



Mile Markers



We Give You the Run-Around

December 2002

Volume 24, No. 12.

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

Feature Event - Annual Banquet

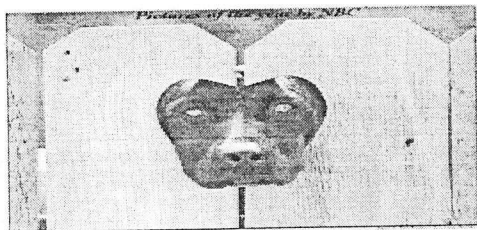
The annual banquet will be held at Santa Fe Bar & Grill in the De Vargas Mall, Tuesday, December 10th, 7:00p. Be there!

Santa Fe Snowshoe Classic Returns!

The SF snowshoe classic will be revived this winter by the Striders in cooperation with the Norski Tracks de Santa Fe club. The race will be held January 11th on the Norski trails just below the Santa Fe ski basin. This year will feature 2 events - a 5k and a 10k (1 lap or 2 laps). Look for details in the January Mile Markers. There has been some **questions about the certainty of the event date.** Please call Kris Kern at 983-8944 to confirm event details.

Results of the Strider Poetry Slam!

Tom Day is the new Strider Poet Lariat! His winning entry is on page 2. It was a tough, knock down and drag out contest, with neither poet actually showing. In the end Jerry Dorbin was DQ'ed for being a professional, and Jeremy Yang's entry is still missing. But wait - Mike Sutin has come out of retirement (see adjacent column)! Or is it his last gasp of poetry to end his career? Who knows! We'll find out in the opening issue of *Mile Markers* in 2003.



Annual Banquet & Monthly Meeting

On the 10th at 7:00p, the Striders Annual Banquet and monthly meeting will be held at the **Santa Fe Bar & Grill** in the **De Vargas Mall**. Be there!

From the Coin-Pickers of the World: We're Sucking It Up for You, Eric Peters (and U2 Tom)

by Mike Sutin

We inhale expelled sulphuric lead gas,
emitted from each engine's pipeline ass,
expose our feet to broken bottle glass,
so you can perform at the top of your class.

Breathe deep all lead-based molecules
for miles of whirling devil dust.
We ingest irradiated smoke
to satisfy your running lust.

Our bodies are broken with bad hazmat risks
so that you can soar past with your victory bricks.
We suck up scum like slow sifting spiders
while you gain gold for the Santa Fe Striders.

The fumes, exhaust and black lung spot,
we're sucking it all up for you.
The curbside coinage of the realm
are stuck by gum to plodding shoe.

The summer roadway sweats out oil and tar
and we are mucked by grinding truck and car.
We pick our coin-lined way for mileage far
and never wonder where, or why, we are.

Ice encrusted black carbon curbs
wear down our souls in winter's burbs
where we must run with care and stealth
in search of other people's wealth.

The waning world of acute coin-keepers,
once kept incarnate by slow-step creepers,
is swept in dust to dump by city sweepers,
like scythes gyrate on whole grain reapers.

And all long runs and fortune's furs must always end,
so do not fail from short life's profits freely spend.

Endnote: 1) "The river sweats oil and tar," *The Waste Land*, T.S. Elliott.

Lines On Hearing the Noose That The Club Is Hiring A Poet Lariat

(To be read *allegro* if time starts to run out)

*I never heard of a poetry test
That had to be done in three minutes or less.
But these are the Striders, so speed's the thing.
I'm throwing my Montrails into the ring.*

We're the Santa Fe Striders, you can tell it at once,
We run before breakfast, dinner and lunch.
We run in the rain, we slog in the snow,
We're all a little bit crazy, you know.
It's Gatorade this and PowerBar that,
And bodies of minus 2 percent fat.
We run at dawn, and late at night.
We'd spend our last dime on strange-looking tights.

Would it be better, I sometimes think,
To have taken up chess, or even drink?
...But there's a race I remember
Last March--or was it September?--
A sunny day--or did it rain?--
Too much pounding has jangled my brain.
But there is one thing I know for certain:
I'll be out there running until it's curtains.
And whether I win or whether I lose,
I'll always pay my Strider dues.

