dr. Haskell said. The formula, he said, "was never supposed to be an absolute guide to rule people's training." But, he said, "It's so typical of Americans to take an idea and extend it beyond what it was originally intended for."

>>> Race Calender <<<

dedicated to Saul Cohen

4/28 10a La Bajada Fun Run
988-3428 (June) 473-3159 (Tom)

4/29 8a Dog Jog 5K & 2M
662-1603 (H) 667-7166 (W) (Jennifer)

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

5/20 Innagural Corrida de los Panteras
gonzales_sal@ontherun.com (Sal)

6/2 8a Santa Fe Runaround, 5K & 10K
Santa Fe, NM (at the Plaza)
<http://www.daylight.com/~jj/striders/>

6/2 10a Rail Trail Celebration
Santa Fe Trainyard to Lamy Station
ginsea33@hotmail.com (Ginny)

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>

8/26 Ironman Canada
Penticton, BC
<http://www.ironmanca.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>

Springtime in the Rockies

by Mike Sutin

When I was young I used to cruise
with certain ease,
unmindful on the mountain trail
of rock hard freeze.

I'm limp as a drooping daffodil
when spring snows creep
so slow along cold canyon walls
in drifts knee deep.

You Can Have the Duck

A big-city, Indianapolis lawyer went duck hunting in rural Kentucky. He shot and dropped a bird, but it fell into a farmer's field on the other side of a fence. As the lawyer climbed over the fence, an elderly farmer drove up on his

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tractor and asked him what he was doing.

The litigator responded, "I shot a duck and it fell in this field, and now I'm going into retrieve it."

The old farmer replied. "This is my property, and you are not coming over here."

The indignant lawyer said, "I am one of the best trial attorneys in Indiana and, if you don't let me get that duck, I'll sue you and take everything you own."

The old farmer smiled and said, "Apparently, you don't know how we do things in Kentucky. We settle small disagreements like this with the Kentucky Three-Kick Rule."

