



Mile Markers

We Give You the Run-Around

June 2001 Volume 23, No. 6.

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

Feature Event: Santa Fe Run-Around

on the Plaza
Saturday, June 2nd, 8am

New this year is the kids event. See entry form inside.
Questions? Contact Richard at 820-1459 in the evening.

La Fiesta De La Bicicleta

at the Railyard Park
Saturday, June 2, 2001

A community event to celebrate the Railyard Park and the Rail Trail, and to promote safe cycling in Santa Fe. The fiesta is part of the Rail Trail Celebration and National Trails Day. See <http://internet.cybermesa.com/~fiesta/> for more information.

Farewell to Ginny Seamster

Ginny has graciously volunteered for the Santa Fe Striders as part of her community work through High School. She's promoted Striders events and helped produce the monthly newsletter over the past year. Now, she is moving on to the collegiate level to pursue science and athletics. She's an accomplished runner, and recently competed in the State Finals in the 800m (2:32) and the mile (5:51).

We know Ginny will move on to do wonderful things. We hope to hear about them. We'll miss you!

Everyone from the Santa Fe Striders Running Club

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

In keeping with tradition, there's no June meeting. Join us in July.

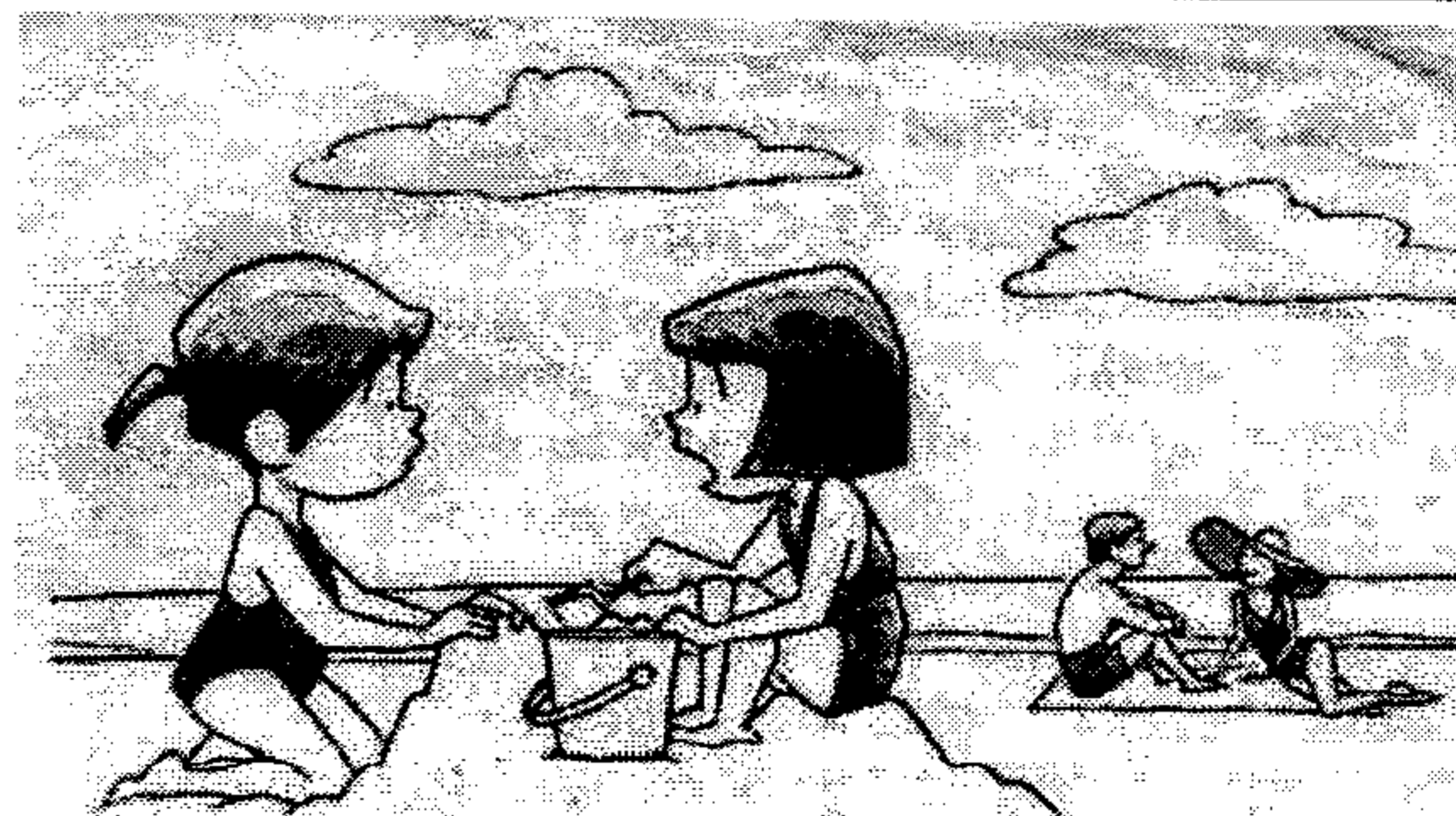
Global Sri-Chinmoy Oneness Home Peace Run

