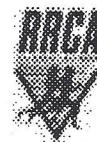




Mile Markers



We Give You the Run-Around

September 2003

Volume 25, No. 9.

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

Upcoming Events

Alzheimer's 5K Run, 3K Walk, 1K Kids Fun Run

Saturday, September 20, 8:15a

All proceeds support programs of the Alzheimer's Association New Mexico Chapter

5K Run & 3K Walk: at Pinon Park in White Rock. Entry Fee: \$25 includes t-shirt, awards, raffle ticket, refreshments. Individual and Team Awards. Runner Awards: Fastest Male & Female. First 3 Runners by Age Group: 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

1K Kids Fun Run: Ages 6 & under, 7-12. Entry Fee: \$15 includes t-shirt, ribbon, door prizes, refreshments. Fun Run Awards: First three runners by age group, honorable mentions for all other runners.

Saturday morning schedule:

7:30-8:00a - registration and race packets

8:15a - 1K Kids Fun Run

8:30a - 5K Run & 3K Walk

For more information contact Jerry Bower (662-7549), Ed Keller (471-2400) or Ruth Dennis (986-9696).

Registration forms are available at: Espanola Chamber of Commerce, Northern NM Community College, Los Alamos Chamber of Commerce, YMCA, LANL Wellness Center, Los Alamos County Recreation/Aquatic Center, Los Alamos Senior Center, Santa Fe Chamber of Commerce, Sweeny Center

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

On the 9th at 7:00p, the monthly meeting of the membership will be held at the SF HS track (immediately following the workout). The agenda includes the Run-n-Ride, Big Tesuque, and Fowl Day. Be there or be oval.

Dale's Run-n-Ride & Picnic

Sunday, September 21, 8:30a

General Rules of Run & Ride event: A team consists of two participants and one Mountain bike. One member runs while the other rides. Team members plan their own strategy. Team members reverse their roles as often as they like-or not at all. The object of the competition is to get both participants and the bike across the line as fast as possible. Times will be recorded as soon as the last person and bike crosses the finish line.

Solos are welcome-runners or bikers. We may be able to pair you up and form a team. In case of inclement weather the event will be rescheduled

No entry fee and no awards. This is a low key fun only event.

Start: Rabbit Road and the Railroad tracks. We will go down the tracks for 6 miles and make a U turn and return to the start. A 12 miles course. The course along the tracks can be rough and rocky. Caution is advised

Check In-Release forms to be signed between 8:00-8:15a. No pre-event sign up necessary, but a call to 954-4384 would be helpful so as to better plan for numbers.

Picnic-A Picnic is planned at the Goering residence at 34 Ute Circle after the competition. Participants are asked to bring a pot luck or picnic lunch to share & enjoy after the event. A charcoal grill will be available. Show up for the picnic if you do not want to run or ride.

Please call Dale (954-4384) and let me know how many teams to expect and for additional information.

Yellow Ribbon 5K Run & 2M Walk

Saturday, September 27, 8:00a

Additional donations will go to the Yellow Ribbon Scholarship Fund

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5K Run & 2M Walk --- Non-competitive Events at the Larry R. Walkup Aquatic Center in Los Alamos Entry Fee: \$15 includes t-shirt, water bottle, foam visor, refreshments and raffle ticket. Early registration \$15 through Wednesday, September 24. Late registration accepted w/\$5 late fee through Noon on Friday, SeptemOffice at (505) 988-2264 for information.

Packet Pick-up: Larry R. Walkup Aquatic Center - Los Alamos. Friday, September 26: 4:00-7:00p. Race Day: 6:30-7:30a only. **** NO RACE DAY REGISTRATION****

If you or your family have been touched by a suicide death and wish to run or walk in their memory, please indicate their name on the entry form. A Yellow Ribbon with their name will be provided in your packet to be worn throughout the event.

Please contact Maura Miller (661-2312) or Dianne Marquez (662-8173) for additional information.

444 Run/Walk

Sunday, September 28, 7:30a

St. Michael's High School is having their 3rd annual 444 Run/Walk on Sunday, September 28, 2003 and I thought perhaps I could spread the word to the Striders through you. Kathy Mastoras and Kathy Van Essen are helping me with the race and mentioned that you have a newsletter and/or e-mail system of getting information out. Any assistance you can give us will greatly be appreciated. Here are the specifics:

Location/Course: Race starts at 7:30a at the San Miguel Mission (Old Santa Fe Trail) and ends at St. Michael's High School. Because this is a point-to-point race, shuttle service will be provided from the school back to the Mission.

Fee: \$15 Adults 18 and over, \$10-Under 18; Late Registration (after September 22) \$20 Adults, \$15 Under 18.

Awards: Top male and female runners overall receive running shoes of their choice from Alpine Sports. Awards for top male and female finishers in the following categories: Uner 14, 14-18, 19-29, 30-39, 40-49, 50-59, 60+. Participants will receive a race t-shirt, goody bag, refreshments and the chance to win additional prizes.

Registration: Runners can pick up registration forms at The Running Hub, Alpine Sports or St. Michael's High School or call St. Michael's High School Development Office at (505) 988-2264 for information.

I think that covers it, but if I've left anything out or if you have any questions, please don't hesitate to call me at 988-2264 or e-mail me. Thanks in advance for your help.

