



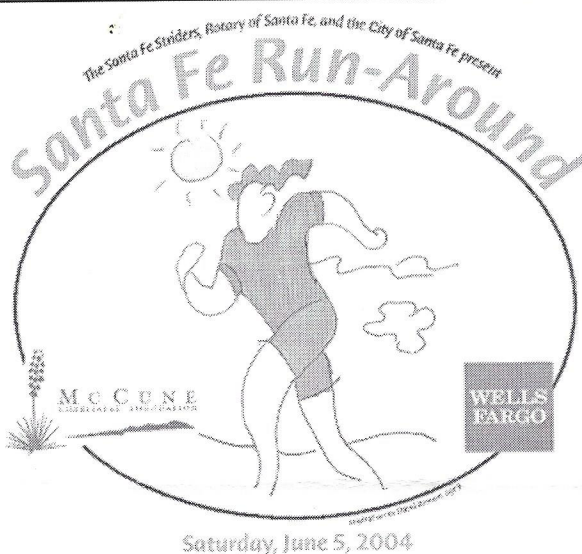
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We Give You the Run-Around

July 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 KLBW 102.9 FM and event emcee was KLBW'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>

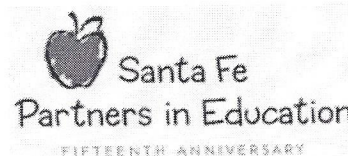
photos by Tiffany Lewis

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



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

Santa Fe Run-Around 2004 10K Run June 05, 2004

Rnswalla 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 Samoei	Albuquerque NM	22	8	36:13.0	36:13.0	0:00.0	5:56/M
2	Katie Cortwright	Santa Fe NM	39	13	37:27.0	37:27.0	0:00.0	6:02/M
3	Maria Portilla	Albuquerque NM	37	14	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	Emily Samoei	Albuquerque NM	22	8	36:13.0	36:13.0	0:00.0	5:56/M
2	Gina Orsila	Chimayo NM	22	33	48:13.0	48:13.0	0:00.0	7:49/M
3	Amelia Swenson	Los Alamos NM	27	48	50:17.0	50:17.0	0:00.0	8:06/M
4	Melissa Small	Los Alamos NM	27	68	54:29.0	54:29.0	0:00.0	8:46/M
5	Shawn McGee	Albuquerque NM	29	82	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	9:42/M
7	Audra Genduso	Santa Fe NM	26	138	1:07:58.0	1:07:58.0	0:00.0	11:16/M

Women 30 to 39

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Katie Cortwright	Santa Fe NM	39	13	37:27.0	37:27.0	0:00.0	6:02/M
2	Maria Portilla	Albuquerque NM	37	14	37:48.0	37:48.0	0:00.0	6:05/M
3	Erica Larson	Los Alamos NM	32	15	37:52.0	37:52.0	0:00.0	6:06/M
4	Robyn Benson	Santa Fe NM	38	39	48:42.0	48:42.0	0:00.0	7:52/M
5	Julie Jordan	Albuquerque NM	36	49	50:19.0	50:19.0	0:00.0	8:06/M
6	Jennifer Biedscheid	Santa Fe NM	34	64	53:15.0	53:15.0	0:00.0	8:34/M
7	Michelle Warsa	Santa Fe NM	35	75	56:19.0	56:19.0	0:00.0	9:04/M
8	Diane Krantz	Santa Fe NM	38	76	56:35.0	56:35.0	0:00.0	9:07/M
9	Michelle Cantwell	Santa Fe NM	34	78	56:43.0	56:43.0	0:00.0	9:08/M
10	Debbie Duran	Santa Fe NM	39	79	56:44.0	56:44.0	0:00.0	9:08/M
11	Kathleen Lemcke	Santa Fe NM	30	89	58:37.0	58:37.0	0:00.0	9:26/M
12	Roberta Koska	Santa Fe NM	38	90	58:37.0	58:37.0	0:00.0	9:26/M
13	Hopi Bain	Colorado Spr CO	37	105	1:01:20.0	1:01:20.0	0:00.0	9:53/M
14	Terri Eboa	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	Melissa Olick	Santa Fe NM	33	109	1:02:06.0	1:02:06.0	0:00.0	10:02/M
17	Kimberly Graeme	Tempe AZ	38	113	1:02:32.0	1:02:32.0	0:00.0	10:04/M
18	Dawn Helliwig	Santa Fe NM	31	117	1:03:39.0	1:03:39.0	0:00.0	10:15/M
19	Donna Smith	Los Tejanos NM	32	118	1:03:52.0	1:03:52.0	0:00.0	10:17/M
20	Kim Bouders	Santa Fe NM	33	119	1:04:56.0	1:04:56.0	0:00.0	10:27/M
21	Julie Graves	Santa Fe NM	33	124	1:05:21.0	1:05:21.0	0:00.0	10:32/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 Laktas	Santa Fe NM	33	140	1:10:40.0	1:10:40.0	0:00.0	11:23/M
24	Karen Francisco	Santa Fe NM	35	142	1:12:06.0	1:12:06.0	0:00.0	11:37/M
25	Angela Padilla	Santa Fe NM	36	143	1:12:06.0	1:12:06.0	0:00.0	11:37/M
26	Mary Jo Lujan	Santa Fe NM	38	148	1:20:04.0	1:20:04.0	0:00.0	12:54/M
27	Mary Margaret Lujan	Santa Fe NM	33	149	1:20:12.0	1:20:12.0	0:00.0	12:55/M

