



# Mile Markers



*We Give You the Run-Around*

Sept. 2005 Volume 27, No 9

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

## Featured Event – Big Tesuque Run

Oct 8, Aspen Vista

See entry form in this issue!

Or <http://www.santafestriders.org/>

Or active.com event 1256613

## Another Featured Event – 444 Run

Sept 25,

See entry form in this issue!

## September Events

4 NM Marathon, Alb

11 Chips and Salsa 5&10K, Alb.

25 444 Run, SF

## October Events

1 Dirty Dozen 12k/2mi, Alb.

8 Big Tesuque Run

15 Ryans Run, Alb.

29 Bagel Run, Los Alamos

### Monthly Meeting Sept 13

The September meeting will be held at the home of Kathy Mastoras - 50 Vereda Serena Road. To get there, go south on St. Francis till it ends at Rabbit Road. Turn right on Rabbit Road. Stay on Rabbit Road for about 0.5 miles. Turn left on Vereda Serena (the street before the railroad tracks). Continue up Vereda Serena for 0.5 miles.

At the beginning of our street is an electronic gate so I'll either program it to stay open for an hour or else people can use the call box.

## Results

Pikes Peak Marathon – Womens champ  
Strider Erica Larson!

Leadville 100 - Kris Kern finished 78th in  
26:45:10

## 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](http://www.topica.com) and look for [SfStriders@topica.com](mailto:SfStriders@topica.com) or email [kernkt@cybermesa.com](mailto:kernkt@cybermesa.com)

## Strider Officers:

Kris Kern, President

Kris Peterson, Vice President

Tove Shere, Treasurer

Mick Vacant, Newsletter editor

### **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.

### **New Editor Arrive Next Month!**

Ok, well maybe NEXT month.

### **Letters to the Editor**

A recent letter-to-the-editor (of a lesser local publication) complained of meat being served at a benefit dinner for the Humane Society. To which, the Mean Streaker replies:

#### **LETTUCE, THEN, TO THE BARRICADES**

The herbivores are stalking stores, recycled sacks in tow,  
Passing up filet mignon for ersatz escargot.  
Sagacious vegetarians, telling us what to eat.  
Consummately agrarian, whacking the heads off wheat!  
It's Greenpeace, gone to war on plants,  
creaming the casserole,  
Riding to save the cattle and guarding the Dover sole.  
They hack at the flesh of winesaps; they're rotten to the cores,  
But nuzzle the bovine dewlaps, the wily herbivores.  
It's D-Day in the peanut patch; it's Dachau in the fields.  
The okra planter's met his match trying to raise his yields.  
The tamarind are squeezed in gin and cashews writhe in pain  
While tofu takes it on the chin across the fruited plain.  
They're squashing the zucchini and choking the artichokes.  
They masticate linguini, or spice it till it smokes.  
If weeds were tying up the road they'd grab the nearest hoe,  
So who's on first in one fell burst when otters block the flow?

They'd raise a howl if waterfowl were cornered, sheared or shorn;  
They lionize the spotted owl, but nobody speaks for corn!  
They'd hardly club a harp seal cub if that's the current cause,  
But Ginsu innocent bok choy without a moment's pause.  
Political correctness is digging up the spuds;  
It's combing out the cotton bolls and using the threads for duds.  
A Brussels sprout can scarcely shout as combines plough its way;  
The whole food chain is inside-out, yclipt from feet of clay.  
They're tapping into maple trees and smirking at the yelp,  
While far at sea the nori flee, and dulse is crying, "Kelp!"  
The flax is stack along the piers; the ships are at the dock.  
The mills are meshing up their gears to weave m'lady's frock.  
It's time we stood for chili rights, and sheltered peas and 'pone  
And gave all living things the right to make it on their own.  
We need to raise a fund to bond alfalfa out on bale.  
We'll raise our flag...We'll never yield...Our motto, "Save the Kale!"

## 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

