



Mile Markers

We Give You the Run-Around

March 2005 Volume 27, No. 3.

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

Panther Run April 30th

Wood Gormley Elementary School is hosting a 5K race on Saturday, April 30 at 8:00am. This event is being sponsored by the Parent/Teacher Committee as a fund raiser for physical education and art programs. Walkers are welcomed and everyone will be timed using ChampionChip technology. Awards will be given to the best in age groups and door prizes will be given to random participants. Of course, there will be a Kid's "K"! All kids will receive finisher medals and grade level awards (grades K-6) for 1st, 2nd, & 3rd place girls and boys. Registrations will be available soon as well as on-line at <http://www.active.com>. Please consider participating in this new event and help by volunteering on race day. Contact Ted Freedman 670-1124 for details.

Date: Wed, 02 Mar 2005 14:45:45 -0700
From: Suzanne J. Garney
<sgarney@comcast.net>
To: kernkt@cybermesa.com, mick@daylight.com
Subject: Galloway in Town

Even though I am not going to be doing the Galloway marathon training program, Jeff Galloway is still coming to Santa Fe to host a free clinic. He will be here on Tuesday, April 5th and he will be hosted by John Lumley at the Running Hub. Time and place still need to be worked out, but I'm guessing that it will be after work either at the Running Hub or a community room. John should know the details in a couple of weeks. If you know of anyone who would want to lead the Galloway marathon training program, please have them contact me.

Thanks,
Suzanne

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

The monthly meeting of the membership will be hosted by **Diana Hardy and Jim Westmoreland** at her home at **2363 Camino Carlos Rey**.

Press Release - Bandelier Races

The Bandelier Races, held for 22 years, are canceled.

The races included a 50 mile run, a 26.2 mile marathon, and relays of those distances. The races have long used Pajarito Road, which is now closed to non-badge holders. Unable to find an acceptable alternate course, the High Altitude Athletics Club has decided to cancel the races.

We would like to thank those that sponsored the race over the years, particularly LANB for financial support and the Church of the Nazarene for use of their facilities. Also many thanks to those that volunteered and participated.

Kris Kern
High Altitude Athletics Club

Sex, Money & Power

by Mike Sutin

For to force-feed the famished family,
sprung rhythm from my lunging loins,
I scrape the city's concrete corridors
in search of country's current coins.
I am become a sole street walker,
a loathsome lost-coin stalker,
picking copper Lincoln pennies from clogged culverts,
like salmon anglers capture frenzied fish,
or separating stem cells from a Petrie dish,
while dodging Rams careening down the Drive
past Alamo, rattling like a wrecking yard
where detached truck parts get old and die,
lurching over cement curbsides seeking human flesh,
swaying side to side, wreaking havoc
with Tarmac non-riders, slogging
along the narrow channel's footways.
In Santa Fé, each walk-way stroller ducks and prays.

An angry engineer of this un-commanded run-away train
on whose parade my pesky presence pledges rain,
with rancor shouts and sirens sound: "Get outta th'
street!!!"
But in obeisance to my abiding beat
of stalking the city's unsafe paths, I refrain.

For walks are of uneven pocked-marked
 concrete rock, like a pimply faced acned kid,
 a lunar landscape, waiting for an icy skid.
 Reply I: "Take a hike, you mother fucker.
 Impede not thy mortal coinage plucker,"
 the urge to mutter more contained,
 flip a bird,
 and take to gutter once again.

In the beginning of this troubled world
 was the ill-bred word.
 An avalanche of tonnaged trucks attacks
 the refuse of the pocket and the purse
 with heavy tire tracks: the curse
 of snow, dust, crumbled dried cracked leaves
 and mud makes murky mush.
 Each double axle bobs and weaves
 and hurtles like a Nike swoosh
 to knock me off my fleeing feet.
 This nation is undone by Patriot putsch.
 The mint casts no coins for either Bush.
 Shine perishing Republicans.
 Insight our way to specie.
 Illuminate the chicken feed.
 Fill our pockets with what we need.
 The Reagans of the world will fade to corporate greed.
 The pagans' flag's unfurled in fury.
 Shine perishing Americans.

