



Mile Markers



We Give You the Run-Around

August 2002 Volume 24, No. 8.

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

Feature Event - Hot Chili Run

August 4, 8:00a

The Striders once again will be volunteering at the the Chili Run hosted by the City of Santa Fe on August 4th at 8:00a. We will be conducting the finish line operations. Anyone wishing to volunteer, please contact Kris Kern or John Pollak (983-2144).

Big Tesuque Trail Run is October 12

The last newsletter listed the wrong date for the Big Tesuque Trail Run. The correct date is October 12. Contact Peter Fant for details (466-3837).

Mountain-Tops

by Mike Sutin

The mountain-tops the good Lord made,
where once were trails on which we played
succumb too soon to grader blade.

The quiet of the balsam glade
gives way to leveling of the grade,
His best laid plans oft put to spade.

Come One, Come All!

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

The August meeting is cancelled due to many people travelling to events. The next meeting will be held on **September 10th, tentatively** at Kris Kern's home at **120 Alamo Dr** in Santa Fe His number is **983-8944**,

Western States Report

by A. Goldman

There has been only one runner over age 70 that has finished the Western States 100 mile run and that is the great Ray Piva. The last time I saw Ray was a few years ago when I passed him at WS. He told me the difficulty with aging is loss of balance on rocky roads.

My goal at the 2002 Western States was to be the second over 70 runner to finish. The run up the road at the start takes you on the Squaw Valley, CA ski run to Immigrant Pass. This went very well for me. The course at the Pass had to be changed because a recent fire had wiped out one of the trails and they needed to make up distances. They did a terrific job of putting in a beautiful downhill trail above timberline. It was here that I fell , banged up my knee and **COULD NOT GET UP**. A runner came along and lifted me. After a short rest and a few Advils, I was able to continue and at Mile 25 I was feeling good again. I caught up with some South Africans who were going at my pace and we were enjoying some fun conversation but at Mile 35 the heat started to bother me. I took a salt tablet and one minute later started throwing up. By the time I reached Michigan Bluff-Mile 55, I was only two minutes under the cutoff time. But the run from Mich Bluff to Mile 63 - Forest Hills is an easy down hill (I thought). But it was at 11pm and far more rocky than I remembered it. That was because my balance was not what it used to be and I missed the cutoff by 10 whopping minutes. I thought this was my last hurrah but who knows. There has been only one runner over 70 who has finished the Leadville 100. I will let you know after August 18 if there is still only one.

Also

The Atomic City Roadrunners will sponsor both a one hour and a 15 minute run at the Los Alamos High School track on Tuesday August 6 at 6pm. Barbara Yarnell pottery will be awarded to the top 3 males and females in both races.