Women 40 to 49

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Jean Herbert	Albuquerque NM	44	35	46:59.0	46:59.0	0:00.0	7:59/M
2	Bernadette Gould	Santa Fe NM	44	35	46:59.0	46:59.0	0:00.0	7:59/M
3	Amia Stewart	Santa Fe NM	40	41	49:20.0	49:20.0	0:00.0	8:57/M
4	Tammy Johnston	Santa Fe NM	48	51	50:32.0	50:32.0	0:00.0	9:08/M
5	Paula Hertz	Santa Fe NM	40	72	56:02.0	56:02.0	0:00.0	9:21/M
6	Mary Mei	Los Alamos NM	41	80	57:10.0	57:10.0	0:00.0	9:32/M
7	Vicki McCabe	Los Alamos NM	46	84	58:01.0	58:01.0	0:00.0	9:42/M
8	Beth Davenport	Santa Fe NM	43	85	58:04.0	58:04.0	0:00.0	9:42/M
9	Lizzie Aragon	Las Vegas NM	46	114	1:02:32.0	1:02:32.0	0:00.0	10:04/M
10	Julia Chavez	Santa Fe NM	41	136	1:08:06.0	1:08:06.0	0:00.0	10:58/M
11	Kathleen Zandagan	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 Davenport	Santa Fe NM	52	44	49:48.0	49:48.0	0:00.0	8:02/M
2	Tove Sheze	Santa Fe NM	51	59	52:25.0	52:25.0	0:00.0	8:26/M
3	Anne Nolan	Gallup NM	51	67	54:22.0	54:22.0	0:00.0	8:45/M
4	Lynn Pickard	Santa Fe NM	56	69	55:25.0	55:25.0	0:00.0	8:55/M
5	Sherry Breedlove	Santa Fe NM	51	98	59:39.0	59:39.0	0:00.0	9:16/M
6	Lisa Williamson	Hawdenville LA	50	101	59:45.0	59:45.0	0:00.0	9:17/M
7	Deborah Gaynor	Santa Fe NM	53	110	1:02:16.0	1:02:16.0	0:00.0	10:02/M
8	Margaret Alexander	Santa Fe NM	56	112	1:02:31.0	1:02:31.0	0:00.0	10:04/M
9	Jane Clarke	Santa Fe NM	52	123	1:05:21.0	1:05:21.0	0:00.0	10:32/M
10	Rose Gascott	Santa Fe NM	50	125	1:05:32.0	1:05:32.0	0:00.0	10:33/M
11	Karen Thors	Santa Fe NM	53	135	1:07:38.0	1:07:38.0	0:00.0	10:53/M
12	Sheila Lewis	Santa Fe NM	53	147	1:17:39.0	1:17:39.0	0:00.0	12:30/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	Mary Billen	Los Alamos NM	62	134	1:07:32.0	1:07:32.0	0:00.0	10:52/M
3	Corinne William	Santa Fe NM	60	137	1:09:34.0	1:09:34.0	0:00.0	11:12/M
4	Lefte Moloney	Santa Fe NM	64	145	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	Chokri Dhaouadi	Albuquerque NM	32	1	32:07.0	32:07.0	0:00.0	5:10/M
2	Likhaya Dayile	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



At the halfway point of the 10K, hundreds of Plaza spectators cheered the lead pack of Chokri Dhaouadi, Likhaya Dayile, William Kenney, Barner Colmenarez, and Loren Sign. photo by Jane Dickinson

Men 19 & under (no finishers)

Men 20 to 29

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Likhaya Dayile	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 Sign	Mescalero NM	26	5	35:10.0	35:10.0	0:00.0	5:42/M
4	Joseph Grindstaff	Los Alamos NM	26	6	35:43.0	35:43.0	0:00.0	5:45/M
5	Reed Bionescu	Santa Fe NM	20	7	35:53.0	35:53.0	0:00.0	5:47/M
6	Lele Hillary	Albuquerque NM	25	9	36:11.0	36:11.0	0:00.0	5:53/M
7	Jordan Ogbe	Albuquerque NM	27	17	39:06.0	39:06.0	0:00.0	6:18/M
8	Adam Ogbe	Bluff UT	23	25	43:26.0	43:26.0	0:00.0	7:00/M
9	eric Bocian	Albuquerque NM	28	73	56:06.0	56:06.0	0:00.0	9:02/M

Men 30 to 39

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Chokri Dhaouadi	Albuquerque NM	32	1	32:07.0	32:07.0	0:00.0	5:10/M
2	Barner Colmenarez	Albuquerque NM	37	4	32:42.0	32:42.0	0:00.0	5:16/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	16	38:55.0	38:55.0	0:00.0	6:16/M
5	David Van Dinter	Santa Fe NM	36	22	42:50.0	42:50.0	0:00.0	6:54/M
6	William Wieringens	Albuquerque NM	36	32	46:10.0	46:10.0	0:00.0	7:26/M
7	Barion Freeman	Dallas TX	36	33	46:12.0	46:12.0	0:00.0	7:26/M
8	Kurt Playstead	Olympia WA	32	37	48:16.0	48:16.0	0:00.0	7:46/M
9	Jon Aguilar	Rio Rancho NM	39	43	49:42.0	49:42.0	0:00.0	8:03/M
10	David Bouders	Santa Fe NM	37	52	51:25.0	51:25.0	0:00.0	8:17/M
11	Andrei Goncalves	Evergreen CO	34	57	51:51.0	51:51.0	0:00.0	8:21/M
12	Trent Howell	Santa Fe NM	33	74	56:16.0	56:16.0	0:00.0	8:04/M
13	Jonathan Stemmer	Santa Fe NM	32	91	58:37.0	58:37.0	0:00.0	9:26/M
14	Zach Shandler	Santa Fe NM	32	93	59:01.0	59:01.0	0:00.0	9:30/M
15	Augustine Platano	Santa Fe NM	38	94	59:03.0	59:03.0	0:00.0	9:32/M
16	Eric Montgomery	Santa Fe NM	32	102	1:00:03.0	1:00:03.0	0:00.0	9:40/M
17	Brian Hall	Colorado Spr CO	38	121	1:05:10.0	1:05:10.0	0:00.0	10:10/M
18	Paul Hill	Santa Fe NM	39	129	1:06:38.0	1:06:38.0	0:00.0	10:44/M

