



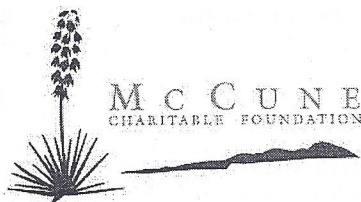
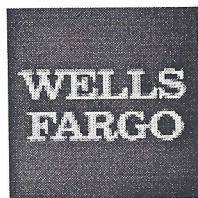
Mile Markers



We Give You the Run-Around

May 2003 Volume 25, No. 5.

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



**Youth Charity Fund Raiser
for
Partners in Education
and
Santa Fe Immunization Coalition**



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

The Santa Fe Run-Around is a fund-raising event for Partners in Education and the Santa Fe Immunization Coalition. This year, the event is underwritten by Wells Fargo Bank New Mexico NA and the McCune Charitable Foundation. The Run-Around is a family event for all abilities and features a kids 1K run, a 5K run/walk, and the RRCA 10K State Championship. Once again, we'll have music & entertainment, fruit & drinks. Spread the word! Register the enclosed entry form, or at the Running Hub (333 Montezuma #6) or online at Active.com (event ID 1042325).

running hub

active.com

For more information see <http://www.santafestriders.org> or call the event director for kids (Ted, 466-3955) or adults (Mick, 438-4463). Brought to you in part by:

City of Santa Fe



1701 St Michaels Dr, 982-1950



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

On the 13th at 7:00p, the Striders monthly meeting will be hosted by **Mick Kappler** at **441 Greg Av** (Daylight Offices, near St Francis & Alamo). The number there is **989-1000**.

Letter from the President

Kris Kern

Bandelier Races! May 10!

BB-50 mi run is the 2003 USATF New Mexico Ultra Running Championship! Marathon, Marathon relay (8x3.3 mi), and 50-mi relay (4x12.5 mi) start at 7:00. See <http://www.highthaltitudeathletics.org> for more information.

Santa Fe Run-Around Takes New Directions!

Everyone on the organizing committee is very excited about this year's Run-Around. The Striders have partnered with the Rotary of Santa Fe. Proceeds from the event will be donated to Partners in Education and Santa Fe Immunization Coalition. We're going to have music, entertainment, and speakers along with the 5K and 10K races, as well as the increasingly popular children's 1K. Come out on May 31st for some fun on the Plaza. Feel free to volunteer if you can't run this year.

New Web Site:

We have moved the strider web to a new location! It can now be found at <http://www.santafestriders.org>! That's right, our own domain! Underwritten by Santa Fe Kia and maintained by Web Mistress Suzanne, it has all the info you need about the Striders and up-coming events. Plus links to running resources.

Get Mile Markers by e-mail!

Last month the Striders did a test distribution of Mile Markers by e-mail. The response was terrific, with many Striders now opting to receive the newsletter electronically. It comes as an attachment in PDF format, so you will need Adobe Acrobat to open it. (most computers come with Adobe, and a free copy can be downloaded). If you would like to try Mile Markers electronically, email Kris at kernkt@cybermesa.com and I'll add you to the list. The staff anticipates significantly fewer paper cuts in the future! For a look at recent issues in electronic form or a link to download Adobe Acrobat Reader, see <http://www.santafestriders.org/newsletter/>.



241 Washington Av, 984-0500



<http://www.santafestriders.org>



1701 St Michaels Dr, 982-1950

Santa Fe Run-Around

Saturday, May 31, 2003

5K & 10K @ 8:00am

NM State 10K Championship
Underwritten by
Wells Fargo Bank New Mexico NA

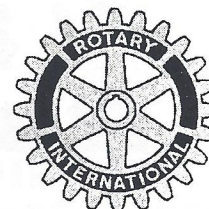
Kids 1K @ 9:30am

Underwritten by
McCune Charitable Foundation

Proceeds donated to
Children's Immunization Coalition
and
Santa Fe Partners in Education



Pittsburgh, PA, 412-644-8779



Rotary of Santa Fe



Official Thirst Quencher

LOCATION: Historic Plaza at the end of the Santa Fe Trail - Take St. Francis and turn east on Alameda. There are two parking options: 1) Turn left on Sandoval St, then right on W San Francisco and park in garage, or 2) turn left on Don Gaspar, then right on Water St and park in lot. The historic plaza is a one block further beyond either parking location.