*So I'm a loyal Strider, no Judas Iscariot,
And that's my bid to be Poet Lariat.*

--Tom Day

3rd Annual Sandia Mountain Shoe

4 Mile Snowshoe Race

Saturday, February 1, 2003, 10:00 am

Entry Fee: \$25.00 through January 18, 2003
\$30.00 after January 18, 2003 including race day
Checks payable to: Jeff or Patti Young

Registration & Information: Jeff or Patti Young
25 Dalton Trail
Sandia Park, NM 87047
(505) 281-3495
canyoung5@juno.com

Location: Race will begin at the south end of the lower level parking lot of the Crest House at the top of the Sandia Crest Highway. Limited parking will be available so please try to carpool. Note: Depending on snow conditions, alternative course will begin near Doc Long Picnic Ground on Sandia Crest Highway. Look for signs along the highway on race day.

Snowshoes: Snowshoes can be reserved and picked up at the race. The race has only 25 snowshoes for rent based on the first 25 entry forms received requesting snowshoes. Snowshoe rentals are an additional \$5. Please call to confirm.

Participation: Entry Fee includes long-sleeve t-shirt, post-race refreshments and entry in doorprize drawing. NOTE: RACE WILL BE LIMITED TO NO MORE THAN 100 PARTICIPANTS.

Proceeds: All proceeds from the race will go to the Sandia Ranger District and Friends of the Forest for preservation and maintenance of trails in the Sandia Mountains.

Sponsors: Outside Magazine, TrailRunner Magazine, Not Just Bagels, Madrid MineShaft Tavern, Friends of the Forest, USDA Forest Service, Redfeather Snowshoes, RIBS Restaurant, Fleet Feet, Wild Oats Markets, Coffee at Dawn, Tinkertown Museum, Mountain Videos, North Valley Pottery, Cedar Point Grille, Sandia Crest House, and Runner,s World.

Full Name: _____
Mailing Address: _____
Phone # and e-mail address: _____
Age (as of race day): _____ Entry Fee Paid: _____
Need Snowshoes: Yes or No T-Shirt Size _____

Race Release: (must be signed by participant): I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted in this event. I also understand and fully accept responsibility for any injury or harm that could result from the hazardous nature of snowshoe running at high altitudes. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby hold harmless any affiliated individuals and sponsors and their employees and all other persons associated with this event for any claims I may have arising out of my participation in this event including personal injury or damage suffer by me or others. If I don not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to the Sandia Shoe to use any photographs, videotapes, or other recordings of me that are made during the course of the event.

Signature (Parent's Signature if under 18) _____

Date _____

Race Results
Big Tesuque 2002
 October 12, 2002

11.6 mile trail run up Aspen Vista Trail
 10,000' starting elevation, 12,003' summit, 5.8 miles one way

Race Director: Peter Fant 3 Moya Loop, Santa Fe, NM 87508
 (505) 473-9211 (W), (505) 466-3837 (H), PGKMFant@aol.com