Anne Wheelock Gonzales, Associate Director

Wings of America has been contacted by the local coordinator, Sunamita, regarding the Global Sri-Chinmoy Oneness-Home Peace Run which will be passing through New Mexico May 24-May 27. The run organizers are searching for area runners to join the core group of runners for this event.

Following is a schedule of the dates the Peacerun will be in New Mexico. Runners are invited to join the group at any point. We have a schedule of the dates and itinerary in the office here, but it is very poor quality and will not fax or scan well. Call Sunamita at 995-8690 or the Peacerun headquarters at 1-888-882-4081 for more information. Or you can visit The Global Sri-Chinmoy Oneness-Home Peace Run website at <http://www.peacerun.com>.

Anne Wheelock Gonzales
Associate Director
Wings of America
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Santa Fe, NM 87505
Phone: 505-982-6761
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"I'm never having kids. I hear they take nine months to download."



DAVIS & ASSOCIATES



CONTRACTOR

McPARTLON ROOFING



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

Santa Fe Run-Around Entry Form

Last name		First name		Phone			
Mailing address							
City	State	Zip	Age (on race day)	Male	Female		
T-SHIRT: S M L XL			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.

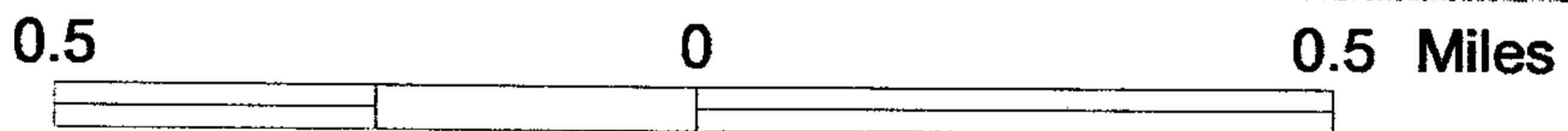
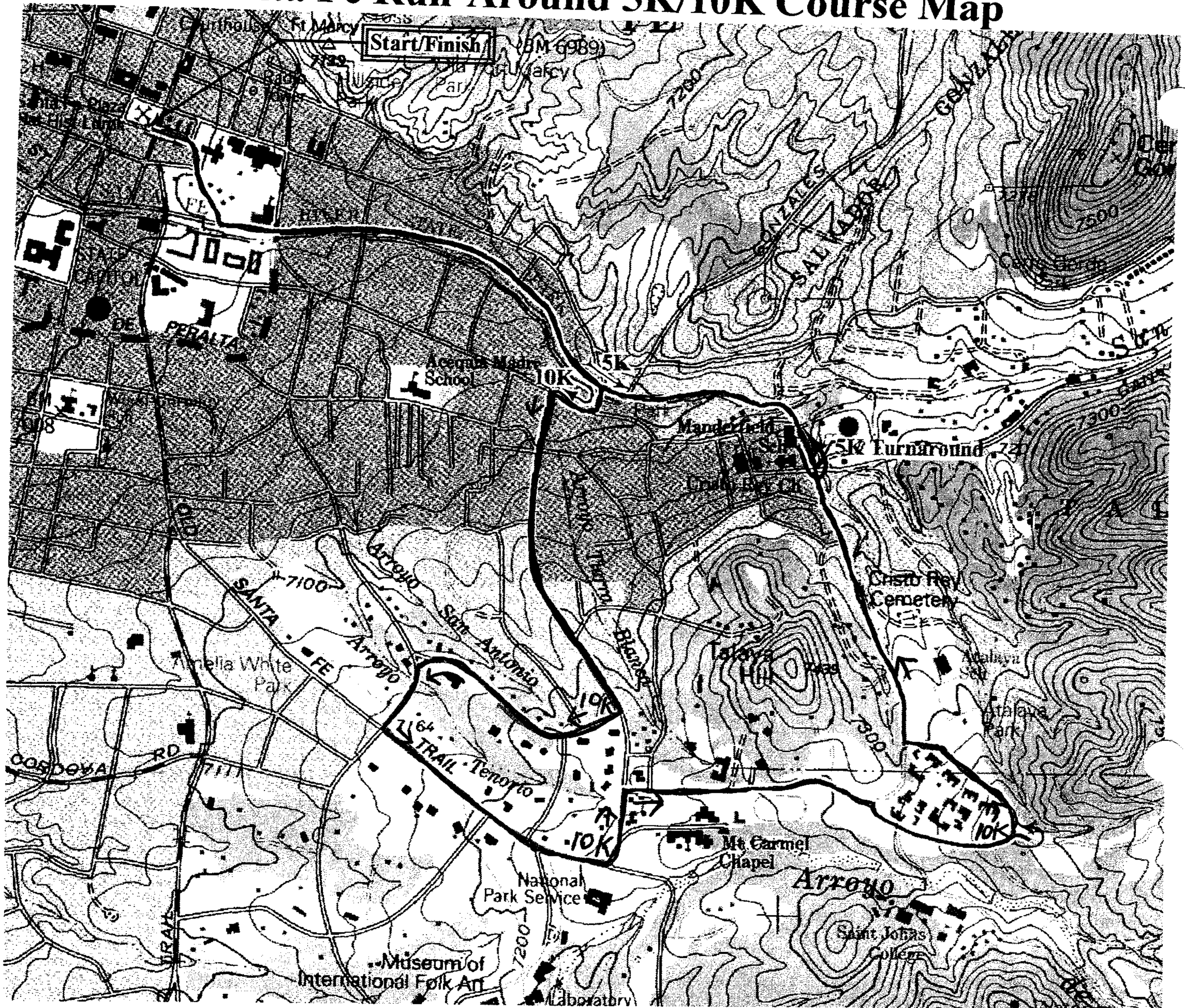
Date



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 5K/10K Course Map



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

>>> Race Calendar <<<

