



Mile Markers



We Give You the Run-Around

January 2002 Volume 24, No. 1.

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

Feature Event - Corrida de los Locos

Come to the only "fun-in-the-sun" winter event hosted by your own Santa Fe Striders! It's the Corrida de los Locos and it's on Saturday, January 19 at 9a at the Santa Fe Municipal Recreation Center golf Course. Registration begins at 8a. For more information, contact John Pollak (983-2144) or Dale Goering (954-4384). See entry form and map enclosed.

Membership Renewal

Happy New Year! It's time to renew you Santa Fe Strider membership. Don't miss another exciting issue of *Mile Markers*. A membership form is included at the end of this (and every) newsletter. An indication of your membership status is on the mailing label on your newsletter. Before your name, there will be one of "01" (expired), "02" (paid through 2002), or :- (complimentary, never expires). Renew your membership now!

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 **Eric Peters** at his new home (address unknown). His number may be 466-2460 (if it didn't change).

From Santa Fe take Old Las Vegas Highway toward Las Vegas. Go down the very steep hill that takes you into Canoncito at Apache Canyon. When you see the mile 9 marker on the right, you are getting close. After the 9 mile marker there is a white fence on the right. Take the first possible right after seeing the fence onto the road labeled San Carlos Lane. San Carlos Lane is one of the few roads with a reflective green street sign that is on the right side of Old Las Vegas Hwy. This road is my driveway (shared with a few other houses). Take a right when the driveway first forks, then circle left all the way around the house. (If you open a gate of any sort, you have gone the wrong way.) Note: the KOA campground is just past San Carlos Lane on the left. Turn around here if you missed the driveway.

A Most Arresting Run

by Dale Goering

Several months ago I decided it would be nice to run a half marathon. The December 9 date sounded like a good time to go to Tucson. The weather should be nice and I had heard some good things about the organization of the race. My training started and it went quite well. I picked up my mileage and felt like I could improve on my time at the Duke City half.

December 9 arrived. We lined up for a 7 AM start. The morning was rather cold as the sun was not up. The race started and I was rather confident that I could run a respectable race. Something happened on the way to the finish line. Something very unexpected happened. The first mile was very slow, but I felt the second was a little better and each mile seemed easier. We were near the 5 miles mark when we came to an intersection. I saw the police officers at the corner so we assumed we could run right through. This group of officers decided that the runners had to stop and the cars could go on through. We tried to explain that is not the way it is supposed to work. They insisted that the cars had to be let through. The crowd of about 25 runners got very impatient. I guess I was the most impatient. When I saw a small break in the traffic I made a dash for it. I didn't get 5 steps into the intersection when the cops descended on me. A big macho guy grabbed me, starting yelling at me, grabbed at my number, ripped it off my chest and yelled at me "You are disqualified." Then another officer ran up to me and grabbed me, "Not only are you disqualified, but you are also under arrest. This wasn't enough, a third officer came running up and slapped handcuffs on me. By this time I was in shock and very embarrassed.

After the dust settled, I asked what I was being charged with. He finally came up with disobeying a police officer. I asked, what now? They looked at each other as if they didn't know what to do with me. Finally the head guy decided that they just as well let me finish the race as he had my number and therefore I would automatically be

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disqualified. After being released I said I just as well jog on in to the finish line. After a short jog it suddenly hit me that I had a computer chip on my shoe and the number had nothing to do with my time I tried to pick up my pace, but somehow my heart was not in it.

I did finish the race and was rather miffed when I found out the winning time in our age (70 plus) was slower than I usually run. Even with my delay I was able to take second in my age category. I propose a new category. Fastest time with one arrest.

Perhaps my most unique racing experience in my 30 years of racing. Next time I will be carrying bail money and be running in my stripped prison shirt.

P.S. I since have been officially disqualified from the race as my name has vanished from the race results.

Editorial Note: Dale is a mild-mannered veteran athlete known to proceed with caution with intersections.