Men's record: 1:18:09 1999 Joel Rosario

Women's Record: 1:27:08 2002 Erica Larson

No.	Last, First Name, City	Age	M/F	Ascent	Decent	Overall
91	Oberst, Joachim, Albuquerque	37	M	48:36 1	31:24 1	1:20:00 1
112	Sobal, Tom, Salida, CO	44	M	49:42 2	34:08 2	1:23:50 2
83	Peters, Eric, Santa Fe	33	M	51:46 3	35:05 5	1:26:51 3
55	Larson, Erica, Los Alamos	31	F	52:28 6	34:40 3	1:27:08 4
65	Moseley, Clay, Los Alamos	31	M	51:58 4	36:55 8	1:28:53 5
56	Chavez, Chris, Los Alamos	43	M	52:09 5	37:09 10	1:29:18 6
35	Richardson, Willie, Albuq.	29	M	55:19 7	35:48 6	1:31:07 7
96	Hammon, Duncan, Los Alamos	47	M	56:27 10	34:48 4	1:31:15 8
78	Brozik, Susan, Tijeras	35	F	57:05 11	36:00 7	1:33:05 9
42	Todd, Michael, Alexandria, VA	32	M	55:37 8	37:52 12	1:33:29 10
86	Fant, Peter, Santa Fe	42	M	56:26 9	39:33 17	1:35:59 11
60	Schurman, Tamsen, El Prado	44	F	57:28 12	39:07 15	1:36:35 12
72	Westmoreland, Jim, Santa Fe	51	M	1:00:25 19	38:11 13	1:38:36 13
74	Baker, Mark, Albuquerque	25	M	1:00:08 18	40:17 19	1:40:25 14
94	Farrell, Devin, Los Alamos	37	M	59:58 17	40:32 20	1:40:30 15
14	Hadley, Philip, Santa Fe	31	M	59:40 15	41:02 22	1:40:42 16
104	Wolfe, Shane, Albuquerque	21	M	59:42 16	41:18 23	1:41:00 17
122	Herbert, Jean, Albuquerque	46	F	1:04:25 30	37:14 11	1:41:39 18
93	Farrar, Chuck, Los Alamos	45	M	59:04 13	42:37 30	1:41:41 19
109	Barrett, Gennie, Los Alamos	38	F	1:02:47 26	39:02 14	1:41:49 20
82	Stanley, Michael, Thoreau	24	M	1:05:28 34	36:55 9	1:42:23 21
28	Muller, Philippe, Santa Fe	43	M	1:02:25 25	40:04 18	1:42:29 22
102	Solomon, Roy, Albuquerque	48	M	1:01:46 22	41:27 24	1:43:13 23
43	Rogers, Steve, Santa Fe	47	M	1:00:40 20	42:50 34	1:43:30 24
59	Newell, Patricia, Los Alamos	31	F	1:02:10 24	41:30 25	1:43:40 25
21	Telles, David, Los Alamos	41	M	1:01:52 23	43:19 37	1:45:11 26
63	Schraad, Mark, Los Alamos	34	M	1:01:34 21	44:12 42	1:45:46 27
81	Anderson, Robert, Thoreau	55	M	1:06:30 36	39:17 16	1:45:47 28
20	Golden, Scott, Santa Fe	43	M	1:03:10 27	44:03 40	1:47:13 29
69	Ensign, Andrea, Santa Fe	35	F			1:47:23 30
8	Young, Jeff, Sandia Park	41	M	1:06:54 41	40:49 21	1:47:43 31
116	Thompson, Darla, Los Alamos	37	F	1:05:04 33	43:06 36	1:48:10 32
4	Fox-Young, Justine, Placitas	23	F	1:04:36 31	43:38 39	1:48:14 33
41	Long, Gregory, Albuquerque	35	M	1:04:15 29	44:15 43	1:48:30 34
105	Moriarity, Maria	27	F			1:48:37 35
27	Rich Bigelow, Silver City	50	M	1:07:20 43	42:03 27	1:49:23 37
45	Laskey, Hank, Albuquerque	33	M	1:06:33 37	42:50 33	1:49:23 36
51	Scollard, Phil, Santa Fe	53	M	1:06:45 39	43:00 35	1:49:45 38
98	Hendrix, David, Co Springs, CO	38	M	1:03:15 28	47:03 55	1:50:18 39
99	Small, Mike, Santa Fe	41	M	1:09:15 49	42:46 32	1:52:01 40

