



Mile Markers



We Give You the Run-Around

January 2005 Volume 27, No. 1.

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

Double Feature Events - Ski/Shoe & Corrida

The club-sponsored Santa Fe Ski & Shoe and the annual Corrida de los Locos are scheduled this month! The Ski & Show is on Saturday, January 15th at 8:00a at the Aspen Vista Trailhead (ski basin, mile marker 14). Contact Kris Kern (983-8944) for details. Proceeds benefit the trail system. Corrida de los Locos is on Saturday, January 22nd at 9:00a at the Marty Sanchez Golf Course (Caja del Rio). Contact Dale Goering (954-4384) or go to <http://active.com/> (event ID 1185211) for details.

Thanks for Your Thoughtfulness

Dear Mick, Brigitte, and the Striders:

Thank you so much for your kindness in sending me a recovery card and flower arrangement. I came home on Christmas day to find a beautiful, festive flower arrangement along with a card with many people's names and 'get well' messages. This really meant a lot to me and made my day. I'm getting stronger every day and thinking of you all. I hope to be 'back on track' soon.

Again, thanks for your thoughtfulness.
- Diana

P.S. Thanks to Mick and Brigitte for being such good hosts to Jim while I was gone. You two really made his Christmas holiday special.

Dues are Due

Do you want to continue this wonderful newsletter in 2005? Well, then complete the membership form on the last page and promptly send it in to continue to power the Santa Fe Strider club and the 27th year of the *Mile Markers* newsletter. Come on, what are you waiting for?

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

The meeting of the membership will be hosted by our very own **Kris Kern** at **120 Alamo Dr** on **January 11th, 7:00p**. His number is **983-8944**. Come join in on the planning for the Ski/Show and Corrida!

Extreme Makeover - Back Surgery

by Diana Hardy

For those of you who know (and don't know), I had back surgery on December 1st.

I was diagnosed with a broken vertebra along with a disintegrated (or non-existent) disk space, creating a pinched nerve, at the base of my spine.

For many years I was plagued by sciatic nerve pain in both legs; pulling my gluteus minimus muscles in both hips; having an uneven running gait with a weaker right leg; tripping myself and sometimes falling with no apparent obstacle; and finally low back pain that intensified when I ran and swam. At first I thought I was having trouble with my hips; yet now I know that these symptoms were related to my back. Geez!

I also found out that I most likely broke my vertebra when I was a teenager or earlier with the bone slipping gradually every year. Yet I wouldn't have known this until much later: into my late 30's. I was born without ligaments at the L5-S1 section of my spine to support the vertebra bones.

Wow! I was quite amazed with the doctor's evaluation.

I give many thanks to Dr. Sachs and the Texas Back Institute in Plano, TX. for their expertise. The surgery consisted of going in through my abdomen to widen the disk space with bone graft, then attaching a lumbar plate for support; and going in through my back to install rods and pedicle screws for additional support.

This description probably sounds gruesome and gory, yet I have no regrets. I am 'on the mend'. I now wear a lumbar brace to hold my posture erect while my spine section fuses, about 3 to 4 months. When I'm active again, I should have pretty good mobility, as not much movement occurs at the base of the spine.

When I'm able to run again, lets run on dirt!
Thanks, Diana

Santa Fe Snow Shoe Classic 5K and 10K Races are History!

The annual Santa Fe Snow Shoe Classic 5K and 10K Races were held on the Norski Trails in Santa Fe Ski Basin, beginning near the Route 475 overlook (Hyde Park Rd, mile marker 15). Sponsorship was provided by Crescent Moon Snowshoes, Montrail Running Shoes, SealSkinz Waterproof Socks, Dermatone Sunscreen, and Wild Mountain Outfitters. A total of 39 people participated. The event was a fund-raiser for maintaining the Norski Trails.