Date: Tue, 11 Dec 2001 11:39:12 -0700
From: "John E. Farrow"
<fairlaw3@nm.net>
To: RunAdventr@aol.com
CC: "Michael A. Kappler"
<mick@daylight.com>,
Eric_Peters@nmenv.state.nm.us
Subject: Re: 2002 Striders Races

Thanks, Eric. In all honesty, this is a learning process for me as I have been state rep for less than 6 months & we have never had RRCA state championship races here before. I do know that the state championship races are designated by the state rep & must be sponsored by an RRCA member club. Because of this, I'll need to find a replacement for the Santa Fe Trail Run (and I am trying to spread the races around as much as possible) but what I might do this first year is designate the Run-Around as the state championship 5k for men & 10k for women. I want to use the Albuquerque Road Runners' Women's Distance Festival as the state championship 5k for women.

As I understand it (and I need to confirm this as well as the logistics), those races will be eligible to

receive Gatorade as well as medals from the RRCA. I'll let you know when I have more definite info. Let me know when you establish the dates for the Run-Around & Big Tesuque.

Take care,
John

RunAdventr@aol.com wrote:

John,

That sounds good to me. I am sending a copy of this to the Santa Fe RunAround race director, Mick Kappler, so you can be in contact directly.

We have nothing to do with the Old Santa Fe Trail Run. That is put on by the Santa Fe Fiesta Council and Gil's Runner Shoe World. I don't know if you need to be associated with an RRCA club to be one of your championship races or not.

Big Tesuque Run is a Striders sponsored race. I will bring the information at our meeting tonight.

Sincerely,
Eric Peters

In a message dated 12/10/2001 10:06:38 AM Mountain Standard Time, fairlaw3@nm.net writes:

Hi Eric,

The RRCA is making a big push for each state to hold state championship races at various distances. These races are designated by the state rep & the only requirements are that the races be hosted by an RRCA club and that they be established races.

I would like to designate the Santa Fe Trail 5k for men & Santa Fe Runaround 10k for women as the 2002 New Mexico State Championship Races at those distances. Because trail runs can also be designated, I would like to designate the Big Tesuque Run if that is a Striders sponsored race. Please let me

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Santa Fe Screenprinters, Santa Fe Striders, City of Santa Fe and
Whole Foods

present

CORRIDA DE LOS LOCOS

Saturday, Jan. 19, 2002 at 9 a.m.

Race day registration begins at 8 a.m

Start and finish at the Santa Fe Municipal Recreation Center golf course. See map and
directions on back; for recorded directions call 955-4400.

Scenic course, about 5 miles long

Entry fees: \$12 in advance, \$15 race day Striders members: \$10 advance, \$13 race day

Awards: Ribbons to top three male and female finishers in age groups: up to 13, 14-19,
20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Long-sleeve T-shirts to first 125 entrants

Packet pickup on day of race only

For more information, call John Pollak at 983-2144 or Dale Goering at 954-4384
between 9 a.m. and 9 p.m.

Make checks payable to Santa Fe Striders. Advance registrants, mail to Santa Fe Striders,
PO Box 1818, Santa Fe, NM 87504

