



Mile Markers



We Give You the Run-Around

September 2004

Volume 26, No. 9.

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

Feature Event - Run With the Angels

On September 18th at 8:00am, on the Plaza will be the "Run With the Angels" 5K & 10K, 2M Fun Run/Walk, and Kids 1K. The "Angel Run" benefits the Kitchen Angels. For more information, see <http://theangelrun.org/> or contact Roger at 505-699-8759.

This is the reincarnation of the Old Santa Fe Trail Run. The 5K and 10K races start at 8:00a on the plaza by the new band stand/stage. The 2-mile non-timed walk/run will start at 8:05a. The kid's "K" will start at 9:45a. Timing will be by ChampionChip. Register on-line at <http://www.theangelrun.org> or go to the Running Hub (333 Montezuma #6, 820-2523) -- packet pick-up is there as well from 10:00a-6:00p September 16 & 17. The cost is \$20.00 before the 17th, and \$30.00 after 17th and on race day. Donations are accepted and proceeds go to the Kitchen Angels!

Leadville Trail 100, August 21-22, 2004, Leadville, CO

by Barb Dutrow

What a race for our first 100 miler! The Leadville 100 is apparently one of the most difficult 100 milers, primarily because of the high elevation (nearly all of the course is above 10,000') coupled with the stringent time cutoffs (at each aid station, 30 hours total).

The race begins in downtown Leadville, CO at 4:00am. Even at this hour, the entire town takes part, you are not alone. Restaurants open at 2:30am to feed you breakfast, and folks wander out of their houses bleary-eyed to cheer you on. Although rain poured down for the two days prior, race start was clear and cool (about 40F), perfect for running. Once the gun went off, a stream of folks raced down through Leadville, and out to Turquoise Lake. One of my favorite scenes were the neighborhood folks standing by the roadside at 4:05am; ladies in terry cloth bathrobes and fuzzy slippers drinking coffee and yelling as we trotted by! Then when we got to the lake, running in a train single file, you could look ahead and behind at the row of 500 flashlights in the night!

Carl and I have such similar paces that we stayed together almost the entire course. We basically paced each other. Thankfully when one of us was a bit off, the other was on. We blasted through the first aid station at May Queen after grabbing food and water, stopped to change socks at Fish Hatchery, then onto Halfmoon and Twin Lakes. At Twin Lakes we changed shoes/clothes for the climb up Hope Pass at 12,600'. A glance toward the Pass revealed nothing but clouds, rain had been coming and going, so we prepared accordingly. During the climb up Hope, rain and hail hit...and we met the lead pack coming back. Humbling. Hot soup at the Hopeless aid station before the summit provided needed warmth and energy. Once at the pass it was a run down. Trails were extremely muddy - but slip sliding away worked fine. The sun rose and temperatures warmed considerably. At the Winfield turnaround (halfway - 50 miles), crowds of pacers waiting for their runners, and runners hanging out made for a mess. Volunteers performed a pseudo-medical check-in but weighted us with our Camelbaks! I came in 10 lbs heavier! Not. Carl tried to work on a blister, but bandages wouldn't stick. It was only one hour prior to the cutoff, so we grabbed headlamps and made a quick exit.

Climbing back up the mud on Hope Pass made it more difficult. However, it was heartbreaking to see all the folks coming down that would not make the cutoff. More rain and hail came, but we were fine. We arrived at Twin Lakes 40 min. ahead of the cutoff, changed shoes, clothes into warm nightwear and blasted off. We made it to Halfmoon with 50 min. to spare - so we were picking up time. However, after Halfmoon, about 30 miles from finish on the return, Carl developed a sore leg/foot and stopped running. He could only walk on all of the flat and downhill sections. I got nervous about time but we remained ahead of the cutoff. He had organized a pacer, Bill Roth, to join him at Fish Hatchery (23 miles to finish), which was nice - he talked a lot and gave us nice distractions. By May Queen (13.5 miles), I was really nervous about cutoffs, but stayed with him for another hour. Then with only 3 more hours, and 10 miles, I summoned the courage to ask if I could take off. I wasn't sure that he could limp in before the final cutoff and didn't want to wait until it was too late for me to make up the needed time. He said OK, Bill stayed with him. In the last ca. 9 miles I made up about 30 min. to finish in 29:29 for 152 overall of 195, 9th in my age group. Carl did make the finish in 29:53! He was 193/195 and 74th in his age group. When I saw him coming up the street in Leadville, I ran back to meet him after I finished! I felt fine and had energy to spare at the end. Carl visited the ER to make sure his leg was not fractured; it was not but he developed painful anterior tibial tendonitis.