COURSES: Through historic Santa Fe. Walkers are welcome in the 5K.

EARLY REGISTRATION: 5K & 10K: \$15, Kids 1K: \$2
Mail by May 23rd, payable to: Santa Fe Striders, PO Box 1818, Santa Fe, NM 87504

Onsite by May 28th at: **Online by May 28th at:**

running hub

active.com

333 Montezuma #6

Event ID 1042325

Packet pick-up on event day only

RACE DAY REGISTRATION: 5K & 10K: \$20, Kids 1K: \$5

AGE GROUPS: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over, kids 12 & under

TIMING: Electronically with the ChampionChip for 5K & 10K, by hand for Kids 1K

AWARDS: Chimayo weaving for top 3 in each 5K & 10K age group, medals for all in Kids 1K, trophies for top 3 girls & boys

T-SHIRTS: Illustration by Gabby Seredowych, Wood Gormley Elementary. Guaranteed to first 350 adults and 300 kids, including volunteers

ENTERTAINMENT: Clan Tynker will perform magic, juggling, and stilt walking. Annie Rose the Flower Fairy will provide face-paintings and balloons. The Hill Stompers will play art forms of marching band music

TYPICAL CONDITIONS: Sunny & clear, Humidity: 10%, Wind: 10 mph, Night Low: 50 F, 8am: 70 F, Day High: 85 F

AID STATIONS: (Gatorade and water) mile 1 & 2 in the 5K, mile 1 2 1/2 3 1/2 & 5 in the 10K, at the turn-around in the Kids 1K

FACILITIES & NOTES: Portable restrooms - limited parking - arrive early

SAFETY & SUPPORT: Emergency Medical Team plus Dr. Dawn from ~~MTS~~ Santa Fe Police and Fire Departments

SPONSORED BY: First National Bank of Santa Fe, First State Bank, Harris Builders, Horace Kia, McCune Charitable Foundation, McPartlon Roofing, Southwest Ear, Throat & Nose, White & Luff Financial, Wood Gormley Elementary School parents, Wells Fargo Bank New Mexico NA, and New Mexico Bank & Trust

IN KIND DONATIONS BY: City of Santa Fe, Gatorade, Lehmann Graphic Design, McCune Charitable Foundation, Mobile Insight Service @ Home, Road Runner's Club of America, Rotary of Santa Fe, Running Hub, Santa Fe Bar & Grill, Santa Fe Screenprinters, Santa Fe Striders, SnowPack, and Whole Foods

ADDITIONAL INFORMATION: Mick (438-4463, kappler@aol.com) for 5K & 10K, Ted (466-3966, palmerlorted@aol.com) for Kids 1K

This form is worth 10% off at the Running Hub (offer good until June 7th, 2003)

Please PRINT clearly

Santa Fe Run-Around 2003 Entry Form

Please PRINT clearly

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

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:



March 17, 2003

Santa Fe Striders
C/O Tove & Jerry Shere
P.O. Box 1818
Santa Fe, NM 87504

Dear Santa Fe Striders,

On behalf of The Earth Circle Foundation and the Wings of America program, we wish to sincerely thank you for your contribution of \$100 (check # 830, dated March 12, 2003).

As you know, our Indian youth and families face the harshest of statistics for problems such as poverty, school dropout, teen pregnancy, drug and alcohol abuse, Type 2 diabetes (now being seen in children as young as 5), accidents and suicide.

Using programs centering around the tradition of running, Wings of America provides the opportunities for Indian youth to develop:

- healthy minds, bodies, hearts and spirits through holistic wellness;
- leadership skills leading to proactive service;
- increased self-esteem; and
- a cultural design for living that respects self and others.

Your gift will be used to help with the shoe distribution program.

Thank you for helping our Native youth in their race towards a healthy, happy, and productive future.