The event was organized by the Santa Fe Striders, Norski Trails de Santa Fe, and Team Santa Fe. Special recognition for making the event a success goes to Kris Kern, Kris Peterson, Jan Bear, Dave Wykoff, John Pollak, Dale Goering, and Michael Kappler. All participants received one of the following athletic apparel: neck wrap, head band, balaclava, ear covers. Awards were hand-made bowls and cups from Paseo Pottery and given to the top 5 men & women in open (under age 40) and masters (age 40+) divisions for both distances.

Results of the Santa Fe Snow Shoe Classic Saturday, December 18, 2004

5K Event

Overall	Name	Time	Category		Place
1	Mark Esposito	23:20	Men	Open	1/3
2	Scott Valdez	24:26	Men	Open	2/3
3	Jim Westmoreland	24:58	Men	Master	1/6
4	Tarik Saleh	26:59	Men	Open	3/3
5	Erica Micander	28:47	Women	Open	1/2
6	Larry Walker	28:59	Men	Master	2/6
7	Mike Small	n/r	Men	Master	3/6
8	Kris Peterson	29:41	Women	Master	1/5
9	Shirley Van Slooten	n/r	Women	Master	2/5
10	Dan Dunn	n/r	Men	Master	4/6
11	Liz Desmond	32:55	Women	Open	2/2
12	Dale Goering	35:26	Men	Master	5/6
13	Philip Crump	35:28	Men	Master	6/6
14	Vicki Telles	37:57	Women	Master	3/5
15	Beth Davenport	41:49	Women	Master	4/5
16	Eukehee	n/r	Women	Master	5/5

n/r = not recorded

10K Event

Overall	Name	Time	Category		Place
1	Willie Richardson	43:20	Men	Open	1/6
2	Bob Parks	43:52	Men	Master	1/12
3	Warren Oldham	44:41	Men	Open	2/6
4	Dan Armijo	45:05	Men	Master	2/12
5	Eric Peters	46:35	Men	Open	3/6
6	Keri Nelson	49:04	Women	Open	1/3
7	John Foster	50:34	Men	Open	4/6
8	David Telles	51:07	Men	Master	3/12
9	Bill Blankenship	51:46	Men	Master	4/12
10	Page Press	52:14	Men	Master	5/12
11	Tom Garrison	52:54	Men	Master	6/12
12	Barry Roberts	53:29	Men	Master	7/12
13	Katie Courtwright	56:34	Women	Open	2/3
14	Matt Masemore	57:42	Men	Open	5/6
15	Lisa Smole	58:02	Women	Open	3/3
16 tie	Michael Kappler	58:19	Men	Open	6/6
16 tie	Jan Bear	58:19	Men	Master	8/12
18	Jim Bieg	59:22	Men	Master	9/12
19	Bernadette D.-Gould	1:01:06	Women	Master	1/2
20	Michael Malone	1:06:06	Men	Master	10/12
21	Craig Rasmussen	1:09:52	Men	Master	11/12

Race Calendar

*** 2005 ***

January

15 10:00a Santa Fe Ski and Shoe, Santa Fe, Kris Kern 983-8944 <http://www.santafestriders.org>
22 9:00a Corrida de los Locos, Santa Fe, Dale Goering 954-4384 <http://www.santafestriders.org>
March
19 (tentative) Santa Fe Dog Jog, Santa Fe, <http://www.santafestriders.org>

April

2 (tentative) - Forever Young Cross Country Race, a memorial race for Charlie Young, ABQ RR
<http://www.aoadrun.org/>
30 - 1st Annual Wood Gormley 5K and Kids 1K, Ted Freedman 466-3955

May

1 (tentative) La Bajada Run, <http://www.santafestriders.org>
14 Bandelier Races, Rene LeClaire 672-9159, <http://www.highaltitudeathletics.org>

June

4 Santa Fe Run Around, Santa Fe, Mick Kappler, <http://www.santafestriders.org>
25 Los Alamos Mini Marathons, Kris Kern 983-8944, <http://www.highaltitudeathletics.org>

July

9 Yellow Ribbon Run, Los Alamos, Maura Miller 661-2312, <http://www.highaltitudeathletics.org>
10 Women's Distance Festival 5K, ABQ RR <http://www.aoadrun.org/>

