



# Mile Markers



*We Give You the Run-Around*

May 2002      Volume 24, No. 5.

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

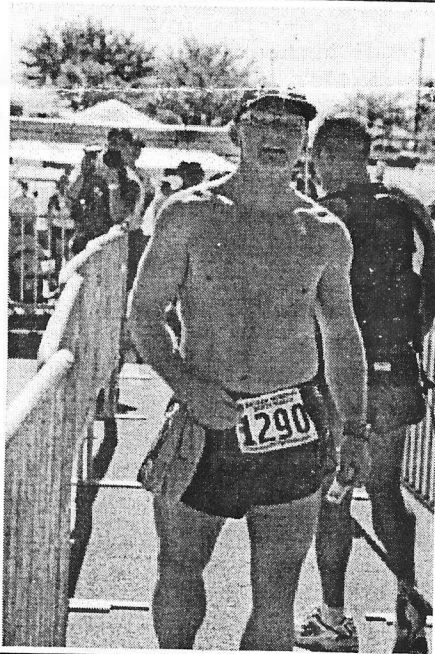
## Feature Event - Santa Fe Run-Around

The 24th annual Santa Fe Run-Around **5K/10K** is on **Saturday, June 1, 2002 at 8a** on the historic Plaza. The **Kids 1K** starts at **9:30a**. Many new things have been incorporated into the event this year, including **entertainment** (magic, juggling, and music), the venue for **RRCA NM State Championships**, and **more aid stations** and **volunteers**. Register at the Running Hub (333 Montezuma #6) and receive 10% off your next purchase. See the enclosed article and entry form for details. For questions on the 5K/10K, contact **Mick (438-4463)**, or for the Kids 1K, contact **Ted (466-3955)**.

## Big Strides

by Jeremy Yang

Here's Paul Scott completing the Bataan Memorial Death March Marathon last Sunday. I think his time was 3:45 under tough conditions (frequent beatings and interrogations).



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

On the <sup>14</sup>th, the Striders Meeting will be graciously hosted by **Mick Kappler** at **441 Greg Av** (office of Daylight CIS, Inc.). His number is **438-4463**. See [http://www.daylight.com/support/graphics/map\\_to\\_daylight.gif](http://www.daylight.com/support/graphics/map_to_daylight.gif) for directions.

## Partners in Education (PiE)

*Santa Fe Partners in Education (PiE) has been selected to receive a portion of the 2002 Run-Around proceeds. The following information on PiE has been provided by PiE.*

### MISSION

Santa Fe Partners in Education's mission is to improve the quality of public school education by linking the community with its schools in mutually beneficial partnerships of time, money, expertise and materials.

### HISTORY

The Santa Fe Community Foundation created Partners in Education (PIE) in 1988 to link the community (citizens, businesses, nonprofits and government agencies) with its public schools in productive partnerships. PIE became an independent 501(c)(3) organization in 1991 and continues to serve Santa Fe's publicly funded primary and secondary schools: the New Mexico School for the Deaf, the Santa Fe Indian School and the Santa Fe Public Schools.

The original vision for Partners called for it to effect positive change in the schools from the bottom up. This vision is still valid. PIE seeks to continuously improve education in Santa Fe by providing ways to achieve creative, cost-effective and innovative solutions to educational problems.

**PROGRAMS** - These are the 3 main programs.

### Teacher Grants

Every fall, PIE receives proposals from school employees who work directly with students (teachers, counselors, aides, librarians, principals) requesting up to \$1,000 for school projects that otherwise would not be possible. Each proposal is evaluated by a panel of educators, parents, business owners and former grant recipients. Those receiving the highest scores are funded.

In 2001-02, PIE sponsored 235 teacher-initiated projects for a total of \$115,000. The goal for 2002-03 is to award  
*continued on next page*

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\$150,000 to teachers. To date, PIE has secured fifty percent of that goal.

### PIE Warehouse

Partners in Education manages 1,000 square feet of warehouse space where about \$200,000 worth of treasures are recycled annually for use in classrooms. Basics such as computers, desks and file cabinets share space with art supplies, books, musical instruments and paper. Each item finds a new life in a class project. The warehouse is open every Friday during the school year for teachers to take items they need. To donate items to the warehouse, call 474-0240 to arrange delivery or pick up.

### Field Trips

The schools receive no funding from the state for transportation for educational field trips. PIE manages a field trip program to provide field trips as an important learning tool to supplement what takes place in the classroom. Funded by the City of Santa Fe Children and Youth Commission and numerous citizens and businesses, PIE provides bus transportation to local and regional places of educational, recreational, cultural and historic interest. With one phone call, a teacher can arrange two in-town field trips per semester. Donors sponsor an in-town trip with a gift of \$70 and out-of-town trips for \$200. Students and teachers both acknowledge donors' generosity with thank-you notes. In 2001-02, PIE provided buses for 500 field trips and plans to do the same next year.