The scenery was gorgeous, wildflowers still blooming, weather unsettled - rain, hail, cold, which probably contributed to the lower than average finishers rate this year; only 41% of the nearly 500 folks finished. Incredibly efficient volunteers at the aid stations expedited your brief stop, filled water bottles, brought abundant food and juicy fruit. Finishing this race brought a new sense of awe for other TSF members Kim and Jan Bear's accomplishments last year - doing all of the Leadville events.

Kris Kern 24:50:48 M3 42/195

Barb Dutrow 29:29:26 F4 152/195

Carl Gable 29:53:28 M4 193/195

<http://www.leadvilletrail100.com>

Thanks to our sponsors for keeping us dry, our feet padded, our timing correct and our path forward lit: CW-X, Thorlo, Princeton Tec, Polar Heartrate Systems, Hydropel, Camelbak, Hammer Products, Boulder Bar, Go-Lite, SofSol.

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

Our very own Kris Kern and "Parker" (983-8944) will host the monthly membership meeting on Tuesday evening, September 14th, 7:00p at 120 Alamo Dr. Be there, or Big Tesuque!

Dear Mom,

In response to colleagues suggesting (and challenging) more hard & fast workout, I entered the Socorro Chili Harvest Sprint Triathlon (1:08:44) and the Los Alamos Sprint Triathlon (1:09:34). The 400m swim was a best (8:02) by several minutes! the bike & run were balanced --- if I was fast in one, the other was okay.

The boys at Exeter (NH) cycling shop gave me the hard workout I was looking for. They set a 24-27 mph pace for miles up the coast! Took 2 pulls early then "sat in" as all I could do was hang on the last wheel. After an hour, poor positioning and a fading rider put me in the dirt shoulder and cost a mile of all out effort to reconnect to the blazing, rolling, single-file line of riders. The pack of 35 dwindled to 15 before I was dropped after 36 miles and eventually rolled in solo, covered 40 miles in 1hr 43min. That was fun!

The monster is out of the cage, monster workouts, that is. Just when you thought you've reached a limit, you may find there's another gear, and plenty of arms, legs, and lungs beneath you. I'm doing centuries each weekend and the long run is 20 miles now. This was a 280/55 week! The Tuesday & Thursday rides and fast and good. The runs are getting longer and feeling lighter (166 lbs). The Red River "Enchanted Circle" is next and plan to ride up there beforehand. Need to get back in the H2O. No races until IMF November 6th.

Love, Your Son

Humorous Word Definition Contest

The Washington Post published its yearly contest in which readers are asked to supply alternate meanings for various words. And the winners are...

1. Coffee (n.), a person who is coughed upon.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Esplanade (v.), to attempt an explanation while drunk.
5. Willy-nilly (adj.), impotent.
6. Negligent (adj.), a condition where you absent-mindedly answer the door in your nightgown.
7. Lymph (v.), to walk with a lisp.
8. Gargoyle (n.), an olive-flavored mouthwash.
9. Flatulence (n.) the vehicle that picks you up after you are run over by a steamroller.
10. Balderdash (n.), a rapidly receding hairline.
11. Testicle (n.), a humorous question on an exam.
12. Rectitude (n.), the formal, dignified demeanor assumed by a proctologist immediately before he examines you.
13. Oyster (n.), a person who sprinkles his conversation with Yiddish expressions.
14. Pokemon (n), A Jamaican proctologist.
15. Frisbeetarianism (n.), The belief that, when you die your soul goes up on the roof and gets stuck there.
16. Circumvent (n.), the opening in the front of boxer shorts.