August

7 La Luz, ABQ RR <http://www.aoadrun.org/>

August/September

Dales Bike and Run

October

1 (tentative) Dirty Dozen 12K, ABQ RR <http://www.aoadrun.org/>
8 (tentative) Big Tesuque, Santa Fe, Peter Fant, <http://www.santafestriders.org>

November

12 Fowl Day Run, Santa Fe, <http://www.santafestriders.org>

December

17 Santa Fe Snow Shoe Classic, Santa Fe, Kris Kern 983-8944, <http://www.santafestriders.org>

Management Course

Lesson One: An eagle was sitting on a tree resting, doing nothing. A small rabbit saw the eagle and asked him, "Can I also sit like you and do nothing?" The eagle answered: "Sure, why not." So, the rabbit sat on the ground below the eagle and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it. Management Lesson 1: To be sitting and doing nothing, you must be sitting very, very high up.

Lesson Two: A turkey was chatting with a bull. "I would love to be able to get to the top of that tree," sighed the turkey, "but I haven't got the energy." "Well why don't you nibble on some of my droppings?" replied the bull. "They're packed with nutrients" The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree. The next day, after eating some more dung, he reached the second branch. Finally after a fourth night, the turkey was proudly perched at the top of the tree. He was promptly spotted by a farmer, who shot him out of the tree. Management Lesson 2: Bull shit might get you to the top, but it won't keep you there.

Lesson Three: A little bird was flying south for the winter. It was so cold, the bird froze and fell to the ground into a large field. While he was lying there, a cow came by and dropped some dung on him. As the frozen bird lay there in the pile of cow dung, he began to realize how warm he was. The dung was actually thawing him out! He lay there all warm and happy, and soon began to sing for joy. A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him. Management Lesson 3: (1) Not everyone who shits on you is your enemy. (2) Not everyone who gets you out of shit is your friend. (3) And when you're in deep shit, it's best to keep your mouth shut!

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:

December 27, 2004

Jan 1 Egg Nog Jog 4mi. Run, 2mi. Walk, Gil,s, 268-6300.
Jan 15 1ST Annual Albuquerque All-Comers Indoor Track & Field Meet, Abq. Convention Center,
Scott Steffan, 925-5738, ssteffan@aol.com.
Santa Fe Ski & Shoe, Kris Kern, 983-8944, www.santafestriders.org.
Jan 22 Corrida de Los Locos, Santa Fe, Dale Goering, 954-4384, www.santafestriders.org.
Feb 6 Super Bowl Sunday 5K, 2mi. Walk, Gil,s, 268-6300.
Super Sunday 5&10K, 5K Racewalk, Las Cruces, 524-7824, doneugenia@aol.com.
Feb 13 Sweetheart Run 5 & 10K, 1K Kids, Athlete,s Edge, 856-9377, www.the-athletes-edge.com.
Feb 19 Mt Taylor Quadrathon, Grants, 748-2142.

2004 GRAND PRIX RESULTS: With all races reporting (Run Old Mesilla 10K, Run for the Zoo 10K, Taos Marathon, River Run 8K, Rancho Viejo 5K, La Luz, Gary Johnson/Cloudcroft 10K, The Whole Enchilada 5K, the Bosque Boogie 10K, the Pecos Valley Roundup 20K, and the Albuquerque Turkey 5K), results are: Open Women, **Katie Courtwright** 19 points, Deeja Youngquist 18 points; Open Men, Filomena Apodaca 19 points, Simon Gutierrez 13 points, Albert Chopito 19 points, **Eric Peters** 10 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 53 points, Mary Wells 41 points, **Beth Davenport** 22 points, Carolyn Gessitt 16 points, Kate Simon 9 points, Kathy Foucar 8 points, Kathy Kirsling 7 points; Masters Men, David Lopez 49 points, Brad Burkholder 43 points, Jeff Herrick 27 points, Daniel Otero 26 points, **James Westmoreland** 11 points, Neil Mitchell 11 points, Eddy Hellebuyck 10 points, Willie Martinez 7 points. Congratulations to Jean Herbert and Mary Wells in the Masters Women, and David Lopez and Brad Burkholder (who competed in all the Grand Prix races) in the Masters Men! (Because no one competed in 4 or more races, there were no winners in the Open Men and Women categories.)