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46	Allen, Kirk, Albuquerque	42 M	1:06:41	38	45:36	49	1:52:17	41
110	Whitsell, Chad, Albuquerque	32 M	1:07:15	42	45:03	45	1:52:18	42
80	Kern, Kris, Santa Fe	37 M	1:10:00	52	42:41	31	1:52:41	43
87	Willie Martinez Las Cruces	49 M	1:11:15	59	41:42	26	1:52:57	44
68	Sushila, Nanda, Arlington, VA	41 F	1:07:48	44	45:19	46	1:53:07	45
107	Morelos, Floyd, Santa Fe	40 M	1:10:58	56	42:31	29	1:53:29	46
44	Findling, Robert, Santa Fe	50 M	1:06:50	40	46:48	52	1:53:38	47
52	Marquardt, Chris, Cont. Divide	29 M	1:09:40	50	44:04	41	1:53:44	48
39	Benson, Robyn, Santa Fe	37 F	1:08:42	47	45:47	50	1:54:29	49
121	Szantho, Tamas, Santa Fe	51 M	1:13:12	67	42:18	28	1:55:30	50
66	Mendez, Gerald, Espanola	24 M	1:08:30	46	47:09	57	1:55:39	51
26	Danforth, Patty, Los Alamos	42 F	1:10:20	53	45:25	48	1:55:45	52
118	Book, Claude P, Albuquerque	47 M	1:12:34	64	43:29	38	1:56:03	53
85	Mastoras, Kathy, Santa Fe	45 F	1:09:00	48	47:06	56	1:56:06	54
92	Gould, Bernadette, Santa Fe	42 F	1:08:18	45	48:05	60	1:56:23	55
101	Kollar, Liz, Albuquerque	44 F	1:05:00	32	51:52	74	1:56:52	56
16	Werner, Robert, Santa Fe	62 M	1:11:05	57	45:50	51	1:56:55	57
54	Pomo, Gina, Albuquerque	42 F	1:10:32	54	46:58	54	1:57:30	58
12	Youngdahl, Jay Corrales	50 M	1:13:58	72	44:38	44	1:58:36	59
13	Johnston, Mariann, Albuquerque	33 F	1:13:30	69	45:23	47	1:58:53	60
88	Powell, Sandy, Alcalde	43 F	1:12:03	63	46:53	53	1:58:56	61
57	Hinman, Dave, Albuquerque	43 M	1:11:13	58	47:46	58	1:58:59	62
22	Ross, Susan, Santa Fe	32 M					1:59:33	63
97	Paulsen, David, Muskeegan, MI	50 M	1:09:55	51	50:39	69	2:00:34	64
18	Vigil, Christopher, Santa Fe	49 M	1:12:00	61	48:47	61	2:00:47	65
40	Massey, Barry, Santa Fe	46 M	1:12:01	62	48:48	62	2:00:49	66
90	Romero, Philip, Las Vegas	49 M	1:13:05	66	47:58	59	2:01:03	67
103	Kerwitch, Rob, Tucson, AZ	25 M	1:13:24	68	49:37	65	2:03:01	68
67	Vavruska, John, Santa Fe	51 M	1:12:44	65	50:21	68	2:03:05	69
25	Goering, Dale, Santa Fe	72 M	1:11:35	60	52:47	76	2:04:22	70
89	Romero, Pete Las Vegas	47 M	1:05:28	35	59:00	92	2:04:28	71
73	Conway, Bill, Santa Fe	49 M	1:14:02	73	51:12	72	2:05:14	72
11	Mhoon, Robert, Albuquerque	55 M	1:13:52	71	52:58	77	2:06:50	73
120	Johnson, Cris, Co. Springs, CO	31 M	1:16:43	79	50:11	67	2:06:54	74
84	Davis, Tricia, Santa Fe	32 F	1:18:12	81	49:03	63	2:07:15	75
47	Johnson, Sten, Santa Fe	35 M	1:16:15	77	51:05	71	2:07:20	76
50	McMath, Ellis, Albuquerque	49 M	1:13:34	70	54:29	82	2:08:03	77
37	Woods, Alanna, Albuquerque	28 F	1:14:34	75	53:35	79	2:08:09	78
64	Black, Matthew, Albuquerque	35 M	1:16:35	78	52:23	75	2:08:58	79
113	Tingey, Jim, Los Alamos	48 M	1:17:58	80	51:31	73	2:09:29	80
117	Higgins, Michael, Santa Fe	51 M	1:20:25	85	49:10	64	2:09:35	81
106	Pickard, Lynn, Santa Fe	54 F	1:19:26	82	50:54	70	2:10:20	82
100	Hamrick, Ruthanne, Cedar Crest	37 F	1:20:46	87	49:46	66	2:10:32	83
77	Roth, Richard, Santa Fe	64 M	1:14:13	74	56:33	85	2:10:46	84
5	Young, Charles, Placitas	52 M	1:10:47	55	1:00:33	96	2:11:20	85
2	Milone, Michael, Placitas	56 M	1:15:28	76	58:24	90	2:13:52	86
62	Standish, Miles, Santa Fe	50 M	1:20:54	88	53:07	78	2:14:01	87
75	Barksdale, Elise, Santa Fe	34 F	1:20:08	84	54:02	80	2:14:10	88
32	Dahlquist, Janet, Durango, CO	47 F	1:22:08	89	54:28	81	2:16:36	89
115	Thompson, Richard, Los Alamos	62 M	1:24:54	92	57:01	87	2:21:55	90
95	Sandoval, Bob, Albuquerque	50 M	1:19:55	83	1:02:26	99	2:22:21	91
36	Romancito, Ophie, Albuquerque	43 F	1:23:40	91	59:29	94	2:23:09	92
119	Levin, Lee S, Santa Fe	52 M	1:20:27	86	1:02:43	100	2:23:10	93
108	Allan, Reid, Santa Fe	39 M	59:10	14	1:24:35	110	2:23:45	94

