



# Mile Markers



*We Give You the Run-Around*

Feb. 2006 Volume 28, No 2

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

## Featured Event:

### Mt. Taylor Quadrathlon

**Feb. 18, 2006:** The **Mt. Taylor Quadrathlon** will be on Saturday February 18th in Grants, NM. Check the web site for information on current mountain conditions. See [www.mttaylorquad.org](http://www.mttaylorquad.org).

## MEMBERSHIP RENEWAL

If you haven't yet done so, please take a few moments and send in your membership renewal for 2006. The form is at the end of this newsletter, and membership dues for 2006 will remain \$15.

### **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](http://www.the-athletes-edge.com) for information.

Feb 18: Mt. Taylor Quadrathlon; for information and registration, see [www.mttaylorquad.org](http://www.mttaylorquad.org).

### **March Events**

March 12: Shamrock Shuffle (5K, 10 mile, and kids K); starts at 9 AM; Maloney's Tavern, 4th and Central, downtown Albuquerque; see link at [www.the-athletes-edge.com](http://www.the-athletes-edge.com) for information.

### **April Events**

April 22: Fiesta de Albuquerque marathon (inaugural year for this marathon, half-marathon, 5K, 2-person and 5-person marathon relay); starts from Balloon Fiesta Park at 7 AM; entry form in this issue; see link at [www.the-athletes-edge.com](http://www.the-athletes-edge.com) for information.

April 29: Wood Gormley Panther Run (5K run/walk, kids 1K); 5K events start at 8 AM, Kids event at 9:30 AM; Wood Gormley Elementary School, 141 E. Booth St., Santa Fe; entry form in this issue.

### Monthly Meeting February 14th, 2006

The February meeting will be on Tuesday, February 14th at 7:00 PM at the home of Kris Kern, 120 Alamo Drive. From St. Francis Drive (going north), turn left on Alamo and proceed several blocks to 120 (on the right). Call 983-8944 for directions. Some folks bring an optional dish to pass for a shared dinner, but this is not required.

## 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.

### **Report from Dale Goering on Corrida de los Locos.**

Another Corrida is history. The weather was sunny, but the temperature was rather cool. We had 87 finishers. Runners came from Deming, Albuquerque, Los Alamos, Cordova, Taos, and Santa Fe, plus two runners from Stamford, Connecticut. I wish to thank a wonderful crew of volunteers. They made the race go very smoothly. I was a little disappointed in the number of racers. My big disappointment was with the number of Striders that participated. Where were you? We had a 9 year old and a 85 year old racer. A little pep talk from "Uncle Dale". I have been a member of the Striders since it was started back in 1978. I do not want the Club to fade away. Recently there seems to be a lack of participation that is of some worry. In the 80's we got as many as 60 people to the annual Christmas banquet. This year we had 12. We used to get 20-30 people to our monthly meetings. Last meeting we had 6. What is wrong with this picture? We have a core group of very hard working people, but they will soon get tired of doing all the work. Please, don't just be a name on the roster. Get involved in some way - come to the meetings - participate by being a volunteer or run in our local races. Give our officers moral support - they work hard. Perhaps you could contribute articles to the monthly newsletter. We have faces in the club that we have never seen. Introduce yourselves. Socialize. We have friendly people in the club. Thanks for letting me vent.

*-Dale Goering*

## 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](http://www.topica.com) and look for [SFStriders@topica.com](mailto:SFStriders@topica.com), or email [kernkt@cybermesa.com](mailto: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](http://www.santafestriders.org)). If you have input or suggestions for the web page, contact our webmaster, Suzanne Garney ([sgarney@comcast.net](mailto:sgarney@comcast.net)). For the newsletter, contact Andy Shreve ([apshre@cybermesa.com](mailto: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

## Race Reports

### **Snow Shoe Classic.**

See below for a full report from Kris Peterson on the Annual Snow Shoe Classic, held without snow or snow shoes this year. We'd like to thank our sponsors Crescent Moon Snowshoes, Montrail Running Shoes, SealSkinz Waterproof Socks, Dermatone Sunscreen, Bike and Sport, and Wild Mountain Outfitters, and our co-organizers Norski Trails de Santa Fe and Team Santa Fe.

### **Corrida de los Locos.**

See report above. We'd like to thank Santa Fe Screenprinters, the City of Santa Fe and Whole Foods for their support in this event. Full race results are posted on the Strider's website ([www.santafestriders.org](http://www.santafestriders.org)).

### **Across the Years 24-48-72 Hour Runs.**

Aaron Goldman writes: One of the most interesting ultra runs is "Across The Years 24-48-72 Hour Runs" culminating on New Year's Day, held on the 500 meter cinder track at the Nardini Manor near Phoenix, AZ. The 2005-06 event starred the world's greatest ultrarunner, Yiannis Kouros from Greece, who chalked up 323.424 miles(520.5K) in 3 days and along the way smashed the world's 48 hour mark by going 263 miles. John Geesler, who was the top American in this year's international 24 championship, ran 263.161 miles to place second. Strider member, Aaron Goldman (73) ran 200.08 miles to finish ninth out of 32 starters. Goldman's goal was to do 80 miles the first day followed by two 60 milers and somehow accomplished that. No significant blisters, swollen feet and hands, and very sleepy for a few days comprised the aftermath of a rather grueling event. Other New Mexicans who participated included the Carl Jess family and superstar Cathy Tibbetts. They ran in the 24 hour event. Cathy was on the way to 125 miles but had to drop because of an injury at 86 miles. The food and atmosphere are really great. You get to run or walk with everyone and it's a great way to break into an ultrarun. I'd be happy to answer any questions if you are at all interested.

