



Mile Markers



We Give You the Run-Around

May 2006 Volume 28, No 5

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

Featured Event:

Santa Fe Run-Around

June 3, 2006: The 28th annual Santa Fe Run-Around. Events start from the Santa Fe Plaza at 8 AM with the 5K and 10K. Kids 1K starts at 9:30 AM. This event is also the USATF NM 10K Championship. Entry form is in this issue. See <http://www.santafestriders.org/> for more information.

May Events

- May 7: Annual Run For the Zoo (10K, 5K) in Albuquerque; see <http://www.run4zoo.org/> for information.
- May 13: Jemez Mountain runs (50 mile, 50 mile relay, 50 K and half-marathon), Los Alamos; entry form in this issue; see www.highaltitudeathletics.org for more information (pre-registration required); State Championship Trail Half Marathon.
- May 14: Mothers on the Run, 5 K run and walk. Albuquerque Academy; starts at 8 AM, with kids K immediately following; follow link from www.the-athletes-edge.com for pre-registration info.
- May 21: Run to the Longest Tram; 10K; tough uphill course from Sandia Casino to the Tram House in Albuquerque; almost 2000 ft. of climbing, last mile at 12% grade; see www.newmexicomarathon.org/races/longesttram.htm for details and pre-registration (no race day reg.)
- May 28: Devil's Throne run, Cerrillos; fun run/walk starts at "about 9 AM" from trail just west of town and north of tracks; picnic follows (bring dish to share); Call Harry Messenheimer (505-286-2030) for directions or information.

June Events

- June 3: Santa Fe Run-Around. Reserve the date. See <http://www.santafestriders.org/> for information. Entry form in this issue.
- June 10: Pecos River Walk/Run (10K run, 5K run/walk, 1 mi. walk). Fort Sumner. Meet at Old Fort Museum, next to Fort Sumner State Monument, 5 mi south on Billy the Kid Road. Starts at 7 AM, on-site registration at 6:30 AM. Entry form in this issue.
- June 17: Run the Valle Caldera. Marathon and shorter (TBD) run. See description in Upcoming Events; Details still being worked out, so stay tuned.
- June 18: Butterfly Run, Pojoaque. 10K starts at 7 AM, 5K at 8:35 AM, 1 mi fun run/walk at 9:15 AM. Follow link from www.pojoaquewellness.com.

Monthly Meeting May 9th, 2006

The March meeting will be on Tuesday, May 9th at 7:00 PM at Kris Kern's house, 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! Contact the Running Hub at 820-2523 or www.runsantafe.com.

• **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.

• **Tuesday Track Workouts are Back**

Track workouts have started again!!! Warm-up starts at 5:45 PM and workout starts at 6 PM Tuesday evenings at the Santa Fe High School track. Details are provided every week via the email list.

Report on La Bajada Run

June Dickinson writes in to tell us about the annual fun run/walk at La Bajada, held on April 30th.

After two days of rain, wind and snow, a beautiful Sunday morning greeted over 15 Striders and 4 dogs for the annual La Bajada run and picnic. Early arrivals were Jim and Diana who decided they needed a bike ride prior to the run. A number of other faithful Striders and some new faces made up the numbers.

After the run we all gathered prior to the picnic and Jim continued to jog in place until he finally sat down in a chair to eat! Water flowed rapidly in the Santa Fe River and the irrigation ditches which was much appreciated by at least two very hot dogs who dove in to cool off and, like kids at the beach, did not want to come out!

The owner of the Squash Blossom Organic Farm, located there in La Bajada Village, came over to see us and told us to visit his farm at any time for fresh vegetables. He does sell his produce at the Farmer's Market but for the most part he goes to the one in Bernalillo.

Thank you all for coming out and making Sunday morning so enjoyable. This low key event has taken place for many years now and it was great to see the new folk. I hope others will join us next year.

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.santafestridders.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