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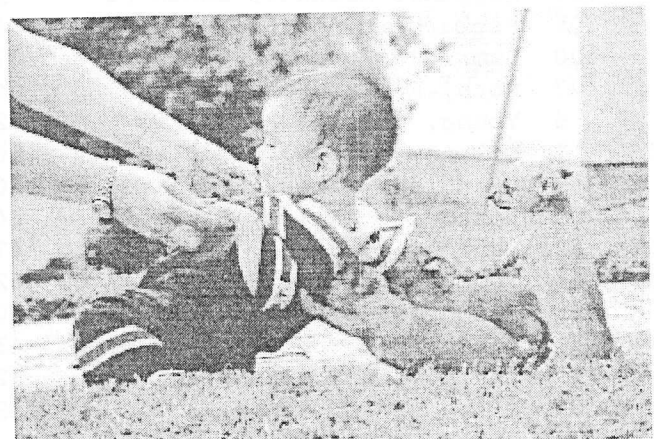
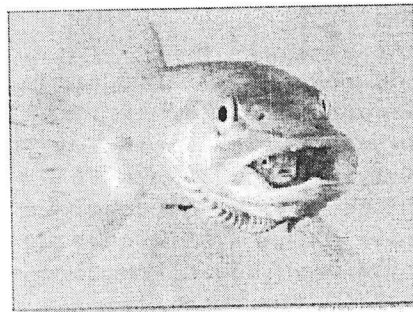
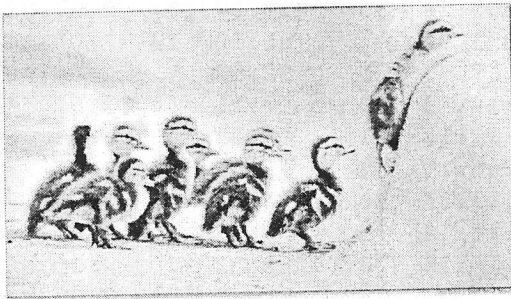
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31	Neslund, Richard, Louisvl., CO	54 M	1:26:50	94	58:35	91	2:25:25	95
10	Broxterman, Burton, Albuquerque	67 M	1:29:00	100	56:44	86	2:25:44	96
17	Red, Olivia, Albuquerque	55 F	1:28:35	99	57:18	88	2:25:53	97
114	Ritz, Kathy, Albuquerque	42 F	1:28:30	97	58:05	89	2:26:35	98
33	Beckett, Cynthia, Frisco, CO	43 F	1:30:45	103	56:08	83	2:26:53	99
24	Asbury, Lynn, Albuquerque	52 F	1:26:10	93	1:01:43	98	2:27:53	100
76	Possoboni, Kristen, Santa Fe	33 F	1:29:28	102	59:01	93	2:28:29	101
34	Taylor, Saundra Los Lunas	22 F	1:32:14	105	56:31	84	2:28:45	102
23	Zabinski, Mary, Albuquerque	46 F	1:29:20	101	1:01:10	97	2:30:30	103
6	Howard, David, Santa Fe	40 M	1:28:33	98	1:02:47	101	2:31:20	104
61	Standish, Claudia, Santa Fe	50 F	1:31:32	104	1:00:31	95	2:32:03	105
38	Keresting, Kathy, Albuquerque	35 F	1:28:12	96	1:11:14	106	2:39:26	106
9	Allen, Gerald, Santa Fe	65 M	1:35:50	108	1:07:01	102	2:42:51	107
53	Fletcher, Russ, Santa Fe	59 M	1:33:18	106	1:10:20	103	2:43:38	108
71	Edmonds, Eric, White Rock	37 M	1:27:00	95	1:20:50	109	2:47:50	109
70	Edmonds, Lori, White Rock	39 F	1:33:33	107	1:14:53	107	2:48:26	110
48	Reyes, Veronica, Albuquerque	33 F	1:41:32	110	1:10:45	104	2:52:17	111
49	Reyes, David, Albuquerque	38 M	1:41:32	111	1:11:04	105	2:52:36	112
7	Lopez, John, Albuquerque	39 M	1:41:26	109	1:15:17	108	2:56:43	113
30	Neslund, Carol, Louisville, CO	40 F	1:22:40	90	1:37:20	111	3:00:00	114
111	Allan, Ann, Santa Fe	47 F						
1	Benjamin, Robert, Albuquerque	48 M						
79	Chamblin, Andrew, Los Alamos	33 M						
29	Coleman, Jennifer, Santa Fe	32 F						
15	Davis, Charley, Santa Fe	53 M						
3	Fox, Lucy, Placitas	50 F						
19	Hale, James, Albuquerque	42 M						
58	Terr, Lewis, Santa Fe	56 M						



