



Mile Markers



We Give You the Run-Around

March 2003 Volume 25, No. 3.

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

Thursday Evening Runs

Thursday night runs begin at 6 pm from the Running Hub. The loop is as follows:

Montezuma (store front) to left at Cerrillos/Galisteo intersection to right on De Vargas St (cross Old SF Trail, cross Paseo de Peralta) to Canyon Rd to right on Camino Del Monte Sol to left on Camino Cruz Blanca to Camino Cabra to left on Canyon Rd to De Vargas St to left on Cerrillos/Galisteo to right on Montezuma to store. The route is about 5 1/2 miles. We add a little extra around St. Johns to make it close to 6 miles by heading up road to Wilderness Gate then connecting back to Cruz Blanca with first left.

Running Classes

Running 101/201 - Classes begin March 20 at 6 pm at the Running Hub. The 12-week classe include coaching, lectures, entry to the Santa Fe Run-Around, and t-shirts. The fee is \$100. The Running 101 class is geared for the beginning runner with the goal of completing a 5K run. The Running 201 class is geared for the intermediate runner with the goal of completing a 10K run.

Marathon Training

Marathon Training - Program begins March 29 at 8 am at the Running Hub. The 30-week program, coached by Carol Richardson, follows the Galloway Marathon Training Program for staying motivated and njury-free while training for the Duke City Marathon. The cost is \$149 and includes t-shirt, coolmax running shirt, a copy of Galloway's book Marathon, a one-year subscription to Runner's World, and a day-by-day training schedule.

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

On the 11th at 7:00p, the Striders monthly meeting will be hosted by **Diana Hardy & Jim Westmoreland** at **2363 Camino Carlos Rey**. Their number is **438-8602**.

Santa Fe Dirt 1/2 Marathon

The Santa Fe Dirt 1/2 Marathon is set for August 10th at the Dale Ball Trail head off Hyde Park Rd. Call the Running Hub for more details.

Striders at the Quad!

A fantastic day for the 20th Mt. Taylor Winter Quadrathlon! 500 plus athletes were greeted to a warm, sunny day, with fresh snow on the mountain. Results for Striders - hope we didn't miss anyone:

Sean Cunniff 4:47:14
Phil Hadley 5:03:30
Jeremy Yang 5:28:22
Kris Kern 5:31:25
Holland Sheppard 6:17:09

In the team competition: Dale Goering in The Classics finished 2nd in the over 60 age group with a time of 5:32.

Quad Sparks Friendly Rivalry

Date: Wed, 19 Feb 2003 11:43:10 -0700
From: Kris Kern <kkern@lanl.gov>
Subject: Re: Quad

JJ, Phil, Holland, and I. Phil 5:08, Holland 6:18, JJ 5:28, me 5:31. Although I lost 4 min at the 2nd transition when someone stole my spot on the bench.

Date: Wed, 19 Feb 2003 12:36:18 -0700
From: Jeremy J Yang
<jj@www.eyesopen.com>
Subject: Re: Quad

Don't you mean *beat* you to the bench
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spot through sheer speed, agility, determination and good old American thirst for conquest?! And it was 2min30 max anyway...

Date: Wed, 19 Feb 2003 13:01:27 -0700
From: Kris Kern <kkern@lanl.gov>
Subject: Re: Quad

No way! It was clearly underhanded deception, obviously plotted in advance with the aid station guy. And it constitutes passing in the pit area which is grounds for a DQ. Ok, maybe it was 3:48, counting the impact on my legs after having to put on boots standing up.

Date: Wed, 19 Feb 2003 12:59:36 -0700 (MST)
From: Michael A. Kappler <mick@daylight.com>
Subject: Re: Quad

Most certainly, if not definitely, after a million ultra miles for Kern, and a 1-day training & 364-day taper for Yang, Kern must have been perplexed at the reality of the situation.

"How could it be?", he wondered.

As the youthful Yand sped away on the dusty snow of Mt Taylor, eye witnesses reported a glassy-eye Kern looking to the heavens for answers.

Where Do You Want To Go Today?



Mad Cat

Note: This was not done on purpose (by the pet owner) and the cat is fine and back to normal.

"My sister-in law is from Oklahoma and has a slight accent. She has cats and when she lived in the south she would take them to the groomers and have what is called a Line Cut. To her a line cut is when all of the fur hanging down below the cat's tummy is taken off (because it gets matted or snarled). When she moved to Chicago with my brother, one of the cats fur got all tangled up during the move so she took it in for a line cut. She was quite surprised when she heard the price as it was twice as much as it was down south. She confirmed with the groomer that he understood what a line cut was and he said "yes, I know what a LION cut is." It seems her accent came out sounding like LION not LINE and this is how her cat was returned to her. (see PHOTOS) She cried for a week...but not as much as the cat. It was November in Chicago and the cat needed all the fur it had."

Gas in car to go to groomers \$4.50

Cat car carrier \$32.99

Grooming fee \$80.00

Getting the look from one seriously upset cat Priceless!



>>> Race Calendar <<<

5/31 25th Annual 2003 Santa Fe Run-Around
5K & 10K 8:00a, Kids 1K 9:30a
<http://www.daylight.com/~striders>
Adults: 438-4463 (Mick, mick@daylight.com)
Kids: 466-3955 (Ted, palmerlorted@aol.com)

8/10 Santa Fe Dirt 1/2 Marathon
Contact Jodi at The Running Hub for details

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.

Cyber Information

Looking for running information on-line? See our website at <http://www.daylight.com/~striders> or <http://www.racegate.com> for all kinds of goodies.

Weekly Group Workouts

Striders, guests, and other random runners meet at **6pm** on **Thursdays** at **The Running Hub** (333 Montezuma #6), 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. Group runs are happening on the weekends. Course and distance vary. Contact Diana Hardy for more info - hardy_diana@seo.state.nm.us

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.

2003 Strider Officers

Kris Kern, President, 983-8944
kernkt@cybermesa.com
Kris Peterson, Vice President, 820-6247
krisp@newmexico.com
Tove Shere, Treasurer, 473-0388
trim8s@nets.com
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

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