



Mile Markers



We Give You the Run-Around

Jan. 2006 Volume 28, No 1

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

Featured Events:

Corrida de los Locos

Jan. 21, 2006: The **Corrida de los Locos** will be held at the Marty Sanchez Golf Course, with a 9 AM start (race day registration begins at 8 AM). This will be a 5 mile race on a gravel/dirt trail. This year the race is part of the N.M. Track & Field Grand Prix. The entry form and map are below. For information, contact Dale Goering, 954-4384, passatrnr@juno.com.

Also, the annual **Snowshoe Classic** will be held on **January 7th, 2006**, whether there's snow or not. Description is below, and an entry form is also in the newsletter.

MEMBERSHIP RENEWAL

It's that time of year, so please take a few moments and send in your membership renewal. The form is at the end of this newsletter, and membership dues for 2006 will remain \$15. Your continued membership provides important support for your local running club, and contributes to the community through all of the events sponsored by the Striders during the year.

January Events

Jan 7: Snowshoe Classic; entry form in this issue; contact Kris Peterson, 820-6247, krisp@newmexico.com; also see www.santafestriders.org

Jan 21: Corrida de los Locos; entry form and map in this issue; contact Dale Goering, 954-4384, passatrnr@juno.com; also see www.santafestriders.org

Jan 28: Sandia Shoe; entry form in this issue; for details see www.sandiasnowshoe.com

February Events

Feb 12: Sweetheart Run (5K, 10K, couples 5K team run, kids 1K); starts at 9 AM at Bosque Prep School, Albuquerque; see link at www.the-athletes-edge.com for information.

Feb 18: Mt. Taylor Quadrathlon; for information and registration, see www.mttaylorquad.org

Monthly Meeting January 10, 2006

The January meeting will be on Tuesday, January 10th at 7:00 PM at the home of June Dickinson, 608 Calle de Valdes. One way of getting there is: From Old Pecos Trail, turn onto East Zia, take the first left onto Calle de Sebastian, then the first right onto Calle de Valdes, and follow Calle de Valdes to 608. Call 988-3428 for directions. Some folks bring an optional dish to pass for a shared dinner, but this is not required.

Snow or Snowless, there will be a Shoe Classic on Jan 7

I know you have all been waiting eagerly to learn if the Snowshoe Classic will happen as scheduled. YES, it will! – but, it'll most likely be without snowshoes. Race starts at 10 AM (at the Norski trails; follow Hyde Park Road to the top, Norski parking lot is on left just after overlook). The late entry fee has been waived, and all entries on race day will be \$20.

Unless there is a miracle snow storm before Saturday, this event will be a 5K run/hike or a 10K run. It's a beautiful, single-track trail through pine and aspen forest at about 10,000 foot elevation. As of this Sunday, the trails had some packed snow on about 50% of the route, but the footing was fine, not slippery for regular running shoes. However, keep an eye on the weather and consider if you might want extra traction (screws in shoe soles or "Yak Trax").

This will be a great high elevation training run for those aiming at the Mt. Taylor Quadrathlon (and unless there's more snow between now and February, the Quad may have extra running this year also). It's also a fun event for runners and hikers of all abilities. There are great awards from Paseo Pottery, every entry gets a free hat/scarf/neckwarmer or similar item, and there is a raffle give-away after the race. Hot chocolate, gatorade and donuts too! See you there! - Kris

Any questions, contact Kris Peterson at krisp@newmexico.com or at 820-6247.

Strider News

• 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.

• 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 (see below) each week. If you don't have email, contact Eric at 466-2460.

• Track

Tuesday evening track workouts have ended until Spring.

• Quad Training!

The Strider annual Quad training sessions are held each year starting in December. Meeting will be at the Aspen Vista parking lot. Conditions allowing, the general workout will be: Run to the ski basin and back, cross country ski up Aspen Vista, snow shoe a loop near the parking lot, cross country ski again, and run again. Do as much or as little as you like. Experienced Quadrathletes will be on hand to give advice. Check the Striders web page (www.santafestriders.org) for details on dates and times.

Strider Information

E-Mail list, Web Page and Newsletter

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. If you have problems finding the SFStriders list from the topica home page, try following the link from the Santa Fe Striders web page (www.santafestriders.org). If you have input or suggestions for the web page, contact our webmaster, Suzanne Garney (sgarney@comcast.net). For the newsletter, contact Andy Shreve (apshre@cybermesa.com, 982-7709) with race announcements, results, submissions, letters to the editor, and any other running related material you'd like to see in Mile Markers.