Arizona Sheriff Arpaio

In a message dated 6/5/04 1:52:25 PM Eastern Daylight Time, about Sheriff Joe Arpaio (in Arizona) who created the "tent city jail":

He has jail meals down to 40 cents a serving and charges the inmates for them. He stopped smoking and porno magazines in the jails. Took away their weights. Cut off all but "G" movies. He started chain gangs so the inmates could do free work on county and city projects. Then he started chain gangs for women so he wouldn't get sued for discrimination. He took away cable TV until he found out there was a federal court order that required cable TV for jails. So he hooked up the cable TV again but only let in the Disney channel and the weather channel. When asked why the weather channel he replied, "so they will know how hot it's gonna be while they are working on my chain gangs." He cut off coffee since it has zero nutritional value. When the inmates complained, he told them, "This isn't the Ritz/Carlton. If you don't like it, don't come back." He bought Newt Gingrich's lecture series on videotape that he pipes into the jails. When asked by a reporter if he had any lecture series by a Democrat, he replied that a democratic lecture series might explain why a lot of the inmates were in his jails in the first place.

More on the Arizona Sheriff: With temperatures being even hotter than usual in Phoenix (116 degrees just set a new record), the Associated Press reports: About 2,000 inmates living in a barbed-wire-surrounded tent encampment at the Maricopa County Jail have been given permission to strip down to their government-issued pink boxer shorts. On Wednesday, hundreds of men wearing boxers were either curled up on their bunk beds or chatted in the tents, which reached 138 degrees inside the week before. Many were also swathed in wet, pink towels as sweat collected on their chests and dripped down to their pink socks. "It feels like we are in a furnace" said James Zanzot, an inmate who has lived in the tents for 1 1/2 years. "It's inhumane."

Joe Arpaio, the tough-guy sheriff who created the tent city and long ago started making his prisoners wear pink, and eat bologna sandwiches, is not one bit sympathetic. He said Wednesday that he told all of the inmates: "It's 120 degrees in Iraq and our soldiers are living in tents too, and they have to wear full battle gear, but they didn't commit any crimes, so shut your damned mouths!" Way to go, Sheriff! Maybe if all prisons were like this one, there would be a lot less crime and/or repeat offenders. Criminals should be punished for their crimes - not live in luxury until it's time for their parole, only to go out and commit another crime so they can get back in to live on taxpayers money and enjoy things taxpayers can't afford to have for themselves.

There are 2 ways to live life. One: live as if everything is a miracle. Two: as if nothing is a miracle. -Albert Einstein

Friends are silent angels that lift us to our feet when our wings need help remembering how to fly.

Orienteering meet schedule

Date: Thu, 19 Aug 2004 14:38:34 -0600
From: Richard Opsahl <opsahl@losalamos.com>
Subject: Orienteering meet schedule

We wondered if you would include information on our orienteering meets in your newsletter. Many runners also participate in orienteering. In fact, it is often called "cunning running" because it is a sport that requires speed on the ground, navigational skills and decision making. For those who don't know, the sport involves finding a series of markers (called controls) in the woods using a map and a compass. At an orienteering meet courses a number of courses are set, at varying skill levels from beginner to advanced. Each person has a discreet start time and goes out on the course matching his/her ability level. The courses are generally referred to by a color, white being beginner, yellow being advanced beginner, orange, intermediate, and green and red are both advanced, but red is longer and more challenging.