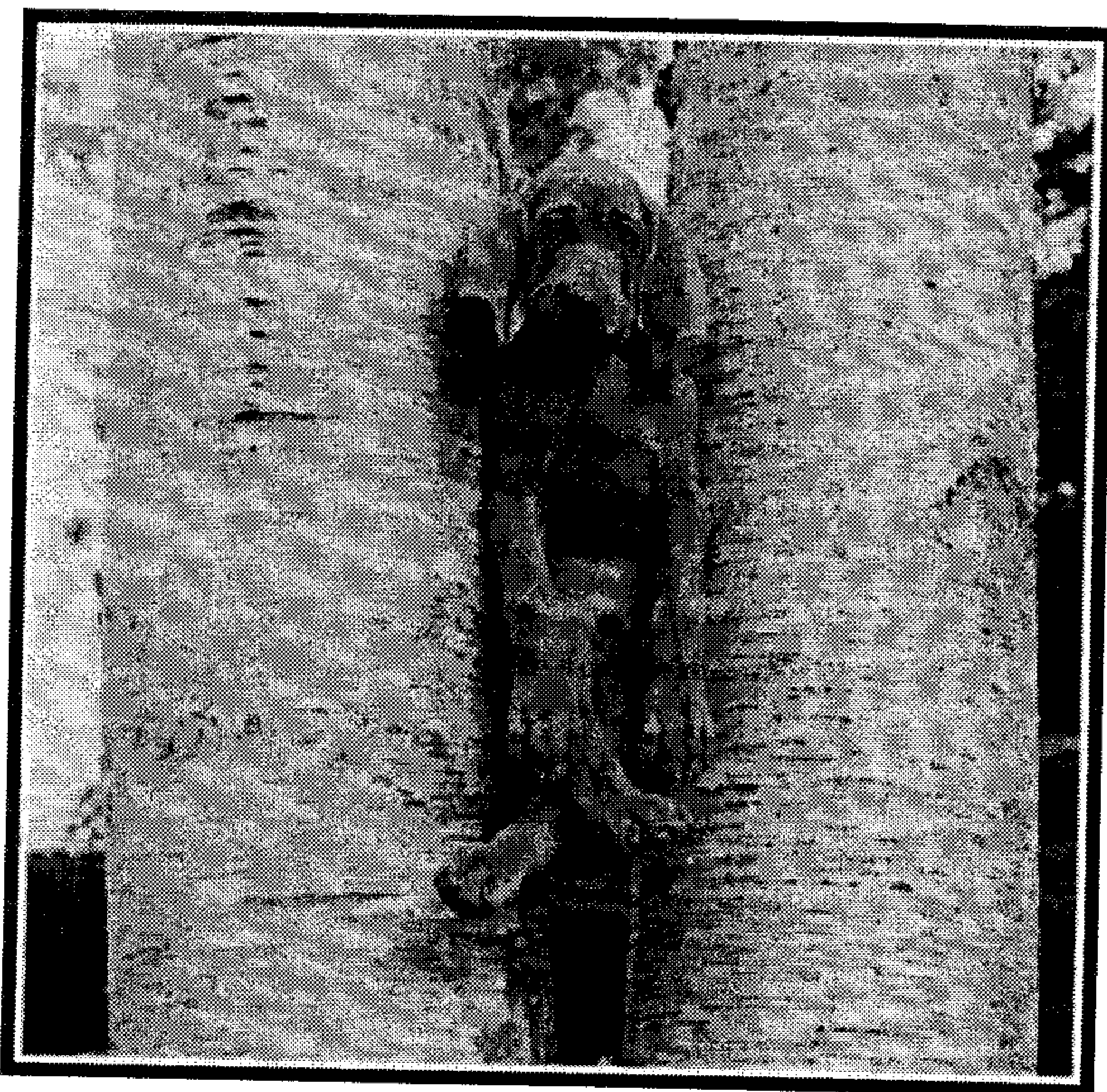
The lawyer asked, "What is the Kentucky Three-Kick Rule?"

The Farmer replied. "Well, first I kick you three times and then you kick me three times, and so on, back and forth, until someone gives up."