Results of the 2002 Santa Fe Run-Around Kids 1K

1. Pedro Isaïre
2. Niklas Sletteland
3. Jack Evaldson
4. Jenson Brown

Results of the 2002 Santa Fe Run-Around 5K

Place, Name, Gender, Age, Time

- 1, Joseph Grindstaff, Male, 24, 17:12
- 2, Benjamin Fletcher, Male, 15, 18:13
- 3, Edison Eskeets, Male, 43, 18:24
- 4, Ross Hunt, Male, 17, 18:48
- 5, Lyle Amer, Male, 48, 19:01
- 6, Michael Schneider, Male, 30, 19:25
- 7, Henry Valdez, Male, 16, 19:35
- 8, Jon Wheeler, Male, 15, 20:04
- 9, Rick Gee, Male, 37, 20:05
- 10, Vin Kelly, Male, 50, 20:17
- 11, Mary Uhl, Female, 30, 20:20
- 12, Charlie Drysdale, Male, 44, 20:31
- 13, Sam Medina, Male, 15, 20:35
- 14, Peter Graham, Male, 40, 20:51
- 15, Dan Anaya, Male, 45, 20:53.2
- 16, Jodi Medell, Female, 32, 20:53.6
- 17, Jon Chekares, Male, 19, 21:41
- 18, Knox Kinlaw, Male, 41, 21:45
- 19, David Romero, Male, 17, 21:48
- 20, Lloyd Porterfield, Male, 51, 21:49
- 21, George Chappell, Male, 41, 21:54
- 22, Patrick Lucero, Male, 35, 22:05
- 23, Jim Romero, Male, 62, 22:13
- 24, Wallace Brunson, Male, 53, 22:32
- 25, Mike Fresquez, Male, 40, 22:35
- 26, Aric Wheeler, Male, 30, 22:44
- 27, John Farrow, Male, 53, 23:07
- 28, Al Barker, Male, 57, 23:17
- 29, Greg Dunn, Male, 26, 23:29
- 30, Spencer Toll, Male, 13, 23:36.1
- 31, Lehigh Sheppard, Female, 47, 23:36.5
- 32, Annette Thayer, Female, 36, 23:49
- 33, Carol Richardson, Female, 50, 23:58
- 34, Jeffrey Montoya, Male, 34, 24:23
- 35, Eric Montgomery, Male, 30, 24:24
- 36, Darrell Sanchez, Male, 34, 24:26
- 37, Gerald Mendez, Male, 24, 24:29
- 38, Ralph Sanders, Male, 50, 24:32
- 39, Vanessa Curry, Female, 23, 24:35
- 40, Steve Nolan, Male, 53, 24:39
- 41, Lorraine Palmer, Female, 39, 24:42
- 42, Luis Soto, Male, , 24:50
- 43, Esme Sienicki, Female, 14, 25:01
- 44, Judy Amer, Female, 47, 25:07
- 45, Terence Finley, Male, 44, 25:08
- 46, Jesse LePluart, Male, 14, 25:29
- 47, Teresa Horan, Female, 21, 25:32
- 48, Ray Roybal, Male, 38, 25:41

- 49, Beate Zimmer, Female, 39, 25:42
- 50, Carl Iverson, Male, 31, 25:46
- 51, Elizabeth Miller, Female, 39, 25:48
- 52, Tim Causgrove, Male, 42, 25:50
- 53, Christopher Klein, Male, 40, 26:02
- 54, Jerry Shere, Male, 58, 26:05
- 55, Virginia Porterfield, Female, 42, 26:16
- 56, Jerry O'Donnell, Male, 56, 26:20
- 57, Nicole Marjon, Female, 15, 26:27
- 58, Paul Coriz, Male, 37, 26:30
- 59, Basile Oden, Male, 13, 26:44
- 60, Caitlin Woods, Female, 11, 26:55
- 61, Abeer Evaldson, Female, 42, 26:56
- 62, Houston Johanson, Male, 15, 27:04
- 63, Vicki McCabe, Female, 44, 27:08
- 64, Jody Lefevers, Male, 36, 27:12
- 65, Carleen Vigil, Female, 26, 27:29
- 66, Laurence Lebreton, Female, 41, 27:33
- 67 Thomas, McPartlon Male, 13, 27:45
- 68, Lily O'Leary, Female, 39, 27:56
- 69, Sade Cain, Female, 15, 27:57
- 70, Ana Davis, Female, 13, 28:03
- 71, Blaine Backman, Male, 53, 28:04
- 72, Francie Healey, Female, 32, 28:14
- 73, Darin Romero, Male, 14, 28:15
- 74, Anne Stanley, Female, 21, 28:16
- 75, Eddy Bieg, Male, 17, 28:23
- 76, Megan Paistel, Female, 16, 28:27
- 77, Tove Shere, Female, 49, 28:27.4
- 78, Henry Valdez, Male, 44, 28:33
- 79, Polly Perkins, Female, 34, 28:35
- 80, Carl Twibell, Male, 51, 28:38.5
- 81, Kevin Horan, Male, 55, 28:38.9
- 82, Rebecca Phillips, Female, 50, 28:51
- 83, Gary Richards, Male, 44, 29:00
- 84, Camilo Gomez, Male, 44, 29:04
- 85, Teak Lynner, Male, 32, 29:27
- 86, Lisa Rede Roman, Female, 32, 29:34.4
- 87, Carlos Roman, Male, 31, 29:34.7
- 89, Francis Chavez, Female, , 29:36
- 90, Jary Earl, Female, 56, 29:41
- 91, Eileen Kinlaw, Female, 31, 29:49
- 92, Joey Bieg, Male, 12, 29:52
- 93, Penelope O'Donnell, Female, 53, 29:56.3
- 94, Camille Lawrence, Female, 27, 29:56.9
- 95, Lori Primas, Female, 38, 30:02
- 96, Steve Balzer, Male, 39, 30:03
- 97, Olin Brown, Male, , 30:04
- 98, Gary Frank, Male, 46, 30:06.2
- 99, Rachel Frank, Female, 12, 30:06.6
- 100, Craig Pfeiffer, Male, 59, 30:07
- 101, Brian McPartlon, Male, 54, 30:16
- 102, Mike Sutton, Male, 43, 30:23
- 103, Andy Shreve, Male, 40, 30:25
- 104, Anthony Scaraella, Male, 42, 30:26
- 105, Kerry Thorne, Female, 30, 30:45
- 106, Gregg Bemis, Male, 74, 31:08
- 107, Len Goldberg, Male, 59, 31:12
- 108, Elena Alexis, Female, 15, 31:14
- 109, Luke Sheppard, Male, 12, 31:17
- 110, Noah Carson, Male, 13, 31:18
- 111, Ellen Grapin, Female, 58, 31:21

