



Mile Markers



We Give You the Run-Around

June 2004 Volume 26, No. 7.

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



The Santa Fe Run-Around was a Success!

Saturday, June 5, 2004

The 26th Annual Santa Fe Run-Around was held on the Plaza Saturday morning, June 5th. Proceeds are estimated at \$4000 (pending final report) and will be donated to Partners in Education and the SF Immunization Coalition. There were 370 adults in the 5K & 10K, 295 in the Kids 1K, and 5 in the toddler "Diaper Dash". All totals are event participation records.

Prize money attracted several world class athletes in the 10K and a course record was set in the womens race by Emily Samoei with a time of 36:13 and in the mens race by Chokri Dhaouadi in 32:07. The mens race featured a group of four that pulled away early and all finished under 33 minutes. Local athletes Katie Courtwright, Erica Larson, and Eric Peters ran well. A \$700 purse was awarded. A new course layout gave the crowd an up close

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 **Kris Kern** at **120 Alamo Dr.** His number is **983-8944**.

view of the athletes as they rounded the Plaza at the halfway point. Event commentary was provided by Jerry Shere (Horace Kia). NM State Championship certificate were awarded in both 5K & 10K, men and women. Event timing was done with the ChampionChip.

The Kids 1K was preluded by the "Diaper Dash" and a 100m run for kids 3 & under. Then, kids ran the 1000m in waves of ages 4-6, 7-9, and 10-12 and finished through helium balloon arches. Entertainment was provided by the Hill Stompers, Wise Fool, and Annie Rose the Flower Fairy. Music was provided by KLBU 102.9 FM and event emcee was KLBU's Joann Orner.

Once again, the SF Striders, Downtown Rotary, and the City of Santa Fe organized a successful and we're already looking forward to next year, the **FIRST SATURDAY IN JUNE** (June 4, 2005). Thanks for your support and special recognition go to the volunteers of the Santa Fe Run-Around. The SF Run-Around was underwritten by the McCune Charitable Foundation and Wells Fargo Bank NA. The Aid station was powered by New Mexico Bank & Trust and Gatorade.

For race results, see

<http://santafestriders.org>

and for lots and lots of event day photos, go to

<http://southwesternfocus.home.comcast.net>

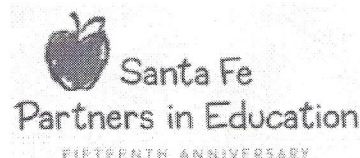
photos by Tiffany Lewis

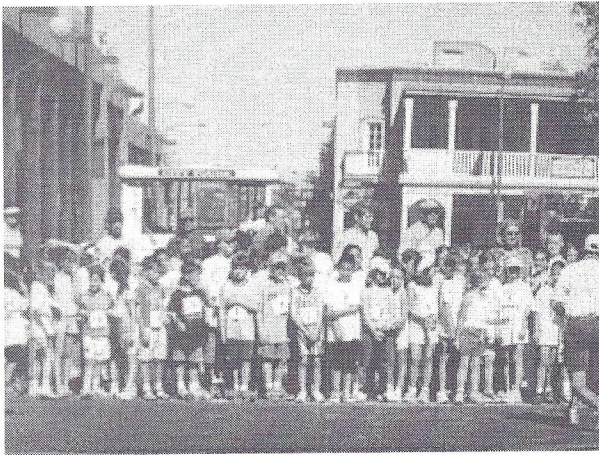
Proceeds donated to



and

Santa Fe Immunization Coalition

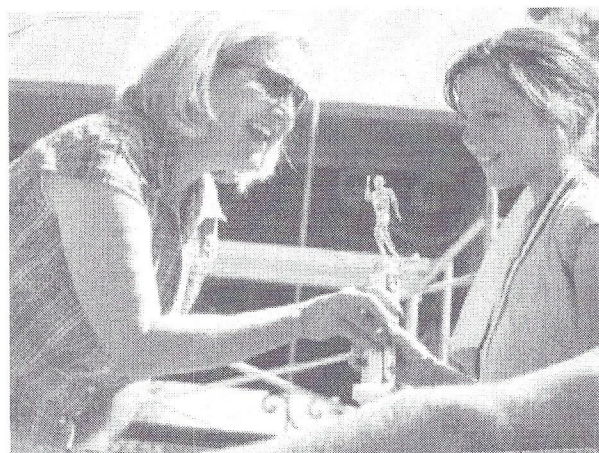




A record 300 youths participated in the 1K run.
photo by June Dickinson



A smile is worth 1000 words. Issiah and Shoshona are off to a fast start.
photo by June Dickinson



First Lady of New Mexico Barbara Richardson bestows an award. Proceeds were donated to the SF Immunization Coalition and Partners in Education.
photo by June Dickinson

Santa Fe Run-Around Kids 1K June 5, 2004

Results by the Santa Fe Striders

Overall Finishers: 300

Age Groups

*** Girls ***

4 to 6

1. Erin Schulhofer
2. Holly Aslam
3. Erika Couleur & Mikala Sago (tie)

7 to 9

1. Cree Hayunga
2. Madeline Fort
3. Allison Stertzner

10 to 12

1. Lindsay DeMay
2. Salome Block
3. Belinda Secular

*** Boys ***

4 to 6

1. John Feldewert
2. Rueben DeMay
3. Joey Nagar

7 to 9

1. Wyatt Trevathan
2. Zach Grand
3. Max Gesten

10 to 12

1. Andre Miller
2. Warren Petterson
3. Patrick Rodriguez

Santa Fe Run-Rounds 2004 10K Run
June 25, 2004

Results By Athlete's Edge Race Management Systems, Inc.

Overall Female Open Winners

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Emily Swavel	Albuquerque NM	22	19	36:13.0	36:13.0	0:00.0	5:50/M
2	Katie Courtwright	Santa Fe NM	29	19	37:57.0	37:57.0	0:00.0	6:02/M
3	Maria Sorrellia	Albuquerque NM	27	18	37:48.0	37:48.0	0:00.0	6:05/M

Women 19 & under (no finishers)

Women 20 to 29

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Bobby Samoz	Albuquerque NM	22	19	36:13.0	36:13.0	0:00.0	5:50/M
2	Olivia Ortiz	Chimayo NM	22	38	48:33.0	48:33.0	0:00.0	7:49/M
3	Amanda Swenson	Los Alamos NM	27	48	50:17.0	50:17.0	0:00.0	8:06/M
4	Helina Small	Los Alamos NM	27	66	54:29.0	54:29.0	0:00.0	8:47/M
5	Shawn McGe	Albuquerque NM	29	92	57:21.0	57:21.0	0:00.0	9:14/M
6	Katie McGowan	Los Alamos NM	28	103	1:00:07.0	1:00:07.0	0:00.0	9:41/M
7	Andre Bonifacio	Santa Fe NM	26	128	1:09:58.0	1:09:58.0	0:00.0	11:10/M

