



# Mile Markers

*We Give You the Run-Around*

April 2004    Volume 26, No. 4.

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

## News Flash - Membership Dues

If you have not renewed your membership, this is your last Mile Markers. We'd love to keep sending Mile Markers to everyone, however we can only afford to send to those who renew their SF Strider membership. Don't wait. Do it Now. A form is at the back of this issue.

Strider Dues for 2004 are due! Lots of great reasons to continue your membership. For only \$15 you get

Great writing monthly!  
Discounts on Strider races!  
Be the first on your block to hear about new events!

And support the events we are putting on this year to benefit Childrens Vaccination Coalition, Partners in Education, Salvation Army Food Bank, Norski Trails de Santa Fe, and (new this year!) Southwest Service Dogs!

## La Bajada Run and Picnic April 25, 2004, 10:00a

It's easy to find, just take the Cochiti Exit near the bottom of La Bajada Hill, drive 3.6 miles and turn right towards La Bajada Village (and Tetilla Peak). Continue for 1 mile and take a dirt road on the right, go one and a half miles and cross over the Santa Fe River. Just beyond the river go to the right and park. Bring a pic-nic, blanket, chairs, lots of water, warm clothes as it can be windy on top of the mesa. Walkers, bikers and dogs are all welcome. There is a 5 mile loop or you can run all the way back to Santa Fe once you have reached the top of the mesa! For more information, call June Dickinson at 988-3428. Hope to see you there.

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

On the **second Tuesday of the month at 7:00p**, a meeting of the membership will be hosted by **Diana Hardy & Jiim Westmoreland at 2363 Camino Carlos Rey**. Their number is **438-8602**. Agenda: SF Run-Around, track workouts and more.

## Event Success!

### Southwest Service Dog Jog

**NEW**



New this year was the 1M & 5K Dog Jog benefit for SW Service Dogs, a 501(c)3 nonprofit organization that provides highly trained service dogs *at no charge* to people with disabilities. On March 20th at 10:00a behind the Chavez Community Center, over 50 people and their dogs participated and 100% of entry fees plus costs totaling \$1000 was donated to SWSD. The event wouldn't have turned out so well without the assistance of SF Strider volunteers, SWSD, and the City of Santa Fe.



From: cniemczyk@hotmail.com Fri Mar 5 12:29:33 2004  
Date: Fri, 5 Mar 2004 11:51:01 -0700  
From: Cecelia M Niemczyk <cniemczyk@hotmail.com>  
To: Marlene Atwood <atfedwood@msn.com>  
Cc: Lisa Paige <runlpaige@yahoo.com>, mick@daylight.com  
Subject: New Mexico State Reps report

The New Mexico running community is gearing up for another strong year in 2004. New Mexico is a state with a small population but we have many avid and devoted runners and walkers.

Effective March 1st, 2004 the Master's Runners Unlimited club merged with the Albuquerque Road Runners Club bringing 56 new members to ARRC. 12 of the new MRU members were already members of ARRC. Three of the members are over the age of 75! They are an inspiration to all of us.

The Santa Fe Striders will host the RRCA 10K championship run at their annual Santa Fe Run-Around race slated for June 5th, 2004 at 8:00 am in the beautiful, high altitude city of Santa Fe. They welcome everyone and have also included a 5K race for those who wish to do a shorter event. If you or your club members are in the area in June, put the Santa Fe Run-Around on your calendar. For more information on this run contact race director Mick Kappler at mick@daylight.com.

I will be meeting many of you at the RRCA convention in May. I look forward to that and to being in beautiful Lake Tahoe for the first time.