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112, Joleen Frank, Female, 55, 31:22
113, Joe Frank, Male, 56, 31:29.2
114, Cindy Urban, Female, 41, 31:29.5
115, Barbara Backman, Female, 48, 31:30
116, Henning DeMay, Male, , 31:32
117, Jill Marie Tienemann, Female, 36, 31:38
118, Stephanie Campbell, Female, 32, 31:38.9
119, Dorothy Stenberg, Female, 32, 31:54
120, Amy Haas, Female, 33, 31:57.1
121, Joseph Sanders, Male, 13, 31:57.7
122, Joe Sarmiento, Male, 47, 32:21
123, Melanie Vigil, Female, 40, 32:25
124, Donald Davenport, Male, 48, 32:27
125, John Sorbeck, Male, 55, 32:30
126, Jerry Dorbin, Male, 71, 32:36
127, Jim Van Every, Male, 60, 32:37.4
128, Brian Politz, Male, 31, 32:37.9
129, Geraldine Romero, Female, 46, 32:42
130, Kristine Schmidt, Female, 31, 33:03.2
131, Raquel Montes, Female, 38, 33:03.6
132, Jeannie Curtis, Female, 32, 33:08
133, Gabreille Sanchez-Sandoval, Female, 30, 33:24
134, Suzanne Balbo, Female, 25, 33:27
135, Karen Farrell, Female, 49, 33:36
136, Katharine Wright, Female, 31, 33:41
137, Leslie Wright, Female, 42, 33:42
138, Saul Cohen, Male, 74, 33:54
139, Amy Vanderlaan, Female, 15, 34:09
140, Rose Giannotta, Female, 48, 34:16
141, Marci Riskin, Female, 35, 34:23
142, Letty Perez, Female, 34, 34:28
143, Francis Sanders, Female, 49, 34:33
144, Sonya Carasco-Trujillo, Female, 26, 34:47
145, Michelle Laflamme-Childs, Female, 35, 35:10
146, John McAndrew, Male, 46, 35:59
147, Dot Breeden, Female, 36, 36:05
148, Richard Hinkel, Male, 66, 36:05.9
149, Jean Stadsjold, Female, 58, 36:35.4
150, John Stadsjold, Male, 51, 36:35.8
151, Bonnie McGowan, Female, 52, 36:36
152, Meredith McLanahan, Female, 37, 37:02
153, Jynell Jones, Female, 35, 37:03
154, Sally McLean, Female, 61, 37:29
155, Karrie Denniston, Female, 21, 37:49
156, Tom Engel, Male, 44, 38:03
157, Martha Daly, Female, 51, 38:30
158, Victoria Graham, Female, 40, 38:47
159, Dawn Abriel, Female, 49, 39:09.4
160, Vera Povolna, Female, 23, 39:09.7
161, Michelle Day, Female, 29, 39:22
162, Patricia Bardenhagen, Female, 38, 39:43
163, April Adams, Female, 44, 39:44
164, Douglas Jansen, Male, 30, 41:02
165, Dina Jansen, Female, 32, 41:03
166, Mara Harris, Female, 48, 41:15
167, Triena Claybrook, Female, 32, 42:13
168, AnnAura Knight, Female, 41, 43:35
169, Carrie Nicholes, Female, 26, 43:36
170, Debora Bluestone, Female, 44, 44:10
171, Jayme Politz, Female, 31, 44:36
172, Jeff Campbell, Male, 32, 44:37
173, Cheryl Shahan, Female, 35, 45:48