Women 30 to 39

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Katie Courtwright	Santa Fe NM	29	19	37:57.0	37:57.0	0:00.0	6:02/M
2	Maria Sorrellia	Albuquerque NM	27	18	37:48.0	37:48.0	0:00.0	6:05/M
3	Rene Larson	Los Alamos NM	32	15	37:12.0	37:12.0	0:00.0	6:00/M
4	Polyn Bonson	Santa Fe NM	38	39	48:42.0	48:42.0	0:00.0	7:51/M
5	Julie Jordan	Albuquerque NM	36	43	50:19.0	50:19.0	0:00.0	8:06/M
6	Jennifer Biedscheid	Santa Fe NM	34	64	51:15.0	51:15.0	0:00.0	8:16/M
7	Michelle Barea	Santa Fe NM	35	75	53:19.0	53:19.0	0:00.0	8:40/M
8	Diane Kramer	Santa Fe NM	38	76	53:39.0	53:39.0	0:00.0	8:47/M
9	Marissa Courtwell	Santa Fe NM	34	78	54:43.0	54:43.0	0:00.0	8:58/M
10	Debbie Duan	Santa Fe NM	39	79	54:44.0	54:44.0	0:00.0	8:58/M
11	Kathleen Locke	Santa Fe NM	36	83	58:37.0	58:37.0	0:00.0	9:26/M
12	Roberta Locke	Santa Fe NM	38	90	58:37.0	58:37.0	0:00.0	9:26/M
13	Bruce Bain	Colorado Spr CO	37	205	1:01:50.0	1:01:50.0	0:00.0	9:55/M
14	Terry Ryan	Scottsdale AZ	31	107	1:02:02.0	1:02:02.0	0:00.0	9:59/M
15	Shannon Yeager	Santa Fe NM	35	108	1:02:02.0	1:02:02.0	0:00.0	9:59/M
16	Melanie Glitch	Santa Fe NM	32	109	1:02:06.0	1:02:06.0	0:00.0	10:02/M
17	Kristen Gervase	Tempe AZ	38	113	1:02:32.0	1:02:32.0	0:00.0	10:09/M
18	Dawn Helwig	Santa Fe NM	31	117	1:03:39.0	1:03:39.0	0:00.0	10:18/M
19	Donna Smith	Los Alamos NM	32	118	1:03:52.0	1:03:52.0	0:00.0	10:19/M
20	Van Kauters	Santa Fe NM	33	119	1:04:56.0	1:04:56.0	0:00.0	10:27/M
21	Julie Gervase	Santa Fe NM	31	124	1:05:21.0	1:05:21.0	0:00.0	10:31/M
22	Tina Kim	Santa Fe NM	36	128	1:06:32.0	1:06:32.0	0:00.0	10:43/M
23	Denise Latta	Santa Fe NM	33	140	1:10:40.0	1:10:40.0	0:00.0	11:22/M
24	Fawn Francisco	Santa Fe NM	35	141	1:10:54.0	1:10:54.0	0:00.0	11:27/M
25	Angela Padilla	Santa Fe NM	36	143	1:12:04.0	1:12:04.0	0:00.0	11:37/M
26	Mary Jo Lujan	Santa Fe NM	36	143	1:12:04.0	1:12:04.0	0:00.0	11:37/M
27	Mary Margaret Lujan	Santa Fe NM	33	143	1:12:04.0	1:12:04.0	0:00.0	11:37/M

Women 40 to 49

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Don Redford	Albuquerque NM	47	23	43:50.0	43:50.0	0:00.0	6:59/M
2	Herndette Bould	Santa Fe NM	43	35	46:19.0	46:19.0	0:00.0	7:14/M
3	Kaita Stewart	Santa Fe NM	40	41	49:10.0	49:10.0	0:00.0	7:57/M
4	Jenny Johnston	Santa Fe NM	45	51	50:32.0	50:32.0	0:00.0	8:08/M
5	Paula Hertz	Santa Fe NM	40	72	56:32.0	56:32.0	0:00.0	8:50/M
6	Mary Rose	Los Alamos NM	41	80	57:10.0	57:10.0	0:00.0	9:12/M
7	Wendi McCabe	Los Alamos NM	46	84	58:01.0	58:01.0	0:00.0	9:22/M
8	Beth Davenport	Santa Fe NM	43	85	58:04.0	58:04.0	0:00.0	9:23/M
9	Lizette Aragon	Las Vegas NV	46	114	1:02:32.0	1:02:32.0	0:00.0	10:09/M
10	Sula Chavez	Santa Fe NM	42	125	1:08:06.0	1:08:06.0	0:00.0	10:58/M
11	Kathleen Flanagan	Santa Fe NM	46	144	1:12:08.0	1:12:08.0	0:00.0	11:37/M

Women 50 to 59

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Carol Davangort	Santa Fe NM	52	44	49:48.0	49:48.0	0:00.0	8:01/M
2	Tove Shere	Santa Fe NM	51	59	52:55.0	52:55.0	0:00.0	8:25/M
3	Anne Hollis	Gallop NM	51	67	54:23.0	54:23.0	0:00.0	8:49/M
4	Eynn Pichard	Santa Fe NM	54	69	55:25.0	55:25.0	0:00.0	8:55/M
5	Sheryl Bredelove	Santa Fe NM	51	84	59:35.0	59:35.0	0:00.0	9:16/M
6	Lisa Williamsen	Mandeville GA	50	101	59:45.0	59:45.0	0:00.0	9:17/M
7	Harpow Alexander	Santa Fe NM	53	110	1:00:15.0	1:00:15.0	0:00.0	10:02/M
8	Jane Clarke	Santa Fe NM	52	123	1:05:23.0	1:05:23.0	0:00.0	10:31/M
9	Rose Giannotta	Santa Fe NM	50	109	1:08:30.0	1:08:30.0	0:00.0	10:38/M
10	Karen Thum	Santa Fe NM	53	135	1:07:48.0	1:07:48.0	0:00.0	10:33/M
11	Shelia Lewis	Santa Fe NM	53	147	1:17:59.0	1:17:59.0	0:00.0	12:39/M

Women 60 to 69

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Carolyn Robinson	Los Alamos NM	64	97	59:37.0	59:37.0	0:00.0	9:16/M
2	Gary Billon	Los Alamos NM	62	134	1:07:12.0	1:07:12.0	0:00.0	10:52/M
3	Corinne Williams	Santa Fe NM	60	137	1:09:34.0	1:09:34.0	0:00.0	11:12/M
4	Leif McInerney	Santa Fe NM	64	149	1:12:08.0	1:12:08.0	0:00.0	11:37/M

Women 70 & over (no finishers)

Overall Male Open Winners

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Chokai Dhaouadi	Albuquerque NM	32	1	32:07.0	32:07.0	0:00.0	5:10/M
2	Lithaya Dayila	Albuquerque NM	25	2	32:17.0	32:17.0	0:00.0	5:12/M
3	William Kenney	Albuquerque NM	27	3	32:26.0	32:26.0	0:00.0	5:13/M

Men 19 & under (no finishers)

Men 20 to 29

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Lithaya Dayila	Albuquerque NM	25	2	32:17.0	32:17.0	0:00.0	5:12/M
2	William Kenney	Albuquerque NM	27	3	32:26.0	32:26.0	0:00.0	5:13/M
3	Loren Sage	Mescalero NM	26	5	35:26.0	35:26.0	0:00.0	5:41/M
4	Joseph Grindstaff	Los Alamos NM	26	6	35:43.0	35:43.0	0:00.0	5:45/M
5	David Van Dinter	Santa Fe NM	20	7	38:13.0	38:13.0	0:00.0	5:57/M
6	Lele Hilary	Albuquerque NM	25	9	38:21.0	38:21.0	0:00.0	5:57/M
7	Justin Ople	Albuquerque NM	27	17	39:06.0	39:06.0	0:00.0	6:18/M
8	Adam Coble	Bluff UT	20	25	43:26.0	43:26.0	0:00.0	7:10/M
9	Eric Sodian	Albuquerque NM	28	73	55:05.0	55:05.0	0:00.0	9:02/M

Men 30 to 39

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Chokai Dhaouadi	Albuquerque NM	32	1	32:07.0	32:07.0	0:00.0	5:10/M
2	Bauner Colmenarez	Albuquerque NM	37	4	32:42.0	32:42.0	0:00.0	5:15/M
3	Eric Peters	Santa Fe NM	35	10	37:04.0	37:04.0	0:00.0	5:58/M
4	Justin Glass	Farmington NM	34	15	38:35.0	38:35.0	0:00.0	6:15/M
5	David Van Dinter	Santa Fe NM	20	7	38:13.0	38:13.0	0:00.0	5:57/M
6	William Winesinger	Albuquerque NM	34	12	48:15.0	48:15.0	0:00.0	7:32/M
7	Barton Freeman	Dallas TX	36	32	48:12.0	48:12.0	0:00.0	7:32/M
8	Furt Playsted	Olympia WA	32	37	48:16.0	48:16.0	0:00.0	7:34/M
9	Tom Aguilera	Los Alamos NM	39	43	49:42.0	49:42.0	0:00.0	8:00/M
10	David Sanders	Santa Fe NM	37	52	51:25.0	51:25.0	0:00.0	8:17/M
11	Andra Gonzalez	Evergreen CO	34	57	51:51.0	51:51.0	0:00.0	8:21/M
12	Trent Howell	Santa Fe NM	33	74	54:15.0	54:15.0	0:00.0	8:34/M
13	Jonathan Steeber	Santa Fe NM	35	81	54:17.0	54:17.0	0:00.0	8:34/M
14	Zach Shandley	Santa Fe NM	36	94	59:01.0	59:01.0	0:00.0	9:11/M
15	Augustine Platano	Santa Fe NM	36	94	59:03.0	59:03.0	0:00.0	9:11/M
16	Eric Montgomery	Colorado Spr CO	32	102	1:00:03.0	1:00:03.0	0:00.0	9:40/M
17	Brian Sain	Colorado Spr CO	38	121	1:08:10.0	1:08:10.0	0:00.0	10:18/M
18	Paul Hill	Colorado Spr CO	39	128	1:08:13.0	1:08:13.0	0:00.0	10:18/M