Upcoming Events

- **Santa Fe Run-Around** is June 3, presented by the Santa Fe Striders in partnership with Rotary of Santa Fe. Be sure to reserve the day and come out for the big race. The fun starts with the 5K and 10K at 8 AM, followed by the kids 1K at 9:30 AM. All events start and end on the Santa Fe Plaza. This is a great community event, and the proceeds benefit the Santa Fe Children's Immunization Coalition and the Santa Fe Partners in Education.
- **Run the Valle Caldera** on June 17th, 2006. The Valles Caldera Trust has provided a date for a run in the Valle Caldera Preserve. Kris Kern and Brian Appell are hard at work preparing this event. The main event will be a marathon. Kris reports that he's explored the course, and it's all dirt roads with spectacular scenery – and, it will be tough!!! There will also be a shorter event, but details are still being worked out. Stay tuned for more information.
- **Jemez Mountain Runs** will be May 13th in Los Alamos. Events include a 50 miler, 50 mile relay, 50K and the State Championship Trail Half Marathon. All races are on dirt roads and single track. The half marathon features about 2000 ft of vertical gain on single-track trail around Los Alamos. The 50 K presents more than 5000 ft vertical gain with one summit over 10,000 ft. And, the 50 mile course is potentially one of the hardest in the country; more than 7500 ft vertical gain, with two summits over 10,000 ft. We'll see how some of the elite runners that are coming take to it!
- More info on the **Devil's Throne Fun Run** at Cerrillos (May 28th, 9 AM). This workout replaces the race (15K and 5K) that Gil Duran sponsored and managed for years, which was in memory of his grandfather. A picnic will follow the run. Participants are requested to bring a dish to share and, if possible, a lawn chair or two. Contact Harry Messenheimer (505-286-2030) for more information and for directions, if needed.
- **Women's Health Week**, May 15-21. Look for an evening of talks and a group run at the Running Hub on Thursday, May 18th, sponsored by the Running Hub and Blu102. Contact the Running Hub (820-2523 or www.runsantafe.com) for more information.
- For all you bicyclists, the **Santa Fe Century** will take place on May 21, 2006. Heartbreak Hill awaits! See www.santafecentury.com for more information.

Newsletter Submissions

We're always on the lookout for items to include in the newsletter. If you'd like to send along race reports, announcements of upcoming races, pictures, or any other running related material, contact the newsletter editor (Andy Shreve; 982-7709; apshre@cybermesa.com).

The Races
5K Run, 10K Run and 1K Kids Fun Run



**The Santa Fe Striders
 and
 Rotary of Santa Fe
 Present**



The 28th Annual

Santa Fe Run-Around

Saturday, June 3, 2006

USATF NM 10k Championships

5K and 10K Runs, 8:00 AM

\$900 Purse in 10K

Underwritten by New Mexico Bank and Trust

Kids 1K races, 9:30 AM

Multiple waves by age, plus Diaper dash!

Underwritten by Los Alamos National Bank

Proceeds Benefit

Santa Fe Children's Immunization Coalition

And

Santa Fe Partners in Education



Date: Saturday, June 3, 2006

Time: 5K and 10K Runs – 8:00 a.m.
 Kids 1K Run – 9:30 a.m.

Location:
 Start and finish are on the historic Santa Fe Plaza

Course
 Flat and fast! See www.santafestriders.org for details

Early Registration by May 31

5K and 10K \$20
 Kids 1K \$2

High School Athletes, Striders, and Rotarians - \$3 discount on early registration

Event Day Registration

5K and 10K \$25 (by 7:30)
 Kids 1K \$5 (by 9:00)

Registration:

By Mail: Fill out the attached form and mail to:
 Santa Fe Striders
 P.O. Box 1818
 Santa Fe, NM 87504

In Person at:
 The Running Hub, 333 Montezuma St. #6

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

Active.com:
 Event #1317533

Race Information

Aid stations every mile
 Champion Chip timing
 Cash prizes for top 5 men and women in the 10k
 Age group awards (10 yr age groups)
 Awards for ALL finishers of the Kids 1K
 T-Shirts guaranteed to pre-registered runners

See <http://www.santafestriders.org> for more info

5K and 10K: Kris 667-8027 or Kernkt@cybermesa.com
 1K: Ted 466-3955 or palmteredlori@aol.com

Entry Form (A legible copy of this form will be accepted)

Make check payable to Santa Fe Striders Mail to: P.O. Box 1818, Santa Fe, NM 87504

Name: _____ (Please Print) First _____ Middle _____ Last _____

Address: _____ Street or P.O. Box _____ City _____ State _____ Zip Code _____

Age on June 3, 2006: _____ **Sex (check one):** Male Female **Telephone:** _____

Race (check one): Kids 1K Run 5K Run 10K Run

T-shirt Size (check one): XS S M L XL

Legal Waiver: 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 the Santa Fe Striders Road Running Club, the City and County of Santa Fe 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.

Participant Signature (Parent signature if participant under 18) _____ Date _____

Jemez Mt. Runs

Date: Saturday, May 13, 2006
Time: 50Mi and 50 mi relay – 5:00 a.m.
 50K and Half Marathon – 7:00 a.m.

(50k runners may start at 5 AM with RD approval)

Location: Sheriff's Posse Shack

From intersection of Trinity Dr and Diamond Dr, take Diamond Dr. North to the traffic circle. Go straight through the traffic circle onto North Mesa Rd, and continue about 1 mi to the Posse Shack.

Entry Fees:

Date	Entry Fee
On or before May 1, 2006	50Mi - \$50 50 mi Relay - \$120 Team 50K - \$40 Half Marathon - \$30
After May 1, 2006	50Mi - \$60 50 mi Relay - \$140 Team 50K - \$50 Half Marathon - \$35

No Registrations will be accepted on race day!!!