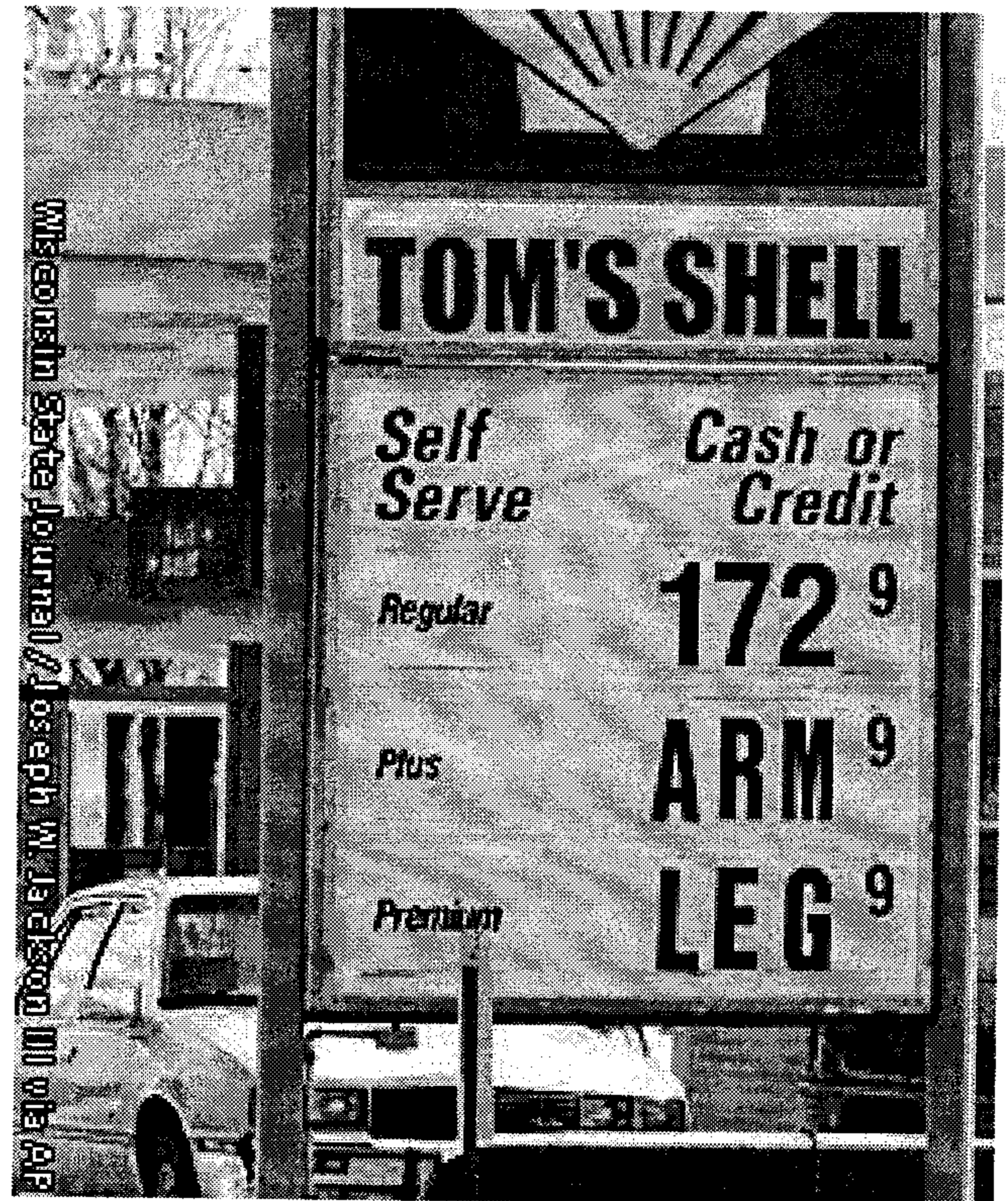
The attorney quickly thought about the proposed contest and decided that he could easily take the old codger. He agreed to abide by the local custom.

The old farmer slowly climbed down from the tractor and walked up to the city feller. His first kick planted the toe of his heavy work boot into the lawyer's groin and