Men 40 to 49

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Tin Swell	Albuquerque NM	43	11	37:06.0	37:06.0	0:00.0	5:58/M
2	Ken Wilson	Albuquerque NM	49	12	37:25.0	37:25.0	0:00.0	6:02/M
3	Mark Miller	Santa Fe NM	42	18	41:58.0	41:58.0	0:00.0	6:45/M
4	Chris Chavez	Los Alamos NM	45	19	42:05.0	42:05.0	0:00.0	6:46/M
5	Peter Tafaya	Albuquerque NM	43	20	42:25.0	42:25.0	0:00.0	6:50/M
6	Edwin Heller	Albuquerque NM	42	21	42:43.0	42:43.0	0:00.0	6:54/M
7	Ray Deucher	Los Alamos NM	41	24	43:25.0	43:25.0	0:00.0	6:59/M
8	Michael Salton	Los Alamos NM	42	26	43:27.0	43:27.0	0:00.0	7:00/M
9	David Taylor	Los Alamos NM	42	27	43:47.0	43:47.0	0:00.0	7:03/M
10	Alan Hoff	Los Alamos NM	40	28	44:18.0	44:18.0	0:00.0	7:08/M
11	Steve Melander-Dayton	Santa Fe NM	47	31	45:53.0	45:53.0	0:00.0	7:24/M
12	Paul Court	Santa Domingos NM	46	36	47:04.0	47:04.0	0:00.0	7:35/M
13	Ernest Garcia	Kio Ranch NM	40	40	49:12.0	49:12.0	0:00.0	7:55/M
14	Owen Ferrell	Santa Fe NM	42	45	49:56.0	49:56.0	0:00.0	8:02/M
15	Robert Leslie	Santa Fe NM	44	50	50:35.0	50:35.0	0:00.0	8:08/M
16	Peter Teichman	Munna, Switzerland	42	58	52:23.0	52:23.0	0:00.0	8:25/M
17	David Davis	Santa Fe NM	47	60	52:23.0	52:23.0	0:00.0	8:25/M
18	Stephen Lucero	Santa Fe NM	39	61	52:32.0	52:32.0	0:00.0	8:26/M
19	John Crummet	Santa Fe NM	40	65	53:47.0	53:47.0	0:00.0	8:40/M
20	Scott Hicks	Santa Fe NM	46	66	54:05.0	54:05.0	0:00.0	8:43/M
21	Ray Koyak	Santa Fe NM	40	81	57:17.0	57:17.0	0:00.0	9:13/M
22	Douglas Hendry	Placitas NM	48	83	57:22.0	57:22.0	0:00.0	9:14/M
23	Tom Carner	Santa Fe NM	49	85	59:13.0	59:13.0	0:00.0	9:42/M
24	Micha Busbaum	Santa Fe NM	44	89	59:40.0	59:40.0	0:00.0	9:46/M
25	Tom Berreiro	Santa Fe NM	44	104	1:00:28.0	1:00:28.0	0:00.0	9:44/M
26	Phillip Jalea	Tempe AZ	46	111	1:02:53.0	1:02:53.0	0:00.0	10:05/M
27	Edward Fickel	Santa Fe NM	49	116	1:05:17.0	1:05:17.0	0:00.0	10:33/M
28	Andy Shreve	Santa Fe NM	42	126	1:09:25.0	1:09:25.0	0:00.0	10:33/M
29	Clint Marshall	Santa Fe NM	48	122	1:09:27.0	1:09:27.0	0:00.0	10:31/M
30	Tom Morris	Santa Fe NM	48	130	1:09:38.0	1:09:38.0	0:00.0	10:44/M
31	Greg Mobley	Santa Fe NM	43	132	1:09:38.0	1:09:38.0	0:00.0	10:44/M
32	Gary Pilschode	Santa Cruz NM	46	138	1:10:13.0	1:10:13.0	0:00.0	11:25/M

Santa Fe Run-Round 2004 SF Run

June 26, 2004

Results By Athlete's Edge Race Management Systems, Inc.

Overall Female Open Winners

Place	Name	City	Age	Over	Chip	Total	Diff	Pace
1	Jodi Medall	Santa Fe NM	34	15	20:47.0	20:47.0	0:00.0	6:40/M
2	Susan Coffan	Albuquerque NM	21	25	22:41.9	22:41.9	0:00.0	7:16/M
3	Dina Humad	Albuquerque NM	20	26	22:41.9	22:41.9	0:00.0	7:16/M

Women 29 & under

Place	Name	City	Age	Over	Chip	Total	Diff	Pace
1	Belinda Aguilar	Santa Fe NM	16	76	27:12.0	27:12.0	0:00.0	8:43/M
2	Bridgette Butler	Santa Fe NM	12	110	30:19.0	30:19.0	0:00.0	9:43/M
3	Miki Leitham	Santa Fe NM	12	110	30:19.0	30:19.0	0:00.0	9:43/M
4	Cat Courtwright	Santa Fe NM	12	111	30:20.0	30:20.0	0:00.0	9:43/M
5	Jessica Sterrett	Tenango NM	12	112	30:29.0	30:29.0	0:00.0	9:46/M
6	Callie Smith	Santa Fe NM	11	118	31:23.0	31:23.0	0:00.0	10:02/M
7	Ryan Alvarez	Santa Fe NM	13	120	32:17.0	32:17.0	0:00.0	10:21/M
8	Molly Gough-De La Vall	Santa Fe NM	12	127	32:37.0	32:37.0	0:00.0	10:27/M
9	Jana Hogan	Santa Fe NM	11	134	32:59.0	32:59.0	0:00.0	10:34/M
10	Sophie Bacon	Santa Fe NM	10	143	33:17.0	33:17.0	0:00.0	10:40/M
11	Brooks O'Connell	Santa Fe NM	11	150	37:01.8	37:01.8	0:00.0	11:50/M
12	Blaine Bell	Santa Fe NM	4	170	37:23.0	37:23.0	0:00.0	11:59/M
13	Sage Sarason	Albuquerque NM	9	173	39:33.0	39:33.0	0:00.0	12:41/M
14	Meghan Metzger	Santa Fe NM	8	183	40:55.0	40:55.0	0:00.0	13:07/M
15	Johnnie Oliver	Tenango NM	4	185	42:59.0	42:59.0	0:00.0	13:44/M
16	Killian Stetzer	Tenango NM	3	198	44:59.0	44:59.0	0:00.0	14:02/M

Women 30 to 39

Place	Name	City	Age	Over	Chip	Total	Diff	Pace
1	Susan Coffan	Albuquerque NM	21	25	22:41.9	22:41.9	0:00.0	7:16/M
2	Jacqueline Rex	Santa Fe NM	24	36	23:49.0	23:49.0	0:00.0	7:38/M
3	Brian Wade	Santa Fe NM	23	39	24:06.0	24:06.0	0:00.0	7:43/M
4	Jana Eliff	Monterey, UT	22	54	25:22.0	25:22.0	0:00.0	8:08/M
5	Jennifer Harrison	Santa Fe NM	28	74	27:09.0	27:09.0	0:00.0	8:42/M
6	Racy Fitzgerald	Santa Fe NM	28	80	27:32.0	27:32.0	0:00.0	8:49/M
7	Julie Trujillo	Santa Fe NM	27	88	28:52.0	28:52.0	0:00.0	9:17/M
8	Eva Bando	Santa Fe NM	29	164	29:15.0	29:15.0	0:00.0	9:23/M
9	Ang Hickey	Glennville NM	26	163	30:49.0	30:49.0	0:00.0	9:43/M
10	Elizabeth Gayton	Santa Fe NM	29	120	32:00.0	32:00.0	0:00.0	10:15/M
11	Sally Romero Pyle	Santa Fe NM	29	131	33:03.0	33:03.0	0:00.0	10:38/M
12	Pamela Colvard	Santa Fe NM	24	146	33:17.0	33:17.0	0:00.0	10:40/M
13	Helenie Ortiz	Fairview NM	27	169	37:04.0	37:04.0	0:00.0	11:53/M
14	Tiffany Lewis	Santa Fe NM	24	175	38:04.0	38:04.0	0:00.0	12:32/M
15	Jennifer Smith	Santa Fe NM	28	153	41:18.0	41:18.0	0:00.0	13:53/M