You can visit the PiE website at <http://www.sfps.k12.nm.us/partners/piehome.html>.

### Track Season is here!

by Eric Peters  
edited for timeliness

Come join us on Tuesdays at the Santa Fe High School Track to celebrate the track season! Halves and quarters will be served, along with strides and stretching for appetizers. Daylight Savings time has come to provide us with plentiful light to conduct our circular merriment as we dance loops about the great oval. This year the track is not under re-construction, so that will not serve as an excuse for keeping you from reaching your potential, preparing yourself to meet goals, and joining friends in celebrating (or suffering) the various aspects of fitness.

The plan is to ease into the workout and start working the kinks (or rigormortis) of Winter out. Great things can only be achieved one step at a time, and the first step is the most important. As listed in the web page, the workout will begin at 5:45 PM. All levels of ability and shape are welcome.

### >>> Race Calendar <<<

5/11 20th Annual High Altitude Bandelier  
Marathon and BB50 Ultramarathon  
<http://internet.cybermesa.com/~kernkt/HAAC.htm>  
[kernkt@cybermesa.com](mailto:kernkt@cybermesa.com)

5/27 8a Dog Jog, Los Alamos  
<http://www.ladoc.dogbits.com/DogJog>  
661-9619

5/28 9a Devel's Throne, Cerrillos  
954-4384 (Dale)  
(see info below and on next page)

6/1 8a Santa Fe Run-Around 5/10K 2002  
9:30a Kids 1K  
438-4463 (Mick)  
<http://www.daylight.com/~jj/striders>  
[mick@daylight.com](mailto:mick@daylight.com)

~~6/29 25th Annual Los Alamos High Altitude  
Mini Marathons  
New Mexico 20K Championships  
<http://internet.cybermesa.com/~kernkt/HAAC.htm>  
[kernkt@cybermesa.com](mailto:kernkt@cybermesa.com)~~ *Cancelled*

Mid-November Fowl Day 2002  
438-4463 (Mick)  
<http://www.daylight.com/~jj/striders>  
[mick@daylight.com](mailto:mick@daylight.com)

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### Striders at the Quad

Results for Striders at the 2002 Mt. Taylor Winter Quadrathlon, held way back in February. Sorry if we missed anyone.

Female Solo 45-49  
1st Deb Werenko 4:34:27  
2nd Kim Bear 5:49:03

Male Pair 30-39  
2nd Upgrade and Reboot (Mick Kappler and Jeremy Yang) 4:25:26

Team Male 60-69  
2nd The Classics featuring Dale Goering 5:39:33

Team Female 40-49  
3rd Freedom featuring Kristen Bennett 5:11:58

Male 25-29  
11. Juniper Hunter 4:47:38

Male 35-39  
38. Kristen Kern 6:09:55

Male 40-44  
13. Paul Scott 4:51:42

Male 45-49  
5. Jan Bear 4:36:47

## New Look for Santa Fe Run-Around

"We give you the Run-Around" is the motto of the Santa Fe Striders. This year the club is also giving you jugglers, live music and a kids' race with T-shirts and medals to the participants.

The series of races starts at 8 a.m. on Saturday, June 1, at the Santa Fe Plaza, with the 5-kilometer and 10-kilometer events.

The 10-kilometer race for women and the 5-kilometer and 10-kilometer race for men will serve this year as the Road Runners Club of America's New Mexico championship races. Winners of the races in age groups 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over will be recognized.

The Striders will give Chimayo weavings to the male and female winners in both the 5-K and 10-K events. Smaller weavings will be given to the top three male and female winners in each of the age groups 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over.

The out-and-back 5-K course includes portions of East Alameda and Camino Cabra. The hilly 10-K course runs along East Alameda, Camino del Monte Sol, Garcia Street, Old Santa Fe Trail, Camino Cruz Blanca and Camino Cabra and then the Alameda again.

The children's race, for ages 12 and under, begins at 9:30 a.m. on the Plaza. The race is one kilometer long. T-shirts will be given to the first 250 entrants in the children's race. All the children will get a medal.

Clan Tynker, a Santa Fe group of jugglers, magicians and stilt walkers, will perform. Music will be provided by the Hill Stompers, of Los Alamos and Santa Fe.

The Santa Fe Rotary Club is providing a group of volunteers for the race.

A portion of the proceeds from the day's events will benefit Santa Fe Partners in Education, a 15-year-old non-profit organization that raises money for public school programs, transportation for field trips and school supplies such as furniture, computers and books.