Officers

Kris Kern, President
Kris Peterson, Vice President
Diana Hardy, Treasurer

Andy Shreve, Newsletter Editor
Suzanne Garney, Webmaster



Santa Fe Snow Shoe Classic – 5k and 10k Race



10 AM Saturday January 7, 2006

Think Snow!



Sponsored by:

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



Organized by:

Santa Fe Striders

Norski Trails de Santa Fe

Team Santa Fe



Races will take place on the Norski Trails near the Santa Fe Ski Basin. 5k race is one lap, 10k race is two laps. Both races start at 10 AM.

Registration: Mail the form below or register online with Active.com. See the Strider page www.santafestridders.org for details. Entry is \$20 until Jan 5, 2006. Day of race entry is \$25. Registration opens at 9 AM on race day. First 75 entries include a gimmie (not a shirt!).

Awards to the top 4 male and female finishers of each race in 3 age groups: under 40, 40-60, and over 60.

Aid will be provided at the start/finish, and the halfway mark for the 10k. 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 7, 2006) _____ Sex _____
Address _____ City _____ State _____ Zip _____
Telephone Number _____ email _____
Race: 5k _____ 10k _____
Do you need to rent Snow Shoes? Add \$5 to entry fee Yes _____ No _____

Fee: \$20 by Jan 5. Each race is \$25 after Jan 5. Make checks payable to **Santa Fe Striders**

Wavier: 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 Snow Shoe Classic, for any injuries or damages I may sustain as a race participant on January 7, 2006. 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 Snow Shoe Classic, and I agree that such volunteer medical assistance may be rendered to me.

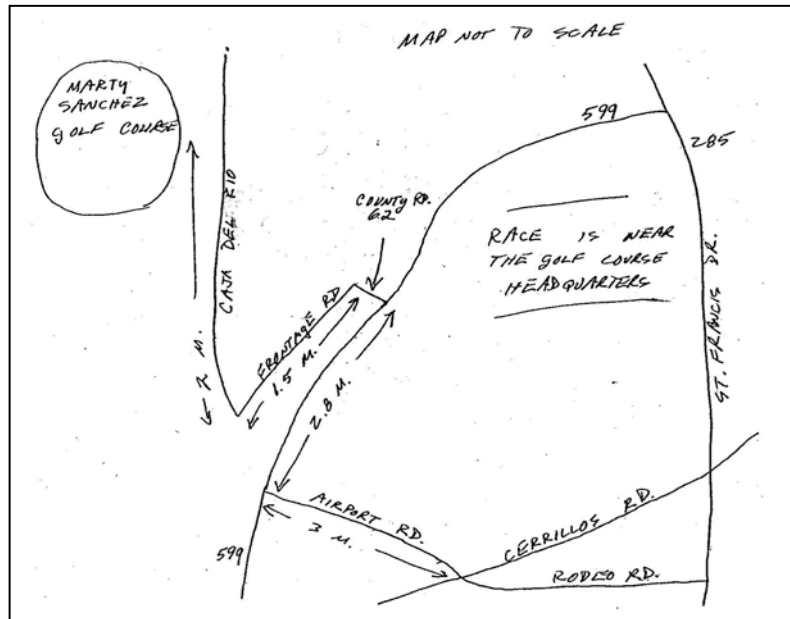
Signature _____ Signature of adult if under 18 _____

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

CORRIDA DE LOS LOCOS

This year's race is the final event in the USA Track and Field Grand Prix series.

Saturday, Jan. 21, 2006 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; for recorded directions call 955-4400.
Scenic course, 5 miles long

Entry fees: \$20 in advance, \$25 race day
Striders members: \$18 advance, \$25 race day
Children 16 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

Long-sleeve T-shirts to first 140 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 santafestriders.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) _____

5th Annual Sandia Mountain Snowshoe Race

Saturday January 28, 2006 10:00 a.m

Presented by the Santa Fe Striders

Registration

Entry Fee: \$25.00 through January 14, 2005
\$30.00 after January 14, 2005, including race day
Checks payable to: Larry or Pam Walker

Mail to: Larry or Pam Walker
5301 Camino Arbusotos N.E.
Albuquerque, N.M. 87111

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.

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.

Participation: Entry Fee includes long-sleeve t-shirt, post-race refreshments and prizes. *FYI: Water is only available before and after the race.*
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: Santa Fe Striders, Friends of the Forest, USDA Forest Service, Redfeather Snowshoes, Fleet Feet, Runners World, and Starbucks Coffee.

Mail lower portion:

Full Name: _____

Mailing Address: _____

Phone # _____ E-mail address: _____

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

Need Snowshoes? Yes or No _____ T-Shirt Size _____ Male / Female

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 do 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 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