Men 40 to 49

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Tin Howell	Albuquerque NM	44	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	41	18	41:58.0	41:58.0	0:00.0	6:45/M
4	Chris Chavez	Los Alamos NM	45	19	42:00.0	42:00.0	0:00.0	6:46/M
5	Peter Talpaya	Jemez Pueblo NM	43	20	42:25.0	42:25.0	0:00.0	6:50/M
6	Edwin Heller	Albuquerque NM	42	21	42:49.0	42:49.0	0:00.0	6:54/M
7	Bag Daecher	Santa Fe NM	41	24	43:25.0	43:25.0	0:00.0	6:59/M
8	Michael Salmon	Los Alamos NM	42	26	43:27.0	43:27.0	0:00.0	7:00/M
9	David Teller	Los Alamos NM	43	27	43:47.0	43:47.0	0:00.0	7:03/M
10	Alan Hoff	Los Alamos NM	49	28	44:18.0	44:18.0	0:00.0	7:08/M
11	Steve Molander-Dayton	Santa Fe NM	47	31	45:59.0	45:59.0	0:00.0	7:24/M
12	Paul Coris	Santa Domingo NM	40	36	47:04.0	47:04.0	0:00.0	7:35/M
13	Eugene Garcia	Zio Rancho NM	45	40	49:12.0	49:12.0	0:00.0	7:55/M
14	Owen Perillo	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	50:30.0	50:30.0	0:00.0	8:08/M
16	Peter Tschuchin	Kuesen, Switzerland	42	58	52:22.0	52:22.0	0:00.0	8:26/M
17	David Duran	Santa Fe NM	47	60	52:28.0	52:28.0	0:00.0	8:27/M
18	Stephen Luero	Santa Fe NM	49	61	52:32.0	52:32.0	0:00.0	8:28/M
19	John Brunett	Santa Fe NM	43	65	53:47.0	53:47.0	0:00.0	8:40/M
20	Scott Hicks	Santa Fe NM	46	60	54:06.0	54:06.0	0:00.0	8:43/M
21	Ray Roybal	Santa Fe NM	40	82	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 Cartner	Santa Fe NM	49	85	59:13.0	59:13.0	0:00.0	9:32/M
24	Nicas Nunezbaum	Santa Fe NM	49	89	59:40.0	59:40.0	0:00.0	9:36/M
25	Tony Barcelo	Santa Fe NM	104	100	1:00:28.0	1:00:28.0	0:00.0	9:44/M
26	Phillip Raba	Tempe AZ	46	111	1:02:25.0	1:02:25.0	0:00.0	10:03/M
27	Edward Ewicklin	Santa Fe NM	49	115	1:03:17.0	1:03:17.0	0:00.0	10:11/M
28	Ken Shroder	Santa Fe NM	46	116	1:03:28.0	1:03:28.0	0:00.0	10:13/M
29	Clint Marshall	Santa Fe NM	48	122	1:05:17.0	1:05:17.0	0:00.0	10:31/M
30	Tom Morris	Santa Fe NM	48	130	1:06:38.0	1:06:38.0	0:00.0	10:44/M
31	Roger Mohr	Santa Fe NM	42	131	1:06:56.0	1:06:56.0	0:00.0	10:47/M
32	John Nicholas	Clack NM	48	138	1:10:05.0	1:10:05.0	0:00.0	11:38/M

Santa Fe Run-Around 2004 5K Run
June 05, 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	Jodi Medell	Santa Fe NM	34	15	20:47.0	20:47.0	0:00.0	6:40/M
2	Susan Coffin	Albuquerque NM	21	25	22:41.0	22:41.0	0:00.0	7:16/M
3	Dina Hamad	Albuquerque NM	37	26	22:41.0	22:41.0	0:00.0	7:16/M

Women 19 & under

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Belinda Secular	Santa Fe NM	10	76	27:12.0	27:12.0	0:00.0	8:51/M
2	Bridgette Butler	Santa Fe NM	24	36	23:49.0	23:49.0	0:00.0	7:38/M
3	Kiki Lenihan	Santa Fe NM	12	110	30:19.0	30:19.0	0:00.0	9:43/M
4	Cat Courtwright	Santa Fe NM	13	111	30:20.0	30:20.0	0:00.0	9:43/M
5	Jessica Stortzer	Tesque NM	12	112	30:29.0	30:29.0	0:00.0	9:46/M
6	Caitlin Smith	Santa Fe NM	11	116	31:29.0	31:29.0	0:00.0	10:09/M
7	ryan alexis	Santa Fe NM	13	123	32:17.0	32:17.0	0:00.0	10:22/M
8	Molly Quay-De La Vall	Santa Fe NM	12	127	32:37.0	32:37.0	0:00.0	10:27/M
9	Jani Rogan	Santa Fe NM	11	134	32:59.0	32:59.0	0:00.0	10:34/M
10	Sophie Brown	Santa Fe NM	10	143	33:37.0	33:37.0	0:00.0	10:46/M
11	Nicole Neidhardt	Santa Fe NM	11	170	37:15.0	37:15.0	0:00.0	11:56/M
12	Eliana Bell	Santa Fe NM	6	172	37:23.0	37:23.0	0:00.0	11:59/M
13	Sage Sarason	Albuquerque NM	9	178	39:34.0	39:34.0	0:00.0	12:43/M
14	Nathan Metzger	Santa Fe NM	8	189	40:55.0	40:55.0	0:00.0	13:07/M
15	Johanna Silver	Santa Fe NM	12	189	42:50.0	42:50.0	0:00.0	13:44/M
16	Allison Stortzer	Tesque NM	8	198	46:56.0	46:56.0	0:00.0	15:03/M

