



# Mile Markers

*We Give You the Run-Around*

May 2004      Volume 26, No. 5.

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

## Feature Event - 22nd Annual Bandalier Races

Saturday, May 8, 2004

Marathon, 50-Mile Ultra Marathon  
50-Mile Relay (4 x 12.5 mi), Marathon Relay (8 x 3.3 mi)

50 mi race starts at 5:30 AM  
7:00 AM all other races

Sponsored by Los Alamos National Bank

Registration day of race

Marathon: \$40

50 mile: \$55

Marathon relay: \$10 per person

50 mile relay: \$15 per person

For more information, see  
<http://highaltitudeathletics.org>

## St. Michael's Mission 5K & 1M

(Near Window Rock, AZ)

September 6, 2004 (Labor Day morning)

Registration 9 am, Starting time 10 am

Early registration \$10 for 1 mile, \$12 for 5K

Race day \$12 for 1 mile, \$15 for 5K

Free massages, t-shirts to all runners, long sleeve t-shirts for top finishers in each class, jackets for top male and female 5K runners.

All proceeds for the St. Michael School athletic booster club.

For more information contact St. Michael's Clinic  
928-810-3800 or William Slim 928-587-7762.

## 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 **Mick Kappler** at **441 Greg Av** (Daylight Research Office). The number is **954-3295**. Agenda: SF Run-Around and more.

## Coming on the first Saturday in June

The 26th Annual Santa Fe Run-Around 5K, 10K, and Kids 1K at the downtown Plaza is on Saturday, June 5th.

### Proceeds donated to



and



There will be entertainment kids and grown-ups, a promise of more "pota-potties", and the NM 5K & 10K State Championships for Men & Women. New this year is the toddler "diaper dash", a \$700 purse in the 10K, and a new flat-n-fast 5K-loop course.

For more information, see <http://santafestriders.org>

### Register at



333 Montezuma #6



Event ID 1115091

### Underwritten by



and



### Aid Stations Sponsored by



### Music and Emcee by



## NEW MEXICO ASSOCIATION USA TRACK & FIELD

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

- May 6-8 A-AA High School Championships, Albuquerque.  
May 8 Bandelier Marathon, 50mi. \*, and Relays, Rene LeClaire, 672-9159.  
Shiprock Marathon, 368-6306.  
Los Alamos Hershey T&F Meet, Dianne Marquez, 662-8173.  
May 9 NM Zia All-Comers T&F, Los Lunas, Larry Padilla, 865-7755.  
May 13-15 AAA-AAAA-AAAAA High School Championships, Albuquerque.  
May 16 AWSR All-Comers T&F, Valley High School, Lucille Gallegos, 873-3809, 261-5001.  
Run to the World's Longest Tram 10K, On the Run Promotions, Charles Otero, 345-4274.  
May 21 Zuni Fitness Series 5&10K, 2mi. Run/Walk, 1mi. Youth, 782-2665.  
May 22 AAT All-Comers T&F, Eldorado High School, Carl Brasher, 275-8991.  
May 23 USCAA Corp. Challenge T&F, La Cueva H.S., Al Alvarado, 884-9339, acalvar@sandia.gov.  
May 30 Memorial Day Run II Marathon, 5K, 1K Kids, www.tgrande.com or 256-3625.  
May 31 Sky City Seed Run, www.skycityseedrun.com, Dale Louis, louisrunner@go.com.  
\*STATE CHAMPIONSHIP \*\*\*GRAND PRIX SERIES

NM USATF BOARD MEETING: The next board meeting will be held on Wednesday, April 14, 2004, 7:30PM at the office of Fred Mowrer, 115 8th SW (8th & Gold).

ONLINE MEMBERSHIP: USATF membership cards for 2004 are available online at [www.usatf.org/membership](http://www.usatf.org/membership). The cost is \$12 for youth and \$15 for adults, and one of the many advantages is that the number is assigned immediately.

ATTENTION: MEMBER CLUBS AND INDIVIDUALS: The annual meeting of the New Mexico Association of USATF will be held on Saturday, June 26th, 2004, time and place TBD. On the agenda will be the election of officers. Following is an excerpt from our bylaws re: elections and who is eligible to vote. For a complete copy of the bylaws go to our web site, <http://www.usatf.org/assoc/nm>.

ELECTIONS: Elections for all officers and standing committee chairpersons of the Association shall be conducted by secret ballot at the Annual Meeting of the Association held in even-numbered years; such terms to commence the immediate following September 1st. Only individuals who are members of the Association and are at least 18 years of age at the start of their term of office are eligible to hold office and chair committees.

A. Elections shall be by Open Meeting Ballot.

B. The Membership Chair shall certify or cause to be certified all members who are eligible to vote. In order to vote, except for renewals from the previous year, individuals must be members in the month which ends more than one full month preceding the election. Voting members may be the delegate to a member organization or a NM USATF Track & Field Card holder. An individual shall have only one vote regardless of the number of positions held, and there will be no voting by proxy.

C. Officer of the Association must be elected by a majority of the votes cast. Ballots will be counted by a 3-person panel, which includes at least one athlete, all of whom must tally and sign the ballot.

D. Protests may be made only after an election process is completed; they will be referred to an NABR panel in accordance with Regulation 11; and an election will be invalidated only if it is found that infractions that occurred during an election changed the outcome of the election.

E. Terms of office shall be of two (2) years or until his/her successor is chosen.

F. The slate of officers and standing committee chairpersons to stand for election will be prepared by a Nominating Committee with a minimum of three (3) serving. The Nominating Committee will be selected at a meeting of the Executive Committee held prior to the annual meeting in even-numbered years. Nominations will be published fifteen (15) days in advance of the election, and additional nominations may come from the floor. A candidate needs one (1) nominator and one (1) seconder who are both members.