ENTRY FORM

Name _____ Age _____ Sex _____

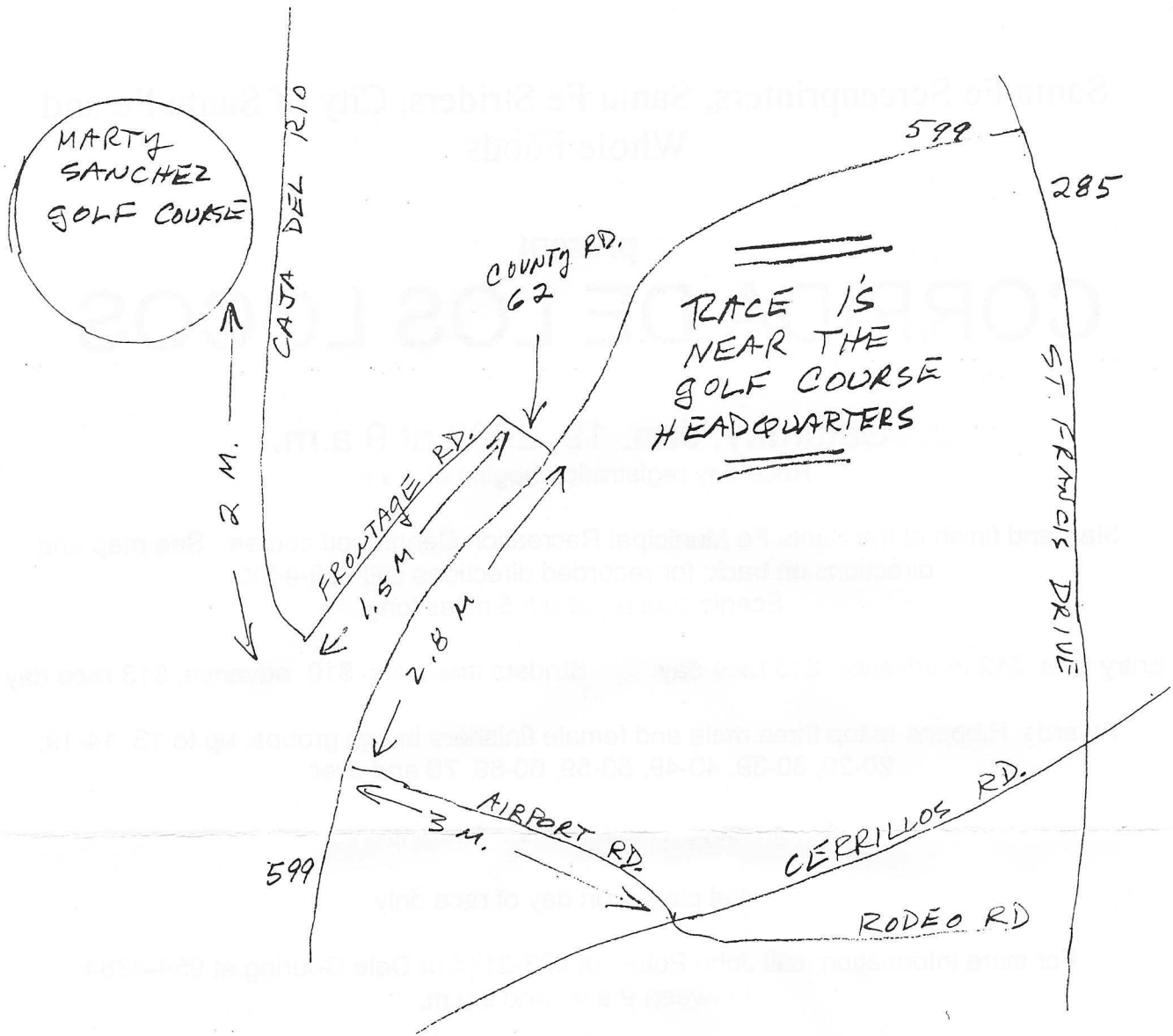
Address _____ City _____ State _____ Zip _____

Telephone number _____ T-shirt size: S M L XL

Winter running can be especially hazardous. I release all sponsors, workers and race volunteers,
including Santa Fe Striders, Santa Fe Screenprinters and the City of Santa Fe, from liability for any injury
incurred. I am sufficiently fit to run this race and assume all responsibility should anything bad happen to
me.

Signed _____ Parent Signature (if minor) _____

MAP NOT TO SCALE



Corrida de los Locos

Sat. 1/19 9a

MT. TAYLOR

WINTER QUADRATHLON REGISTRATION AND WAIVER



BIKE

LAST NAME _____ FIRST NAME _____ SEX _____ AGE-ON RACE DAY _____
MAILING ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
DAY PHONE _____ EVENING PHONE: _____ NUMBER OF YEARS PARTICIPATED IN QUAD _____

M L XL
SHIRT SIZE(CIRCLE ONE)



RUN

LAST NAME _____ FIRST NAME _____ SEX _____ AGE-ON RACE DAY _____
MAILING ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
DAY PHONE _____ EVENING PHONE: _____ NUMBER OF YEARS PARTICIPATED IN QUAD _____

M L XL
SHIRT SIZE(CIRCLE ONE)