NEW MEXICO/COLORADO/ARIZONA INDOOR TRACK & FIELD SCHEDULE

Jan 15 1st Annual Albuquerque All-Comers, Convention Center, Scott Steffan, 505-925-5738,
ssteffan@aol.com
Jan 16 MLK Jr. Mile Hi Classic, USAFA, Colo. Springs, www.usatf-colorado.org
Jan 22 FCTC All-Comers, Colo. Univ., Boulder, www.usatf-colorado.org
Jan 29 USATF CO All-Comers, Colo. Univ., Boulder, www.usatf-colorado.org
Feb 5-6 Colorado Championships, Colo. Univ., Boulder, www.usatf-colorado.org
Feb 12 USATF CO All-Comers Colo. Univ., Boulder
www.usatf~colorado.org
Feb 12 USATF Youth Indoor Western Zone, EWU, Spokane, WA, Cheneytrackclub@aol.com
Feb 17-19 Simplot Games, ISU, Pocatello, ID, www.simplot.com
Feb 20 USATF AZ All-Comers, NAU, Flagstaff, AZ, Bob Flint, 480-949-1991, www.usatf.org/assoc/
az
Mar 11-13 USATF Masters Indoor Championships, Boise, ID, Mark Murdock, 208-859-7953,
masterschamps@earthlink.net

Do You Remember???

http://www.thestatenislandboys.com/U_thrill_me/

Sit back, relax, listen, read, & smile. Kind of reminds you to stop & smell the roses of life, and to give thanks to God for life and memories.

DO YOU REMEMBER WHEN...? All the girls had ugly gym uniforms? It took five minutes for the TV warm up? Nearly everyone's Mom was at home when the kids got home from school? Nobody owned a purebred dog? When a quarter was a decent allowance? You'd reach into a muddy gutter for a penny? Your Mom wore nylons that came in two pieces? All your male teachers wore neckties and female teachers had their hair done every day and wore high heels? You got your windshield cleaned, oil checked, and gas pumped, without asking, all for free, every time? And you didn't pay for air? And, you got trading stamps to boot? Laundry detergent had free glasses, dishes or towels hidden inside the box? It was considered a great privilege to be taken out to dinner at a real restaurant with your parents? They threatened to keep kids back a grade if they failed. . and they did? When a 57 Chevy was everyone's dream car...to cruise, peel out, lay rubber or watch submarine races, and people went steady? No one ever asked where the car keys were because they were always in the car, in the ignition, and the doors were never locked? Lying on your back in the grass with your friends and saying things like, "That cloud looks like a .." and playing baseball with no adults to help kids with the rules of the game? Stuff from the store came without safety caps and hermetic seals because no one had yet tried to poison a perfect stranger? And with all our progress, don't you just wish, just once, you could slip back in time and savor the slower pace, and share it with the children of today? When being sent to the principal's office was nothing compared to the fate that awaited the student at home? Basically we were in fear for our lives, but it wasn't because of drive-by shootings, drugs, gangs, etc. Our parents and grandparents were a much bigger threat! But we survived because their love was greater than the threat. Send this on to someone who can still remember Nancy Drew, the Hardy Boys, Laurel and Hardy, Howdy Doody and the Peanut Gallery, the Lone Ranger, The Shadow Knows, Nellie Bell, Roy and Dale, Trigger and Buttermilk. As well as summers filled with bike rides, baseball games, Hula Hoops, bowling and visits to the pool, and eating Kool-Aid powder with sugar. Didn't that feel good, just to go back and say, "Yeah, I remember that"? I am sharing this with you today because it ended with a double dog dare to pass it on. To remember what a double dog dare is, read on. And remember that the perfect age is somewhere between old enough to know better and too young to care. How many of these do you remember? Candy cigarettes, wax Coke-shaped bottles with colored, sugar water inside, soda pop machines that dispensed glass bottles, coffee shops with tableside jukeboxes, Blackjack, Clove and Teaberry chewing gum, home milk delivery in glass bottles with cardboard stoppers, newsreels before the movie, telephone numbers with a word prefix...(Raymond 4-601), party lines, peashooters, Howdy Doody, 45 RPM records, green stamps, Hi-Fi's, metal ice cubes trays with levers, mimeograph paper, Beanie and Cecil, roller-skate keys, cork pop guns, drive-ins, studebakers, washtub wringers, the Fuller Brush Man, reel-to-reel tape recorders, tinkertoys, erector sets, the Fort Apache playset, Lincoln Logs, 15 cent McDonald hamburgers, 5 cent packs of baseball cards - with that awful pink slab of bubble gum, penny candy, 35 cent a gallon gasoline, Jiffy Pop popcorn. Do you remember a time when... Decisions were made by going "eeny-meeny-miney-moe"? Mistakes were corrected by simply exclaiming, "Do Over!""? "Race issue" meant arguing about who ran the fastest? Catching the fireflies could happily occupy an entire evening? It wasn't odd to have two or three "Best Friends"? The worst thing you could catch from the opposite sex was "cooties"? Having a weapon in school meant being caught with a slingshot? A foot of snow was a dream come true? Saturday morning cartoons weren't 30-minute commercials for action figures? "Oly-oly-oxen-free" made perfect sense? Spinning around, getting dizzy, and falling down was cause for giggles? The worst embarrassment was being picked last for a team? War was a card game? Baseball cards in the spokes transformed any bike into a motorcycle? Taking drugs meant orange-flavored chewable aspirin? Water balloons were the ultimate weapon? If you can remember most or all of these, then you have lived!!!!!! Pass this on to anyone who may need a break from their "grown-up" life . . . I double-dog-dare-ya!

