



Mile Markers



We Give You the Run-Around

April 2003 Volume 25, No. 4.

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

**Youth Charity Fund Raiser
for
Partners in Education
and
Children's Vaccination Program**

**Santa Fe Run-Around Silver Anniversary
May 31, 2003, 8:00a
Historic Plaza**

The Santa Fe Run-Around is a fund-raising event for local children's education and health programs. The Run-Around is a family event for all abilities and features a kids 1K run, a 5K run/walk, and the 10K State Championship. Once again, we'll have music & entertainment, fruit & drinks. Spread the word! Register at:

http://www.active.com/event_detail.cfm?event_id=1042325.

For more information see <http://www.daylight.com/~striders> or call the event director for kids (Ted, 466-3955) or adults (Mick, 438-4463).

Santa Fe National Forest



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

On the 8th at 7:00p, the Striders monthly meeting will be hosted by **Kris Kern** at **120 Alamo Dr.** His number is **983-8944**.

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.

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 classes 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

A marathon training program begins March 29 at 8 am at the Running Hub, but it's not too late to join in. The 30-week program, coached by Carol Richardson, follows the Galloway Marathon Training Program for staying motivated and injury-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.

Wings Teams Capture 1st & 3rd at Nationals

Press Release: February 24, 2003

For more information, contact: Anne Wheelock Gonzales at 505-982-6761 or WingsAmer@aol.com

The Wings of America all-Indian junior men's and women's teams captured 1st and 3rd places respectively at the USA Winter National Cross Country Championships held in Houston, Texas, February 15-16.

The challenging European-style course at Buffalo Bayou Park was especially brutal after rain fell Friday night and most of the day Saturday. Runners slipped and fell on the steep hills and sharp turns as they plowed their way through the slick mud. Even the spectators were covered in mud during the two-day event.

After the junior women's 6 K race on Saturday, the Wings team was tied with the Dallas Metroplex Striders for second place, but fell to third after the tiebreaker. Sheyenne Lewis (Navajo), Church Rock, NM, was the first Wings runner across the line in 21st place with a time of 27:02 followed by Roxann James (Navajo), Gallup, NM, in 22nd place at 27:05. Jessica Hale (Navajo), Rehoboth, NM, and Phoebe Garcia (Hidatsa), Parshall, ND, finished 27th and 28th with times of 27:48 and 28:07, followed by Cateka Tsosie (Navajo), Gallup, NM, in 30th place at 28:32. Kristin St. Germaine (Navajo) from Blue Gap, AZ, rounded out the team with a 38th place finish. Lyn Pine (Lakota) from Pine Ridge, SD, coached the Wings junior women's team.

On Sunday, the Wings' junior men were led by Forrest Tahdooahnippah (Comanche), St. Paul, MN, who finished 24th overall with a time of 29:01 for the 8 K course. Next was Marshall Medicine Bear (Cheyenne), Watonga, OK, in 42nd place with a time of 30:28. Following were: Jonathan Harmon (Hopi Tewa/Navajo), Holbrook, AZ, 47th, 30:47; William Smallwood (Spokane), Spokane, WA, 52nd, 31:54; Patrick Grass (Oglala Sioux), Pine Ridge SD, 55th, 33:14; and Justin Marsette (Three Affiliated Tribes), Roseglen, ND, 60th, 37:25. Serving as coach for the junior men was James Nells (Navajo) of Moodys, OK.

"Racing on the deteriorating course against mostly college freshmen was tough, it brought out the character, pride and discipline of the Wings runners", said Bob Nakaidinae, Wings Program Director. Both coaches were satisfied with the preparation and performance of their athletes. In addition to the focus of the races, the trip also provided opportunities to learn about the NASA Space Programs, view materials from historic Carlisle Indian School, and meet with a representative of the Alabama-Coushatta Tribe. Phillip Castillo, a Wings' alumnus now running with the Army World Class Athlete Program, was the keynote speaker the final evening. Several runners also experienced their first airplane flight. The trip

provided learning experiences on several different levels.

Wings of America has been taking junior teams to national cross-country championships since 1988. This year's competition improves the Wings overall record to 16 team championships in 15 years.

The experience and opportunity of competing at the USA National Championships is one of eight programs offered by Wings, an American Indian youth development program operated by The Earth Circle Foundation, a nonprofit corporation based in Santa Fe, NM. The runners who went to nationals will be invited to attend the Wings, Leadership/Camp Facilitator Training in June and will then be eligible to work in running and fitness programs in their communities.

Also in June, Wings and Nike, Inc. will co-host the sixth annual American Indian Running Coaches Clinic in Santa Fe. Coaches and others working in running and fitness programs in Indian country will have the opportunity to share information with experts and prominent individuals from the running world.

In November and December of 2002, Wings sponsored 19 runners to the four Regional Foot Locker Races for middle and high school students. The Regionals are qualifiers to the national Foot Locker Cross Country Championships, which has been called the premier high school cross-country event in the country. Sponsored runners this winter were: Megan Shaw (Lakota) for the Northeast Region; Natika Baker (Mandan), Rachel Chouteau (Cheyenne), Phoebe Garcia, Jamie Loy (Cherokee), CaSarah Pine (Oglala Lakota), Patrick Grass, Forrest Tahdooahnippah, Bradley Wells (Blackfeet), and Nupa White Plume (Oglala Sioux) for the Midwest; and Tracy Honanie (Hopi), Sheyenne Lewis, Jerri Martin (Navajo), Cateka Tsosie, Ryan Dodson (Navajo), Daniel Concho (Acoma), Stet Lomayestewa (Hopi), and Lloyd Yazzie and Billison Haskie (both Navajo), for the West Region. There were no applicants from the South Regional Races.

Supporters making this year's trips possible include Carl and Wahleah Davis; Greg, Jenny and Tori Swanson; Jan and Nicholas Zettlemyer; Rice Native American Student Association; NASA Johnson Space Center and NIKE, Inc., which provides a cash grant, uniforms and shoes and matching grants for employee donations. In addition to many caring individual donors, businesses and corporations, Wings of America receives support from Justice for Athletes, Santa Fe Community Foundation, The Bowerman Family Fund of the Oregon Community Foundation, Ambrose Monell Foundation, The Educational Foundation of America, Bank of America Foundation and Margaret Jacobs Charitable Trust.

For more information about the Wings programs, contact Bob Nakaidinae at 505-982-6761 or BobDinae@aol.com.



>>> Race Calendar <<<

5/31 Santa Fe Run-Around Silver Anniversary
 5K & 10K 8:00a, Kids 1K 9:30a
 10K State Championships for Men & Women
<http://www.daylight.com/~striders>
 Kids: 466-3955 (Ted, palmerlorted@aol.com)
 Adults: 438-4463 (Mick, mick@daylight.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

From newsletter@onlyrunning.com Mon Mar 31 10:02:00 2003
 Date: Wed, 5 Mar 2003 09:38:40 -0500
 From: RunningCaps.com <newsletter@onlyrunning.com>
 Subject: reminder for Marathon Cap Special...

Just a reminder that today is the last day of this special offer... Buy one Marathon Cap at RunningCaps.com and receive the second FREE!! Buy 2, get two. Buy three and get three... and so on. As you add caps to the shopping cart, you will automatically be given every second cap at no cost. There are no codes to enter so it is easy as can be. Visit us at: <http://www.onlyrunning.com/maillinglist/redirect.asp?i=13700&l=276>. Not valid with any other offer. Call for details: 1-888-229-7491

Workouts Require Food & Sleep



City Running has Its Challenges



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