Wedged



Gas Prices

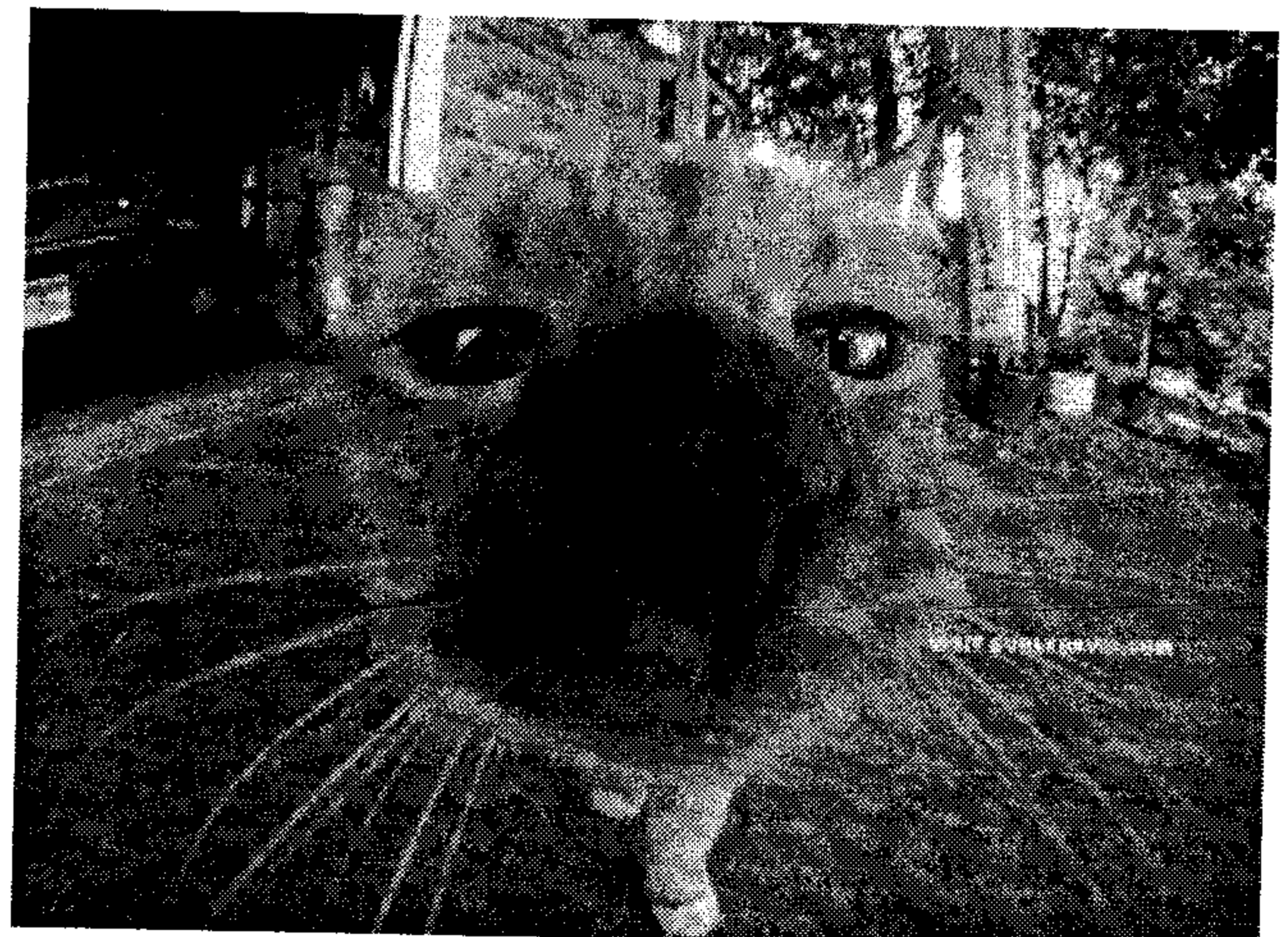


dropped him to his knees. His second kick nearly wiped the man's nose off his face. The barrister was flat on his belly when the farmer's third kick to a kidney nearly caused him to give up.

The lawyer summoned every bit of his will and managed to get to his feet and said, "Okay, you old coot now it's my turn."

The old farmer smiled and said, "Naw, I give up. You can have the duck."

Nosey





DAVIS
& ASSOCIATES



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McPARTLON
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The Santa Fe Striders and the City of Santa Fe present...

City of Santa Fe



The 23rd Annual Santa Fe Run-Around

Saturday, June 2, 2001

- **Place and Time:** Start & finish at Santa Fe's Historic Plaza.
8:00 A.M.— 10KRun/5KRun/5KfunWalk
9:00 A.M.— 1KKids Run

- **Loot:** Commemorative tank tops to all 5K and 10K entrants. Medals for all 1K finishers.

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+

- **Packet Pick-up:** Packet pick-up and Race day registration will begin at 6:45 A.M. on race day.
- **Striders on the web:** www.daylight.com/~jj/striders/
- **Questions? Volunteers?** Call 820-1459 (evenings)

Entry Fees	5K or 10K			1K
	General Public	S.F. Striders or S.F. City Employee	Student 18 & under	General Public
Postmarked by 5/26/01	\$12.00	\$10.00	\$10.00	\$1.00
Race day	\$15.00	\$13.00	\$11.00	\$2.00

Mail forms with check payable to: The Santa Fe Striders, P. O. Box 1818, Santa Fe, NM 87504

Legal Waiver:

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

Santa Fe Run-Around Entry Form

		()	
Last name	First name	Phone	
Mailing address			
City	State	Zip	Age (on race day)
T-SHIRT: S M L XL			Sex Male Female
Race:		10K	5K 5K Walk 1K

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.