Pasta Dinner, Packet Pick Up, and Course Briefing:

Friday, May 12, 5-6:30, Sheriff's Posse Shack
 Guests welcome for the Pasta dinner. Please indicate total number attending on entry form.

Housing Information:

Los Alamos has several hotels and B&B's, and there are some camping spots in the National Forest. Contact the Race Director for information on alternative lodging.

Race Director: Aaron Goldman
 (505) 662-5959
 APGoldman@swcp.com

Registration:

- Mail to:** High Altitude Athletics Club
 P.O. Box 298
 Los Alamos, NM 87544
- Online:** <http://www.highaltitudeathletics.org>
- Active.com:** event #1304986

No Registrations will be accepted on race day!!!

Race Packets include: T-Shirt, neckerchief, and More!

Packet Pickup at the Posse Shack:

- Fri May 12 during the Pasta Dinner, 5-6:30 PM
- Saturday May 13 at least 15 min prior to start

Awards:

- Pottery by **Birdell Bourdon**, Santa Clara Pueblo
- All finishers receive finishers award
- 50-mi, 50k, Half marathon winners - two-prong wedding vase
- Relay – Montrail Shoe Gift Certificates

Race Results: Results will be posted on the web site.

Aid: 11 aid stations on 50-mi course, 8 on 50-k. One aid station on Half Marathon course. Aid and food available at finish line.

Courses: All races are on mostly single-track trails, with two short paved sections. The races start and finish at 7,200' elevation, and begin with a 10-mile gentle loop through two canyons. After the half marathon finish, the races gain elevation, with one (50km) or two (50mi) 10,400' summits before looping back to the start/finish area. 50mi has >11,000' vertical gain, while the 50km has >7,000 gain. The course passes through two 5-mi burned sections with the remainder of the course in heavily wooded forests and alpine meadows.

Maps are available on the website

Cut Off: All runners must leave the Pajarito Mt aid station (30 mi) by 2:30 PM!

Entry Form (A legible copy of this form will be accepted)

Make check payable to High Altitude Athletics Club Mail to: P.O. Box 298, Los Alamos, NM 87544

Name: _____
(Please Print) First Middle Last

Address: _____
Street or P.O. Box City State Zip Code

Age on May 13, 2006: _____ **Sex (check one):** Male Female **Telephone:** _____ **email:** _____

Number attending Pasta Dinner _____ **Race (check one):** 50 mi Run 50K Run Half Marathon 50 mi Relay - Team Name _____

T-shirt Size (check one): S M L XL XXL

Registration Waiver: I understand the hazards that may be present in endurance runs, including wild life, falls, weather, and actions by other people. I verify that I have trained properly for this event. I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the High Altitude Athletics Club, Los Alamos National Bank, the US National Forest, Los Alamos Ski Club, any other race organizers and sponsors, their representatives, and successors, and/or assigns, of Jemez Mt. Runs, for any injuries or damages I may sustain as a race participant on May 13, 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 be available at the Jemez Mt. runs, and I agree that such volunteer medical assistance may be rendered to me.

Participant Signature (Parent signature if participant under 18) _____ Date _____

Pecos River Walk/Run

*June 10, 2006
Fort Sumner, NM*

Walk/Run Starts at 7:00 a.m.
On-site registration starts at 6:30 a.m.

Meet at the Old Fort Museum
(Next to Fort Sumner State Monument 5 miles south on Billy the Kid Road)

Early Registration Deadline
May 25, 2006

Please call 355-2381 for information
Cut and mail to De Baca County 4-H Council, P.O. Drawer E, Fort Sumner, NM 88119

Pecos River Walk/Run Registration				
<i>Age Group</i>	<i>Male</i>	<i>Female</i>	<i>Cost before May 25, 2006</i>	<i>Cost after May 25, 2006</i>
Under 10 years old <i>Must have an adult accompany them and a parent signature.*</i>	N/A	N/A	\$5.00	\$10.00
10-14 years old <i>Must have a parent signature.*</i>	N/A	N/A	\$15.00	\$20.00
15-19 years old <i>Must have a parent signature if participant is under 18 years of age.*</i>	N/A	N/A	\$15.00	\$20.00
20-29 years old			\$15.00	\$20.00
30-39 years old			\$15.00	\$20.00
40-49 years old			\$15.00	\$20.00
50-59 years old			\$15.00	\$20.00
60-69 years old			\$15.00	\$20.00
70 and over			\$15.00	\$20.00

CHECK ONE EVENT 1 mile walk 5K Walk 5K Run 10KRun

Name _____

Total Enclosed \$ _____

Address _____

Circle T-Shirt Size

Phone _____

14-16 S M L XL

***If the participant is under the age of 18 a parent must sign here.** _____

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