174, Lucia Jansen, Female, 53, 48:08
175, Kathleen Lettenberger, Female, 37, 48:16
176, Michelle Richardson, Female, 51, 53:20
177, Mary Maestas, Female, 33, 53:22

Results of the 2002 Santa Fe Run-Around

10K

Place, Name, Gender, Age, Time

1, Eric Peters, Male, 33, 37:11
2, Reed Bienvenu, Male, 18, 37:32
3, Paul Rochford, Male, 35, 41:30
4, Rebecca Graf, Female, 25, 43:37
5, Cinnamon Blair, Female, 32, 44:44
6, David Telles, Male, 41, 44:52
7, Arch Wright, Male, 41, 44:58
8, Jennifer Steketee, Female, 30, 46:15
9, Joseph Gutierrez, Male, 49, 46:55
10, James Kann, Male, 43, 47:04
11, Cody Sheppard, Male, 53, 47:37
12, Suzanne Garney, Female, 42, 48:06
13, Steve Rogers, Male, 47, 48:36
14, Bernadette Gould, Female, 42, 48:38
15, Robert Findling, Male, 50, 48:54
16, Felipe Jaramillo, Male, 54, 49:00
17, Julia Peters, Female, 32, 49:10
18, Bill Blankenship, Male, 52, 49:13
19, Robert Werner, Male, 62, 49:19
20, Peter Romero, Male, 47, 49:23
21, Robert Eaton, Male, 47, 49:37
22, Sheldon Robinett, Male, 50, 50:33.6
23, Mary Anne Burke, Female, 38, 50:33.8
24, Jim Bieg, Male, 54, 50:42
25, Philip Romero, Male, 49, 50:49
26, Scott Miller, Male, 45, 50:52
27, Robert Winkel, Male, 40, 51:27
28, Paul Maudlin, Male, 49, 51:29
29, Bert Grapin, Male, 66, 51:33
30, Stephen Lucero, Male, 47, 51:50
31, Patty Danforth, Female, 42, 51:58
32, Wolky Toll, Male, 52, 52:16
33, Kris Peterson, Female, 41, 52:44
34, Zack Shandler, Male, 30, 52:52
35, Steve Costello, Male, 44, 53:10
36, Karen Factor, Female, 41, 53:18
37, Chas Curtis, Male, 36, 53:19
38, Paul Martinez, Male, , 53:29.2
39, Sloan Wilson, Male, 32, 53:29.6
40, Eric Hoover, Male, 58, 53:40
41, Mike Moffett, Male, 34, 53:56
42, Steve Michel, Male, 45, 54:12
43, Ana Garcia De Jalon, Female, 43, 54:38
44, Shannon Neach, Female, 34, 54:39
45, Robert Delgado, Male, 40, 54:59
46, Susan Ross, Female, 32, 55:05
47, Kevin Drennan, Male, 35, 55:11
48, Jeffrey Whitmore, Male, 63, 55:24
49, Larry Jones, Male, 55, 55:32
50, Richard Roth, Male, 64, 56:20