New Mexico Orienteers organized two years ago, has an excellent map in the Los Alamos area, and has a membership from around the state with many from Santa Fe and Albuquerque. Our schedule of meets is for the rest of this calendar year is:

Saturday, September 18th, Orienteering meet celebrating National Orienteering Day. Rendija South map 10AM to 2 PM (starts 10 AM to 1 PM). White, yellow, orange, green, and red courses. Location: parking lot for the Pajarito Trailhead, near the Gun Club. Damian Swift, Meet Director (dswift@lanl.gov). This meet will focus on introducing newcomers to the sport, with instruction and mentoring provided. In honor of National Orienteering Day, we will offer refreshments and will give away Brunton compasses and Mapquest software via a drawing of participants' names

Saturday, October 23, Mini-Rogaine, utilizing the whole map. This is a form of orienteering in which each control has a point value and participants go out for a specified period of time and see how many points they can get. As last year we'll have two starts: four hour rogainers will start at 10 AM; two hour rogainers will start at 12 noon. All will finish at 2 PM. Start/finish will be at the Pajarito Trailhead parking lot., on the road to the Gun Club. Meet Director, Judy Opsahl, (opsahl@losalamos.com)

Saturday, November 13th, Orienteering meet, Rendija West map. 10AM to 2PM (starts from 10AM to 1PM), white, yellow, orange, red, and green courses. Location: West side of Guaje Pines Cemetery, off Diamond Drive. Meet Director, Dave Scudder, (dws@lanl.gov)

Judy Opsahl
President, New Mexico Orienteers

Northern Exposure 10K Race

Date: Wed, 25 Aug 2004 15:57:52 -0700
From: "Andrea Koesters" <KoestersA@ci.north-las-vegas.nv.us>
Subject: 2004 Northern Exposure 10K Race

Hi! My name is Andrea Koesters. I work for the City of North Las Vegas Special Events Department. Our 4th Annual Northern Exposure 10K Race and 2 Mile Fun Run is coming up on Saturday, October 9th. I was wondering if you club would be willing to post the event on your calendar. I look forward to hearing from you! Thank you for your time!

Andrea Koesters, Program Supervisor
City of North Las Vegas, (702) 633-2418

Lamy Run and Potluck Saturday, Sep. 11th

Date: Sun, 15 Aug 2004 15:32:36 -0600
Subject: Fwd: Reminder: Lamy Run and Potluck Sat., Sep 11

[The] Striders [are invited] for Lamy Run. Detailed info on ARR website at http://www.roadrun.org/extra_pages/Lamy_Run.htm. Hope to see a good turnout from Striders.

Harry Messenheimer, Ph.D. Co-Founder, Rio Grande Foundation
P.O. Box 2015, Tijeras, NM 87059
505 286-2030 <http://www.riograndefoundation.org>

Upcoming Events - Dome Run & Big Tesuque

The 1st Annual Dome Run is September 12th and the awesome Big Tesuque Trail Run is October 9th. Mark your calendar. For more information, see pamphlets inside the August Issue of *Mile Markers*.

Weekend runs for September, 2004

Date: Tue, 31 Aug 2004 13:53:32 -0600
From: Eric Peters <eric_peters@nmenv.state.nm.us>
To: Santa Fe Striders <striders@daylight.com>
Subject: Weekend runs for September, 2004

Striders and friends, here is the schedule of weekend group runs for September, 2004:

Sunday, September 5:

Meet at Ft. Marcy parking lot (at the lower end of Artist Road/Hyde Park road) at 7:10AM. We will leave at that time to carpool up to Aspen Vista Trailhead to run toward the radio towers (but probably not all the way to the towers, since it is the week before Imogene Pass Run).

Saturday, September 11:

Annual Lamy Fun Run and Summer Picnic MRU's annual Lamy run and potluck brunch is Saturday morning September 11th at 9:00 A.M. This is a fun run. Walkers are also welcome. We will meet at the Lamy train station at 9:00 for transportation to the start. This scenic run starts in the Eldorado section of Santa Fe. We run back to the station along the trail parallel to the narrow-gauge track. Total distance is a little over 7 miles. There will be a water stop at 5 miles (where the track crosses US 285). For more information go to http://www.roadrun.org/extra_pages/Lamy_Run.htm (I will not be there, but I recommend it for anyone in town that weekend. I will be running somewhere along the Imogene Pass at that time.)

Sunday, September 19:

Option 1: Meet at Ft. Marcy parking lot at 7:10AM to carpool to the mountains for a run.