Save Your Soles

Give your tired, your poor, your worn out running shoes to charity. Donate a show and a "buck" to help Rehoboth Christian School build a new gym and FieldTurf field. Here's how: 1) Find all your old pairs of athletic shoes (rubber soles only; no metal or electronic parts please), 2) Put \$1 in each shoe, 3) Contact Paul Gooris (505-862-2341) to arrange pick up in Albuquerque area on Sunday, February 6, 2005 or in Gallup area. Tax-deductible contributions can also be made to "Save Your Soles", c/o Rehoboth Christian





Inaugural Albuquerque All-Comers.

The City of Albuquerque, in conjunction with the University of New Mexico present the 1st Annual Albuquerque All-Comers Indoor Track and Field Meet, January 15, 2005 at 10a. The City of Albuquerque has recently purchased a 200 meter banked Mondo indoor track, identical to Arkansas University's track. The track is being set up in the Albuquerque Convention Center in downtown Albuquerque. For the inaugural event, the city will host an All-Comers meet on January 15, 2005 with the following events: 60 meter dash, 60 meter hurdles, 200 meter dash, 400 meter dash, 800 meter run, mile run, 3000 meter run, high jump, long jump, triple jump, pole vault, and shot put. Entry fee - \$10 per event. For more information, contact Mark Henry 505-925-5736 mrkhenry@unm.edu

Bumper Stickers

A dog will come when you call him. Cats have answering machines.

Men have feelings too, ...but who cares?

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.

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, 989-1000,
mick@daylight.com

Wings of America - Press Release

Foot Locker Cross Country Championships National Finals were held at Morley Park Balboa Park in San Diego, California, on December 11, 2004.

As the starting gun shot off after the immediate introductions, John McGuire (Sisseton-Wahpeton Sioux) looked focused. Throughout the race, the pack of runners was tight. At the two mile mark, a group of runners, including John, clocked in at 9:50. During the last mile, John and another runner ran stride for stride, however they were being chased by a huge group.