Respectfully,

Anne Wheelock Gonzales
Associate Director

Edison Eskeets
Executive Director

*Thank you so much for
dedicating The "Big Tesuque Run" to Wings!*

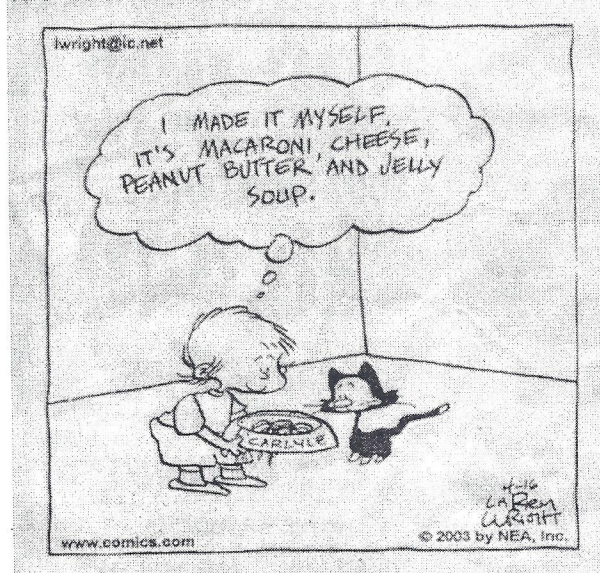
Wings of America is a program of the 501(c)(3) corporation, The Earth Circle Foundation. Contributions are deductible to the full extent of the law. No goods or services were exchanged in recognition of this donation.

WINGS OF AMERICA

AMERICAN INDIAN YOUTH DEVELOPMENT PROGRAMS

THE EARTH CIRCLE FOUNDATION, INC. 1601 CERRILLOS ROAD SANTA FE, NM 87505 505.982.6761 FAX 505.989.8995

KIT 'N CARLYLE



Holland Shepherd on Top of the World



Note: family support system is rumored to be behind the camera

Dear Mom, Love Mick

Dear Mom,

Well, another season of training is well underway. As you know, I mostly train, rarely race, and focus on one Ironman a year. I've kinda enjoyed getting stronger and remaining anonymous, although it was jeopardized at the Galisteo Spring Classic Road Race (GSC RR) in mid-April.

The one and only bike race I've done was the GSC RR last year, and quietly place 9th of 45 in category 4. This year, I tried my wheels in category 3, and found myself pulling the pack of nearly 50 riders coming down the stretch. Of course, the eventual winners draft and rest, then sprint to the finish in the last couple hundred meters. I got my hard training ride, but leading the pack to the barn is no way to remain anonymous, but alas, I was saved.

continued on next page

Clean is Not Always Happy



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.

Stay on Track with SnowPack™

Relieve Pain. Reduce Swelling.

SnowPack stays cold 5 times longer than ordinary cold packs. For faster, frequent treatment during the first critical days after an injury - and for the long run.

SnowPack Cold Therapy available at Running Hub and Sangre de Cristo Mountain Works

www.snowpackusa.com

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As the pack roared through the finish, cameras record the riders and your number placement is key to being officially recognized. At the last moment, I was engulfed by the pack and I finished 21st of 47, and recorded as "red jersey". Ah, anonymous once again. So, I got a decent workout, and was amazed at how the pack effect can carry a pace of 25mph over 56 miles. The next day, the Time Trial de Santa Fe offered the opportunity to ride a 14-mile rolling hills course for time. I did 34:50 and showed I'm ready for a Mashie event. Luckily, due to the individual nature of the time trial, I rode again in anonymity.

Disguised as a vacation to St Croix, US Virgin Islands in the Carribean, I'll be doing a 1/2 Ironman on May 4th. My swimming form is improving (or so says my coach), and my focus on running seems to be making for good fitness overall. More Mashie news upon my return.

Love,
Mick

Yokes of the Day

A guy walks into the psychiatrist wearing only Glad Wrap shorts. The shrink says, "Well, I can clearly see your nuts."

Two peanuts walk into a bar. One was a salted.

A jumper cable walks into a bar. The barman says "I'll serve you, but don't start anything."

A sandwich walks into a bar. The barman says, "Sorry we don't serve food in here."

A dyslexic man walks into a bar.

A man walks into a bar with a slab of asphalt under his arm and says: "A beer please, and one for the road."

>>> 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.santafestridders.org>
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.santafestridders.org> 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. _____

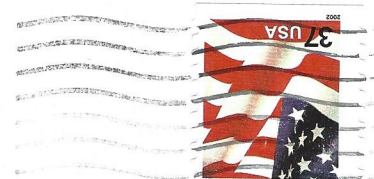
Date _____

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



Diana Hardy & Jim
Westmoreland 2002
2363 Camino Carlos Rey
Santa Fe, NM 87505