



Mile Markers



We Give You the Run-Around

June 2003 Volume 25, No. 6.

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



**Santa Fe Run-Around
Raises Money
for
Partners in Education
and
Santa Fe Immunization Coalition**



The 25th Annual Santa Fe Run-Around was held on Saturday, May 31, 2003. Funds were raised for SF Partners in Education and the SF Immunization Coalition. Although the exact dollar amount has not been determined, figures indicate a donation of \$1000 to each organization. The SF Striders sends a special thanks to the sponsors and many volunteers who helped make the event a success.

This year, the event was 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, there was live music & entertainment, fruit & drinks.



1701 St Michaels Dr, 982-1950

You are invited to the Strider Annual Picnic!

Tuesday, June 10th, 7pm, at the home of Elaine Coleman, 599 E. Zia St

This month instead of the monthly meeting, we will have a picnic at Elaine's house. The Striders will provide snacks, soft drinks, plates, utensils, a grill, cups, napkins and more! Bring something to share and your best running stories. Lawn chairs are a good idea too!

Directions: From St. Michaels Dr, turn left on E. Zia. Elaine's is the last drive on the left before Old Santa Fe Trail. Parking is tight, so park on the street if you have to leave early.

La Baja Run

by June Dickinson

A dozen bodies -- ten people and two dogs -- convened to run or hike our annual trek on the old Route 66 road. The weather was absolutely gorgeous for our two 5.6 mile loops; the first one counter-clockwise and the second one clockwise.

Afterwards, the people ate while the dogs enjoyed bathing in the Santa Fe river stream. The participants were: Eric Peters, Suzanne Garney, Dan Kane, curly hair Scott, John and Nancy Pollak and Chama, Dale Goering, June Dickinson and her dog Fiona also known as "Fi", Jim Westmoreland, and Diana Hardy.

This fun run is always a welcomed event:

- * it marks the first group run into the new year;
- * it's the time when spring has sprung;
- * it's the time to shake off the winter sluggishness with a heart-warming run.

Time for Track!

Now that you have built your base through the spring, it's time to add some speed and power! Track workouts benefit runners of all abilities - whether you are training for a 5K, a marathon or just want to add some zip to your daily run.

Starting May 27 through mid-October, Striders meet at the Santa Fe High School Track each Tuesday at 6 pm. Workouts will be emailed to the Strider mailing list a couple of days in advance and will vary from week to week. We welcome runners of all speeds and our more experienced runners are happy to provide advice for newcomers.

Come check out the newly resurfaced track, meet old and new running buddies and have some fun!

Run-Around Results Pending Review

The ChampionChip timing team is correcting errors and adding omissions to this weekend's event results list. The preliminary results are online at <http://www.santafestridders.org> and will hopefully be updated with complete and correct information soon.

Santa Fe Run-Around Kids Preparation

Reported by the Albuquerque Journal North
May 28, 2003

READY FOR FUN RUN



JOSH STEPHENSON/JOURNAL

Ted Freedman, center, slaps hands with Kaeleigh Stengle during training for Saturday's 25th annual Santa Fe Run-Around, which raises funds for the Immunization Coalition and Partners in Education. Freedman is director of the kids 1K run.

Santa Fe Run-Around Kids 1K Run

Reported by the Albuquerque Journal North
June 1, 2003

RUNNING FOR A CAUSE



EDDIE MOORE/JOURNAL

QUICK START: Salomé Block, 9, far left, and Pedro Isarre, 12, center, take off at the start of the children ages 9-12 1K race Saturday during the 25th annual Santa Fe Run-Around at the Plaza.

A Healthy Turnout

Adults, Kids Compete in City's Annual Run-Around

Santa Fe Run-Around Local Elite Runner

Reported by the Danica Tutush, New Mexican

May 30, 2003

Crossing the line



Santa Fean Katie Courtwright, 39, gets in another run as she prepares for competitive road races around the country.

Local mom has run over obstacles on her way to racing prestige

By DANICA TUTUSH
The New Mexican

Being a "late bloomer" in the world of competitive road racing doesn't bother Katie Courtwright.

"I feel so fortunate to be running today," said Courtwright, a recent transplant to Santa Fe and a nationally ranked 5-kilometer runner. "It's been amazing. Being so much older, I feel I have a better handle on it all."