Then out of nowhere another runner, Ken Cormier of Douglas, Arizona, took the lead and remained the leader till the finish. With 200 meters to go, there were four runners, John McGuire, Andrew Bumbalough, Mark Matusak, and Ken Cormier, running hand in hand.

As Ken Cormier took the race with the winning time of 15:22, Andrew Bumbalough placed 2nd with a time of 15:24. In a close third and fourth finish, Mark Marusak pulled ahead of John McGuire with third place with a time of 15:26. Closely behind him, John McGuire (Sisseton-Wahpeton Sioux) finished 4th with a time of 15:27.

As John McGuire (Sisseton-Wahpeton Sioux) qualified two weeks prior to Foot Locker National Finals at Midwest Regionals in Kenosha, Wisconsin. Wings sponsored his Midwest Regional Cross Country race.

The experience and opportunity of competing at the Foot Locker Regional Races is one of eight programs offered by Wings, an American Indian youth development program operated by The Earth Circle Foundation, Inc., a nonprofit corporation based in Santa Fe, NM.



Santa Fe Ski And Shoe

Saturday January 15, 2005

11 mi Ski and Shoe - 6 mi XC Ski Race - 4 mi Snow Shoe Race



Sponsored by:



Crescent Moon Snowshoes Montrail Running Shoes
SealSkinz Waterproof Socks Dermatone Sunscreen
Bike and Sport



Organized by:



Santa Fe Striders Norski Trails de Santa Fe Team Santa Fe



Races will take place on the Aspen Vista Trail near the Santa Fe Ski Basin (Mile 13).

11 mi Ski and Shoe – Start is 8:00. Racers will ski approximately 4 miles up the trail, snowshoe approximately 1.5 miles to the ski basin boundary, then return. **YOU MUST CARRY YOUR SNOWSHOES WHILE SKIING.** Skis may be left at the transition.

6 mi XC Ski Race – Start is 8:15. Ski 3 mi up to “Tesuque Turn” and return.

4 mi Snow Shoe Race – Start is 9:15. Snowshoe 2 mi up and return.

Registration: Mail the form below or register online with Active.com. See the Strider page www.santafestriders.org for details. Entry is \$20 until Jan 13, 2004. Day of race entry is \$25. Registration opens at 7 AM on race day. First 50 entries include a gimmie (not a shirt!).

Awards to the top 3 male and female finishers in the ski and shoe in sub-masters (under 40) and masters (40 and over). XC Ski race and Snowshoe race overall winners.

Aid will be provided at the start/finish, and at the transition. Water and Gatoraid will be provided. If you anticipate requiring additional aid carry any supplies you desire.

Cut Here

Send completed form and fee to Santa Fe Striders, PO Box 1818 Santa Fe, NM 87504

Name _____ Age on race day (Jan 15, 2004) _____ Sex _____

Address _____ City _____ State _____ Zip _____

Telephone Number _____ email _____

Race (check one): Ski Shoe _____ XC Ski _____ Snow Shoe _____

Fee: \$20 by Jan 13. Each race is \$25 after Jan 13. Make checks payable to **Santa Fe Striders**

Wavier: THIS IS A DIFFICULT EVENT! I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the Santa Fe Striders, Norski Trails de Santa Fe, the National Forest Service, and any other organizers and sponsors, their representatives, successors, and/or assigns, of the Santa Fe Ski-Snow, for any injuries or damages I may sustain as a race participant on January 15, 2004. I give race officials permission to obtain medical aid for me should I, in their judgment, require it. I understand that volunteer first aid assistance may or may not be available at the Santa Fe Ski And Shoe, and I agree that such volunteer medical assistance may be rendered to me.

Signature _____ Signature of Parent/Guardian if under 18 _____

Santa Fe Striders
Santa Fe Screenprinters, City of Santa Fe and Whole Foods
present

CORRIDA DE LOS LOCOS

Saturday, Jan. 22, 2005 at 9 a.m.
Race day registration begins at 8 a.m.