Women 20 to 29

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Susan Coffin	Albuquerque NM	21	25	22:41.0	22:41.0	0:00.0	7:16/M
2	Jaqueline Rea	Santa Fe NM	24	36	23:49.0	23:49.0	0:00.0	7:38/M
3	Rin Wade	Santa Fe NM	23	59	24:06.0	24:06.0	0:00.0	7:43/M
4	Laura Elliott	Mexican Hat UT	23	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	Katy Fitzgerald	Santa Fe NM	27	80	27:32.0	27:32.0	0:00.0	8:49/M
7	Julie Trujillo	Santa Fe NM	29	98	28:59.0	28:59.0	0:00.0	9:17/M
8	Rya Rambo	Santa Fe NM	29	103	29:15.0	29:15.0	0:00.0	9:23/M
9	Amy Hickey	Glorieta NM	28	109	30:19.0	30:19.0	0:00.0	9:43/M
10	Elizabeth Bergins	Santa Fe NM	32	120	32:00.0	32:00.0	0:00.0	10:04/M
11	Mary Somers Pyne	Santa Fe NM	28	135	33:01.0	33:01.0	0:00.0	10:35/M
12	Rena Coby-Madrid	Santa Fe NM	28	142	33:37.0	33:37.0	0:00.0	10:46/M
13	Melanie Ortiz	Palmer NM	27	169	37:06.0	37:06.0	0:00.0	11:53/M
14	Tiffany Lewis	Santa Fe NM	24	175	38:04.0	38:04.0	0:00.0	12:22/M
15	Jennifer Smith	Santa Fe NM	28	193	43:18.0	43:18.0	0:00.0	13:59/M

Women 30 to 39

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Jodi Medell	Santa Fe NM	34	15	20:47.0	20:47.0	0:00.0	6:40/M
2	Dina Hamad	Albuquerque NM	37	26	22:41.0	22:41.0	0:00.0	7:16/M
3	Suzanna Gonzalez	Albuquerque NM	34	63	26:15.0	26:15.0	0:00.0	8:25/M
4	Marlan Browne	Santa Fe NM	34	65	26:23.0	26:23.0	0:00.0	8:27/M
5	Mia Voigt	Santa Fe NM	34	81	27:46.0	27:46.0	0:00.0	8:54/M
6	Nikki Guedecke	Santa Fe NM	36	84	27:59.0	27:59.0	0:00.0	8:58/M
7	Joni Hollar	Santa Fe NM	38	90	28:43.0	28:43.0	0:00.0	9:12/M
8	Jennifer Playstead	Olympia WA	32	99	29:01.0	29:01.0	0:00.0	9:18/M
9	Heather Hawkins	Los Alamos NM	33	100	29:04.0	29:04.0	0:00.0	9:19/M
10	Rin Powers-McKay	Los Alamos NM	30	105	29:24.0	29:24.0	0:00.0	9:25/M
11	Karin Belmann	Santa Fe NM	30	113	30:13.0	30:13.0	0:00.0	9:41/M
12	Kristin Schum	Los Alamos NM	33	115	32:16.0	32:16.0	0:00.0	10:04/M
13	Pelicia Taw	Santa Fe NM	30	119	32:47.0	32:47.0	0:00.0	10:13/M
14	Lily Chapman	Santa Fe NM	36	122	32:13.0	32:13.0	0:00.0	10:20/M
15	Lisa Aguilar	Rio Rancho NM	38	124	32:22.0	32:22.0	0:00.0	10:22/M
16	Leanne Hertzberg	Albuquerque NM	37	128	32:27.0	32:27.0	0:00.0	10:25/M
17	Lisa Chertouffer	Santa Fe NM	36	129	32:44.0	32:44.0	0:00.0	10:29/M
18	Katharine Wright	Santa Fe NM	33	136	33:01.0	33:01.0	0:00.0	10:35/M
19	Janine Summers	Santa Fe NM	39	147	34:11.0	34:11.0	0:00.0	10:57/M
20	Dina Jansen	Santa Fe NM	34	148	34:11.0	34:11.0	0:00.0	10:57/M
21	Wendy Gavras	Fairhope AL	36	151	34:34.0	34:34.0	0:00.0	11:05/M
22	Bizia Greene	Santa Fe NM	30	154	35:29.0	35:29.0	0:00.0	11:22/M
23	Audrey Nguyen	Santa Fe NM	33	162	36:17.0	36:17.0	0:00.0	11:38/M
24	Michelle Oldershaw	Santa Fe NM	36	164	36:20.0	36:20.0	0:00.0	11:39/M
25	Elie Sarason	Albuquerque NM	39	179	39:47.0	39:47.0	0:00.0	12:45/M
26	Bonnie Kiang	Los Alamos NM	32	181	40:34.0	40:34.0	0:00.0	13:00/M
27	Renee Babin	Santa Fe NM	38	182	40:40.0	40:40.0	0:00.0	13:02/M
28	Ann Tommen	Albuquerque NM	37	203	51:45.0	51:45.0	0:00.0	16:35/M

Women 40 to 49

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Katherine Van Essen	Santa Fe NM	46	34	23:16.0	23:16.0	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	Lehigh Sheppard	Glorieta NM	49	47	24:56.0	24:56.0	0:00.0	7:59/M
4	Vibeke Willberg	Santa Fe NM	40	59	26:06.0	26:06.0	0:00.0	8:22/M
5	Elizabeth Rogers	Albuquerque NM	42	62	26:13.0	26:13.0	0:00.0	8:24/M
6	Elizabeth Miller	Santa Fe NM	41	67	26:43.0	26:43.0	0:00.0	8:33/M
7	Rita Granger	Santa Fe NM	48	73	26:59.0	26:59.0	0:00.0	8:39/M
8	Lauren Smith	Santa Fe NM	44	79	27:29.0	27:29.0	0:00.0	8:49/M
9	Grechen Grogan	Santa Fe NM	45	82	27:54.0	27:54.0	0:00.0	8:57/M
10	Margaret Murray	Santa Fe NM	43	91	28:41.0	28:41.0	0:00.0	9:12/M
11	Laurie McCarty	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	31:32.0	31:32.0	0:00.0	10:06/M
13	Heidi Alaric	Santa Fe NM	45	132	32:55.0	32:55.0	0:00.0	10:33/M
14	Judy Leyba	Santa Fe NM	48	141	33:35.0	33:35.0	0:00.0	10:46/M
15	Julie Shepherd	Santa Fe NM	43	145	34:09.0	34:09.0	0:00.0	10:57/M
16	Patricia Bardenhagen	Santa Fe NM	40	152	34:55.0	34:55.0	0:00.0	11:12/M
17	Liz Zeiler	Santa Fe NM	42	157	35:46.0	35:46.0	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 Guttman	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	40:19.0	40:19.0	0:00.0	12:54/M
21	Mary Jo Metzger	Santa Fe NM	43	184	41:16.0	41:16.0	0:00.0	13:14/M
22	Lissa Hastings	Santa Fe NM	45	192	43:08.0	43:08.0	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	Marcela Lenihan	Santa Fe NM	49	196	44:03.0	44:03.0	0:00.0	14:07/M
25	Kim Stortzer	Tesque NM	44	197	46:35.0	46:35.0	0:00.0	14:56/M
26	Andrea Williams	Santa Fe NM	40	200	51:10.0	51:10.0	0:00.0	16:24/M
27	Michelle L'Heureux	Santa Fe NM	44	202	51:25.0	51:25.0	0:00.0	16:29/M

