



Mile Markers



We Give You the Run-Around

August 2005 Volume 27, No 7

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

Featured Event – Los Alamos Triathlon

20k bike, 400m swim, 5k run
Aug. 20, 7:30 AM
Larry Walkup Aquatic Center,
Los Alamos

And

Kids Triathlon
Bike, Run, Swim
Aug. 21, 1 PM
Walkup Aquatic Center
Los Alamos

Forms available at the Running Hub, or
contact Los Alamos Recreation Division
662-8173

August Events

7 La Luz Trail Run, Alb
20 Los Alamos Triathlon, LA
20 Leadville Trail 100, Leadville, CO
20-21 Pike Peak events, Ft Collins, CO
28 Sandia Mt Shadow Trail Run, Alb
28 Run for the Hills, Alb

September Events

4 New Mexico Marathon, Alb

Meeting Aug. 9

The August Meeting will be Tuesday, Aug 9
7-9 PM at the home of Kris Kern, 120
Alamo Dr. Call 983-8944 for directions.

Other Results

Vermont 100 - Aaron Goldman was the
oldest finisher with a time of 29:20

Hardrock 100 - Kris Kern finished 50th in
45:58:47

Thursday Evening Runs

6 PM from the Running Hub. Join us!

Track

6 PM Santa Fe High School track. Warm up
well! Bring water. Workouts will be
announced on the e-mail list prior to the
workout.

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

E-Mail list

The Striders maintain a free email list to
announce workouts, race information, and
club events. Sign up at www.topica.com and
look for SfStriders@topica.com or email
kernkt@cybermesa.com

Strider Officers:

Kris Kern, President
Kris Peterson, Vice President
Tove Shere, Treasurer
Mick Kappler, Newsletter editor

Jerry Dorbin – Notice all this blank space?
We could really use some poetry here.

Strider Shirts

We have a limited number of special edition Strider coolmax tank tops. They are bright yellow with the Strider logo on the front – certain to get attention at the starting line. \$20 for Strider members. Contact Kris Kern.

Hardrock 2005

This was my 4th time running the Hardrock 100, and the toughest one yet. The snowpack in the San Juan Mountains was much higher than usual. Combine that with a severe lack of training, and I was in for a long couple days. The first climb went well, but on the second my legs announced they weren't going to give me an easy time. Of 12 climbs in the race, I'd say I only did well on 3 of them. Luckily, I had Dave Coblenz along as a pacer, which kept me moving. We finished just before 4 AM after being on the move for 2 days and 2 nights. Next year, I train.

New Editor Arrive Next Month!

Big Tesuque Trail Run – Coming in October!

**Los Alamos Mini Marathons Results
June 25 2005**

5K Run

Overall Female Open Winners

| | | |
|---|-----------------|-------|
| 1 | Heather Murdoch | 22:45 |
| 2 | Luci Bowman | 22:56 |
| 3 | Sophia Torres | 23:05 |

Female 14 and under

| | | |
|---|---------------|-------|
| 1 | Sophia Torres | 23:05 |
|---|---------------|-------|

Female 15 to 19

| | | |
|---|-----------------|-------|
| 1 | Heather Murdoch | 22:45 |
|---|-----------------|-------|

Female 20 to 24

| | | |
|---|-----------------|-------|
| 1 | Jessica Rudolph | 32:55 |
|---|-----------------|-------|

Female 25 to 29

| | | |
|---|--------------------|-------|
| 1 | Stephanie Martinez | 24:54 |
| 2 | Katrina Walters | 33:40 |
| 3 | Nicole Drake | 44:23 |
| 4 | Jennifer White | 48:35 |

Female 30 to 34

| | | |
|---|-------------------|-------|
| 1 | Racuel Williamson | 27:09 |
| 2 | Katrin Heitman | 29:43 |
| 3 | Erin Powers-McKay | 30:51 |
| 4 | Jody Schultz | 48:34 |

Female 34 to 39

| | | |
|---|-------------------|-------|
| 1 | Shari Taylor | 26:34 |
| 2 | Patti Delgado | 31:25 |
| 3 | Jennifer McCumber | 41:17 |

Female 40 to 44

| | | |
|---|--------------------|-------|
| 1 | Luci Bowman | 22:56 |
| 2 | Sandra Mecklenburg | 28:26 |
| 3 | Lori Primas | 32:59 |
| 4 | Angelina Gonzales | 33:23 |
| 5 | Karen Kendall | 38:03 |
| 6 | Susan Kern | 38:34 |
| 7 | Dee Anne Maez | 49:03 |

Female 45 to 49

| | | |
|---|------------------|-------|
| 1 | Amy Anderson | 25:26 |
| | Nena Ann Warren- | |
| 2 | Fels | 34:42 |
| 3 | Cindy Sievers | 38:55 |

| | | |
|---|-----------|-------|
| 4 | Nan Sauer | 45:02 |
|---|-----------|-------|