The Running Hub, one of the sponsors of the races, will give a 10 percent discount to participants who bring their race numbers to the store, at 333 Montezuma, #6. The store's phone number is 820-2523.

Other sponsors, besides the Striders, are the City of Santa Fe; Road Runners Club of America; Archaeo Architects; Parents of Wood Gormley Elementary School; White and Luff Financial; Janine Lehmann Design; Alpine Sports; Davis & Associates; Gatorade; Bulldog Gym; First State Bank; Brian McPartlon Roofing; Santa Fe Screenprinters; Southwestern Ear, Nose and Throat Associates; Santa Fe Bar and Grill (formerly San Francisco Street Bar and Grill); St. Vincent Hospital; Horace Automotive Group; Whole Foods Market; and Harris Builders Inc.

Fees for the events are \$12 for the 5-K and 10-K by May 24, or \$15 on race day; and \$2 for the 1-K by May 24, or \$5 on race day. Registration forms dropped off at the Running Hub by May 29 qualify as early registration.

Online registration is available by May 29 at [www.daylight.com/~jj/striders](http://www.daylight.com/~jj/striders).

Entry forms are available at sporting good stores and other locations.

The race director is Mick Kappler, who can be reached at 438-4463.

City of Santa Fe



Santa Fe  
Police & Fire  
Parks & Recreation  
955-2500

Striders



PO Box 1818  
Santa Fe, NM 87504

# Santa Fe Run-Around

Saturday, June 1, 2002

5K & 10K at 8:00am  
Kids 1K at 9:30am



Club #299



735 Cerrillos  
992-1700

## NM State Championship for Women 10K and Men 5K & 10K



Santa Fe Chrysler Jeep  
1701 St Michaels  
982-1956  
Santa Fe Dodge Kia  
2721 Cerrillos  
4731234  
Santa Fe Pontiac Buick GMC  
Santa Fe Auto Park  
473-2886

*Simply Unbeatable.*



121 Sandoval  
983-5155



333 Montezuma #6  
820-2523



1512 Paseo de Peralta  
988-5117



735 Cerrillos  
992-1700



Thirst  
Quencher  
of the  
RRCA



201 Washington  
600 W San Mateo  
982-6000

White  
&  
Luff  
Financial

549 S Guadalupe  
992-0601

ARCHAEO  
Architects

1519 Canyon  
820-7200

DAVIS  
& ASSOCIATES

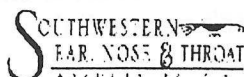


CONTRACTOR

5312 Jaguar Dr  
473-2727

BRIAN  
MCPARTLON  
ROOFING

1254 Calle Commercial  
982-6256



455 St Michaels  
983-3361

Janine  
Lehmann  
Design

17 Ladera  
466-1912



PO Box 9750  
473-3962

HARRIS



PO Box 6775  
988-1591

### LOCATION

Historic Plaza at the end of the Santa Fe Trail - Take St. Francis and turn east on Alameda, turn left on Sandoval St, then right on W San Francisco

### COURSES

Through historic Santa Fe

### EARLY REGISTRATION

5K & 10K: \$12, Kids 1K: \$2

Payable to: Santa Fe Striders

Mail by May 24th to: PO Box 1818, Santa Fe, NM 87504

Enroll by May 29th at: The Running Hub, 333 Montezuma #6

Online by May 29th at: <http://www.daylight.com/~jj/striders>

PACKET PICK-UP on May 31st, before 6:00pm at:

The Running Hub, 333 Montezuma #6 (505) 820-2523

### RACE DAY REGISTRATION (ends at 7:45am)

5K & 10K: \$15, Kids 1K: \$5

### AID STATIONS (Gatorade and water)

5K: located at mile 1 & 2

10K: located at mile 1, 2 1/4, 3 1/2 & 5

Start/Finish: additional supplies, including bread and fruit

### TYPICAL CONDITIONS

Overnight Low: 50°F, High for the Day: 85°F

8:00am - 70°F, 9:00am - 72°F, 10:00am - 75°F

Weather: sunny & clear, Humidity: 10%, Wind: 10 mph

### AGE GROUPS

19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over  
Kids 1K: 12 & under

### AWARDS

Certificates for championship events in each age group  
Large Hand-made Chimayo weaving for first female and male  
Hand-made Chimayo weaving for top 3 in each age group  
Medals to all 1K runners

### T-SHIRTS

Illustration by Ambika Levine of Wood Gormley Elementary  
Guaranteed to first 300 adults and 250 kids, including volunteers

### ENTERTAINMENT

Clan Tynker will perform magic, juggling, and stilt walking  
The Hill Stompers will play art forms of marching band music