Women 40 to 49

Place	Name	City	Age	Over	Chip	Total	Diff	Pace
1	Jodi Medall	Santa Fe NM	34	15	20:47.0	20:47.0	0:00.0	6:40/M
2	Dina Humad	Albuquerque NM	20	26	22:41.9	22:41.9	0:00.0	7:16/M
3	Suzanna Morales	Albuquerque NM	24	43	26:15.0	26:15.0	0:00.0	8:28/M
4	Marlene Brevine	Santa Fe NM	24	45	26:23.0	26:23.0	0:00.0	8:29/M
5	Max Voigt	Santa Fe NM	34	81	27:46.0	27:46.0	0:00.0	8:57/M
6	Miki Theobald	Santa Fe NM	36	84	27:59.0	27:59.0	0:00.0	9:00/M
7	Joni Heland	Santa Fe NM	39	90	28:43.0	28:43.0	0:00.0	9:12/M
8	Jennifer Lloyd	Olympia WA	32	96	29:03.0	29:03.0	0:00.0	9:18/M
9	Heather Hawkins	Los Alamos NM	33	106	29:34.0	29:34.0	0:00.0	9:23/M
10	Rita Foster-Polay	Los Alamos NM	30	107	29:34.0	29:34.0	0:00.0	9:23/M
11	Karin Holmstrom	Santa Fe NM	32	103	29:33.0	29:33.0	0:00.0	9:23/M
12	Kristin Schrad	Los Alamos NM	33	115	31:25.0	31:25.0	0:00.0	10:04/M
13	Patricia Taw	Santa Fe NM	30	116	31:47.0	31:47.0	0:00.0	10:11/M
14	Lily Chapman	Santa Fe NM	34	122	32:13.0	32:13.0	0:00.0	10:20/M
15	Lisa Aguilar	San Francisco NM	36	124	32:22.0	32:22.0	0:00.0	10:22/M
16	Leigh Anne Pion	Albuquerque NM	33	125	32:37.0	32:37.0	0:00.0	10:27/M
17	Lisa Oberstetter	Santa Fe NM	36	129	32:43.0	32:43.0	0:00.0	10:29/M
18	Barbara Bright	Santa Fe NM	33	136	33:03.0	33:03.0	0:00.0	10:38/M
19	Janina Romero	Santa Fe NM	29	147	34:11.0	34:11.0	0:00.0	10:57/M
20	Renee Jacobs	Santa Fe NM	34	149	34:41.0	34:41.0	0:00.0	11:07/M
21	Wendy Garcia	Payson AZ	36	151	34:54.0	34:54.0	0:00.0	11:09/M
22	Bria Greene	Santa Fe NM	30	154	35:29.0	35:29.0	0:00.0	11:22/M
23	Rudney Dwyer	Santa Fe NM	31	162	36:17.0	36:17.0	0:00.0	11:36/M
24	Michelle O'Connell	Santa Fe NM	30	164	36:20.0	36:20.0	0:00.0	11:37/M
25	Kia Zhang	Albuquerque NM	39	179	39:47.0	39:47.0	0:00.0	12:45/M
26	Sophie Bacon	Los Alamos NM	32	161	40:43.0	40:43.0	0:00.0	13:02/M
27	Karen Babin	Santa Fe NM	34	174	41:02.0	41:02.0	0:00.0	13:09/M
28	Kim Tommerson	Santa Fe NM	37	200	51:49.0	51:49.0	0:00.0	16:35/M

Women 50 to 59

Place	Name	City	Age	Over	Chip	Total	Diff	Pace
1	Patricia Van Essen	Santa Fe NM	45	34	23:15.0	23:15.0	0:00.0	7:27/M
2	Mary Hooper	Albuquerque NM	48	40	24:17.0	24:17.0	0:00.0	7:47/M
3	Leigh Shepard	Glennville NM	49	47	24:56.0	24:56.0	0:00.0	7:59/M
4	Vickie Wilkey	Santa Fe NM	40	83	26:06.0	26:06.0	0:00.0	8:29/M
5	Elizabeth Warner	Albuquerque NM	42	62	26:13.0	26:13.0	0:00.0	8:29/M
6	Elizabeth Miller	Santa Fe NM	41	67	26:43.0	26:43.0	0:00.0	8:39/M
7	Rita Stranger	Santa Fe NM	48	93	26:53.0	26:53.0	0:00.0	8:40/M
8	Lauren Smith	Santa Fe NM	46	98	27:25.0	27:25.0	0:00.0	8:47/M
9	Gracie O'Connell	Santa Fe NM	45	82	27:54.0	27:54.0	0:00.0	8:57/M
10	Margaret Murray	Santa Fe NM	49	91	28:41.0	28:41.0	0:00.0	9:12/M
11	Laurie McCarthy	Santa Fe NM	47	107	30:07.0	30:07.0	0:00.0	9:39/M
12	Heidi Schneider	Santa Fe NM	42	117	31:22.0	31:22.0	0:00.0	10:06/M
13	Helen Kline	Santa Fe NM	45	132	32:55.0	32:55.0	0:00.0	10:33/M
14	Judy Loyola	Santa Fe NM	48	141	33:05.0	33:05.0	0:00.0	10:36/M
15	Julie Shepard	Santa Fe NM	43	145	34:09.0	34:09.0	0:00.0	10:57/M
16	Patricia Lardenhagen	Santa Fe NM	40	155	34:55.0	34:55.0	0:00.0	11:13/M
17	Liz Bolter	Santa Fe NM	42	157	35:44.0	35:44.0	0:00.0	11:28/M
18	Colleen Walsh	Santa Fe NM	41	171	37:17.0	37:17.0	0:00.0	11:57/M
19	Julie Gutman	Walnut Creek CA	49	174	37:46.0	37:46.0	0:00.0	12:06/M
20	Carol Greenhouse	Santa Fe NM	41	180	40:10.0	40:10.0	0:00.0	12:54/M
21	Mary Jo Peterson	Santa Fe NM	48	184	41:10.0	41:10.0	0:00.0	13:14/M
22	Lisa Hastings	Santa Fe NM	45	192	43:04.0	43:04.0	0:00.0	13:49/M
23	Susan MacLeod	Santa Fe NM	49	195	43:58.0	43:58.0	0:00.0	14:06/M
24	Marcia Leitham	Santa Fe NM	49	194	44:53.0	44:53.0	0:00.0	14:52/M
25	Kia Zhang	Tenango NM	44	197	46:39.0	46:39.0	0:00.0	15:49/M
26	Andrea Williams	Santa Fe NM	40	200	51:10.0	51:10.0	0:00.0	16:24/M
27	Michelle O'Connell	Santa Fe NM	44	202	51:25.0	51:25.0	0:00.0	16:29/M

Women 60 to 69

Place	Name	City	Age	Over	Chip	Total	Diff	Pace
1	Bue McDonald	Santa Fe NM	52	46	25:03.0	25:03.0	0:00.0	8:03/M
2	Debra Fortier	Concord NM	55	58	26:29.0	26:29.0	0:00.0	8:28/M
3	Carla Piny	Santa Fe NM	51	164	29:43.0	29:43.0	0:00.0	9:21/M
4	Roberta McCollin	Santa Fe NM	51	131	32:53.0	32:53.0	0:00.0	10:32/M
5	Pat Lyon	Santa Fe NM	50	147	33:05.0	33:05.0	0:00.0	10:36/M
6	Carli Wong-Susselt	Albuquerque NM	53	138	33:10.0	33:10.0	0:00.0	10:37/M
7	Pauli Kyrke	Santa Fe NM	56	155	35:12.0	35:12.0	0:00.0	11:22/M
8	Sandy Foulard	Santa Fe NM	57	156	35:42.0	35:42.0	0:00.0	11:27/M
9	Marcia Dunlap	Albuquerque NM	52	166	36:24.0	36:24.0	0:00.0	11:40/M
10	Cynthia Vaughn	Albuquerque NM	54	173	37:49.0	37:49.0	0:00.0	12:04/M
11	Debbie Mass	Santa Fe NM	40	185	41:27.0	41:27.0	0:00.0	13:04/M
12	Yvonne Wade	Santa Fe NM	50	187	42:25.0	42:25.0	0:00.0	13:34/M
13	Kaye Moran	Santa Fe NM	50	188	42:41.0	42:41.0	0:00.0	13:41/M
14	Marty Williams	Maricopa AZ	55	191	43:08.0	43:08.0	0:00.0	13:49/M
15	Fedelia Morales	Albuquerque NM	57	194	43:25.0	43:25.0	0:00.0	13:55/M