Start and finish at the Marty Sanchez Links de Santa Fe golf course. See map
and directions on back; for recorded directions call 955-4400.
Scenic course, about 5 miles long

Entry fees: \$15 in advance, \$20 race day Striders members: \$13 advance, \$20 race day
Children 13 and under - \$10 in advance and on race day

Awards to top three male and female finishers in age groups: up to 13, 14-19, 20-29, 30-
39, 40-49, 50-59, 60-69, 70-79, 80 and over

Trader Joe's has donated awards for the top male and female finishers. Special award
from Alpine Sports

Long-sleeve T-shirts to first 125 entrants
Packet pickup on day of race only

For more information, call John Pollak at 983-2144 or Dale Goering at 954-4384
between 9 a.m. and 9 p.m.

Make checks payable to Santa Fe Striders. Advance registrants, mail to Santa Fe Striders,
PO Box 1818, Santa Fe, NM 87504. Registration online at santafestridders.org or
Active.com.

PLEASE PRINT – ENTRY FORM

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Email address _____ Telephone number _____

T-shirt size: S M L XL

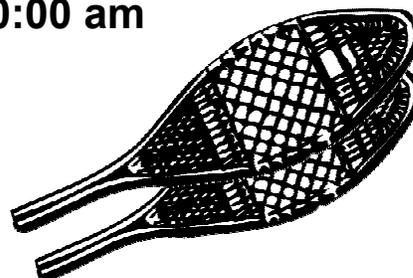
Winter running can be especially hazardous. I release all sponsors, workers and race
volunteers, including Santa Fe Striders, Santa Fe Screenprinters and the City of Santa Fe, from
liability for any injury incurred. I am sufficiently fit to run this race and assume all responsibility
should anything bad happen to me.

Signed _____ Parent Signature (if minor) _____

4th Annual Sandia Mountain Snowshoe Race

Saturday, January 29, 2005, 10:00 am

Entry Fee: \$25.00 through January 15, 2005
\$30.00 after January 15, 2005, including race day
Checks payable to: Larry or Pam Walker



Registration & Information: mail to: Larry or Pam Walker
5301 Camino Arbusotos N.E.
Albuquerque, N.M. 87111
(505) 294-4087
lswalke@comcast.net

Questions about course:
Jeff Young, 281-3495

Location: The 4 mile race will begin at the south end of the lower parking lot of the Crest House at the top of the Sandia Crest Highway. A \$3 parking fee is required. If there is not enough snow, we will have a trail race!

Snowshoes: Snowshoes can be reserved and picked up at the race. The race has only 25 pairs of snowshoes for rent based on the first 25 entry forms received requesting snowshoes. Snowshoe rentals are an additional \$5. Please call to confirm.

Participation: Entry Fee includes long-sleeve t-shirt, post-race refreshments and prizes.
NOTE: RACE WILL BE LIMITED TO NO MORE THAN **125 PARTICIPANTS**.

Proceeds: All proceeds from the race will go to the Sandia Ranger District and Friends of the Forest for preservation and maintenance of trails in the Sandia Mountains.

Sponsors: Friends of the Forest, USDA Forest Service, Redfeather Snowshoes, Fleet Feet, Mountains and Rivers, Sandia Crest House, and Runner's World

Return lower portion:

Full Name: _____

Mailing Address: _____

Phone # _____ email address: _____

Age (as of race day): _____ Entry Fee Paid: _____

Need Snowshoes: Yes or No T-Shirt Size _____

Race Release: (must be signed by participant): I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted in this event. I also understand and fully accept responsibility for any injury or harm that could result from the hazardous nature of snowshoe running at high altitudes. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby hold harmless any affiliated individuals and sponsors and their employees and all other persons associated with this event for any claims I may have arising out of my participation in this event including personal injury or damage suffer by me or others. If I don not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to the Sandia Snowshoe to use any photographs, videotapes, or other recordings of me that are made during the course of the event.

Signature

Parent's Signature (if under 18)

Date

Santa Fe Striders Club Membership Application and Waiver



Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

- Renewal
- New member
- Email newsletter

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

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

Signature

Date

Parent's Signature if under 18 yrs.

Date

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