G. There shall be no order of succession to any office except that, in case of vacancy, of the Vice-President to the office of President. In the event any other officer resigns or is unable to serve, the Executive Board shall name a successor for the unexpired portion of his or her term.

H. Any officer of this Association may be removed for good cause by a two-thirds vote of those representatives of this Association present and voting at an annual meeting or special meeting called for this purpose, and provided the requisite notice for such meeting (see Article VII) shall properly set forth on its agenda the removal vote.

I. Current employees (working within the past ninety days) shall not participate in any part of the election process (nominations or campaigning) but may, at the discretion of the Association, be permitted to vote if they are members and otherwise eligible.

J. Voters must be a minimum of age eighteen (18) on the day of the election.

## 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

### 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 II 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.santafesatriders.org, Mick  
Kappler, 438-4457.  
6 NM Games All-Comers T&F, UNM Sta-  
dium, Fred Hultberg, 764-1510.  
Taos Marathon, II 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\*, Val-  
ley 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, II 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-




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## Good Luck Ted!!!

Our very own Ted Freedman is going to Cali to conquer the Ironman. He's prepared, resting up, and getting ready to challenge himself, in mind & body. We know you will do it! The circles are with you. Go Ted!

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## Weekend Runs

by Eric Peters

The following is the weekend run plan for the rest of May. I will update you if there are any changes to the plan. As the warm weather clears the snow from the trails, some trips to higher elevations will probably be planned. (This Sunday will be a test of my recovery ability, as I am running the Bandalier Marathon the day before).

### Atalaya and Talaya Hill Run

Dates: May 9, 16, 23, 30 (Sundays) at 8 AM. Run up Atalaya (or part of the way) starting from the Dale Ball parking lot at the intersection of Upper Canyon Road and Cerro Gordo. The course goes from Upper Canyon Road to the Dorothy Stewart Trails to Wilderness Gate Road to the top of Atalaya to Talaya Hill, and then takes the Dale Ball trail back down to the parking lot/starting point.

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## Local Athlete Wonder

by Anonymous

This space intentionally left blank

Is anybody gonna fill it? Is anybody out there?

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## Dear Mom,

Coastal, Postal, Big Sur, spectacular views & 3:14.  
The saddle is calling.

## Your Son

## >>> Race Calendar <<<

**5/9 Bandalier Races** (White Rock), 50-miler start at 5:30a, marathon starts at 7a  
<http://highaltitudeathletics.org>

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

**9/6 10a St. Michael's Mission 5K & 1M** (near Window Rock, AZ), St. Michael's Clinic 928-810-3800 or William Slim 928-587-7762

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## 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.*

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## 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.

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## 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.

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## 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)

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## 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).

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## 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)

The Santa Fe Striders, Rotary of Santa Fe, and the City of Santa Fe present the 26th Annual



Event Underwriter  
241 Washington Av, 984-0500

# Santa Fe Run-Around

Saturday, June 5, 2004

**5K & 10K\* @ 8:00am**  
NM State Championships \* Purse: \$700



Event Underwriter  
345 E Alameda, 983-8300



PO Box 23374, 474-0240

**Kids 1K @ 9:30am**  
multiple waves, plus toddler "diaper dash"



Santa Fe Immunization Coalition

Proceeds donated to PiE and SFIC

**LOCATION:** Historic Plaza in downtown Santa Fe

**ENTERTAINMENT:** Music, clowns, and more

**NEW COURSES:** [Flat & fast out-n-back 5K loop](#)

**CASH PRIZES:** Men & Women in 10K: \$200, \$100, \$50

**EARLY REGISTRATION:** 5K & 10K: \$15, Kids 1K: \$2  
**LATE (ON EVENT DAY):** 5K & 10K: \$25, Kids 1K: \$5  
**Mail** by May 28th, payable to: Santa Fe Striders, PO Box 1818,  
Santa Fe, NM 87504

**AWARDS:** Chimayo weavings for top finishers in 5K & 10K: 19 & under (2 groups), 20s, 30s, 40s, 50s, 60s, 70 & over; Kids 1K (3 groups): medals for all, trophies for top 3

Onsite by June 1st at:



333 Montezuma #6

Online by June 1st at:



Event ID 1115091

**AID STATIONS:** Sponsored by New Mexico Bank & Trust - Gatorade and water each mile in the 5K & 10K, at the turn-around in the Kids 1K - typical conditions: sunny & clear, light wind, 70-80 F



**SAFETY & SUPPORT:** Santa Fe Police and Paramedics

**IN KIND DONATIONS BY:** Berardinelli Family Funeral Service, [Radisson Hotels](#), Santa Fe Screenprinters, [SnowPack USA](#), [Whole Foods](#), and Wood Gormley Elementary School parents

**T-SHIRTS:** Guaranteed to first 750 finishers - illustration by David Romero, age 9

**INFO:** [Mick](#) (505) 438-4463, or [Ted](#) (505) 466-3955

**SPONSORED BY:**



Official Thirst Quencher



please PRINT clearly

## Santa Fe Run-Around 2004 Entry Form

please PRINT clearly

<b>Last Name:</b>	<b>First Name:</b>	<b>Gender:</b> M F
<b>Address:</b>	<b>City, State, ZIP:</b>	<b>Age</b> on race day:
<b>Phone:</b>	<b>T-shirt:</b> XS S M L XL	<b>Event:</b> 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:**

## 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