Women 50 to 59

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Rue McDonald	Santa Fe NM	52	49	25:08.0	25:08.0	0:00.0	8:03/M
2	Debra Porter	Concord NH	50	88	28:29.0	28:29.0	0:00.0	9:00/M
3	Carole Kirby	Santa Fe NM	51	106	29:43.0	29:43.0	0:00.0	9:33/M
4	Roberta McCollum	Santa Fe NM	51	131	32:53.0	32:53.0	0:00.0	10:32/M
5	Pat Lyon	Albuquerque NM	50	137	33:05.0	33:05.0	0:00.0	10:36/M
6	Cathi Wong-Bussetti	Albuquerque NM	53	138	33:09.0	33:09.0	0:00.0	10:37/M
7	Gail Aycock	Santa Fe NM	56	155	35:32.0	35:32.0	0:00.0	11:23/M
8	Sandy Konrad	Santa Fe NM	57	156	35:42.0	35:42.0	0:00.0	11:27/M
9	Maretha Dunlap	Santa Fe NM	53	166	36:24.0	36:24.0	0:00.0	11:40/M
10	Cynthia Vaughan	Albuquerque NM	54	173	37:40.0	37:40.0	0:00.0	12:04/M
11	Debbie Maas	Santa Fe NM	55	185	41:37.0	41:37.0	0:00.0	13:20/M
12	Katherine Wade	Santa Fe NM	50	187	42:25.0	42:25.0	0:00.0	13:36/M
13	Judy Morgan	Marietta GA	52	188	42:41.0	42:41.0	0:00.0	13:43/M
14	Warry Williams	Albuquerque NM	55	191	43:08.0	43:08.0	0:00.0	13:49/M
15	Fedeline Morales	Albuquerque NM	57	194	43:25.0	43:25.0	0:00.0	13:55/M

Women 60 to 69

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Elaine Coleman	Santa Fe NM	61	176	38:40.0	38:40.0	0:00.0	12:24/M
2	Joyce Graham	Santa Fe NM	63	201	51:24.0	51:24.0	0:00.0	16:28/M
3	Joan Michaels	Santa Fe NM	63	205	52:46.0	52:46.0	0:00.0	16:36/M

Overall Male Open Winners

Place	Name	City	Age	Over all	Chip Time	Total Time	Diff	Pace
1	Michael Stember	Santa Fe NM	26	1	16:41.0	16:41.0	0:00.0	5:21/M
2	Benjamin Fletcher	Santa Fe NM	17	2	17:40.0	17:40.0	0:00.0	5:40/M
3	Andras Santho	Santa Fe NM	27	3	17:45.0	17:45.0	0:00.0	5:42/M

No Age Provided

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

Men 19 & under

Place	Name	City	Age	all	Time	Time	Diff	Pace
1	Benjamin Fletcher	Santa Fe NM	17	2	17:40.0	17:40.0	0:00.0	5:40/M
2	David Romero	Las Vegas NM	19	16	21:06.0	21:06.0	0:00.0	6:46/M
3	Andrew Teabetsay	Santa Fe NM	18	19	21:21.0	21:21.0	0:00.0	6:51/M
4	Nick Kolkmeier	Santa Fe NM	18	24	22:25.0	22:25.0	0:00.0	7:11/M
5	Joey Bieg	Santa Fe NM	14	37	23:55.0	23:55.0	0:00.0	7:40/M
6	Niklas Sleteland	Santa Fe NM	13	42	24:36.0	24:36.0	0:00.0	7:53/M
7	Joseph Teabetsay	Santa Fe NM	15	44	24:36.0	24:36.0	0:00.0	7:53/M
8	Michael Aranda	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	Gabriel Melcher	Santa Fe NM	13	68	26:42.0	26:42.0	0:00.0	8:33/M
11	Max Egan	Santa Fe NM	13	75	27:12.0	27:12.0	0:00.0	8:43/M
12	Edny Bieg	Santa Fe NM	19	83	27:56.0	27:56.0	0:00.0	8:57/M
13	Pauler	Santa Fe NM	17	91	28:02.0	28:02.0	0:00.0	9:00/M
14	Thomas Silver	Santa Fe NM	12	139	33:09.0	33:09.0	0:00.0	10:38/M
15	Clay Mettsger	Santa Fe NM	11	140	33:32.0	33:32.0	0:00.0	10:45/M
16	Haylee Bell	Santa Fe NM	8	177	39:32.0	39:32.0	0:00.0	12:40/M

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

20 Km Run, Female, 15-19

PLACE	NAME	HOME TOWN	AGE	TIME
1	Ruth Kratzer	Los Alamos, NM	17	01:47:07.18

20 Km Run, Female, 20-24

PLACE	NAME	HOME TOWN	AGE	TIME
1	Gina Ortiz	Chimayo, NM	22	01:39:30.73
2	Carmella Mogar	Los Alamos, NM	23	01:50:16.93

20 Km Run, Female, 25-29

PLACE	NAME	HOME TOWN	AGE	TIME
1	Andrea Puster	Hesperia, NM	29	01:39:11.44
2	Theresa Trujillo	Los Alamos, NM	28	01:42:58.53
3	Amanda Swensen	Los Alamos, NM	27	01:49:10.02
4	Caroline Seigel	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	Erika Larson	Los Alamos, NM	32	01:29:28.52
2	Lisa Marie Dougherty	Los Alamos, NM	33	01:42:22.08