Courtwright will be competing Saturday in the 10K division of the 25th Annual Santa Fe Run-Around beginning and ending on the plaza.

While most competitors on the racing circuit are 20-somethings coming out of college, Courtwright, a month shy of her 39th birthday, rediscovered her running talents through serendipity in 1998.

"I was in the middle of a divorce after 15 years of marriage," she explained. "It (running) started out as a way to keep myself going, an outlet for my frustrations."

A competitive runner in the 100-, 200- and 400-meter runs in high school, Courtwright assumed her speed days were over when she began studying at Southern Methodist University, which didn't have a women's track team, in 1980.

"I had thought I was done," Courtwright explained.

She married and had two daughters.

When she returned to running at 33, the Dallas native found herself winning most road races and caught the attention of a local coach, Terry Jessup.

Under Jessup's guidance,

Please see **RUN**, Page B-4



Photos by Erin Galletta/The New Mexican

Covering between 50 and 70 miles a week, Katie Courtwright of Santa Fe runs along Alameda Street to prepare for the 5K Santa Fe Run-Around on Saturday. Courtwright finished second in the 5K National Road Championships.

Editors Note: Katie was joined by other local elite athletes, including Eddy Hellebuyck, Erica Larson, and Eric Peters.

Santa Fe Run-Around 5K Overall Winner



EDDIE MOORE/JOURNAL

IN THE LEAD: Justin Ogle dashes to a first-place finish in the 5K race during Saturday's 25th annual Santa Fe Run-Around at the Plaza.

Santa Fe Run-Around Entertainment



FUNKY TUNES: Jeff Favorite and band Hill Stompers were part of the entertainment on Saturday morning at the Plaza.

Dear Mom, Love Mick

Dear Mom,

Well, the St. Croix 1/2 MashieMan didn't go as well as expected. Or, one could say, exactly as expected, given that I forgot to bring my salt pills. On the hot, humid, tropical US Virgin Island, the clock read 6:22 as I fazed across the line, a shadow of myself.

The vacation was great, though. With NaCl in pocket, I'm gearing up for the full Mashie. I'll be increasing mileage in June and will travel to Frankfurt for IM Germany in mid-July. Looking forward to seeing family there.

Love,
Mick

The Stanley Club



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 class 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 began 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.

Barb Dutrow Does Big Sur!

Big Sur International Marathon www.bsim.org
April 27, 2003

If you want a breath-takingly beautiful marathon course, and have set aside your PR, this is the marathon for you! The race course is absolutely stunning as you run along Pacific Highway One from Big Sur to Carmel, CA.

The starting line was at Big Sur, which requires those staying in Monterey, to get to the buses at 4:45am for a 7am start. (This was the worst part for me!). Departing in the wee hours of the morning, the entertainment began. Along the route, there were frame throwers performing as sleepy marathons rode by! Their antics were impressive in the dark night. Once to the race start, a feast of food was available, although the coffee was drained by the person ahead of me in line. We had to move only a few hundred feet to line up at the start. There was a separate area for sub 3:30 marathoners, and they let me in.

Daybreak came just before the start. At the a cappella singing of the star-spangled banner, they released a flock of white doves into the early morning sky when it reached 'let freedom ring'. A moving and gorgeous sight. Racers spent the first four miles running through the redwood forest before breaking into open fields. The endless Pacific Ocean was lapping at the rocks just to your left. The coast is stunningly picturesque.

The miles flew by, not because I was running fast but because there was so much to distract one! Hills and hills and more hills (25, one per mile), gorgeous scenery, and music every few miles. Variety for everyone; harp, jazz, rock & roll, cajun, blues, hard rock, etc. The challenge of the course comes at about mile 10 when the two mile hill climb begins. Up and up, false summits, steady up - about 800' to the top of Hurricane Point, the high point of the race at mile 12. Once at the top, you are greeted by a pianist playing a Yamaha grand piano! After running a 9:14 and an 8:25 mile, it was a 6:47 mile down! Pace per mile was meaningless on this hilly course. Numerous walkers on the course kept inspiring "You go girl". And, relay transition points with 100 folks cheering, kept the motivation up as the legs began to tire. More distractions: fresh strawberries at mile 22, the Carmel highlands (read more hills), belly dancers at mile 25, and then the finish in Carmel.