Female 50 to 54

| | | |
|---|---------------|-------|
| 1 | Wendy Hoffman | 34:44 |
| 2 | Martha Zumbro | 37:02 |
| 3 | Lucinda Tracy | 46:44 |

Female 55 to 59

| | | |
|---|----------------|-------|
| 1 | Jean Rand | 26:29 |
| 2 | Marilyn Koons | 32:07 |
| 3 | Nina Dougherty | 43:07 |

Female 60 to 64

| | | |
|---|--------------------|---------|
| 1 | Mary Billen | 30:22 |
| 2 | Julie Hernandez | 47:08 |
| 3 | Judy Montano | 49:21 |
| 4 | Kathleen L'Heureux | 41:27.2 |

Female 65 to 69

| | | |
|---|--------------------|-------|
| 1 | Lynn Heeren | 35:06 |
| 2 | Kathleen L'Heureux | 41:15 |

Overall Male Open Winners

| | | |
|---|---------------|-------|
| 1 | Tim Finnegan | 17:24 |
| 2 | Brad Skidmore | 17:52 |
| 3 | Jesse Taylor | 17:59 |

Male 9 and Under

| | | |
|---|-----------------|-------|
| 1 | Wesley Skidmore | 31:52 |
|---|-----------------|-------|

Male 10 to 14

| | | |
|---|------------------|-------|
| 1 | Alexander Romero | 22:29 |
| 2 | Josh Bowman | 23:15 |
| 3 | Daniel Romero | 23:31 |
| 4 | Zeke Zumbro | 25:47 |
| 5 | Harry Green | 33:18 |
| 6 | Riley Sievers | 41:12 |

Male 15 to 19

| | | |
|---|------------------|-------|
| 1 | Daniel Torres | 20:07 |
| 2 | Jeffery Skidmore | 20:36 |

Male 20 to 24

| | | |
|---|------------------|-------|
| 1 | Timothy Finnegan | 17:24 |
| 2 | Bradley Skidmore | 17:52 |
| 3 | Adam Samson | 29:48 |
| 4 | Roy Cope | 31:07 |

Male 25 to 29

| | | |
|---|------------------|-------|
| 1 | Calum Maccormick | 20:39 |
|---|------------------|-------|

| | | |
|---|-----------------|-------|
| 2 | Ian Alexander | 21:54 |
| 3 | Paul Navratil | 24:56 |
| 4 | Eddie Jaramillo | 27:16 |
| 5 | Piyush Shukla | 29:13 |
| 6 | Mathew Garcia | 32:44 |

Male 30 to 34

| | | |
|---|---------------|-------|
| 1 | Mike Trujillo | 19:30 |
| 2 | Keith Morgan | 23:22 |
| 3 | Jae Chang | 25:42 |
| 4 | Ryan Campbell | 26:16 |

Male 35 to 39

| | | |
|---|------------------|-------|
| 1 | Jesse Taylor | 17:59 |
| 2 | James Delgado | 25:58 |
| 3 | Kelly Thomson | 26:48 |
| 4 | William Dearholt | 27:19 |
| 5 | Todd Urbatsch | 28:50 |
| 6 | Brian Kliesen | 29:49 |

Male 40 to 44

| | | |
|---|---------------|-------|
| 1 | Bill Crooks | 19:04 |
| 2 | Pete Bowman | 21:28 |
| 3 | Lawrence Kwei | 25:49 |

Male 45 to 49

| | | |
|---|-------------------|-------|
| 1 | David Finnegan | 19:17 |
| 2 | Matthew Garcia | 23:55 |
| 3 | Gary Wood | 26:07 |
| 4 | Dannie Sorenson | 28:00 |
| 5 | Gregory Kendall | 30:45 |
| 6 | Robert Westervelt | 39:10 |

Male 50 to 54

| | | |
|---|-----------------|-------|
| 1 | Duncan Hammon | 20:14 |
| 2 | Joseph Cortez | 22:43 |
| 3 | Senovio Torres | 23:06 |
| 4 | Eddie Jaramillo | 37:37 |

Male 55 to 59

| | | |
|---|-----------------|-------|
| 1 | Wallace Brunson | 23:28 |
| 2 | John Moloney | 39:32 |

Male 60 to 64

| | | |
|---|-------------------|-------|
| 1 | Stan Kosiewicz | 28:12 |
| 2 | Roger Newcom | 29:27 |
| 3 | Mark Jones | 35:04 |
| 4 | Charles Hernandez | 47:09 |

Male 65 to 69

| | | |
|---|--------------|-------|
| 1 | Tom Sandford | 27:42 |
|---|--------------|-------|