SKI

LAST NAME _____ FIRST NAME _____ SEX _____ AGE-ON RACE DAY _____
MAILING ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
DAY PHONE _____ EVENING PHONE: _____ NUMBER OF YEARS PARTICIPATED IN QUAD _____

M L XL
SHIRT SIZE(CIRCLE ONE)



SNOW-SHOE

LAST NAME _____ FIRST NAME _____ SEX _____ AGE-ON RACE DAY _____
MAILING ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
DAY PHONE _____ EVENING PHONE: _____ NUMBER OF YEARS PARTICIPATED IN QUAD _____

M L XL
SHIRT SIZE(CIRCLE ONE)

TEAM NAME: _____

☐ SOLO ☐ PAIR ☐ TEAM

☐ MALE ☐ FEMALE ☐ MIXED

ALL CONTESTANTS MUST SIGN BELOW

IF CONTESTANT IS UNDER 18 YEARS OLD, A PARENT'S SIGNATURE MUST ACCOMPANY THE RACER'S WAIVER

I recognize that there is an element of risk in any adventure, sport or activity associated with the outdoors. I am also fully cognizant of the risks and dangers inherent in the Quadrathlon. Knowing of the inherent risks, dangers and rigors required of said activities, I certify that my family and I, including minor children, are fully capable of participating in the said activities. Therefore, I assume full responsibility for personal injury to myself/ and or to members of my family, or for loss or damage to my personal property and expenses thereof as a result of my negligence or the negligence of my family participating in said activities except to the extent such damage or injury may be due to the negligence of the Mt. Taylor Winter Quadrathlon.

I further understand that the Mt. Taylor Winter Quadrathlon reserves the right to refuse any person it judges to be incapable of meeting the rigors and requirements of the Mt. Taylor Winter Quadrathlon.

I have read, understand and accept the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon the parties during the entire period of participation in said activities.

Bike _____ Run _____

Ski _____ Snowshoe _____

I have enclosed (Check or Credit Card Information) \$ _____ (Checks Payable To: Mt. Taylor Winter Quadrathlon)

- _____ \$55 per person early registration fee postmarked by February 1, 2002.
 - _____ \$75 per person late registration fee received by Wednesday Feb. 13th 5pm.
 - _____ \$20 snowshoe rental fee by reservation only. Call 1 - 800 - 748 - 2142.
 - _____ (snowshoes to be picked up Friday check-in & returned by Sat. 6pm).
- No cash refunds, no cancellations accepted after Feb. 13th.

____ CHECK
____ CASH
____ VISA / MASTERCARD

Name as appears on card (please print) _____ Amount \$ _____

Acct # _____ Exp. date _____ Signature _____

WHERE?

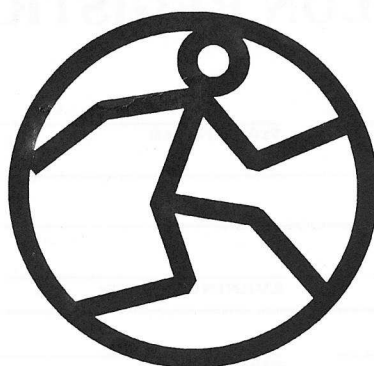
We have members from all over the world including such places as: Australia, Africa, Sweden, India, England, United Kingdom, Germany, and all over the USA, and Canada. If you wish to participate in a running event in these or any other area of the world, Runners' Circle members will be willing to provide you with **free accommodations**.

WHY JOIN?

When you become a member of www.runnerscircle.com you will be given opportunities to travel around the world, run in various competitions and talk with other runners who share a common interest. By acquiring free accommodations and by sharing traveling costs with other members, you should be able to cut your expenses by as much as half or more!

WHEN?

Join now! If you would like us to check the database for members in the area of your chosen race, *before* you register, just e-mail us at rc@runnerscircle.com. We will gladly let you know whether or not we have accommodations available in that area.



RUNNERS' CIRCLE

www.runnerscircle.com

RUNNERS' CIRCLE is an international, internet-based club whose members, from all over the world, are willing to provide **FREE ACCOMMODATIONS** in their homes during a running event!

FREE REGISTRATION!