Overall Male Open Winners

Place	Name	City	Age	Over	Chip	Total	Diff	Pace
1	Michael Stember	Santa Fe NM	26	1	16:41.0	16:41.0	0:00.0	5:12/M
2	Benjamin Fletcher	Santa Fe NM	17	2	17:40.0	17:40.0	0:00.0	5:41/M
3	Andreas Stember	Santa Fe NM	27	2	17:45.0	17:45.0	0:00.0	5:43/M

No Age Provided

Place	Name	City	Age	Over	Chip	Total	Diff	Pace
1	Harry Harris	Santa Fe NM	8	8	19:30.0	19:30.0	0:00.0	6:15/M

Men 19 & under

Place	Name	City	Age	Over	Chip	Total	Diff	Pace
1	Benjamin Fletcher	Santa Fe NM	17	2	17:40.0	17:40.0	0:00.0	5:41/M
2	David Romero	Las Vegas NM	19	26	21:06.0	21:06.0	0:00.0	6:46/M
3	Andrew Tabetayay	Santa Fe NM	18	39	21:21.0	21:21.0	0:00.0	6:51/M
4	Rick Holmeyer	Santa Fe NM	18	24	22:25.0	22:25.0	0:00.0	7:11/M
5	Andy Bieg	Santa Fe NM	14	37	23:55.0	23:55.0	0:00.0	7:49/M
6	Niklas Stietelnd	Santa Fe NM	13	42	24:34.0	24:34.0	0:00.0	7:53/M
7	Joseph Tabetayay	Santa Fe NM	15	43	24:36.0	24:36.0	0:00.0	7:53/M
8	Michael Amodeo	Santa Fe NM	13	44	24:37.0	24:37.0	0:00.0	7:53/M
9	Joe Carlson	Santa Fe NM	13	60	26:08.0	26:08.0	0:00.0	8:23/M
10	Samuel Melcher	Santa Fe NM	13	68	26:42.0	26:42.0	0:00.0	8:33/M
11	Max Hogan	Santa Fe NM	13	76	27:12.0	27:12.0	0:00.0	8:42/M
12	Edy Saez	Santa Fe NM	18	83	27:56.0	27:56.0	0:00.0	8:57/M
13	Quinn Butler	Santa Fe NM	11	87	28:27.0	28:27.0	0:00.0	9:07/M
14	Thomas Silver	Santa Fe NM	12	129	33:05.0	33:05.0	0:00.0	10:38/M
15	Clay Metzger	Santa Fe NM	13	130	33:12.0	33:12.0	0:00.0	10:40/M
16	Payton Bell	Santa Fe NM	8	177	39:02.0	39:02.0	0:00.0	12:04/M

Los Alamos Mini-Marathons - <http://www.highaltitudeathletics.org>
June 25, 2004

20 Km Run, Female, 15-19

PLACE	NAME	HOME TOWN	AGE	TIME
1	Patti Frater	Los Alamos, NM	17	01:47:00.18

20 Km Run, Female, 20-24

PLACE	NAME	HOME TOWN	AGE	TIME
1	Gina Ortiz	Chimayo, NM	22	01:29:56.73
2	Carrolla Noger	Los Alamos, NM	23	01:30:06.53

20 Km Run, Female, 25-29

PLACE	NAME	HOME TOWN	AGE	TIME
1	Andrea Puster	Escondido, NM	29	01:39:11.44
2	Theresa Trujillo	Los Alamos, NM	28	01:42:58.53
3	Amara Beaton	Los Alamos, NM	27	01:43:10.02
4	Caroline Geigel	Santa Fe, NM	29	01:43:26.02
5	Beth Holtzman	Madison, WI	28	02:03:06.94

20 Km Run, Female, 30-34

PLACE	NAME	HOME TOWN	AGE	TIME
1	Erica Layman	Los Alamos, NM	32	01:16:38.52
2	Lisa Marie Dougherty	Los Alamos, NM	33	01:42:02.08

20 Km Run, Female, 35-39

PLACE	NAME	HOME TOWN	AGE	TIME
1	Doris Turcotte	Albuquerque, NM	39	01:59:56.47
2	Christie Kelly	Los Alamos, NM	36	02:17:28.06

20 Km Run, Female, 40-44

PLACE	NAME	HOME TOWN	AGE	TIME
1	Debbie Winnefall	Los Alamos, NM	43	01:42:41.30
2	Patty Dankach	Los Alamos, NM	40	01:46:05.43
3	Jane Jacobson	Los Alamos, NM	40	02:00:10.36
4	Beth Davenport	Santa Fe, NM	41	02:10:34.91
5	Martha Sotera	Los Alamos, NM	43	02:11:59.49
6	Christina Coyle	Los Alamos, NM	44	02:27:18.39
7	Julia Chateau	Santa Fe, NM	41	02:28:49.20

20 Km Run, Female, 45-49

PLACE	NAME	HOME TOWN	AGE	TIME
1	Haydelle Holiday	Maconago, NM	48	01:41:11.34
2	Patty Mastoras	Santa Fe, NM	47	02:02:56.03
3	Barbara Galleon	Los Alamos, NM	46	01:55:18.41
4	Margie Stockton	Los Alamos, NM	45	01:55:52.24
5	Heidi Ortega	Los Alamos, NM	48	02:11:37.13

20 Km Run, Female, 50-54

PLACE	NAME	HOME TOWN	AGE	TIME
1	Cheryl Jaramila	Santa Fe, NM	52	02:02:45.39
2	Barbara Balak	Las Vegas, NV	50	02:30:08.12

20 Km Run, Female, 60-64

PLACE	NAME	HOME TOWN	AGE	TIME
1	Ellen Grapin	Albuquerque, NM	60	02:12:20.97

20 Km Run, Male, 15-19

PLACE	NAME	HOME TOWN	AGE	TIME
1	Peter Mystrom	Los Alamos, NM	18	01:43:19.22

20 Km Run, Male, 20-24

PLACE	NAME	HOME TOWN	AGE	TIME
1	Derek Darkow	Los Alamos, NM	23	01:24:12.50
2	Nathan Zarnowski	Albuquerque, NM	24	01:37:52.13
3	Samuel Coffin	Boston Springs, MI	22	01:49:19.42

20 Km Run, Male, 25-29

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jon Keller	Albuquerque, NM	27	01:31:11.46
2	Michael Thorley	Santa Fe, NM	28	01:40:42.33
3	Wade Spaulding	Los Alamos, NM	28	01:43:45.49

20 Km Run, Male, 30-34

PLACE	NAME	HOME TOWN	AGE	TIME
1	Paul Welch	Los Alamos, NM	33	01:39:51.08
2	Michael Drake	Los Alamos, NM	30	01:40:15.63
3	Jonathan Coop	Los Alamos, NM	31	01:42:42.44
4	Evan White	Bertalan, NM	31	01:42:15.69
5	Carl Dickson	Los Alamos, NM	34	01:47:09.68
6	Greg Mitchell	Los Alamos, NM	32	01:52:25.37
7	Marc Gettinger	Los Alamos, NM	32	01:55:01.25
8	Jonathan Parker	San Arbor, MI	30	02:00:05.89

20 Km Run, Male, 35-39

PLACE	NAME	HOME TOWN	AGE	TIME
1	Warren Oldham	Los Alamos, NM	35	01:25:41.52
2	Martin Fleck	Los Alamos, NM	37	01:28:07.22
3	Matthew Stahl	Santa Fe, NM	35	01:57:51.37
4	Tom Little	Albuquerque, NM	35	02:01:38.20

20 Km Run, Male, 40-44

PLACE	NAME	HOME TOWN	AGE	TIME
1	Peter Talaya	Josef Pueblo, NM	43	01:39:15.07
2	Phil Turcotte	Albuquerque, NM	41	01:39:13.03
3	James O'Hara	Los Alamos, NM	40	01:35:20.79
4	Mike Salmon	Los Alamos, NM	42	01:38:35.86
5	Malcolm Eschier	Los Alamos, NM	44	01:39:07.14
6	Paul Richardson	Los Alamos, NM	44	01:57:33.27