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51, Nicole Fenton, Female, 27, 56:21
52, Alfonso Ramirez, Male, 55, 56:26
53, Diane Otero-Bell, Female, 35, 56:32
54, Frans Trouw, Male, 42, 56:53
55, Scott Gordon, Male, 38, 57:11
56, John Otter, Male, 64, 57:49
57, Ginny Seamster, Female, 18, 57:54
58, Donna Delgado, Female, 36, 59:05
59, William Oakland, Male, 60, 59:07
60, David Marjon, Male, 50, 60:18
61, Beth Davenport, Female, 41, 60:28
62, Edward Knicklis, Male, 47, 60:58
63, Robin Smith, Female, 41, 61:01
64, Mike Jimenez, Male, 49, 61:18
65, Alfred Matter, Male, 51, 61:48
66, Kyo Kim, Female, 9, 62:14
67, Phillip Crump, Male, 57, 62:28
68, Joline Eustice, Female, 43, 62:34
69, Ernest Rocha, Male, 58, 62:35
70, Frances Josephic, Female, 34, 63:27.1
71, Lisa Valaika, Female, 36, 63:27.8
72, Craig Libby, Male, 59, 63:52
73, Carol Carson, Female, 43, 63:54
74, Margaret Alexander, Female, 54, 65:07
75, Dick Danforth, Male, 59, 65:39
76, Maria Mulligan, Female, 40, 65:48
77, Kim Straus, Male, 48, 66:15
78, Alva Sisneros, Female, 43, 66:27
79, Deborah Gaynor, Female, 51, 66:36
80, Stephanie Sayre, Female, 21, 70:07
81, John MacCuish, Male, 49, 70:49
82, Ellen Stelling, Female, 50, 71:44
83, Bob French, Male, 66, 72:41
84, Ted Williams, Male, 54, 72:52
85, Karin Roth, Female, 55, 72:57
86, Armand Alessandrone, Male, 51, 78:02

From: Dougruns26@aol.com
Date: Fri, 21 Jun 2002 16:24:45 EDT
Subject: Running

My name is Doug Horn. I am a runner living in South Florida and the captain of a coed team that is going to participate in the Hood to Coast Relay (www.hoodto.coast.com) in Oregon, August 23-24, 2002. We have a strong competitive team that we expect to finish in the top 5 in our category Coed Submasters (all team members 30+ years old, 6 males/6 females)

We just had 2 female runner drop off of our team and we are looking for 2 female replacements. We are a group of well established professionals in our personal life (attorneys, CPAs, medical professionals, computer engineers), all 30+ years of age, with no felony convictions (just kidding!!!). We really are a good group of people and I promise whoever may be interested will have a great time.

If you should know any females, 30+ years old that can run a 42-43 minute 10K or better that would like to participate in the Hood to Coast Relay with a good group of people, please ask them to call me during the day at (561) 451-8442.

Also, I have a friend from South Florida who has a coed 50+ year old team looking for 1 female runner (42 min. or better for 10K). This team is expected to win their division!!!

Thank you and best regards,

Doug Horn
(561) 451-8442

From: Clenox1@aol.com
Date: Sat, 13 Jul 2002 18:14:12 EDT
Subject: Running Vacation 8 days from only \$849 - Caribbean - Oct. 26 - Nov. 3

Come run with us on the islands of Grand Cayman, Cozumel, Costa Maya and sail aboard the fantastic Grand Princess. Randy Accetta (our running expert) will provide personalized training, offer exclusive runs on each island and lead discussion groups with topics such as nutrition, motivation, fitness injuries, etc. Great prices for this running adventure starting from only \$849.00 per person based on double occupancy. See http://passporttoadventure.net/html/run_CAR_oct_02.htm for more information.