Go to
www.runnerscircle.com
and click
"REGISTER FREE"

Please direct inquiries to
rc@runnerscircle.com
Phone: 604-814-2278
Fax: 604-814-2378
Runners' Circle
34712 Dewdney Trunk Road
Mission, BC V2V 6R1
CANADA

HOW?

Register at
www.runnerscircle.com

COST

ABSOLUTELY FREE!

You must, however, be willing to host another member at least once during the calendar year.

WHO?

Anyone who has access to a computer and is involved in road running, trail running, cross country, track, race walking, etc. can join! Whether you run short distance, 5 km, 10 km, half marathons, full marathons or ultra marathons, you can all become members of Runners' Circle. If you are disabled or handicapped, you too can join.

RACE DIRECTORS

Race Directors are also welcome to become Runners' Circle members. As vital members of the "running community" we welcome you to our club at:
www.runnerscircle.com

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know as soon as possible if the Striders will be hosting those races, including the dates, or at least tentative dates.

Until further notice, please contact me at this e-mail address (work). I have had a virus in my home computer & even though it is cleared up, I still can't get my e-mail or internet access to work.

Take care,
John Farrow
RRCA NM State Rep

As My Morning Mind Meanders On a Road Run to Mountain Sun

by Mike Sutin

The bunny brown with furry puff-ball tail
pulses fast in fear beneath the briar bush,
then zig-zags through the thicket rabbitbrush.

I live and love to feel the flutter rush
of flying free along God's firm handrail
of moving body parts in day's first blush.

Strider Email list

Do you want to receive Santa Fe Strider email? If so, send your request to mick@daylight.com and you'll begin to get notices about weekly runs from our Run Coordinator (Joslyn Garcia) and other random details. To send a message to the list, address your email to striders@daylight.com.

The Striders email list is privately maintained by the Striders and will never be distributed.

>>> Race Calendar <<<

1/19 9a Corrida De Los Locos
Santa Fe Recreation Complex
Marty Sanchez Golf Course
954-4384 (Dale)

2/16 9a Mt. Taylor Winter Quadrathlon
13M bike (1800' climb), 5M run (1200' climb), 2M XC ski (1200' climb), 1M snowshoe (600' climb), then reverse sequence for descent
Grants, NM (elevation 6500')
Teams start at 10a
phone: 287-4802 or (800) 748-2142
web: <http://www.mttaylorquad.org>
email: discover@grants.org

Early June, Santa Fe Run-Around 2002
438-4463 (Mick)

Mid-November, Fowl Day 2002
438-4463 (Mick)

Vote! - Newsletter Frequency, Membership Cost & Promotion of Running

The Strider membership is entertaining the thought of reducing the publication frequency of the *Mile Markers* newsletter to bi-monthly or quarterly. Coupled with this thought is the idea of directly promoting local running. The funds could be redirected to provide benefits, such as running shoes, clothing, and gift certificates. Tell us what you think!

The Striders should:

- A: Don't change; continue to publish monthly.
- B: Publish bi-monthly and save.
- C: Publish quarterly and save more.
- D: Use savings to provide benefits to local athletes
- E: Use savings to reduce membership cost.
- F: Don't care.

Send you thoughts by email (mick@daylight.com), phone (438-4463) or to PO Box 1818 Santa Fe, NM 87504.

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. Also, track workouts (April-October) begin at **6pm on Tuesdays** at the **Santa Fe High School**. 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@cybermesa.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

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

Annual dues for the Santa Fe Striders club are \$15. A \$1.25 is for a subscription to the RRCA's quarterly magazine, *footnotes* for one year. Annual fees are due in January and membership runs through December. If you are paying in July or later, the dues 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. _____

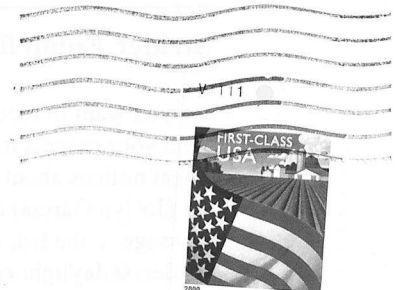
Date _____

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



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