*Submitted by Cecelia (Cece) Niemczyk, New Mexico State Representative*

## NM USATF Schedule

31 SANDHILL ROAD, LOS LUNAS, NM 87031  
505/865-8612 FAX 505/565-8387,  
www.usatf.org/assoc/nm,  
foneskn@aol.com

### APRIL

- 3 Women & Men in Motion. (See 2/21) MS Walks, Albuquerque, Las Cruces, 1-800-FIGHTMS.
- 3-4 Phoenix Invite T&F, Bob Flint, 480/949-1991.
- 4 Run Old Mesilla 5&10\*\*\*K, 5K Walk, Las Cruces, 524-7824.
- 10 Women & Men in Motion. (See 2/21)
- 17 Women & Men in Motion. (See 2/21)
- 18 Masters/Open Weight Pent., UNM, Kathy Fones, 865-8612. Mesilla Valley Track Club Tri., 524-7824.
- Abq. Finest  $\Pi$  Mara., On the Run Promo, Charles Otero, 345-4274.
- 24 Women & Men in Motion. (See 2/21) MS Walks, Jal, Farmington, 1-800-FIGHTMS.
- 25 USCAA Corp Challenge Run/Racewalk, Al Alvarado, 844-9339. Tijeras Firefighters 10K, Leonard Martinez, 255-5318. Isleta Tribal Run 5&10K, Gil's, 268-6300.

### MAY

- 1 Race for the Zoo 5&10K, 2mi., Roswell, 627-5507. UNM T&F Meet, Coach Henry, 925-5735.
- 2 Run for the Zoo 5&10\*\*\*K, 1mi, 5K Walk, Alicia Mirabal, 764-6280. AOC All-Comers T&F, Milne Stadium, Leon Boyden, 293-3693.
- 6-8 A-AA H.S. Championships.
- 8 Bandelier Mara., 50mi\* & Relays, Rene LeClaire, 672-9159.
- 9 NM Zia All-Comers T&F, Los Lunas, Larry Padilla, 865-7755.
- 13-15 AAA-AAAA-AAAAA H.S Champs.
- 16 Run to the World's Longest Tram 10K, On the Run Promo., 345-4274. AWSR All-Comers T&F, Valley H.S., Lucille Gallegos, 873-3809,261-5001.
- 21 Zuni Fitness Series, 5&10K, 2mi.R/W, 1mi.Youth, 782-2665.
- 22 AAT All-Comers T&F, Eldorado H.S., Carl Brasher, 275-8991.
- 23 USCAA Corporate Challenge T&F, Al Alvarado, 884-9339.
- 30 Memorial Day Run  $\Pi$  Mara., 5K, 1K Kids, www.tgrande.com or 256-3625.

### JUNE

- 3-5 Great Southwest HS Championships,UNM.
- 4 Kids Run For Fun, RR, Larry, 896-1178.
- 5 Santa Fe Run-Around 5&10K (NM 10K State Championships), www.santafesatrider.org, Mick Kappler, 438-4457.
- 6 NM Games All-Comers T&F, UNM Stadium, Fred Hultberg, 764-1510. Taos Marathon,  $\Pi$  Mara.\*\*, 5K R/W, Bruce Gomez, 758-2709.
- 11 Kids Run For Fun, RR, Larry, 896-1178.
- 12 RRRR All-Comers T&F, Rio Rancho HS, Liza & Ron Mascarenas, 867-6885. NMRW 3&5K Racewalk,Ryszard Nawrocki, Rio Rancho, 891-9139.
- 13 Mason Bell Pentathlon, Los Alamos, 351-4122, bkoskijr@yahoo.com. Tesuque Run, www.tgrande.com, 256-3625.
- 18 Kids Run for Fun, RR, Larry, 896-1178.
- 19 Zuni Fitness 5&10K,2mi.,782-2665. TNT All-Comers T&F, Los Alamos, David Hampton, 662-7028.
- 20 Women,s Distance Festival , Ed Heller, 298-4852.
- 25 Kids Run for Fun, RR, Larry, 896-1178.
- 25-27 NM USATF State Junior Olympics, Valley H.S., Kathy Fones, 865-8612.
- 26 Los Alamos Mini-Marathon 5&20K, Kris Kern, 983-8944.
- 30-7/4 USATF Youth Nationals, Landover, MD.