### FACILITIES

Portable restrooms

### SAFETY & SUPPORT

Emergency Medical Team  
Santa Fe Police and Fire Departments

### RESTRICTIONS

Limited parking - arrive early - no alcoholic beverages

### ADDITIONAL INFORMATION

Contact Mick at (505) 438-4463 or [mick@daylight.com](mailto:mick@daylight.com)

A portion of the proceeds will be donated to Santa Fe Partners in Education

Bring the top half of this form or your race number for 10% off at The Running Hub, 333 Montezuma #6, 820-2523

detach along line

Please PRINT clearly

### Santa Fe Run-Around 2002 Entry Form

Please PRINT clearly

Last Name:	First Name:	Gender: M F
Address:	City, State, ZIP:	Age on race day:
Event: 5K 10K 1K	T-shirt: Child S M L XL	official use

**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 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:

Date:



## It Really Makes Me Almost Sick

by Lewis Terr

It really makes me almost sick  
The many promises I've made to Mick  
To write a column just for fun  
For the amusement of those that run.

Well now's the time; no more delay  
Does it really matter what I say?  
Okay, I'll write of running then  
Both all alone and with a friend.

I am so glad the time has changed;  
Now my whole day is re-arranged.  
No longer must I sweat and fight  
To run five miles before it's night.

I call my girlfriend on the phone  
To suggest a run though the pinon.  
Although she must still swim a mile,  
I calmly say I can wait a while.

Down Nine Mile Road we park the car  
Run out and back but not too far.  
I feel so blessed I get to play  
In the sunset skies of Santa Fe.

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## Bagging Leaves

by Mike Sutin

A firm foundation for my immortal -  
ity cannot be build on bagging leaves,  
nor hand unearthing elm seed trees and weeds  
from gardens greening from the gods that (1) grow  
so close to zero ground, (2) amalgamate  
my nose that burrows in the cockleburrs  
emerging from past winters dust-stuff bushes,  
(3) smirk knowingly at lower back real -  
ity and sore bent knees in homage to  
the bringing in the sheaves of domestic -  
ity. I think I need to write and run  
to earn a place in everlasting sun  
of poetry's eternal pantheon,  
well-built within a body paragon.

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## Letter Rearrangement

Someone out there either has far too much spare time or is deadly at Scrabble.

George Bush: He bugs Gore  
Dormitory: Dirty Room  
Evangelist: Evil's Agent  
Desperation: A Rope Ends It  
The Morse Code: Here Come Dots  
Slot Machines: Cash Lost in em  
Animosity: Is no Amity

From: "RunningCaps.com"

<newsletter@runningcaps.com>

To: <mick@daylight.com>

Subject: Buy 2 Marathon hats, get 1 FREE!!

Date: Sat, 13 Apr 2002 16:23:37 -0400

We strive to provide the best selection of technical headwear for runner at the best possible price.

A special thanks to our clients, customers, and friends: For the next 30 days you can buy any 2 hats and get one FREE

These are no ordinary hats.

- 1) The material and design make the ideal combination for any serious runner
- 2) Designs can be embroidered on the front and/or the back of the hat.

Perfect idea for running clubs and track teams!!! go here to see the goodies:  
<http://www.baysixusa.com/maillinglist/redirect.asp?i=2244&l=5>

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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.

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## 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.

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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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## 2001 Striders Officers

Eric Peters, President, 466-2460  
[RunAdventr@aol.com](mailto:RunAdventr@aol.com)  
Kris Kern, Vice President, 983-8944  
[kernkt@gat.com](mailto:kernkt@gat.com)  
Diana Hardy, Treasurers, 438-8602  
[hardy\\_diana@seo.state.nm.us](mailto:hardy_diana@seo.state.nm.us)  
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: \_\_\_\_\_

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. \_\_\_\_\_

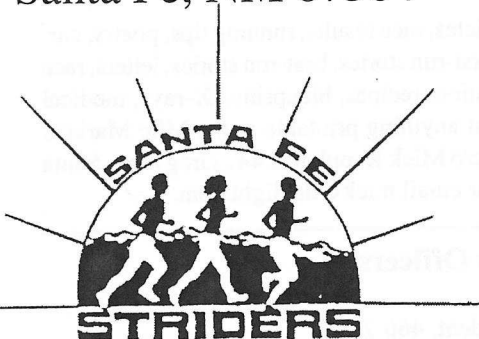
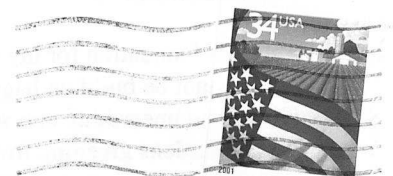
Date \_\_\_\_\_

## Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



good thru 2002

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