20 Km Run, Female, 35-39

PLACE	NAME	HOME TOWN	AGE	TIME
1	Doris Turcotte	Albuquerque, NM	39	01:58:36.47
2	Christie Kelly	Los Alamos, NM	36	02:27:18.00

20 Km Run, Female, 40-44

PLACE	NAME	HOME TOWN	AGE	TIME
1	Deldre Witherell	Los Alamos, NM	43	01:42:41.30
2	Patty Danforth	Los Alamos, NM	44	01:48:05.48
3	Janet Jacobson	Los Alamos, NM	40	02:00:19.36
4	Beth Davenport	Santa Fe, NM	43	02:10:34.95
5	Martha Waters	Los Alamos, NM	43	02:11:37.80
6	Christine Doyle	Los Alamos, NM	44	02:27:18.38
7	Julia Chavez	Santa Fe, NM	41	02:28:49.20

20 Km Run, Female, 45-49

PLACE	NAME	HOME TOWN	AGE	TIME
1	Maybelle Holiday	Mescalero, NM	48	01:41:21.36
2	Kathy Mastoras	Santa Fe, NM	47	01:42:56.03
3	Marcela Gallegos	Los Alamos, NM	46	01:55:18.41
4	Margie Stockton	Los Alamos, NM	45	01:55:51.24
5	Helen Ortega	Los Alamos, NM	48	02:11:37.13

20 Km Run, Female, 50-54

PLACE	NAME	HOME TOWN	AGE	TIME
1	Chalouy Jernance	Santa Fe, NM	52	02:02:48.39
2	Barbara Belak	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	02:02:20.97

20 Km Run, Male, 15-19

PLACE	NAME	HOME TOWN	AGE	TIME
1	Peter Bystrom	Los Alamos, NM	15	01:41:19.22

20 Km Run, Male, 20-24

PLACE	NAME	HOME TOWN	AGE	TIME
1	Derek Derkace	Los Alamos, NM	23	01:34:12.50
2	Nathan Zamorski	Albuquerque, NM	24	01:37:53.18
3	Samuel Coffin	Solon Springs, WI	22	01:49:19.82

20 Km Run, Male, 25-29

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jon Koeller	Albuquerque, NM	27	01:41:11.46
2	Michael Thorsley	Santa Fe, NM	28	01:43:42.13
3	Wade Spaulding	Los Alamos, NM	28	01:43:42.47

20 Km Run, Male, 30-34

PLACE	NAME	HOME TOWN	AGE	TIME
1	Paul Welch	Los Alamos, NM	33	01:39:53.05
2	Michael Deake	Los Alamos, NM	30	01:40:16.63
3	Jonathan Coop	Los Alamos, NM	31	01:41:42.04
4	Ryan White	Portales, NM	31	01:42:15.67
5	Carl Dickson	Los Alamos, NM	34	01:47:07.68
6	Greg Mitchell	Los Alamos, NM	33	01:52:33.97
7	Warc Gertlinger	Los Alamos, NM	32	01:55:01.25
8	Jonathan Parker	Ann Arbor, MI	30	02:22:05.98

20 Km Run, Male, 35-39

PLACE	NAME	HOME TOWN	AGE	TIME
1	Warren Oldham	Los Alamos, NM	35	01:23:41.92
2	Martin Plesch	Los Alamos, NM	37	01:28:07.22
3	Matthew Stahl	Santa Fe, NM	35	01:57:52.37
4	Tom Litts	Albuquerque, NM	35	02:01:38.22

20 Km Run, Male, 40-44

PLACE	NAME	HOME TOWN	AGE	TIME
1	Peter Tafuya	James Pueblo, NM	43	01:39:16.67
2	Jeff Turcotte	Albuquerque, NM	41	01:39:10.03
3	James O'Hara	Los Alamos, NM	40	01:35:20.73
4	Mike Salmon	Los Alamos, NM	42	01:38:32.86
5	Malcolm Bushler	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	01:17:20.41
2	Chris Chavez	Los Alamos, NM	45	01:28:33.32
3	Alan Hoff	Los Alamos, NM	49	01:33:49.61
4	David Kratzer	Los Alamos, NM	48	01:39:52.51
5	Michael Butner	Los Alamos, NM	46	01:40:53.85
6	Everett Smith	Mescalero, NM	47	01:46:51.60
7	Brian Fusco	Santa Fe, NM	46	01:54:13.61

20 Km Run, Male, 50-54

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jerry Martinez	Velarde, NM	54	01:36:56.02
2	Fredy Mora	Albuquerque, NM	50	01:38:54.46
3	Don Funk	Albuquerque, NM	52	01:45:31.73
4	Tim Doyle	Los Alamos, NM	51	02:12:56.08

20 Km Run, Male, 55-59

PLACE	NAME	HOME TOWN	AGE	TIME
1	Mike Williamson	Albuquerque, NM	55	02:39:35.23
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 Zillman	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	01:57:22.96

20 Km Run, Male, 70+

PLACE	NAME	HOME TOWN	AGE	TIME
1	Dale Goering	Santa Fe, NM	73	02:53:01.19
2	Aaron Goldsman	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
July 9-18 US Olympic Trials, Sacramento, CA.
July 10
July 11
July 14-17 Region 10 Junior Olympics, Provo, UT, Ron & Liza Mascarenas, 867-6885.
July 16
July 17 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
July 18 Zuni Fitness 5K, [I] Marathon, 2mi., 782-2665.
July 23 Po, Pay Foot Races, 5K, 1mi. Run/Walk, Children's Race, Reanna Aquino, 747-1593, X112.
July 24 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
Mormon Pioneer Day 5K Run/Walk, Las Cruces, 524-8485.
NM USATF 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.
Championships, Eugene, OR.
July 25 Kids Run for Fun, Rio Rancho, Larry, 896-1178.
July 17-8/1 USATF National Junior Olympic
July 30 Summer Fun 5&10K, 5K Walk, Las Cruces, 524-7824.
July 31 La Luz Trail Run***, Rodger Sack, 797-0791.
Aug 1 State Senior Olympics, Las Cruces, Mandy Owens, 623-5777.
Aug 4-8 USATF National Masters Championships, Decatur, IL.
Aug 5-8 Run to Break the Silence 10&20K, 5K Run/Walk, Judy Putnam, 820-2273, judyputnam@aol.com.
Aug 15
Aug 20-29 2004 Olympics, Athens, Greece.
Aug 21