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)

6/3 Taos Marathon, Relay, 1/2 Marathon
5K/10K Run/Walk
776-1860 (Bruce)

6/10 Dino Dash 5K & 10K, 3K Walk, 1K Kids
256-3625 <http://www.tgrande.com>

6/16 Run the Mesa 5K & 10K, 5K Wlak
Ruidoso, NM
627-5507

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>

Little Cheetah



Mexican Bean Salad

by Elaine Coleman

This should be made at least a day ahead, keeps well in refrigerator.

1-2 garlic cloves, chopped fine
1 can drained and rinsed black beans
1 can corn, drained
1 can pinto beans or chickpeas, drained
4 fresh plum tomatoes, chopped well
1/2 red onion, chopped
diced green chiles (small can)
1 red pepper, chopped
1 yellow pepper, chopped
lots of cilantro

Mix above ingredients, and then add the following dressing:

1/2 c olive oil
1-2 TBS balsamic vinegar
1/2-1 tsp chili powder
1 tsp garlic salt
juice of 1/2 fresh squeezed lime

Treed

by Mike Sutin

My grand kid's knee is atrophied.
He's as mobile as a bear that's treed.
Embalmed within a plastered cast,
His running legs have seen their last.
The story: standing all alone,
she fell on him and broke his bone.
The key to running is the route.
Be careful that you don't stand mute.
You've got to get your feet to scoot
or little life'll be left to loot.

Club Picnic

...is not yet determined. Possibly June 9th or 10th.
Contact Eric Peters or Kris Kern for details (contact info is below).

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, 983-8944

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 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