Pictures of the year by NBC

Touching Photos from 2002

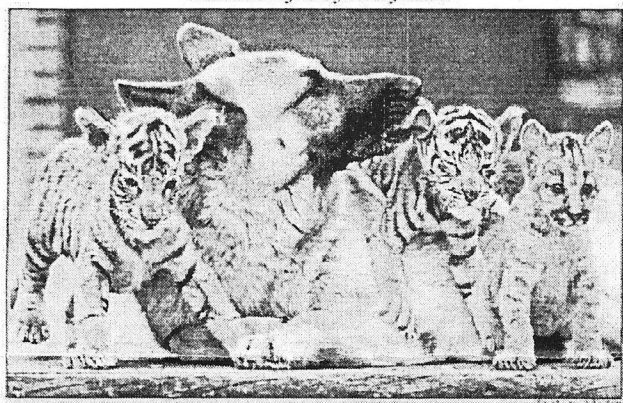


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Pictures of the year by NBC



Membership Renewal Time

Don't miss an issue of *Mile Markers*., poetic running in motion. Renew your Santa Fe Striders membership now. A membership form is on the back cover.

From newsletter@runningcaps.com
Date: Tue, 12 Nov 2002 11:13:46 -0500
From: RunningCaps.com
<newsletter@runningcaps.com>
To: mick@daylight.com
Subject: RunningCaps.com

RunningCaps.com is currently making the following offer:

----> buy 2 Marathon caps get one FREE <----

We also have WINTER headwear, fleece lined beanies (new item), and as always, holiday designs are available on all headwear.

<http://www.baysixusa.com/maillinglist/redirect.asp?i=13700&l=131>

Whether you are new to the RuningCaps line of products, or a long time customer, we will do whatever it takes to make sure you are satisfied.

>>> Race Calendar <<<

1/11 Snow Shoe Classic
983-8944 (Kris, kernkt@cybermesa.com)
<http://www.daylight.com/~striders>

1/18 9a, Corrida de los Locos 4.8M
Santa Fe Recreation Complex
Marty Sanchez Links de Santa Fe
<http://www.daylight.com/~striders>
954-4384 (Dale, dkgoering@cs.com)
983-2144 (John)

2/1 10a, 3rd Annual Sandia Mountain Shoe, \$25
Crest House at the top of Sandia Crest Hwy
281-3495 (Jeff or Patti, canyoung5@juno.com)

5/31 (tentative) 2003 Santa Fe Run-Around
<http://www.daylight.com/~striders>
Adults: 438-4463 (Mick, mick@daylight.com)
Kids: 466-3955 (Ted, palmerlorted@aol.com)

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

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 or carelessness on the part of the persons named in this waiver.

Signature _____

Date _____

Parent's Signature if under 18 yrs. _____

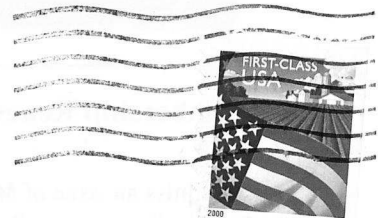
Date _____

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