Sunday, September 26:

Meet at Ft. Marcy parking lot at 7:10AM to carpool to the mountains for a run.

Coming attractions:

As temperatures decrease and trails begin to get covered with snow, we will probably move the starting time to later and will run at slightly lower elevations starting in October.

Happy running,
Eric Peters

Albuquerque Road Runners' Dirty Dozen

From: Beth Davenport <bethdport1@prodigy.net>
Sent: Thu, 2 Sep 2004 11:42:54 -0600
Subject: Albuquerque Road Runners' Dirty Dozen

The Albuquerque Road Runners are having their annual Dirty Dozen Cross country race on 16 October this year. The link to the entry form is at:
http://www.roadrun.org/entry_forms/dd2004EntryForm.pdf

Bosque Boogie

Date: 1 Sep 2004 02:26:22 -0000
From: TCR RACE NEWS <tcr@tgrande.com>
Subject: 2004 Bosque Boogie

Run with the GOATS! Help save the Rio Grande Bosque while enjoying the 750 hot air balloons of the Albuquerque International Balloon Fiesta by running or walking in the 4th Annual Bosque Boogie, Sunday, October 10 in Albuquerque. Proceeds from the 2004 Bosque Boogie will help support the Conservancy District's pilot project using large herds of goats to eat the unwanted vegetation in the Bosque. For complete race details and to register online go to <http://www.tgrande.com>. See you Sunday, October 10 th in the Bosque!

Stride for Pride 5000

The State Farm Stride for Pride local 5k road race will be held at The Home Depot on 1220 Renaissance Blvd NE on September 19, 2004 at 8:00 am. Kids 1/4-mile and 1-mile runs at 7:00

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Imagine your article here, published
in the world-famous Mile Marker.
Tell us your story!*

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:

August 28, 2004

- Aug 20-29 2004 Olympics, Athens, Greece.
- Sept 5 Run for the Hills 5&10K, 5K Walk, 1mi. Kids, 256-3625, www.tgrande.com.
NM Marathon, On the Run Promotions, Charles Otero, 345-4274.
- Sept 6 Turtle Marathon, ½ Mara., 5K, Roswell, Bob Edwards, 627-5507.
- Sept 10 Zuni Fitness Series Coronado's Curse 5&10K, 2mi., 782-2665.
- Sept 11 UNM, High School & Community XC Run, Coach Henry, 925-5735.
- Sept 12 Chips & Salsa 5&10K, ½ Marathon, The Athletes Edge, 856-9377.
Dome Run/Walk 8.4mi., Cochiti Lake, Harry, 465-0896.
- Sept 19 Santa Fe Trail ½ Mara., 5K Run/Walk, Raton, George Dominguez, 445-8242.
Gary Johnson's Run 10K***, Cloudcroft, Marsha Slane, 687-2133.
State Farm Stride for Pride 5000, Jeff Peters, 341-1400, 296-4220.
- Sept 25 The Whole Enchilada Fiesta 5K*&***, 1mi., Las Cruces, 524-7824.
NM Racewalkers 5K Racewalk, Santa Fe, Joe Armbruster, 466-1118.
Born to Run 5K, 1mi., Leroy Chavez, 843-6334.
- Sept 26 Corrales Harvest Festival 5&10K, 5K Walk, Gil's, 268-6300.
AAT All-Comers XC Meet, Carl Brasher, 275-8991, aatrack@aol.com.
Tour de Rio Abajo Marathon, 5K, Belen, Larry Marshal, 864-6654.
- Oct 2 Run for Ouzo 5K, Lena Eddings, 856-7520.
- Oct 3 Zia Roadrunners All-Comers XC, Los Lunas, Larry Padilla, 865-7755.
- Oct 9 Bean Fiesta Run 5&10K, Moriarty, Colleen Burns, 384-5039.
- Oct 10 Corrida de Taos John Dale Gomez 5K, Bruce Gomez, 758-2709.
Bosque Boogie 5&10K***, 5K Walk, 1K Kids, 256-3625, www.tgrande.com.
- Oct 16 Ryan's Run 5K & 2mi. Walk, Sandy Mann, 842-8960.
ARR Dirty Dozen 12K, Ed Heller, 298-4852.
Race Against Racism 5K, Elizabeth Armijo, 254-9922.
- Oct 17 NM Racewalkers 3*,5*&10K* Racewalks, Ryszard Nawrocki, 891-9139.
Rio Rancho Running Rams All-Comers XC, Ron or Liza Mascarenas, 867-6885.
- Oct 23 ATC All-Comers XC, Ken Woodley, 821-0340, atc@comcast.net.
- Oct 24 Duke City Marathon, ½ Mara., Relays, 5K Run/Walk, 880-1414.
- Oct 31 Rio Grande Marathon, ½ Mara., Relays, Las Cruces, 524-7824.
Sky City All-Comers XC, Erwin Sice, 980-6089, 552-7528.