>>> Race Calendar <<<

8/4 Hot Chili Run
City of Santa Fe
Parks & Recreation
955-2500 (Darlene)

10/12 Big Tesuque Trail Run
466-3837 (Peter)

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

Strider Website URL Update

The Strider website has been relocated
from
<http://www.daylight.com/~jj/striders>
to •
<http://www.daylight.com/~striders>

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@gat.com
Diana Hardy, Treasurers, 438-8602
hardy_diana@seo.state.nm.us
Mick Kappler, newsletter editor, 438-4463
mick@daylight.com



NEW MEXICO ASSOCIATION
USA TRACK & FIELD

31 SANDHILL RD, LOS LUNAS, NM 87031

505/865-8612 FAX 505/565-8387 E-MAIL foneskn@aol.com www.usatf.org/assoc/nm

NEWSLETTER

CALENDAR:

July 5, 2002

July 7 NM USATF Masters & Open Track & Field, Milne Stadium, Kathy Fones, 865-8612.

July 9 Twilight All-Comers Track & Field, UNM Track, 925-5738.

July 11-14 Region X Junior Olympics, El Paso, TX, Ron & Liza Mascarenas, 867-6885.

July 12 Kids Run for Fun, Rio Rancho, Larry Cawthorn, 896-1178.

July 13 Race for the Cure 5K, 1mi. Fun Run, Laura Harris, 823-2386.

Bastille Day 8K***&* Run/Walk, Las Cruces, 524-7824.

Summer Fun and Fitness, Roswell, 624-6720.

July 14 On the Run Promotions Sandia Challenge 10K, Charles Otero, 345-4274.

July 16 Twilight All-Comers Track & Field, UNM Track, 925-5738.

July 19 Kids Run for Fun, Rio Rancho, Larry Cawthorn, 896-1178.

July 20 Burn Lake Duathlon, Las Cruces, 541-2554.

Zuni Fitness Series, 782-2665.

July 23 Twilight All-Comers Track & Field, UNM Track, 925-5738.

July 23-28 USATF National Junior Olympics Championships, Omaha, NE.

July 26 Kids Run for Fun, Rio Rancho, Larry Cawthorn, 896-1178.

July 27 Mormon Pioneer Day 5K Run/Walk, Las Cruces, 527-8485.

Summer Fun and Fitness, Roswell, 624-6720.

July 28 Lexus Mile, www.tgrande.com, 256-3625.

July 30 Twilight All-Comers Track & Field, UNM Track, 925-5738.

Aug 3 Summer Fun 5&10K, 5K Walk, Las Cruces, 524-7824.

Aug 4 La Luz Trail Run***, Rodger Sack, 797-0791.

Aug 8-11 State Senior Olympics Track & Field, Mandy, 623-5777.

Aug 9-10 Bulldawg 100mi. Relay, Las Cruces, 526-5394.

Aug 10 Summer Fun & Fitness, Roswell, 624-6720.

Aug 17 Zuni Fitness Series Reservation Relay, 782-2665.

Aug 18 Run for the Hills 5&10K***, 5K Walk, 1K Kids, www.tgrande.com, 256-3625.

Run to Break the Silence 10&20K, 5K Run/Walk, Judy, 242-5212.

*STATE CHAMPIONSHIP ***GRAND PRIX SERIES

NM USATF BOARD MEETING: The next board meeting will be held on Wednesday, August 14, 2002, 7:30PM at the John Baker Memorial Bldg. located at the north end of the University of New Mexico Track, Cesar Chavez SE between University and Yale. On the agenda will be scheduling of the 2002 cross country season. (NOTE: There is no board meeting in July.)

NM USATF ANNUAL MEETING: The annual meeting of the New Mexico Association of USA Track & Field was held on Saturday, June 22nd. The following person were elected as officers and chairs: President, Ronald Mascarenas; Vice-President, Fred Mowrer; Secretary, Jamie Woodley; Treasurer, Lisa Hampton; Officials, David Hampton; Youth Athletics, Arlena Dickerson; Men & Women's Track & Field, Mark Henry; Masters Track & Field, Norm Fones; Long Distance Running, Blake Wood; Masters Long Distance Running, Don Shepan; Race Walking, Marjorie Holmes; and Cross Country, Ken Woodley.

UNM TRACK & FIELD SUMMER TWILIGHT MEETS AT UNM: The meets began June 11th and will run every Tuesday through July 30th. Both field and running events will start at

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

Mile Markers

Running in the New Millennium

August 2002

87507+5203 21