Male 70 to 74

| | | |
|---|--------------|-------|
| 1 | Doug Lier | 28:59 |
| 2 | Jerry Dorbin | 39:16 |

Male 80 and over

| | | |
|---|-------------|-------|
| 1 | Bill Hudson | 45:54 |
|---|-------------|-------|

20K Run

Overall Female Open Winners

| | | |
|---|------------------|---------|
| 1 | Therese Trujillo | 1:36:47 |
| 2 | Andrea Foster | 1:40:00 |
| 3 | Amy Urbatsch | 1:40:43 |

Female 15 to 19

| | | |
|---|-----------------|---------|
| 1 | Brenda Sorenson | 2:24:18 |
|---|-----------------|---------|

Female 20 to 24

| | | |
|---|-----------------|---------|
| 1 | Sophie Sorenson | 1:43:25 |
|---|-----------------|---------|

Female 25 to 29

| | | |
|---|------------------|---------|
| 1 | Therese Trujillo | 1:36:47 |
| 2 | Sarah DeMay | 1:41:40 |
| 3 | Beth Jagnow | 1:51:48 |
| 4 | Kristi Fury | 1:59:22 |

Female 30 to 34

| | | |
|---|----------------|---------|
| 1 | Andrea Foster | 1:40:00 |
| 2 | Amy Urbatsch | 1:40:43 |
| 3 | Liza Denitto | 2:05:42 |
| 4 | Karen Borovina | 2:27:49 |

Female 35 to 39

| | | |
|---|----------------|---------|
| 1 | Karen Young | 1:50:52 |
| 2 | Christie Kelly | 2:16:21 |

Female 40 to 44

| | | |
|---|----------------|---------|
| 1 | Janet Johnson | 1:48:12 |
| 2 | Beth Davenport | 2:10:55 |
| 3 | Arlene Shadoan | 2:17:05 |

Female 45 to 49

| | | |
|---|------------------|---------|
| 1 | Patty Danforth | 1:46:37 |
| 2 | Marcia Gallegos | 2:01:12 |
| 3 | Jeanmarie Offner | 2:07:44 |

Female 50 to 54

| | | |
|---|-----------------|---------|
| 1 | Carol Davenport | 1:52:28 |
|---|-----------------|---------|

2 Chalouy Jermance 2:00:40

Female 60 to 64

1 Vivian Reinikainen 2:00:47

Overall Male Open

Winners

1 Joeseeph Grindstaff 1:17:23

2 Miles Baron 1:24:32

3 Tom Burr 1:26:42

Male 15 to 19

1 Tyler Wishau 1:41:38

Male 20 to 24

1 Richard Frienser 1:29:27

2 Jesse Sievers 1:43:33

3 Ruben Romero 1:59:54

4 Lenny Gurule 44:01.1

5 Luke Hennigh 50:25.6

6 Ruben Romero 57:10.5

Male 24 to 29

1 Joseph Grindstaff 1:17:23

2 Jon Koeller 1:36:29

3 Neal Martin 1:46:31

4 Ed Bagley 1:51:59

5 John Gifford 2:00:33

Male 30 to 34

1 Ryan White 1:31:33

2 Craig Rees 2:05:31

3 Matt Ruggiero 2:23:21

4 Michael Drake 2:23:23

5 Dan Borovina 2:27:50

Male 35 to 39

1 Paul Newturry 1:46:16

2 Shingo Data 1:46:20

3 Dana Berkeland 2:01:43

4 Kevin Lake 2:18:06

5 Charles Ferenbaugh 2:28:22

Male 40 to 44

1 Peter Tafoya 1:28:33

2 Frank Gonzales 1:33:58

3 David Coblentz 1:40:59

4 Pat Coriz 1:55:18

5 Andrew Green 1:56:16

Male 45 to 49

1 Miles Baron 1:24:32

2 Tom Burr 1:26:42

3 Joseph Butner 1:43:39

4 Mike Swain 1:47:11

5 David Kratzer 1:48:08

6 Malcolm Boshier 2:01:42

7 Paul Richardson 2:02:49

Male 50 to 54

1 Alan Hoff 1:34:33

2 Freddy Mora 1:39:05

3 Alex Sandoval 1:46:38

4 Robert Little 1:46:50

5 Paul Graham 1:46:58

6 Marc Space 2:22:30

Male 55 to 59

1 Jerry Martinez 1:36:15

2 William Bearden 2:13:33

Male 60to 64

1 Gary Zimmerman 1:42:17

2 Don Zillman 1:49:46

3 Dick Danforth 2:26:24

Male 65 to 69

1 Bert Grapin 1:57:29

2 Joseph Greene 2:08:14

6 Tony Garcia 2:26:51

Male 70 to 74

1 Aaron Goldman 2:09:47

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

Mile Markers

Santa Fe Striders
 PO Box 1818
 Santa Fe, NM 87504

