



Mile Markers



We Give You the Run-Around

October 2004 Volume 26, No. 10.

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

Feature Events - Ride-n-Run and Big Tesuque

Oct 2, 8:30a - Dale's Ride and Run. 2 people, 1 mt bike, 11 miles. Meet at the intersection of Rabbit Road and the Railroad tracks. A Free Strider Event! Pot luck after the event.

Oct 9, 9:00a - Big Tesuque Run. 11.6 mi from Aspen Vista to the Radio Towers and back. See <http://www.santafestriders.org> for details and entry forms.

All-Comers Cross Country

Sunday, October 3, 2004, 10:00a
Los Lunas High School Track

Directions: I-25 south from Albuquerque to Exit 203
East on main street to second stop light, left at Los Cerritos

Meet Director: Larry Padilla, phone: 505-865-7755, 505-440-7587. FAX entries to 505-865-7755

Entry Fees: \$3 per runner, checks payable to: Valencia County Roadrunners

Races will be youngest to oldest, girls first. The divisions are: Sub Bantam 1996 and younger: 1K, Bantam (1994-1995) 3K, Young Men/Women (1986-1987), Midgets (1992-1993) 3K, Open (Ages 19-29), Youth (1990-1991) 4K, Masters (Ages 40 +), Intermediate (1988-1989) 5 K

Awards: Ribbons 1-10th place

Facilities: There will be concessions and restrooms available at the track

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, October 12th, 7:00p at 120 Alamo Dr. Be there, or Big Tesuque!

October Weekend Runs

Oct 2, 8:30 AM - Dale's Ride and Run. 2 people, 1 mt bike, 11 miles. Meet at the intersection of Rabbit Road and the Railroad tracks. A Free Strider Event! Pot luck after the event.

Oct 3, 7:30 AM - Long run. Meet at parking lot at intersection of Zia and St Francis for yet another run on the bike trails.

Oct 9, 9 AM - Big Tesuque Run. 11.6 mi from Aspen Vista to the Radio Towers and back. See www.santafestriders.org for details and entry forms.

Oct 10 - Bosque Boogie in Albuquerque

Oct 17 - 7:30 AM at St John's College parking lot. Probably run on dirt roads or arroyos to Barbaria Road with optional Atalaya run.

Oct 24 - Duke City Marathon

Oct 31 - 7:30 AM Halloween/Daylight Savings Time Run. Meet at Eric's house (4B San Carlos Lane) for run on nearby mesa or in canyons. Directions: Take Old Las Vegas Highway from Santa Fe. Pass stopsign to Eldorado (don't turn, keep going straight). Go down steep hill. Turn right on San Carlos Lane. Circle counter-clockwise around house.

El Tour de Tucson XXII

Attention Cyclists: Nov. 20th -- El Tour de Tucson XXII will be held in (you guessed it!) Tucson, Arizona., sponsored by PBAA, Perimeter Bicycling Assoc. of America. Many fun pre-event activities will be included at the Tucson convention center, Nov. 17-19. For information and a race form, e-mail Cynthia Holmes at holmes@uarizona.edu or bfarley@email.arizona.edu or phone 520-326-5400.

NM USATF Schedule

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

OCTOBER

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

NOVEMBER

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

DECEMBER

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

Bad Business Plan

by Jerry Dorbin

Responding to a perceived need twenty years ago, some enterprising would-be entrepreneurs started a pleasant little modestly-priced restaurant in Design Center at Cerrillos Road and Sandoval St., just off downtown and a block from the Capitol. Their gadget was the all-you-can-eat breakfast, served buffet-style. Omelets, ham-and-eggs, waffles, flapjacks, hash browns, french toast.

It might have flown if it had been heavily patronized from the beginning by state employees or their like. Unfortunately for backers or bankers, the joint almost immediately drew the attention of the Striders and others of Santa Fe's running community, out for their Saturday morning stroll: Captain Metabolism and his mates, like hungry Goths, swallowing all before them.

Presto! Small-Change-o! The place closed after two weeks. Great promotion. Bad business plan.

Dear Mom

Enchant 165 miles and another 100 in 5:15! Woohoo! A much needed recovery week and the final monster build is underway. Long runs, fun runs, runs in single file. Fat runs, skinny runs, runs that make smile and smile. Like hot dogs, *am & H*mm*r hot dogs!

Love,
Your Son



>>> Race Calendar <<<

10/2 8:30a Dale's Ride-n-Run, 2 people, 1 mt bike, 11 miles. Meet at the intersection of Rabbit Road and the Railroad tracks

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)

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.

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.

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

Planets

by Mike Sutin

One early morning Quailies' run doth much avoid the rising sun.
 The day star sinks in evening's west, shrinks in celestial circles, in quest of rest eternal, and, me-thinks, arises in the east as dark night's star.

And I, in Constellation Conejo, where Cascabel collides with Mariquita, and Peter Cottontail wanders to road kill by interstate transport freight, kiss clouds of east's love star and wonder where the comets are.

Too soon report to Ford and factory, this run's for me and not for charity.
 For rich men yawn at dawn when orb is out and run at eight, and covet victory's shout.
 Poor, in the dying of the light of stars, to life of work of man they call star Mars.

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.

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.

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