Accounting to the Successor Trustee
 for the 2004 Property Group Running and Walking Fund
 (Courtesy of Ian MacDonald)

677 pennies
 104 dimes
 31 quarters
 58 nickels
 870

As to portions of pennies:

3/4 - 3
 3/5 - 1
 1/2 - 3
 Broken but whole penny - 1

In addition:

.50 Mexican - 1
 .50 Japanese - 1
 .50 Denmark - 1
 .01 Canadian - 1
 .20 Netherlands - 1
 Game tokens, various - 8

Notable outings in 2004:

A. Hitting for the cycle (at least one penny, one dime, one nickel, and one quarter in one run):

- (1) Indian Hills Boulevard, Claremont, CA, 12/18/04 - two cycles
- (2) Monday route, 05/24/04
- (3) Wednesday route, 11/05/04
- (4) Friday route, 04/23/04
- (5) Treat Boulevard, Pleasant Hills, CA, 05/09/04
- (6) Thursday route, 09/27/04

B. Others

- (1) Monday route, 04/19/04, one dime, one nickel, 23 ≤ pennies
- (2) Monday route, 03/08/04, four dimes, one nickel, eight pennies, one .50 Mexican, one .50 Denmark
- (3) Monday route, 06/28/04, one dime, one quarter, nineteen pennies

Notable contributions in 2004:

Ellen Macdonald on behalf of herself, Paul Macdonald, Ian Macdonald and Sam McDonald: six quarters, seven dimes, three nickels, thirty-five pennies.

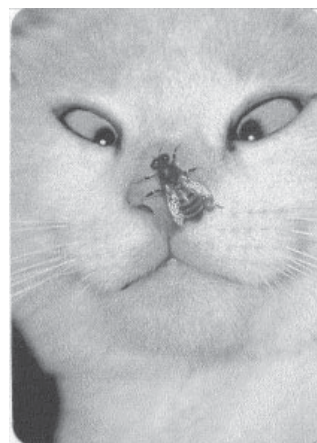
Jennifer Leonard on behalf of herself, John Leonard, Ben Leonard, and Zak Leonard: two nickels, two pennies, one dime.

Margaret Werner: two pennies

Esther Sutin: various pennies

Nathan Zhang Sutin: three Cheerios

The featured poem was written in recognition of the final closing of the Property Group Running and Walking Fund. "Shine Perishing Republic" is the title of a heavily anthologized poem by Robinson Jeffers, once a celebrated California poet (who was a runner in his youth). Jeffers' poetry writing career skyrocketed in the 20s, crested in the 30s, sadly plummeted in the 40s, but is undergoing a well-deserved restoration by the literary intelligentsia.



Results of the Santa Fe Ski and Shoe

Saturday, January 15, 2004

The annual Santa Fe Ski & Snow Shoe Classic were held on the Norski Trails in Santa Fe Ski Basin, beginning at the Aspen Vista Trailhead on Route 475 (Hyde Park Rd, mile marker 14). Sponsorship was provided by Crescent Moon Snowshoes, Montrail Running Shoes, SealSkinz Waterproof Socks, Dermatone Sunscreen, and Wild Mountain Outfitters. A total of 24 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, 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.

4M Ski, 2M Showshoe, 4M Ski Event

Overall	Name	Time	Category	Place
1	Bob Parks	1:26:55	Men Master	1/12
2	Lyle Amer	1:35:27	Men Master	2/12
3	Phil Book	1:36:28	Men Master	3/12
4	Daryl Dangel	1:37:13	Men Master	4/12
5	Carl Gable	1:41:03	Men Master	5/12
6	Matt Desmond	1:45:52	Men Open	1/1
6	Judy Amer	1:48:41	Women Master	1/4
7	Jason Straugh	1:49:21	Men Master	6/12
8	Paul Scott	1:57:25	Men Master	7/12
9	Tove Shere	1:57:36	Women Master	2/4
10	Tom Garrison	2:06:42	Men Master	8/12
11	Kris Peterson	2:07:19	Women Master	3/4
12	Andy Shreve	2:13:43	Men Master	9/12
13	Holland Shepherd	2:14:11	Men Master	10/12
14	Jerry Shere	2:18:12	Men Master	11/12
15	Lynn Pickard	2:19:04	Women Master	4/4
16	Dick Upsahl	2:2x:xx	Men Master	12/12

6M Ski Event

Overall	Name	Time	Category	Place
1	Eugene Doherty	45:56	Men Open	1/1
2	Donna Berg	56:08	Women Master	1/2
3	Larry Walker	1:00:23	Men Master	1/1
4	Tana Acton	1:06:38	Women Master	2/2

4M Snowshoe Event

Overall	Name	Time	Category	Place
1	Willie Richardson	30:25	Men Open	1/2
2	Eric Peters	31:35	Men Open	2/2
3	Jim Westmoreland	35:26	Men Master	1/1
4	Beth Davenport	54:37	Women Master	1/1

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:

February 28, 2005

- Mar 11-13 USATF Masters Indoor Chmps., Boise, ID, 208-859-7953.
Mar 12 Women & Men in Motion, Larry Cawthon, 896-1178.
Shamrock Shuffle, Abq., 856-9377, www.the-athletes-edge.com.
Blow the Whistle on Asthma Walk, Las Cruces, 265-0732.
Mar 19 Women & Men in Motion, Larry Cawthon, 896-1178.
Mar 26 Women & Men in Motion, Larry Cawthon, 896-1178.
Pecos Valley Stampede II Mara., 10K, 2mi. Run/Walk, Roswell, 627-5507.
Apr 1 Phoenix Open/Masters T&F, Pat Fahy, 480-946-7135.
Apr 2 Women & Men in Motion, Larry Cawthon, 896-1178.
Run Old Mesilla 5&10***K, 5K Walk, Las Cruces, 524-7824.
Forever Young 6mi. XC, Alan Overmier, 286-8595.
Apr 2-3 Phoenix Invite T&F, Bob Flint, 480-949-1991, usatfaz@cox.net.
Apr 3 Run Body Run 5&10K, 1mi., tgrande.com, 256-3625.
Enchantment 15K, On the Run Promotions, 345-4274.
Apr 9 Women & Men in Motion, Larry Cawthon, 896-1178.
MS Walks, Las Cruces, Farmington, 1-800-FIGHTMS.
Apr 10 Open/Masters Weight Pentathlon, UNM, Kathy Fones, 865-8612, foneskn@aol.com.
Sportz Outdoor Triathlon, Rodney Scharberg, 837-9400.
NM Racewalkers 5K Relay & Killer Mile, Ryszard Nawrocki, 891-9139.
Apr 16 Women & Men in Motion, Larry Cawthon, 896-1178.
Albuquerque Tricentennial II Mara.*, Ed Heller, 252-2604, www.active.com.
MS Walk, Albuquerque, 1-800-FIGHTMS.
Apr 17 Mesilla Valley Track Club Triathlon, Las Cruces, 524-7824.
Apr 23 Women & Men in Motion, Larry Cawthon, 896-1178.
MS Walks, Jal, Santa Fe, 1-800-FIGHTMS.
Apr 24 USCAA Corp Challenge Run/Walk, Al Alvarado, 844-9339.
Isleta Tribal Run 5&10K, Gil,s, 268-6300.
Apr 30 Modrall Soerling UNM T&F Meet, Coach Henry, 925-5735.
Wood Gormley 5K, 1K Kids, Santa Fe, Ted Freedman, 466-3955.
Shiprock Marathon, www.active.com.
Abq. Road Runners Women In Training, Victor Nemudrov, 254-7545.
*STATE CHAMPIONSHIP ***GRAND PRIX SERIES

NM USATF BOARD MEETING: The next board meeting will be held on Wednesday, March 9, 2005, 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 2005 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.

ATTENTION OFFICIALS: If you are interested in becoming part of a new officials, club in New Mexico, please plan on attending the inaugural meeting on Sunday, April 3, 2005, 2PM at the Wyndham Hotel inn Albuquerque, locate on Yale SE, 1 block north of the Albuquerque Support. This is an organization for all USATF, high school and collegiate officials.

NEW MEXICO ASSOCIATION

USA TRACK & FIELD

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505.865.8612fax 505-565-8387 foneskn@aol.com www.usatf.org/assoc/nm

Race Calendar 2005

April

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

May

1 (tentative) La Bajada Run, <http://www.santafestridders.org>

Coming Soon - New Local Hot 5K Benefit for Kids

The first annual Wood Gormley 5K run for raising fitness funding for kids is coming on April 30th. Contact Ted Freedman (466-3955) for details.

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?

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

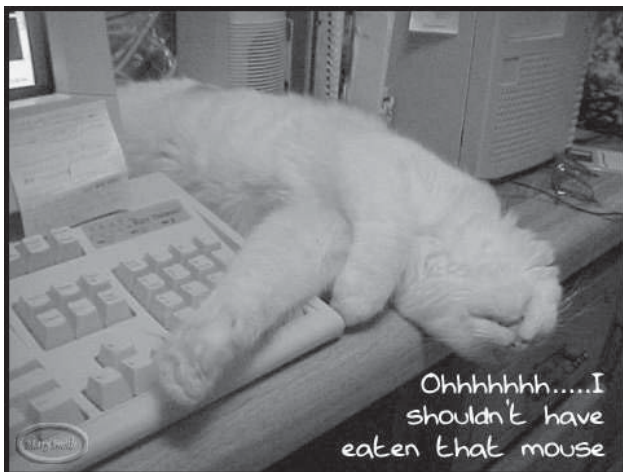
Striders, guests, and other random runners meet at **6pm** on **Thursdays** at **The Running Hub** (333 Montezuma #6), for a 5-mile or so run. Also, track workouts (April-October) begin at **6pm** on **Tuesdays** at the **Santa Fe High School**. Everyone is welcome. Group runs are happening on the weekends. 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



Stay on Track with SnowPack™
Relieve Pain. Reduce Swelling.
SnowPack stays cold 5 times longer than ordinary cold packs. For faster, frequent treatment during the first critical days after an injury - and for the long run.
SnowPack Cold Therapy available at Running Hub and Sangre de Cristo Mountain Works
www.snowpackusa.com
Patent Pending



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