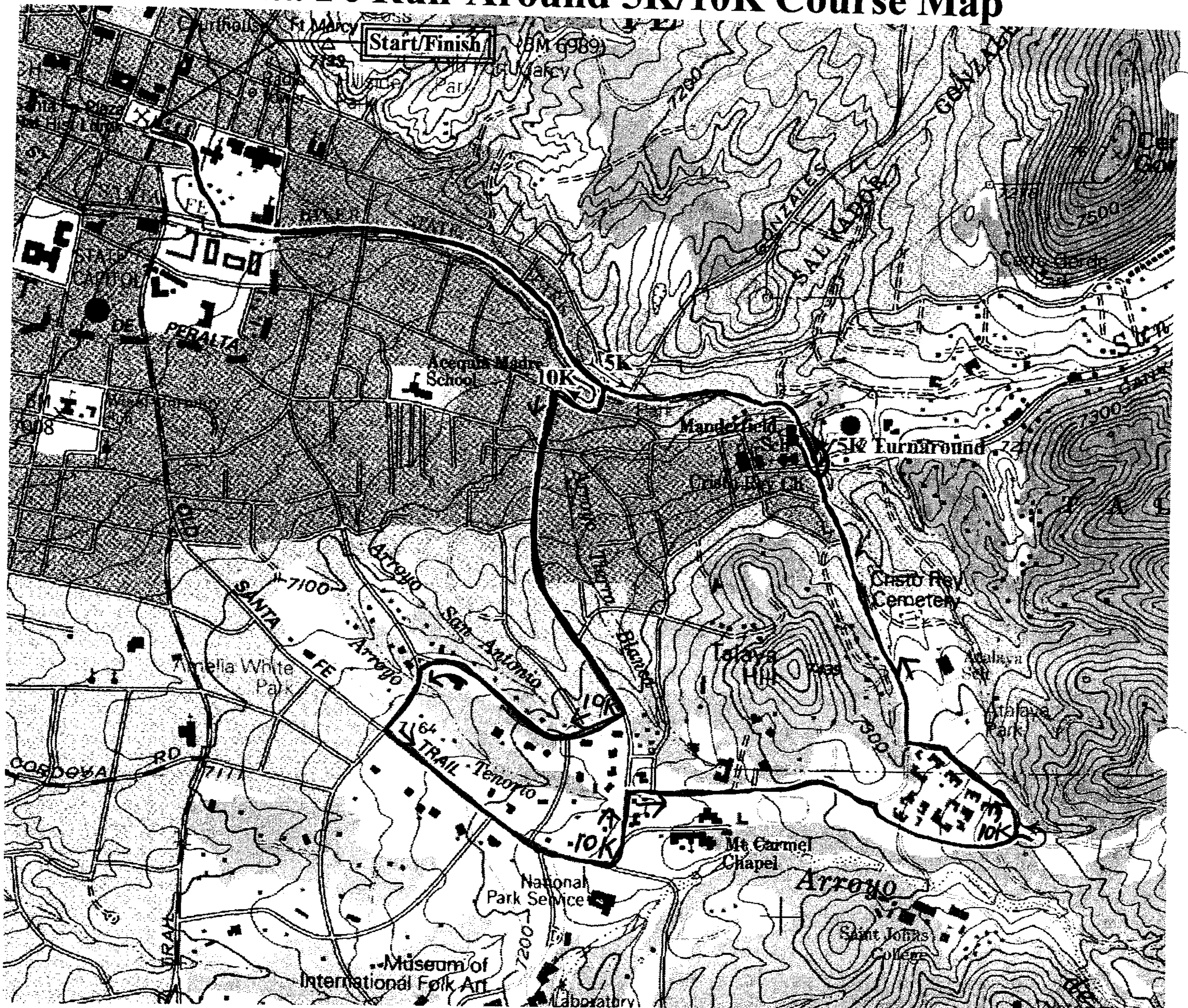
Signature

Guardian's signature if under 18 years.