*STATE CHAMPIONSHIP ***GRAND PRIX SERIES

NM USATF BOARD MEETING: The next board meeting will be held on Wednesday, September 8, 2004, 7:30PM at the home of Lisa & David Hampton, 8600 Ashton Pl., Albuquerque. For directions, please call 856-9525.

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

GRAND PRIX RESULTS: With 6 races completed (Run Old Mesilla 10K, Run for the Zoo 10K, Taos ½ Marathon, River Run 8K, Rancho Viejo 5K and La Luz), results are: Open Women, Deeja Youngquist 18 points, Katie Courtwright 9 points; Open Men, Simon Gutierrez 13 points, Albert Chopito 11 points, Loren Sago 10 points, Brantley Lutz 10 points, Alex Yeverino 9 points, Robert Picazo 8 points, Jason Hubbard 8 points, Teddy Mitchell 7 points; Masters Women, Jean Herbert 22 points, Mary Wells 20 points, Beth Davenport 13 points, Kate Simon 9 points, Carolyn Gessitt 9 points, Kathy Foucar 8 points, Kathy Kirsling 7 points; Masters Men, Brad Burkholder 27 points, David Lopez 18 points, Daniel Otero 17 points, James Westmoreland 11 points, Neil Mitchell 11 points, Eddy Hellebuyck 10 points, Jeff Herrick 9 points, Willie Martinez 7 points. The next races in the series are the Gary Johnson's 10K Run on September 19th, The Whole Enchilada Fiesta 5K on September 25th, the Bosque Boogie 10K on October 10th, the Pecos Valley Roundup 20K on November, and the Albuquerque Turkey 5K on November 25th.

2004 Cross Country Schedule

- Sept 11 UNM, High School & Community Run, Coach Henry, 925-5735.
- Sept. 26 Abq. Athletics Track All-Comers, Carl Brasher, 275-8991, aattrack@aol.com.
- Oct. 3 Zia Roadrunners All-Comers, Los Lunas, Larry Padilla, 865-7755, Matias49@msn.com.
- Oct. 10 AOC Striders All-Comers, Gino Blea, 877-1670, 980-8074.
- Oct. 17 Rio Rancho Running Rams All-Comers, Ron & Liza Mascarenas, 867-6885, ronaldmascarenas@aol.com.
- Oct. 23 Abq. Track Club All-Comers, Ken Woodley, 821-0340, ATC@comcast.net.
- Oct. 31 Sky City All-Comers, Erwin Sice, 980-6089, 552-7528, Erwin_sice@yahoo.com.
- Nov. 6 NMAA State High School Championships, Red Rock State Park, Gallup, Mark Koski, mkoski@nmact.org.
- Nov. 13 NM USATF Assoc. Championships (Youth, Open, Masters), Cuba, Kathy Fones, 865-8612, foneskn@aol.com.
- Nov. 20 USATF Region 10 JO Championships, El Paso, Ron & Liza Mascarenas, 867-6885, ronaldmascarenas@aol.com.
- Dec. 11 USATF National Junior Olympic Championships, Schaumburg, IL.
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Press Release: New SnowPack Body-n-Ice Kits, Fit for September Health Awareness

Santa Fe, NM -- August 20, 2004 -- Did you know September plays host to three national observances dedicated to health and fitness? That's right. Family Health and Fitness Day USA is Saturday, September 25; National Women's Health and Fitness Day is Wednesday, September 29; and the entire month of September is Healthy Aging Month. All three are annual events created with the purpose of focusing attention on health and fitness in the United States. Part of staying healthy and fit is dealing with exercise-related pain and injuries. With its commitment "to help others live a healthy, pain-free, active life through the use of cold therapy", SnowPack fits right in.