*-Aaron Goldman, 662-5959*

## Information from SnowPack

We received a press release indicating that SnowPack has launched a new, improved website to help online consumers. The recently launched website for SnowPack Chillin' Ice Packs, located at <http://www.snowpackusa.com>, is now in a user-friendly, wellness-oriented format. The site's objective is to help consumers research and answer questions about pain relief, as well as offer information on the natural, pain-relieving benefits of ice therapy. SnowPackusa.com presents information in a friendly manner with the goal of helping people build a healthy, pain-free lifestyle that includes the use of ice therapy. SnowPack Marketing manager Louise Roach (505-670-8954) describes the site as "...an interesting, helpful website, packed with wellness info, plus detailed product information about the SnowPack line. We even added animations to show you exactly how to use our products!" There's also a blog site (B-Fit Blog) that features entries by SnowPack staff about health topics in the news and wellness stories. Your newsletter editor recommends checking this local site out – there's a lot of good running-related content and information on other health and sports topics.

## June Dickinson to speak at Travel Bug

Strider member June Dickinson will be presenting a slide show on her trekking adventure in Ladakh and Lanskar on Saturday, February 4th. The presentation will be at 5 PM at The Travel Bug (great coffee available too!). The Travel Bug is located at 839 Paseo de Peralta (between Alameda and Palace). Check out their website at [www.mapsofnewmexico.com](http://www.mapsofnewmexico.com) for information on products such as local (and worldwide) trail maps, as well as other upcoming slide shows.

## Upcoming Events

Several entry forms and information on upcoming events are in the following pages. Please note that the AAU T&F events are looking for volunteers. If interested, please contact Dan Deyo at (505) 467-2949.

## No Snow - Shoe Race

A small, but spirited group ran the Annual Snow Shoe Classic on January 7 – without snow shoes. The weather was better than we would have wished, warm and sunny and the trail through the aspens and pines was beautiful. Tropical attire was encouraged and Eric Peters and Jim Westmoreland were awarded pineapples for running in their swimsuits. Thanks Jan, Jim, Dale, Diana and John for your help.

### Race Results:

#### 5K Overall Male

Scott Valdez	18:38
Jim Westmoreland	24:14
Adrian Groendyke	28:20
Dan Deyo	32:57
Dale Goering	35:24

#### 5K Overall Female

Diana Hardy	24:43
Gina Ortiz	25:10
Beth Davenport	32:42
Aja Dayo	32:58

#### 10K Overall Male

Eric Peters	37:35
Willie Richardson	41:33
Kai Huschke	42:09
Christian Alexander	42:32
Glenn Swierkusz	43:32
Vinny Kelly	47:20
Jan Bear	48:24
Jack Lynch	57:18

#### 10K Overall Female

Kathleen Stabler	48:28
Janis Lynch	1:03:17
Margaret Alexander	1:08:38



Eric Peters (10K 1st place) and Diana Hardy (5K 1st place) dressed for the season.





NEW MEXICO AAU DISTRICT  
TRACK & FIELD CHAMPIONSHIPS

JUNE 7-10

OPEN TO ATHLETES BORN AFTER 1988 FROM NEW MEXICO, Arizona & El Paso, TX

AAU REGION 10A

TRACK & FIELD CHAMPIONSHIPS

JUNE 28- JULY 1

OPEN TO ATHLETES BORN AFTER 1988 FROM NEW MEXICO, ARIZONA & EL  
PASO, TX

TO BE HELD IN:

SITE TBA

SANTA FE, NM

FOR INFORMATION CONTACT:

DAN DEYO

NEW MEXICO AAU TRACK & FIELD CHAIR

REGION 10A TRACK & FIELD CHAIR

505-467-2949



# 2<sup>nd</sup> Annual Wood Gormley Panther Run

Saturday, April 29, 2006

5k run and walk starts at 8 am

Kids' 1k run starts at 9:30 am

Courses begin and end at Wood Gormley Elementary School, 141 E. Booth St. Santa Fe, NM

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 21)

5k run or walk \$20.00

Kids' 1k run \$5.00

### -BY MAIL

Payable to Wood Gormley PTC

141 East Booth St.

Santa Fe, NM 87505

### -ONLINE at Active.com

### ON-SITE (after April 21)

5k run or walk \$25.00

Kids' 1k run \$7.00

On-site registration and packet pick-up at Wood Gormley the week of April 24-28 from 3-4pm & April 28 from 6-8 PM. **Race Day Registration from 6:30 - 7:30 ONLY.**

### For more information contact:

Ted Freedman, 670-1124/466-3955, or

Stephanie Schulhofer, 471-6001.

Registration fee includes timing chip, t-shirt (t-shirts guaranteed to first 400 registered participants), door prizes (must be present to win), and age group/grade awards. There will be an aid station with water at the 5k turn around. Safety and support will be provided by the Santa Fe Police Department and Emergency Medical Services. Entrants will be charged \$25.00 for timing chips that are not returned.

5k run awards for men and women ages 10-13, 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. Finisher ribbons to all kids!

---

## Registration Form – Wood Gormley Panther Run

Please print clearly, and mail to Wood Gormley School, 141 E. Booth St. SF, NM 87505

Name \_\_\_\_\_ M/F \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Street, 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**

Check this box if you don't wish to have your name and address included on a list to receive special running offers.

**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

\_\_\_\_\_  
Signature of Parent or Guardian, if under 18

## 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

