

<http://www.santafestridders.org>



Mile Markers



We Give You the Run-Around

April 2005 Volume 27, No. 3.

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

Mile Markers Staff Update

Just like last month, we hit a snag getting the newsletter to you this month. Mick and Kris are both inundated at work with deadlines and lots of travel. We apologize for not living up to our normally superior literary standards. And now, the special April version of the newsletter, in one column.

April Meeting

Join us for the April Strider Meeting, Tuesday, April 12. It will be at the home of Mick and Bridgett Kappler, 2812 Calle Dulcinea. Call 438-4457 or email mick@daylight.com

Upcoming events!

Panther Run April 30

Wood Gormley Elementary School's first 5k! Contact Ted Freedman 670-1124

Atomic Man Duathlon May 1

The inaugural event in White Rock. 10k run, 40k bike, 5k run. The Striders are helping get this off the ground! See <http://www.triatomics.org/duathlon/>

La Bajada Run May 1

Our annual fun run from the town of La Bajada. Contact us for more details.

Memberships!

Dues are due, dudes and dudettes. For \$15 you get to find out we can beat our 2 week late record from last month. Plus that little thing about being part of an organization that is contributing a heck of a lot to our community. Renew soon, or next month I'll write this as a poem.

Track starts April 12

Spring! Time to renew your favorite Tuesday evening past time - sucking wind and puking on the track. 6 PM Santa Fe High School track. Be there. Kris will send a workout on the email list sometime prior to the workout. For the first week, expect some easy intervals to get those ski muscles back in motion. 100 M striders, 400 M pace work. Warm up well! Bring water.

Thursday Evening Runs

6 PM from the Running Hub. Join us!

Sunday Runs

Eric Peters is doing a great Strider service coordinating Sunday morning runs. The details are sent out on the Strider email list each week. If you aren't on the list, see below. If you don't have email, contact Eric 466-2460

Support a good cause!

Aids Walk May 7 Santa Fe Plaza. Contact Pam 989-9255

Race Results!

Old Pueblo 50 Mile Endurance Run, Sonoita, AZ

17 Kris Kern 9:36:45

39 Barb Dutrow 11:15:27

61 Carl Gable 12:22:51

June Events:

Santa Fe Run Around June 4

Los Alamos Mini-Marathons June 25

Details on these events in a special May edition of Mile Markers

Strider Officers:

Kris Kern, President

Kris Peterson, Vice President

Kris Shere, Treasurer (sometimes known as Tove)

Kris Kappler, Newsletter editor (sometimes known as Mick)

Wood Gormley Panther Run

Saturday, April 30, 2005

5k run and walk start at 8 am

Kids' 1k run starts at 9:30 am

Courses begin and end at Wood Gormley Elementary School in Santa Fe, New Mexico

Sponsored by the Wood Gormley PTC to benefit art and PE programs.

Not sponsored by Santa Fe Public Schools

REGISTRATION INFORMATION

EARLY (postmarked by April 22) 5k run or walk \$20.00 Kids' 1k run \$2.00

-BY MAIL Payable to Wood Gormley PTC, 141 East Booth St., Santa Fe, NM 87505

-ONLINE at Active.com (See www.santafestriders.org for details)

ON-SITE (after April 22) 5k run or walk \$25.00 Kids' 1k run \$5.00

On-site registration and packet pick-up at Wood Gormley School, week of April 25-29 from 3-4 pm, April 29 from 6-8 pm, and on race day before 7:30 am.

For more information contact: Ted Freedman, 670-1124/466-3955, or Stephanie Schulhofer, 471-6001.

5k run awards for men and women ages 11-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

5k walk awards will be presented to first three overall male and female finishers.

All 5k awards can be picked up after the race at the awards table.

Kids' 1k-awards will be presented to first three finishers (male and female) in each grade.

Registration Form – Wood Gormley Panther Run

Please print clearly, complete entire form, and mail to Wood Gormley School

Name _____ M/F _____ Age _____ Grade _____
City, State, Zip _____ Phone _____
e-mail _____

Event 5k run 5k walk kids' 1k **CIRCLE ONE**

T-shirt (adult sizes only) S M L XL **CIRCLE ONE**

Waiver must be signed: *I know that running a road race is a potentially hazardous activity. I should not enter and run 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 in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, waive and release Santa Fe Public School employees, staff and PTC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.*

Signature of Participant
under 18

Signature of Parent or Guardian, if

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 or carelessness on the part of the persons named in this waiver.

Signature Date

Parent's Signature if under 18 yrs. Date

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Santa Fe Striders
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