20 Km Run, Male, 45-49

PLACE	NAME	HOME TOWN	AGE	TIME
1	Miles Baron	Los Alamos, NM	45	01:17:03.41
2	Chris Chavez	Los Alamos, NM	45	01:24:23.22
3	Alan Hoff	Los Alamos, NM	48	01:34:46.61
4	David Truettner	Los Alamos, NM	48	01:39:52.61
5	Michael Butler	Los Alamos, NM	46	01:40:53.85
6	Everett Smith	Bernalillo, NM	47	01:46:51.40
7	Brian Puccio	Santa Fe, NM	46	01:54:13.41

20 Km Run, Male, 50-54

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jerry Martinez	Valade, NM	54	01:56:56.03
2	Freddy Noya	Albuquerque, NM	50	01:58:54.40
3	Don Funk	Albuquerque, NM	52	02:45:11.73
4	Tim Doyle	Los Alamos, NM	51	02:11:59.89

20 Km Run, Male, 55-59

PLACE	NAME	HOME TOWN	AGE	TIME
1	Mike Williamson	Albuquerque, NM	55	01:30:35.23
2	Ray Belak	Las Vegas, NV	57	02:06:19.89

20 Km Run, Male, 60-64

PLACE	NAME	HOME TOWN	AGE	TIME
1	Don Dilleon	Santa Fe, NM	60	01:51:25.60

20 Km Run, Male, 65-69

PLACE	NAME	HOME TOWN	AGE	TIME
1	Bert Grapin	Albuquerque, NM	68	01:54:21.25
2	Joe Greene	Los Alamos, NM	69	01:57:52.86

20 Km Run, Male, 70+

PLACE	NAME	HOME TOWN	AGE	TIME
1	Dale Cooring	Santa Fe, NM	73	01:53:01.13
2	Aaron Goldman	Los Alamos, NM	72	02:06:19.50
3	Tony Garcia	Albuquerque, NM	74	02:24:31.34

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:

July 9 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
July 9-18 US Olympic Trials, Sacramento, CA.
July 10 River Run 8K*** Run/Walk, Las Cruces, 524-7824.
Los Alamos Yellow Ribbon Run, Maura Miller, 665-9240
NM USAATF Open/Masters T&F*, Valley H.S., Kathy, 865-8612, foneskn@aol.com.
July 11 NM USAATF Open/Masters T&F*, Valley H.S., Kathy, 865-8612, foneskn@aol.com.
July 14-17 Region 10 Junior Olympics, Provo, UT. Ron & Liza Mascarenas, 867-6855.
July 16 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
July 17 Zuni Fitness 5K, II Marathon, 2mi., 782-2665.
July 18 Po. Pay Foot Races, 5K, 1mi Run/Walk, Children's Race, Reanna Aquino, 747-1593, X112.
July 23 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
July 24 Mormon Pioneer Day 5K Run/Walk, Las Cruces, 524-8485.
NM USAATF Open/Masters Pentathlon, Valley H.S., Kathy 865-8612, foneskn@aol.com.
Rancho Viejo 5***&10K, 1K Kids, Santa Fe, 256-3625, www.tgrande.com.
July 25 Championships, Eugene, OR.
July 17-8/1 USAATF National Junior Olympic
July 30 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
July 31 Summer Fun 5&10K, 5K Walk, Las Cruces, 524-7824.
Aug 1 La Luz Trail Run***, Rodger Sack, 797-0791.
Aug 4-8 State Senior Olympics, Las Cruces, Mandy Owens, 623-5777.
Aug 5-8 USAATF National Masters Championships, Decatur, IL.
Aug 15 Run to Break the Silence 10&20K, 5K Run/Walk, Judy Putnam, 820-2273, judyputnam@aol.com.
Aug 20-29 2004 Olympics, Athens, Greece.
Aug 21 Zuni Fitness Reservation Relay, 2mi., 782-2665.
Casa Adobes 5K Run/Walk, Mimbres, Jimmy Avalos, 536-3364.
The Sandia Peak Challenge, Penny Howard, 299-6207.

July 6, 2004

Los Alamos Mini-Marathon - <http://www.highaltitudeathletics.org>
June 26, 2004

5 Km Run, Female, 09 & under

PLACE	NAME	HOME TOWN	AGE	TIME
1	Caitie McDonald	Los Alamos, NM	9	00:21:40.36

5 Km Run, Female, 10-14

PLACE	NAME	HOME TOWN	AGE	TIME
1	Anna Trugman	Los Alamos, NM	14	00:23:35.59
2	Nancy Paetras	Reganola, NM	13	00:24:00.27
3	Sophia Torres	Cordova, NM	12	00:24:54.72
4	Becky Vagill	Santa Fe, NM	12	00:25:24.10
5	Shelby Tellez	Los Alamos, NM	11	00:46:00.51

5 Km Run, Female, 15-19

PLACE	NAME	HOME TOWN	AGE	TIME
1	Sarah Kestner	Los Alamos, NM	18	00:27:04.07

5 Km Run, Female, 20-24

PLACE	NAME	HOME TOWN	AGE	TIME
1	Shannon Platter	Gallup, NM	22	00:28:02.69
2	Shoshanna Swarick	Albuquerque, NM	22	00:31:52.57

5 Km Run, Female, 25-29

PLACE	NAME	HOME TOWN	AGE	TIME
1	Anna Popar	Los Alamos, NM	26	00:26:06.23
2	Patricia McQueen	Los Alamos, NM	28	00:27:07.46
3	Felicia Bone	Los Alamos, NM	29	00:29:11.11
4	Jayne Davis	Los Alamos, NM	26	00:30:12.76
5	Nicole Manning	Los Alamos, NM	23	00:30:46.53
6	Ellen Trapp	Los Alamos, NM	25	00:38:42.38
7	Jennifer White	Santa Fe, NM	28	00:46:46.56

5 Km Run, Female, 30-34

PLACE	NAME	HOME TOWN	AGE	TIME
1	Amy Ursetich	Los Alamos, NM	32	00:23:01.08
2	Barb Williamsen	Los Alamos, NM	31	00:27:11.74
3	Deborah Haskins	Los Alamos, NM	33	00:27:45.01
4	Kate Holmann	Santa Fe, NM	32	00:29:04.04
5	Amy Galbreath	Los Alamos, NM	30	00:29:02.39
6	Lisa Goodner	Los Alamos, NM	31	00:30:40.79
7	Helen Hiner	Los Alamos, NM	34	00:38:12.52
8	Laurie Outley	Los Alamos, NM	31	00:48:02.55

5 Km Run, Female, 35-39

PLACE	NAME	HOME TOWN	AGE	TIME
1	Kimberly Selverge	Los Alamos, NM	35	00:18:19.43
2	Gayle Smith	Arroyo Springs, CO	39	00:27:10.81
3	Ann Cervick	Los Alamos, NM	37	00:30:42.40

5 Km Run, Female, 40-44

PLACE	NAME	HOME TOWN	AGE	TIME
1	Ramona Roach	Gallup, NM	42	00:17:37.11
2	Calvin Jo Almagar	Los Alamos, NM	42	00:22:44.50
3	James Griggs	Los Alamos, NM	42	00:26:14.37
4	Danny Miller	Santa Fe, NM	40	00:26:55.96
5	Cynthia Smith	Maunee, OH	42	00:27:18.18
6	Angelina Gonzalez	Los Alamos, NM	41	00:28:32.82
7	Tammy Little	Albuquerque, NM	41	00:30:42.40
8	Karen Proctor	Los Alamos, NM	41	00:49:59.73

5 Km Run, Female, 45-49

PLACE	NAME	HOME TOWN	AGE	TIME
1	Karen Griggs-Healy	Los Alamos, NM	45	00:25:10.74
2	Patricia Taylor	Los Alamos, NM	46	00:25:28.50
3	Linda Wood	Albuquerque, NM	47	00:25:56.79
4	Terena Hoppel	Los Alamos, NM	45	00:27:09.21
5	Vicki McCabe	Los Alamos, NM	45	00:27:32.55

5 Km Run, Female, 50-54

PLACE	NAME	HOME TOWN	AGE	TIME
1	Sue McDonald	Santa Fe, NM	52	00:25:18.27
2	Cynthia Vaughn	Tijeras, NM	54	00:25:19.21
3	Nancy Smith	Los Alamos, NM	52	00:29:45.09