Kids Run for Fun, Rio Rancho, Larry, 896-1178.
River Run 8K***&*** Run/Walk, Las Cruces, 524-7824.
Los Alamos Yellow Ribbon Run, Maura Miller, 665-9240
NM USATF Open/Masters T&F*, Valley H.S., Kathy, 865-8612, foneskn@aol.com.
Kids Run for Fun, Rio Rancho, Larry, 896-1178.
Zuni Fitness 5K, [I] Marathon, 2mi., 782-2665.
Po, Pay Foot Races, 5K, 1mi. Run/Walk, Children's Race, Reanna Aquino, 747-1593, X112.
Kids Run for Fun, Rio Rancho, Larry, 896-1178.
Mormon Pioneer Day 5K Run/Walk, Las Cruces, 524-8485.
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USATF National Masters Championships, Decatur, IL.
Run to Break the Silence 10&20K, 5K Run/Walk, Judy Putnam, 820-2273, judyputnam@aol.com.
Zuni Fitness Reservation Relay, 2mi., 782-2665.
Casas Adobes 5K Run/Walk, Mimbres, Jimmy Avalos, 536-3364.
The Sandia Peak Challenge, Penny Howard, 299-6207.

July 6, 2004

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

5 Km Run, Female, 09 & under

PLACE	NAME	HOME TOWN	AGE	TIME
1	Catie McDonald	Los Alamos, NM	6	00:38:40.30

5 Km Run, Female, 10-14

PLACE	NAME	HOME TOWN	AGE	TIME
1	Anna Trugman	Los Alamos, NM	14	00:23:35.56
2	Naomi Maestas	Repanola, NM	13	00:24:03.27
3	Sophia Torres	Cordova, NM	12	00:24:54.72
4	Bethany Vilgil	Santa Fe, NM	12	00:25:24.10
5	Shelby Telles	Los Alamos, NM	11	00:46:00.52

5 Km Run, Female, 15-19

PLACE	NAME	HOME TOWN	AGE	TIME
1	Sarah Kratzer	Los Alamos, NM	15	00:27:34.07

5 Km Run, Female, 20-24

PLACE	NAME	HOME TOWN	AGE	TIME
1	Shannon Platero	Gallup, NM	22	00:20:21.88
2	Shoshansee Swaziek	Albuquerque, NM	22	00:31:52.57

5 Km Run, Female, 25-29

PLACE	NAME	HOME TOWN	AGE	TIME
1	Anna Nogar	Los Alamos, NM	26	00:26:06.23
2	Katie McGowan	Los Alamos, NM	28	00:27:37.68
3	Felicia Boone	Los Alamos, NM	28	00:29:11.11
4	Jaime Davis	Los Alamos, NM	26	00:30:12.76
5	Nicole Running	Los Alamos, NM	29	00:30:46.53
6	Ellen Trapp	Los Alamos, NM	25	00:38:49.98
7	Jennifer White	Portales, NM	28	00:44:46.56

5 Km Run, Female, 30-34

PLACE	NAME	HOME TOWN	AGE	TIME
1	Amy Urbatach	Los Alamos, NM	32	00:23:31.08
2	Rachel Williamson	Los Alamos, NM	31	00:27:11.74
3	Heather Hawkins	Los Alamos, NM	31	00:27:40.01
4	Karin Heltnann	Santa Fe, NM	32	00:29:04.08
5	Amy Galbraith	Los Alamos, NM	33	00:33:32.39
6	Lia Brodnax	Los Alamos, NM	31	00:36:40.78
7	Wendy Winer	Los Alamos, NM	34	00:38:12.50
8	Laurie Dudley	Los Alamos, NM	32	00:48:02.55

5 Km Run, Female, 35-39

PLACE	NAME	HOME TOWN	AGE	TIME
1	Kimberly Selvaage	Los Alamos, NM	35	00:35:30.43
2	Dayle Rustie	Pagosa Springs, CO	39	00:37:10.81
3	Ann Gersieck	Los Alamos, NM	37	00:38:42.40

5 Km Run, Female, 40-44

PLACE	NAME	HOME TOWN	AGE	TIME
1	Ramona Roach	Gallup, NM	42	00:21:37.11
2	Debbie Jo Almsger	Los Alamos, NM	42	00:23:44.50
3	Janet Griseo	Los Alamos, NM	42	00:26:36.37
4	Nancy Miller	Santa Fe, NM	40	00:26:55.96
5	Cynthia Smith	Maunee, OH	43	00:27:18.18
6	Angelina Gonzales	Los Alamos, NM	42	00:35:32.82
7	Tammy Latta	Albuquerque, NM	41	00:38:12.61
8	Karen Proicou	Los Alamos, NM	42	00:49:59.73

5 Km Run, Female, 45-49

PLACE	NAME	HOME TOWN	AGE	TIME
1	Karen Giego-Kraig	Los Alamos, NM	45	00:25:30.74
2	Antoinette Taylor	Los Alamos, NM	48	00:26:28.50
3	Linda Wood	Albuquerque, NM	47	00:26:36.79
4	Teresa Hangel	Los Alamos, NM	45	00:27:09.11
5	Vicki McCabe	Los Alamos, NM	46	00:27:32.55

5 Km Run, Female, 50-54

PLACE	NAME	HOME TOWN	AGE	TIME
1	Sue McDonald	Santa Fe, NM	52	00:25:18.97
2	Cynthia Vaughn	Tijeras, NM	54	00:35:34.25
3	Martha Zumbro	Los Alamos, NM	53	00:39:45.09

5 Km Run, Female, 55-59

PLACE	NAME	HOME TOWN	AGE	TIME
1	Martha Butler	Albuquerque, NM	57	00:30:24.34

5 Km Run, Female, 60-64

PLACE	NAME	HOME TOWN	AGE	TIME
1	Sally McLean	Santa Fe, NM	63	00:35:43.77
2	Juanita Madland	Los Alamos, NM		00:41:48.96