It was a perfect race day; cool, dry, sunny, temps in the 40's at race start, 50's at the end, with only a slight breeze (strong at hurricane point). It was such a great race. I finished in 3:19:44; 7th overall female of 1100, 4th Masters female, 1st in my age group 108 overall of ~2700 runners. (They did triple award - overall also took masters which took age group!). It was definitely a race to remember. The next day brought sea kayaking in Monterey Bay and a bike ride down through Pebble Beach along the 17-mile drive!

Big Sur is rated as the number one course in the "Ultimate Guide to Marathons", I agree.

26th Annual Los Alamos High Altitude Mini Marathons, June 28, 2003

Registration Entry Fees, Before June 26 - 5k - \$15, 20k - \$15, June 26 to Race day all races \$20. Register by mail to: High Altitude Athletic Club, P.O. Box 298, Los Alamos, NM 87544. Race day registration until 7 AM. Register online at Active.Com

Entry form available here or at the following locations: **In Los Alamos:** Otowi Station, Walkup Aquatic Center, LANL Wellness Center, YMCA, Los Alamos Municipal Library, Los Alamos Chamber of Commerce. **In Santa Fe:** The Running Hub, Big 5 Sporting Goods, Oshmans, Alpine Sports. **In White Rock:** White Rock Visitors Center. **In Albuquerque:** Fleet Feet, Big 5 Sporting Goods, Gils Runners Shoe World

Awards: T-shirts are guaranteed to the first 350 registrants. Trophies to the top three male and female finishers in each race. Medals for the to the three finishers in each race division:

5k Run Race Divisions - Male and Female: Under 10, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

20k Run Race Divisions - Male and Female: Under 15, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

Cardiac Division - Participation certificates to all finishers who have had a heart attack, heart surgery, or has participated in a cardiac rehabilitation program.

John R. Hopkins Memorial Trophy to the oldest male finisher of any event. Pearl Hudson Memorial Trophy to the oldest female finisher of any event. Wally Walters Memorial Scholarship will be awarded to the outstanding runner from Los Alamos High School at the awards ceremony.

Random Drawings for all! Must be present to win. The awards ceremony will take place at Sullivan Field at 9:00 for the 5k and 10 AM for the 20k.

The Races 5K Run, 20K Run 1K Kids Fun Run

Date: Saturday June 28, 2003

Time: 20K Run at 7:00 a.m. SHARP
5K Run at 7:15 a.m. SHARP
1K Fun Run at 9:00 a.m.

Location: Sullivan Field parking lot at
Los Alamos High School
(Diamond Drive and Canyon Road)

Race Medals:

- ↔ **5K Run: Male and Female**
Under 10, 10-14, 15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
65-69, 70-74, 75-79, 80+
- ↔ **20K Run: Male and Female**
Under 15, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69,
70+
- ↔ **1K Kids Fun Run:** medals to all participants
- ↔ **Cardiac:** For anyone who has had a heart
attack, heart surgery, or has participated in a
cardiac rehabilitation program. Participation
certificates will be given to all finishers in
addition to any awards won in age group
competition.

Note: Recreational walkers are welcomed in
the 5K run.

Entry fees and awards: Same for both races

Date	Entry Fee
Received on or before June 26, 2003	1K—\$2.00 5K—\$15.00 20K—\$15.00
June 27-28 (until 7:00 a.m.), 2003	1K—\$5.00 5K—\$20.00 20K—\$20.00

Entrants may not change race after June 27
Insurance arrangements will not allow unrelated
members/walkers on the course

Race Director: David Telles, (505) 662-0458

Registration:

- ↔ **By mail to:** High Altitude Athletics Club
P. O. Box 298
Los Alamos, NM 87544

↔ **Online:** <http://www.highaltitudeathletics.org/mini.htm>

T-shirts are guaranteed to the first 350 registrants.