### JULY

- 2 Kids Run for Fun, RR, Larry, 896-1178.
- 3 Firecracker 5K, On the Run Promo., 345-4274. Alien Chase 5&10K, Roswell, 627-5507.
- 4 Independence Day Run 8K & 1mi., Las Cruces, 524-7824. Jane's Freedom Run 8K, 3K R/W, 400m Kids, www.tgrande.com, 256-3625.
- 9 Kids Run for Fun, RR, Larry, 896-1178.
- 9-18 US Olympic Trials, Sacramento, CA.
- 10 River Run 8K\*\*\* Run/Walk, Las Cruces, 524-7824.
- 10 NM USATF Masters & Open T&F\*, Valley H.S., Kathy, 865-8612.
- 14-17 Region 10 JO,s, Provo, UT, Ron and Liza Mascarenas, 867-6885.
- 16 Kids Run for Fun, RR, Larry, 896-1178.
- 17 Zuni Fitness 5K,  $\Pi$  Mara,2mi.,782-2665.

- 23 Kids Run for Fun, RR, Larry, 896-1178.
- 24 Mormon Pioneer Day 5K Run/Walk, Las Cruces, 524-8485. NM USATF Open/Masters Pentathlon, UNM, Kathy Fones, 865-8612.
- 25 Rancho Viejo 5\*\*\*&10K,1K Kids, Santa Fe, www.tgrande,256-3625.
- 27-8/1 USATF Nat'l Junior Olympics,Eugene,OR.
- 30 Kids Run for Fun, RR, Larry, 896-1178.
- 31 Summer Fun 5&10K, 5K Walk, Las Cruces, 524-7824.

### AUGUST

- 1 La Luz Trail Run \*&\*\*\*, Rodger Sack, 797-0791.
- 4-8 State Senior Olympics, Las Cruces, Mandy, 623-5777.
- 5.8 USATF Nat,l Masters T&F, Decatur,IL.
- 20-29 2004 Olympics, Athens, Greece
- 21 Zuni Fitness Reservation Relay, 2mi., 782-2665. Casas Adobes 5K Walk/Run, Mimbres, Jimmy Avalos, 536-3364. The Sandia Peak Challenge, Penny Howard, 299-6207.

### SEPTEMBER

- 5 Run for the Hills 5&10K, 5K Walk, 1mi.Kids,www.tgrande.com,256-3625. NM Marathon, On The Run Promo, Charles Otero, 345-4274.
- 6 Turtle Mara.,  $\Pi$  Mara., 5K, Roswell, Bob, 627-5507.
- 10 Zuni Fitness Coronado's Curse 5&10K, 2mi.,782-2665.
- 12 Chips & Salsa 5&10K,  $\Pi$  Marathon, The Athletes Edge, 856-9377.
- 18 UNM XC, Coach Henry, 925-5735.
- 19 Santa Fe Trail  $\Pi$  Mara.& 5K Run/Walk, Raton, George Dominguez, 445-8242. Gary Johnson's Run 10K\*\*\*, Cloudcroft, Marsha Slane, 687-2133.
- 25 The Whole Enchilada Fiesta 5K\*&\*\*\*,1mi., Las Cruces, 524-7824. Tour de Rio Abajo Marathon, 5K, Belen, Larry Marshal, 864-6654. NMRW 5K Racewalk, Santa Fe, Joe Armbruster, 466-1118.
- 26 Corrales Harvest Festival 5&10K, 5K Walk, Gil's, 268-6300.

### OCTOBER

- 9 Bean Fiesta Run 5&10K, Moriarty, Colleen Burns, 384-5039.
- 10 Corrida de Taos John Dale Gomez 5K, Bruce Gomez, 758-2709.. Bosque Boogie,5&10K\*\*\*,5K Walk, 1K Kids, www.tgrande.com, 256-3625.
- 16 Ryan's Run 5K Run & 2mi.Walk, Sandy Mann, 842-8960. ARR Dirty Dozen 12K, Ed Heller, 298-4852.
- 17 NMRW 3\*,5\*&10K\* Racewalks, Ryszard Nawrocki, 891-9139.
- 24 Duke City Mara.,  $\Pi$  Mara., Relays, 5K Run/Walk, 880-1414.
- 31 Rio Grande Mara.\*,  $\Pi$  Mara., Relays, Las Cruces, 524-7824.