5 Km Run, Female, 70-74

PLACE	NAME	HOME TOWN	AGE	TIME
1	Lois Thompson	Los Alamos, NM	71	00:36:56.98
2	Fran Blick	Out There, DC	74	00:45:07.79

5 Km Run, Male, 09 and under

PLACE	NAME	HOME TOWN	AGE	TIME
1	Daniel Romero	Los Alamos, NM	9	00:24:29.26
2	Jenny Aslan	Los Alamos, NM	6	00:32:54.97

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	11	00:23:46.25
3	Zeke Zumbro	Los Alamos, NM	10	00:28:06.62
4	Mike Telles	Los Alamos, NM	13	00:37:19.92

5 Km Run, Male, 15-19

PLACE	NAME	HOME TOWN	AGE	TIME
1	Tim Pinnegan	Los Alamos, NM	19	00:17:17.58
2	Nathan Romero	Los Alamos, NM	15	00:18:12.81
3	Ryan McNiff	Los Alamos, NM	16	00:18:30.05
4	Jerome Tafaya	Pueblo, NM	17	00:18:43.56
5	Robert Lovato	San Felipe, NM	16	00:19:48.41
6	Daniel Torres	Cordova, NM	16	00:19:53.70
7	Matt Fant	Santa Fe, NM	16	00:20:14.40
8	Jonathan Tafaya	Repanola, NM	15	00:21:02.02
9	Stephen Dye	Santa Fe, NM	18	00:24:40.60

5 Km Run, Male, 20-24

PLACE	NAME	HOME TOWN	AGE	TIME
1	Bradley Skidmore	Los Alamos, NM	21	00:19:03.03
2	Danny Kratzer	Los Alamos, NM	20	00:24:29.86

5 Km Run, Male, 25-29

PLACE	NAME	HOME TOWN	AGE	TIME
1	Will Nimon	Los Alamos, NM	26	00:20:01.50
2	Jason Cox	Los Alamos, NM	29	00:25:34.49
3	Piyush Shukil	Los Alamos, NM	27	00:30:26.48
4	Srivatsan Kandadai	Los Alamos, NM	25	00:35:50.05

5 Km Run, Male, 30-34

PLACE	NAME	HOME TOWN	AGE	TIME
1	Ralph Zehander	Los Alamos, NM	34	00:21:47.34
2	Gavin Collis	Los Alamos, NM	34	00:28:10.98
3	Phil Running	Los Alamos, NM	36	00:30:48.12

5 Km Run, Male, 35-39

PLACE	NAME	HOME TOWN	AGE	TIME
1	Michael Kappler	Santa Fe, NM	38	00:20:03.23
2	William Dearholt	Los Alamos, NM	36	00:28:59.95
3	Jon Bone	Los Alamos, NM	37	00:29:11.45
4	Todd Urbatach	Los Alamos, NM	36	00:30:07.11
5	Charles Perenbaugh	Los Alamos, NM	37	00:31:52.17
6	Edward Brodnax	Los Alamos, NM	38	00:36:40.43
7	Sean McDonald	Los Alamos, NM	38	00:38:42.85

5 Km Run, Male, 40-44

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jeff Johnson	Los Alamos, NM	41	00:19:17.24
2	Jim Koster	Los Alamos, NM	41	00:25:01.96
3	Gary Wood	Albuquerque, NM	44	00:26:38.96
4	Andrew Rupret	Los Alamos, NM	42	00:28:50.22
5	William Carson	Los Alamos, NM	42	00:29:18.08
6	Robert Westervelt	Los Alamos, NM	44	00:38:26.90
7	David Telles	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	00:22:17.80
2	Peter McNiff	Los Alamos, NM	48	00:22:43.88
3	Salman Habib	Santa Fe, NM	45	00:29:33.92
4	Gregory Smith	Maunee, OH	47	00:31:05.80
5	Terry Ruby	Santa Fe, NM	45	00:46:42.28

5 Km Run, Male, 50-54

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jim Westmoreland	Downtown, DC	52	00:22:56.51
2	Jim Sprinkle	Los Alamos, NM	51	00:24:46.93
3	Sebio Torres	Cordova, NM	50	00:24:55.92
4	Stuart Trugman	Los Alamos, NM	50	00:25:39.12

5 Km Run, Male, 55-59

PLACE	NAME	HOME TOWN	AGE	TIME
1	Alan Overmier	Tijeras, NM	55	00:23:36.05
2	Michel Tuszewski	Los Alamos, NM	55	00:24:50.80
3	John Tillman	Los Alamos, NM	57	00:25:03.35
4	Rodger Liljestrand	Repanola, 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	63	00:30:32.31
2	Dick Danforth	Los Alamos, NM	61	00:33:40.14
3	Gill Butler	Los Alamos, NM	63	00:34:43.91

5 Km Run, Male, 65-69

PLACE	NAME	HOME TOWN	AGE	TIME
1	Roy Cope	Los Alamos, NM	65	00:30:09.62
2	Harlan Harris	Los Alamos, NM	67	00:37:29.90

5 Km Run, Male, 70-74

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jerry Dorin	Santa Fe, NM	73	00:35:41.49
2	Joseph Thompson	Los Alamos, NM	72	00:37:19.18

5 Km Run, Male, 75-79

PLACE	NAME	HOME TOWN	AGE	TIME
1	Saul Cohen	Santa Fe, NM	77	00:35:46.10
2	Bill Hudson	Los Alamos, NM	79	00:45:21.95
3	Allen Mantei	Los Alamos, NM	77	00:46:39.98

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](#)

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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

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: egg@eleanorgipson.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 -0600
 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
 3/14 7:30a Socorro Chili Harvest Triathlon
http://www.active.com/event_detail.cfm?event_id=1125555
 3/21 30th Annual Los Alamos Triathlon
http://active.com/event_detail.cfm?event_id=1151027
 3/6 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 welcome. 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 of carelessness on the part of the persons named in this waiver.

Signature

Date

Parent's Signature if under 18 yrs.

Date

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