Mary Pat Butler
Director of Development
St. Michael's High School
100 Siringo Rd.
Santa Fe, NM 87505
(505) 988-2264
FAX: (505) 955-8921
e-mail: mpbutler@stmikes.k12.nm.us

Big Tesuque Trail Run

October 11th. See entry form in this issue.

Ginny Seamster is Going to Run a Marathon

When: January, 2004 Where: Phoenix, AZ Why?

To meet a goal she has set for herself. To raise money that will go to the Leukemia and Lymphoma Society, whose main mission is to fund research projects aimed at finding a cure for blood related cancers and programs meant to help cancer patients.

To run in honor of two relatives whose lives have recently been claimed by cancer. Who is she?

Former track and cross country runner
Former volunteer at various strider events
Current college student who runs for the satisfaction and stress relief it affords
Participant of strider track workouts and events during her summer vacation.

Is she crazy to be doing this? Perhaps, but running a marathon is tame compared to many of the running events that her fellow striders participate in.

Does she need your help? YES!! Why?

Because 26 miles is a whole lot longer than any other run she has ever finished.

She has to raise \$2000, 100% of which will go to the Leukemia and Lymphoma Society.

What should you do if you want to contribute to her fundraising efforts? Fill out the information on the accompanying donation form and mail a copy of the completed form, along with your preferred mode of payment, to Ginny's school address:

Ginny Seamster
408 Dillard
Charlottesville, VA 22904

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Include your email address if you would like any updates on how the training is progressing or how the race goes.

Please remember - words of encouragement are just as valuable as monetary donations and ANY contribution, no matter what the size, is VERY much appreciated. THANK YOU!!

Ginny Seamster
vas6f@virginia.edu

Donation Form

To make a donation to support my fundraising efforts for the Leukemia and Lymphoma Society, please fill out the following information and return this form to me at my school address.

Preferred donation deadline: October 10th (Donations will however be accepted until December 1st)

Please make checks payable to "The Leukemia and Lymphoma Society" and include your email address if you would like updates on how my training and fundraising is going.

If you would like to include the name of anyone you know who has been touched by cancer, I would be honored to put their name on the jersey that I run in during the marathon.

Name of person who has been touched by cancer:

Description:
 follows forest service
 5.8 miles through
 hiking aspens and
 bent pines to the radio
 at summit (top of ski
) and then returns.
 elevation is 10,000 ft.,
 summit is 12,000 ft.

AMERICAN ASSOCIATION OF
 MOUNTAIN CLIMBERS
 1000 NEW YORK, N.Y.



Information:
 Peter Fant
 poudermiller.com
 (513) 473-9211 W,
 466-3837 H
 (471) 6675 FAX
 (505) 466-2460



Prizes !!!
 groups: Men and
 19 & Under, 20-29,
 30-49, 50-59, 60-69,
 70+

Big Tesquue 2003 Registration Form

Name _____ Age _____ M/F _____
 Address _____
 City _____ State _____ Zip _____
 E-mail address _____
 T-shirt size (Check One) _____
 S M L XL
 Phone _____

Entry Fee:
 \$15.00 for all
 registrations received
 before race day.
 \$20.00 day of race.
 Checks payable to:
 Big Tesquue Run

Waiver must be signed. Both my heirs and myself hereby waive and release all rights and claims for damages that I may incur against the organizers, sponsors, and anybody else associated with the Big Tesquue Trail Run. I authorize the organizers and support personnel to obtain and administer medical aid in the event of its necessity. I am doing this of my own free will and because I think it will be a fun thing to do. I realize that mountain and/or trail running has inherent risks but hey, that's life on the edge like I like to live it.

Signature of Participant _____
 Date _____
 Signature of Parent if Participant is under 18 _____

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.

Time for Track!

Now that you have built your base through the spring, its 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!

>>> Race Calendar <<<

9/20 8:15a - Alzheimer's 5K Run, 3K Walk, 1K Kids Fun Run. All proceeds support programs of the Alzheimer's Association New Mexico Chapter. See details in this issue.

9/21 8:30a - Dale's Bike and Run. 11 Mile event on the Rail Trail. Start is at the Rail Road tracks by Rabbit Road. The course is an out and back. This is a team event - you, your teammate, and a bike. Finishing time is when all 3 have completed the course. Potluck picnic afterwards.

9/27 8:00a - Yellow Ribbon 5K Run & 2M Walk. Additional donations will go to the Yellow Ribbon Scholarship Fund. See details in this issue.

9/28 7:30a - 444 Run/Walk. See details in this issue.

10/11 - Big Tesuque 11.6M Trail Run. Starts at the Aspen Vista trail head at mile marker 14 on Route 475 (just below the ski resort). See entry form in this issue.

10/11 - Wachovia Benefit Run 5k. Benefit for Wings of America. Stay tuned for more info.

Dear Mom, Your Son

Dear Mom,

And the beat goes on... on the rail trail, where the train choo-choo's and we kookoo's fly. Next target, Duke City Marathon - Tod, Vinny & me. Let it be. As it would. Johnny be good. Long live rock... rock on... and the beat goes on... on the rail trail.

Love, Your Son... P.S. Goofy today.

Cyber Information

Looking for running information on-line? See our website at <http://www.santafestriders.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 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



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