5 Km Run, Female, 55-59

PLACE	NAME	HOME TOWN	AGE	TIME
1	Nancy Sutter	Albuquerque, NM	57	00:30:24.34

5 Km Run, Female, 60-64

PLACE	NAME	HOME TOWN	AGE	TIME
1	Kelly Hulean	Santa Fe, NM	63	00:35:02.77
2	Janita Madland	Los Alamos, NM	60	00:41:48.94

5 Km Run, Female, 65-74

PLACE	NAME	HOME TOWN	AGE	TIME
1	Lola Thompson	Los Alamos, NM	71	00:36:56.36
2	Frank Black	Out There, DC	74	00:45:07.95

5 Km Run, Male, 09 and under

PLACE	NAME	HOME TOWN	AGE	TIME
1	Daniel Romero	Los Alamos, NM	9	00:24:29.45
2	Jimmy Nolan	Los Alamos, NM	9	00:35:54.97

5 Km Run, Male, 10-14

PLACE	NAME	HOME TOWN	AGE	TIME
1	Alexander Romero	Los Alamos, NM	10	00:22:13.00
2	Brandon Smith	Maunee, OH	13	00:23:46.25
3	Sebe Zumbro	Los Alamos, NM	10	00:26:06.42
4	Mike Tellez	Los Alamos, NM	13	00:37:19.62

5 Km Run, Male, 15-19

PLACE	NAME	HOME TOWN	AGE	TIME
1	Tim Finnegan	Los Alamos, NM	19	00:21:17.88
2	Nathan Romero	Los Alamos, NM	15	00:23:10.31
3	Dylan McNeil	Los Alamos, NM	16	00:23:50.75
4	Jerome Tafaya	Pueblo, NM	17	00:18:43.19
5	Robert Lovato	San Felipe, NM	16	00:19:48.83
6	Daniel Torres	Cordova, NM	16	00:19:53.70
7	Nate Pans	Santa Fe, NM	16	00:20:13.40
8	Jonathan Tafaya	Reganola, NM	15	00:21:02.02
9	Stephen Dye	Santa Fe, NM	18	00:24:40.49

5 Km Run, Male, 20-24

PLACE	NAME	HOME TOWN	AGE	TIME
1	Bradley Eldmore	Los Alamos, NM	21	00:19:00.60
2	Denny Frasier	Los Alamos, NM	20	00:24:20.86

5 Km Run, Male, 25-29

PLACE	NAME	HOME TOWN	AGE	TIME
1	Will Dixon	Los Alamos, NM	26	00:20:01.50
2	Jason Cox	Los Alamos, NM	26	00:25:18.49
3	Francis Smith	Los Alamos, NM	27	00:30:20.48
4	Sriyatsan Kandadai	Los Alamos, NM	25	00:45:50.03

5 Km Run, Male, 30-34

PLACE	NAME	HOME TOWN	AGE	TIME
1	Keith Schneider	Los Alamos, NM	34	00:21:47.34
2	Kevin Collins	Los Alamos, NM	34	00:24:10.95
3	Philip Manning	Los Alamos, NM	36	00:30:48.12

5 Km Run, Male, 35-39

PLACE	NAME	HOME TOWN	AGE	TIME
1	Michael Kappeler	Santa Fe, NM	38	00:20:03.23
2	William Dearholt	Los Alamos, NM	36	00:24:58.60
3	Jon Bone	Los Alamos, NM	37	00:26:11.45
4	Todd Utschick	Los Alamos, NM	36	00:29:27.31
5	Charles Ferenbaugh	Los Alamos, NM	37	00:31:52.17
6	Edward Buchanan	Los Alamos, NM	38	00:32:40.43
7	Sean McDonald	Los Alamos, NM	39	00:38:42.89

5 Km Run, Male, 40-44

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jeff Johnson	Los Alamos, NM	41	00:19:17.34
2	Jim Koster	Los Alamos, NM	41	00:23:01.94
3	Jack Boyd	Albuquerque, NM	44	00:25:18.36
4	Andrew Kapat	Los Alamos, NM	42	00:28:50.22
5	William Carson	Los Alamos, NM	41	00:29:18.08
6	Robert Westervelt	Los Alamos, NM	44	00:30:26.09
7	David Tellez	Los Alamos, NM	43	00:46:01.11

5 Km Run, Male, 45-49

PLACE	NAME	HOME TOWN	AGE	TIME
1	Tim Elmont	Los Alamos, NM	47	00:22:37.30
2	Peter McNeil	Los Alamos, NM	48	00:22:43.08
3	Salman Habib	Santa Fe, NM	45	00:29:33.92
4	Gregory Smith	Maunee, OH	47	00:31:05.40
5	Terry Ruby	Santa Fe, NM	45	00:46:41.23

5 Km Run, Male, 50-54

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jim Heymsoreland	Downtown, NC	52	00:22:56.51
2	Jim Sprinkle	Los Alamos, NM	51	00:24:46.35
3	Samuel Torres	Cordova, NM	50	00:24:52.92
4	Stewart Trugman	Los Alamos, NM	50	00:25:39.12

5 Km Run, Male, 55-59

PLACE	NAME	HOME TOWN	AGE	TIME
1	Alan Goversmier	Tijeras, NM	55	00:23:14.05
2	Michael Tuncowski	Los Alamos, NM	55	00:24:30.80
3	John Ullmann	Los Alamos, NM	57	00:25:03.38
4	Redger Lillystrand	Reganola, NM	56	00:27:55.09
5	John Jennings	Albuquerque, NM	58	00:30:06.84

5 Km Run, Male, 60-64

PLACE	NAME	HOME TOWN	AGE	TIME
1	Mark Jones	Los Alamos, NM	61	00:30:32.31
2	Dick Denforth	Los Alamos, NM	61	00:33:40.14
3	Bill Butler	Los Alamos, NM	62	00:34:41.31

5 Km Run, Male, 65-69

PLACE	NAME	HOME TOWN	AGE	TIME
1	Ray Cox	Los Alamos, NM	65	00:30:09.42
2	Harlan Harris	Los Alamos, NM	67	00:37:29.59

5 Km Run, Male, 70-74

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jerry Davis	Santa Fe, NM	71	00:33:43.33
2	Joseph Thompson	Los Alamos, NM	72	00:37:12.15

5 Km Run, Male, 75-79

PLACE	NAME	HOME TOWN	AGE	TIME
1	Saul Cohen	Santa Fe, NM	77	00:33:46.10
2	Bill Hudson	Los Alamos, NM	79	00:45:21.55
3	Allen Martini	Los Alamos, NM	77	00:48:39.98

Po'Pay Foot Race

Eight Northern Indian Pueblos Council, Inc. Visitors Center
San Juan Pueblo, New Mexico
Sunday, July 18, 2004

5K Race

Children's (12 and under) 1 mile race
1 mile Fitness Walk/Run

- Race Location: Eight Northern Indian Pueblos Council Visitors Center
- Entry Fees: **5K:** \$12 postmarked prior to July 9, \$15 on Saturday and race day
Children's Race (ages 12 & under) & **Fitness Walk/Run:** \$10 prior to July 9, \$12 Saturday and race day
- Age Divisions: 5K: 15 and under, 16-19, 20-29, 30-39, 40-49, 50-59, 60+
- Registration: Sat., July 17, 9:00 am - 5:00 pm at race booth at Arts & Crafts Show
Sun., July 18, 7:00 am to 7:50 am for 5K and Fitness Walk/Run
8:15 am—8:45 am for children's one mile run
- Start Times:
- | | |
|-------------------------|--------|
| Traditional Blessing | 8am |
| 5K Race | 8:05am |
| 1 Mile Fitness Walk/Run | 8:10am |
| 1 Mile Children's Race | 9am |
| Awards | 10am |
- Awards: For best overall 5K winner, First-third in age divisions and first-third for participants in Children's Race and Fitness Walk/Run

Each participant will receive a commemorative t-shirt.

If you need additional information regarding the Po' Pay Foot Race and/or applications please contact Reanna Aguino at (505) 747-1593 Ext. 112.