Picket Pickup:

- ↔ 11:30 a.m.—1:30 p.m. and 4:30—8:00 p.m.,
Friday, June 27, 2003, at LA Fitness, Meritac
Shopping Center
- ↔ 6:00—7:00 a.m., race day at Sullivan Field

Awards: Sullivan Field at 9:00 a.m. for the 5K, 10:00 a.m.
for the 20K

- ↔ Trophies to top three male and female finishers
in each event
- ↔ Medals to top three male and female finishers in
age group in each event
- ↔ John R. Hopkins Memorial Trophy to oldest male
finisher of the 5K or 20K event
- ↔ Pearl Hudson Memorial Trophy to oldest female
finisher of the 5K or 20K event
- ↔ Wally Walters Memorial Scholarship
- ↔ Random drawing for gift certificates

Race Results: Computerized results will be mailed to
each entrant.

Aid: Water and electrolyte solution at approximately two-
mile intervals on 20K course. Refreshments at finish. Aid
stations and timers will cease operating at 10:00 a.m.

Facilities: Dressing rooms/showers in Los Alamos High
School Gymnasium, near Sullivan Field. Restrooms at
Sullivan Field.

Race awards: New course for 2003! New records
will be set.

Entry Form (A legible copy of this form will be accepted)

Make check payable to High Altitude Athletics Club. Mail to P.O. Box 298, Los Alamos, NM 87544.

Name: _____
(Please print) First MI Last

Address: _____
Street or P.O. Box City State Zip Code

Age on June 28, 2003: _____ **Sex (circle one):** M F **Telephone #:** _____

Race (circle one): 1K Fun Run 5K Run 20K Run

T-shirt size (circle one): S M L XL **Cardiac Div.** _____ **TAC# (optional)** _____

Registration Waiver: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the High Altitude Athletics Club, Los Alamos National Bank, the County of Los Alamos, and any other organizers and sponsors, their representatives, successors, and /or assigns, of the Los Alamos Mini Marathons, for any injuries or damages I may sustain as a race participant on June 28, 2003. I give race officials permission to obtain medical aid for me should I, in their judgement, require it. I understand that volunteer first aid assistance may be available at the Mini Marathons, and I agree that such volunteer medical assistance may be rendered to me.

Signature (required) _____ Parent or guardian must sign if entrant is under age 18

NEW MEXICO ASSOCIATION USA TRACK & FIELD
31 SANDHILL RD., LOS LUNAS, NM 87031
505/865-8612 FAX 505/565-8387
email:foneskn@aol.com <http://www.usatf.org/assoc/nm>

NEWSLETTER CALENDAR: May 30, 2003

- June 6 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
June 7 NM Games All-Comers T&F, Milne Stadium, Fred Hultberg, 764-1510.
June 8 The MAD Mile, On the Run Promotions, Charles Otero, 345-4274.
June 13 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
June 14 Mason Bell Pentathlon, Pojoaque, 351-4122, bkoskijr@yahoo.com.
Hershey Qualifying T&F, Los Alamos, Carl Reisch, 662-8173.
USATF West Region Open & Club Track & Field Championships, Seattle, WA,
<http://www.usatf.org/events/2003/regional/usatfwestregionoutdoortfchampionships>
June 15 RR Running Rams All-Comers T&F, Gadsden HS, Ron & Liza Mascarenas, 867-6885.
NM Racewalkers & Striders 5K* Racewalk, Rio Rancho, Ryszard Nawrocki, 891-9139.
June 20 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
June 21 Zuni Fitness Series, 782-2665.
TNT All-Comers T&F, Los Alamos, David Hampton, 662-7028.
June 22 Butterfly Run 5&10K, 1mi., Pojoaque, www.tgrande.com, 256-3625.
June 27 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
June 28 High Altitude Mini-Marathon 5&20K, David Telles, 662-0458.
June 27-29 NM USATF State Junior Olympics, Milne Stadium, Kathy Fones, 865-8612, Foneskn@aol.com.
July 2-6 USATF Youth National Championships, Buffalo, NY.
July 3 Firecracker 5K, On the Run Promotions, Charles Otero, 345-4274.
July 4 Independence Day Run 8K & 1mi., Las Cruces, 541-2554.
Jane's Freedom Run 8K, 3K R/W, 400M Kids, www.tgrande.com, 256-3625.
July 5 Alien Chase 5&10K, Roswell, 627-5507.
July 6 NM USATF Masters & Open T&F*, Milne Stadium, Kathy Fones, 865-8612.
July 10-13 Region 10 Junior Olympic Championships, Glendale, AZ, Ron & Liza Mascarenas, 867-6885.
July 11 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
July 12 Bastille Day 8K***&* Run/Walk, Las Cruces, 524-7824.
July 13 Women's Distance Festival 5K, Rodger Sack, 797-0791.
July 16 Hershey Qualifying T&F, Albuquerque, Leon Boyden, 293-3693.
July 18 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
July 19 Race for the Cure 5K, 1mi. Fun Run, Laura Harris, 970/759-3371.
Burn Lake Duathlon, Las Cruces, 524-7824.
Zuni Fitness Series, 782-2665.
USATF National Club Track & Field Championships, Bloomington, IN,
<http://www.usatf.org/events>
July 25 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
July 26 Mormon Pioneer Day 5K Run/Walk, Las Cruces, 524-8485.
Hershey State T&F, Los Alamos, Carl Reisch, 662-8173.
July 27 Rancho Viejo 5***&10K, 1K Kids, Santa Fe, www.tgrande.com, 256-3625.
July 29-8/3 USATF National Junior Olympic Championships, Miami, FL.
*STATE CHAMPIONSHIP ***GRAND PRIX SERIES