### NOVEMBER

- 6 Pecos Valley Roundup 10&20\*\*\*K, 2mi., Roswell, 627-5507.
- 7 Jackalope Run, The Athletes Edge, 856-9377.
- 13 NM USATF State Cross Country\*, Kathy Fones, 865-8612. Baylor Pass Wilderness Trail Run 5.9mi., Las Cruces, 524-7824.
- 20 Region X Cross Country, El Paso, Ron & Liza Mascarenas, 867-6885.
- 25 Albuquerque Turkey 5\*\*\*&10K, 2mi. Walk, Gil's, 268-6300. Turkey Trot 5K Run/Walk, Las Cruces, 524-7824. Turkey Trek 5K, 400M Kids, www.tgrande.com, 256-3625.

### DECEMBER

- 4 Reindeer Run 10K, 2mi.R/W, Roswell, Bob, 627-5507.
- 11 USATF Nat'l Junior Olympic XC Championships, Schaumburg, IL.

### JANUARY 2005

- 1 Egg Nog Jog 4mi.Run, 2mi.Walk, Gil's, 268-6300.

### FEBRUARY 2005

- 6 Super Bowl Sunday 5K, 2mi.Walk, Gil's, 268-6300. Super Sunday 5&10K, 5K Racewalk, Las Cruces, 527-5167.



## >>> Race Calendar <<<

6/5 8a Santa Fe Run-Around 5K, 10K, & Kids 1K, Mick 438-4463, Ted 466-3955, <http://www.santafestridders.org/>

## Track is Back

Track will start next Tuesday at the Santa Fe High Track. There are multiple schools using the facility for the next month or so, and we have to stay out of their way. Meet there at the track at 6. We'll warm up, then do some easy, early season intervals.

*Please note: The Striders conduct weekly track workouts as a community service. We are not professional coaches and do not make any claims as to benefits from the workouts. Rather, we provide an opportunity for exercise with an experienced group of runners. All participants should feel free to modify the workouts to suit their own needs.*

Dear Mom, Big News, Going Coastal, Big Sur, Marathon miles coming our way. **Your Son**

## 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.

## 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](mailto: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](mailto:mick@daylight.com).

## 2004 Strider Officers

Kris Kern, President, 983-8944, [kernkt@cybermesa.com](mailto:kernkt@cybermesa.com)  
 Kris Peterson, Vice President, 820-6247, [krisp@newmexico.com](mailto:krisp@newmexico.com)  
 Tove Shere, Treasurer, [trim8s@comcast.net](mailto:trim8s@comcast.net)  
 Mick Kappler, newsletter editor, 438-4463, [mick@daylight.com](mailto:mick@daylight.com)

## Memberships Due April 30!

Membership renewals are due by the end of February. So why renew? The Striders take in about \$1500 in memberships each year. About half of this pays for our RRCA membership and insurance. The remainder (and then some!) is used to produce the Mile Markers. The remaining club expenses are covered by race revenues.

In 2003, the Striders put on 6 races that raised \$2000 for the Children's Immunization Coalition, \$1000 for Partners in Education, as well as money for Norski Trails de Santa Fe (for trail maintenance), Wings of America, and donated food and money to the Salvation Army Food Bank. The striders also organized track workouts, group runs, and Dale's Bike and Run, all for free! The Striders also volunteered and several other community races.

Please renew your membership. It allows the club to continue some great events and contribute to our community. Run with us in 2004!

## Race Results - Mississippi 50

Record crowd! - 152 runners from 18 states came to test their mud running skills. No rain, 60-75 degree temps, and no swimming except for a few very short runners. A good time was hopefully had by all.

### 50M Results

13 Kern Kristen M 39 NM 9:23:05

14 Dutrow Barb F 48 LA 9:29:14 3rd Female

### 50K Results

17 Gable Carl M 46 NM 5:52:13

## Santa Fe Striders Club Membership Application and Waiver



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

- Renewal
- New member
- Email newsletter

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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# Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