PO'PAY FOOT RACE

Eight Northern Indian Pueblos Council, Inc. Visitors Center
San Juan Pueblo, New Mexico - JULY 18, 2004

Registration Form

Please print

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ E-Mail: _____

Birth date: _____ Age: _____ Sex: M _____ F _____

EVENT: 5K Race: _____ 1 Mile Children's Race (12 & Under): _____
1 Mile Fitness Walk/ Run: _____

Pre-registration entries must be postmarked by July 9 and received by July 16.
Money orders only, please make money order payable to Eight Northern
Indian Pueblos/Po'Pay Race.

___\$12 in advance for 5K ___\$10 in advance for Children's Race & Fitness Walk/Run

___\$15 race weekend for 5K ___\$12 race weekend Children's Race & Fitness Walk/Run

T-shirt size (circle one) M L XL XXLL (adult sizes only)

Waiver (must be signed) - I hereby release Eight Northern Indian Pueblos Council, Inc. and all agencies whose property and personnel are used in the Po'Pay Foot Race and other sponsoring agencies or co-sponsoring companies, agencies or individuals from responsibility for any injuries or damages I may suffer as a result of my participation in the Po'Pay Foot Races and related events. I hereby certify that I am in good condition and able to safely compete in this event. I additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc.. I further understand that the entry fee is non-refundable. As a participating athlete, I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by my signature below.

Signature of athlete (or parent if under 18) _____

Date: _____

Make your Money Order payable to: Eight Northern Indian Pueblos Po'Pay Race and
mail to: Po'Pay Race, ENIPC, PO BOX 969, SAN JUAN PUEBLO, NM 87566



Race Information

6th Annual Rancho Viejo Run

July 25, 2004

Events & Times: 7:00am - 10k Road Race (competitive)
8:30am - 5K Road Race (competitive) and Fitness Walk (non-competitive)
9:30am - Kids' 1K Fun Run

Location: [Rancho Viejo Plaza](#)
[Location Map](#)

About: Rancho Viejo (a planned residential community) invites you to spend a fun and challenging day in the beautiful high desert. Enjoy the beauty of Santa Fe at its best! Run through pristine open space and take in the spectacular views of the Sangre de Cristo, Jemez and Sandia mountains while running along piñon-studded arroyos and hillsides dotted with wildflowers.

[5K Course Map](#)
[10K Course Map](#)

Results: Results will be posted after the race.

Photos: Photos will be posted after the race.

3 Ways to Register: Online www.signmeupsports.com
Downloadable mail-in form
Walk-in registration at Fleet Feet Sports, Albuquerque, and Running Hub, Santa Fe

Online Reg. July 23, 2004
Closes: Noon, Mountain Time

Fees:
\$20 by July 18
\$25 July 19-23
\$30 July 24 (packet pick-up)
\$20 3K Fitness Walk (until July 24)
\$35 July 25 (race day)
\$12 T-Shirt only

Hotel: Camel Rock Suites
\$69/night special discount rate for race participants.
Must ask for participant discount when reserving room.
3007 S. St. Francis
Santa Fe, NM
(505) 989-3600
Toll free: 1-877-989-3600

[Home](#) | [Calendar](#) | [Results](#) | [Registration](#) | [Interviews](#)

[About Us](#) | [Contact Us](#) | [Partners](#) | [Archive](#) | [Apparel](#) | [News](#) | [Weather](#)

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Los Alamos Yellow Ribbon Run

REGISTRATION FORM

Fee: \$15 per adult, kids under 13yr. \$5

Race Day Registration till 7:30am July 10, 2004

Check or Money Order payable to:

Los Alamos Yellow Ribbon Run

C/O 977 Nambe Loop, Los Alamos, NM 87544

FEE/DONATION: ☐ \$15 ☐ \$20 ☐ OTHER: _____

Please Circle: ☐ Male ☐ Female ☐ 5K Run ☐ 2K Walk

Please type or print

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ E-Mail _____

T-Shirt Size: (Check One) Adult Sizes: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Yellow Ribbon Memory Name(s): _____

Please read carefully before signing

RELEASE OF LIABILITY – (Must be signed)

In consideration of your acceptance of this entry, by my signature, intending to be legally bound for myself, my heirs, executors and administrators, I waive and release any and all rights and claims for damages I may have against organizers of the 3rd Annual Yellow Ribbon Fun Run, for any and all injuries sustained and suffered by me during this event. I also understand that in the event this race cannot be held as scheduled due to the act of Nature or circumstance beyond control, my entry fee is non-refundable. IN CASE OF INJURY OR INABILITY TO FINISH THE RACE, I HEREBY GRANT THE EVENT ORGANIZERS PERMISSION TO TRANSPORT ME/MY CHILD TO THE NEAREST AID STATION OR MEDICAL FACILITY. Further, I hereby grant full permission to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that the entry fee is NON-REFUNDABLE, and that race numbers are non-transferable.

Signature of Entrant _____ Date _____

Signature of Parent or Guardian _____ Date _____

(If entrant is under the age of 18)

**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

Patent Pending

Health News in a Flash

Santa Fe, NM -- June 17, 2004 -- As we grow ever more health conscious with each warning announced on the evening news, wouldn't it be nice to receive positive health information for a change? Now you can. SnowPack recently introduced a free e-newsletter, NewsFlash*SnowPack, with an optimistic approach to staying healthy and living an active life.

Available online at <http://home.netcom.com/~newsflash>, NewsFlash is also sent as a monthly hyperlinked email version to a subscriber-only list containing highlights of each new issue. Packed with timely health articles, quick tips, and unique links, the newsletter also features book reviews, recipes, a personal hiking journal and a shopping section. Guest writers contribute articles each month under the "Health" section. The current issue introduces noted freelance sports writer, James Raia, with his insightful article on staying hydrated.

Past articles covered such topics as: the power of ice therapy; the R.I.C.E. technique (rest-ice-compression-elevation); the Baby Boomer athlete; and exercise motivation secrets. On the "Be Informed" page, free-reprint articles are available to newsletter editors. Offering informative health content, these articles are provided at no charge to running, hiking, and walking clubs, as well as to other health-related websites. Archived articles are also available for reprint purposes.

Subscribing to the newsletter is free and can be done through a simple form found on the SnowPack website at <http://www.snowpackusa.com> or by sending an email request to info@snowpackusa.com.

For further information about SnowPack Cold Therapy products, visit <http://www.snowpackusa.com>.

To: sgarney@comcast.net
From: eggs@eleanorogipson.com
Subject: thanks for a great workout
Date: Mon, 28 Jun 2004 19:38:44 -0500 (CDT)

Hi, I just wanted to let you guys at the Santa Fe Striders know that we appreciate the guidance on your webpage. My husband and I spent the weekend in Santa Fe, after noting on your website where to do a good track workout. Sure enough, when we showed up Sunday morning at the high school, we had the place to ourselves, with beautiful vistas and a great track. Little trouble with the altitude. Probably why I could only do 6x150s...

Thanks very much,
Senior athletes from Memphis
Eleanor and Andy Gipson

Date: Mon, 07 Jun 2004 09:46:02 -0500
From: Kristi Carlson <kristi@predict.com>
To: Michael A. Kappler <mick@daylight.com>
Subject: Re: SF Run-Around '04: A Success!

Our kids had a great time! I think it was very cool to have an under 3 race (my son loved it) and good to break the 1k up into age groups. Jordan ran the entire 1K with no walking which was better than last year.

Dear Mom,

Time Trials. Butterfly 10K 43:24. Los Alamos 5K 20:03. Las Campanas 15M bike 46:01. It's time to shape up! Las Vegas Tri (7/25), Socorro Tri (8/14), Los Alamos Tri (8/21). Let's speed it up!

Your Son

>>> Race Calendar <<<

7/10 Los Alamos Yellow Ribbon 5K Run, Kris 983-8944
See entry form enclosed, <http://www.highaltitudeathletics.org>
7/18 8a Po'Pay Foot Race
See entry form enclosed
7/25 7a Rancho Viejo Run (10K 7a, 5K 8:30a, Kids 1K 9:30a)
See entry form enclosed
7/25 7a Las Vegas Triathlon
http://www.active.com/event_detail.cfm?event_id=1145334
8/14 7:30a Socorro Chili Harvest Triathlon
http://www.active.com/event_detail.cfm?event_id=1125555
8/21 30th Annual Los Alamos Triathlon
http://active.com/event_detail.cfm?event_id=1151027
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

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.

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

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.

2004 Strider Officers

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

Santa Fe Striders Club Membership Application and Waiver



Name: _____

- ☐ Renewal
☐ New member
☐ Email newsletter

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