NM USATF BOARD MEETING: The next board meeting will be held on Wednesday, June 11, 2003, 7:30PM at the office of Fred Mowrer, 115 8th SW (8th & Gold). The meeting for the 2003 USATF JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS will be held on June 18, 2003, 7:30PM at the office of Ken Woodley, 4904 Hawkins NE, Albuquerque. For more information, call the office at 865-8612.

NM USATF ANNUAL MEETING: The annual meeting will be held on June 28th, 2003, 7:30PM at the Radisson Hotel, 1901 University SE, Albuquerque, 505/247-0512. To obtain the special rate of \$59, please mention the Junior Olympics Track & Field. To be eligible to vote, you must have a current T&F card, be 18 or over and a resident of New Mexico, and have registered before May 28, 2003. For a copy of the bylaws, go to the web page, www.usatf.org/assoc/nm.

GRAND PRIX RESULTS: With results in from 2 races, the Run Old Mesilla 10K and the Run for the Zoo 10K, the standings are as follows: Open Women, Rachael Cuellar 9 points; Masters Women, Jean Herbert 10 points, Mary Wells 10 points; Masters Men, Wayne Chick 10 points, Willie Martinez 9 points, Daniel Otero 8 points.

ONLINE MEMBERSHIP: USATF membership cards are available online at <http://www.usatf.org/membership>. The cost is \$12 for youth and \$15 for



From kernkt@cybermesa.com
 Date: Mon, 02 Jun 2003 23:40:20 GMT
 From: kernkt@cybermesa.com

Track workouts are happening!

Tuesdays at 6 PM. The workout for the week will be announced on the email list a few days before. We'll help modify the workout for any level of training and objective. We also have a few people that have not done track work before, and we'd like to form a group of beginners to work together.

Yoke of the Day

Two Arabs are walking toward each other on the streets of downtown Chicago. They rush to each other, embrace warmly, and one starts jabbering in Arabic. The other stops him. "You're in America now; speak Spanish like everyone else."

Sooner Or Later

I used to run half-marathons
 when they were all the rage,
 Setting a pace in paragons
 of poise at every stage;
 But now that I've grown earthier
 (my shins encased in plaster)
 I deem the short ones worthier
 (besides, they're over faster).

- anonymous

>>> Race Calendar <<<

6/28 High Altitude Athletics Club Mini Marathons
 Kris, 983-8944
<http://www.highaltitudeathletics.org/mini.htm>

8/3 Hot Chile Run
 David, 955-2506

8/10 Santa Fe Dirt 1/2 Marathon
 Jodi, 820-2325, The Running Hub
<http://www.runsantafe.com>

Hot Chile Run is scheduled for August 3rd

The annual Hot Chile run is scheduled for August 3rd, 7:30a. The event is organized by the City of Santa Fe Parks & Recreation. The SF Striders will be coordinating the finish line & timing results. For more information or registration, stop by Ft Marcy or call David at 955-2506.

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