Best used within the first 72 hours after an injury occurs, cold therapy is recommended by physicians and therapists as the first response to muscle and joint pain, strains and sprains, inflammation and swelling, sports-related and over-use injuries, and even inflammatory arthritis. The sooner ice therapy is used, the better. In one study, 7000 patients were treated using ice. Most improved dramatically, with less than 10% requiring the addition of drugs to help with pain.

In response to this need for quick ice therapy at the time an injury happens, SnowPack has recently introduced a line of unique products created specifically for active families and individuals on the go: Body-n-Ice Kits. Two kits are currently being offered to the public, with others in the works. Based on SnowPack's patented technology for cold therapy that lasts longer, the kits are designed to carry ice therapy with you to soccer games, races, hikes or all-day outings. Anywhere injuries may occur, the kits keep SnowPack ready to use when and where you need it - icy cold for hours. Usually when you strain a muscle while out hiking, it can be hours until you arrive home to ice it. By that time inflammation and pain have set in. With a Body-n-Ice Kit at hand, relief is immediate.

SnowPack's Active Basic Kit contains two SnowPacks and one SportCover (a specially-designed universal cover) in its own insulated carrier. Perfect for aging Baby Boomers after a marathon. SnowPack's Active Team Kit was made with families and children's team sports in mind. This kit includes six SnowPacks with a SportCover in a large, roomy insulated carrier - enough cold therapy for the entire team! Both kits keep SnowPacks cold for hours.

Whether you are participating in Family Health and Fitness Day USA, National Women's Health and Fitness Day, or Healthy Aging Month, SnowPack has a cold therapy kit to fit your lifestyle.

For more information on these national observances see:
<http://www.fitnessday.com/family/details.htm>
<http://www.fitnessday.com/women/index.htm>
<http://www.healthyaging.net/agingevents.htm>

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

Louise Roach, SnowPack
 Email: info@snowpackusa.com

Obituary

Charlie Young, a longtime fixture at New Mexico running events, was killed in a cycling accident in Colorado. Charlie will be remembered by many for his enthusiasm and sportsmanship. The Striders have sent a letter of condolence to Charlie's family.

>>> Race Calendar <<<

9/6 10a St. Michael's Mission 5K & 1M (near Window Rock, AZ), St. Michael's Clinic 928-810-3800 or 928-587-7762 (William Slim)
 9/12 9a 1st Annual Dome Run/Walk, see pamphlet inside
 9/18 8a Run With the Angels 5K & 10K, 2M Fun Run/Walk, Kids 1K, benefit for Kitchen Angels on the Plaza, <http://theangelrun.org/> 505-699-8759 (Roger)
 10/9 9a Big Tesuque Trail Run 11.6M, Aspen Vista to summit and back, Eric (446-2460) or Peter (473-9211 or 466-3837, pgf@soudermiller.com), see pamphlet inside

Track Workouts

Track workouts are Tuesdays 6pm 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 Eric Peters <eric_peters@nmenv.state.nm.us> for more information.

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: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

- Renewal
 New member
 Email newsletter

Annual dues for the Santa Fe Striders club are \$15. A \$1.25 is for a subscription to the RRCA's quarterly magazine, *footnotes* for one year. Annual fees are due in January and membership runs through December. If you are paying in July or later, the dues are \$7.50. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the **SANTA FE STRIDERS** Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence of carelessness on the part of the persons named in this waiver.

Signature

Date

Parent's Signature if under 18 yrs.

Date

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