Date



Santa Fe Run-Around 5K/10K Course Map



0.5 0 0.5 Miles

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

Wings Runners Sweep USA National Championships!!

Wings of America

The Earth Circle Foundation, Inc.

1601 Cerrillos Road, Santa Fe, NM, 87505.

Phone: 505-982-6761; Fax: 505-989-8995;

WingsAmer@aol.com

==PRESS RELEASE==

From: Anne Wheelock Gonzales, Associate Director

Both the junior women and junior men of the Wings of America all-Indian national teams captured first place titles at the USATF 2001 Winter National Cross Country Championships February 17 & 18 in Vancouver, WA.

On Saturday, Gallup, NM's Felicia Guliford (Zia Pueblo) missed qualifying by one place for the USA junior team to the World Championships to be held in Dublin, Ireland, as she ran a time of 22:12.6 on the 6000-meter course. Guliford's 7th place finish on the grassy, slightly sloping course at Ft. Vancouver Historic Site makes her the first alternate. She was followed by her teammates in 13th, 16th, 17th, 19th and 21st places. Erin Lewis (Grants, NM, Acoma Pueblo) was the 2nd Wings runner with a time of 23:39 followed by Sheena Scott (Page, AZ, Navajo) at 24:14, Janice Tosa (Jemez Pueblo, NM) at 24:19, Samantha Spencer (Page, AZ, Navajo) at 24:40, and Paula Etta Houston (Gallup, NM, Navajo) with a time of 25:09. Alice Kinlichee (Navajo) of Shiprock, NM, coached the women's team.

On Sunday, Devan Lomayaoma (Hopi-Tewa) of Polacca, AZ, led the junior men's team with a 18th place finish on the 8000-meter course to narrowly beat out San Diego Track Club. A tie at the end of the race took the scoring to five men deep. A true team effort, the win was assured by exceptionally strong kicks by the Wings runners, many of whom improved their place on the final round of the 2000-meter loop. Running at 25:57.00, Lomayaoma was closely followed by 19th place finisher Vernon Harrison (Farmington, NM, Navajo) at 25:57.03. Completing the winning effort were 22nd place finisher, Forrest Tahdooahnippah (St. Paul, MN, Comanche) at 26:10.9, 27th placeholder Andrew Yazzie (Rehoboth, NM, Navajo) at 26:26, 34th place C. R. Davis (Gallup, NM, Navajo) at 27:00 and Jesse Fayant (Spokane, WA, Blackfeet) finishing at 38th with a time of 27:13. James Nells (Navajo), of Moodys, OK, served as the Wings junior men's coach.

Olympic Gold Medallist Billy Mills (Lakota), who attended the junior men's race on Sunday commented, "The Wing runners, in the last 100 meters, reached deep within the depth of their individual capacities and competed against themselves to the greatest extent they were capable of that day". Later that evening Mills

addressed the Wings runners, supporters and the local Indian community at a dinner hosted by the Northwest Indian Veterans Association.

NIKE, Inc. provided uniforms, shoes and a cash grant to the teams and hosted the group at Nike Global Headquarters in Beaverton, OR, on Friday afternoon. Other major sponsors of the Wings of America national cross-country teams are Carl and Wally Davis, Geoff and Wendy Hollister, Greg and Jenny Swanson and The Messengers of Healing Winds Foundation. Several Portland-area Indian groups and individuals donated meals.

Wings of America is an American Indian youth development program of the nonprofit corporation, The Earth Circle Foundation, based in Santa Fe, NM. For more information, call 505-982-6761 or send e-mail to WingsAmer@aol.com.

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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.

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: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

- ☐ Renewal
☐ New member
☐ Jersey

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 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

