



Mile Markers



We Give You the Run-Around

October 2006 Volume 28, No 10

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

Featured Event:

Big Tesuque Trail Run (October 7th)

October 7: Trail run on Aspen Vista forest service road. Course is out and back (up and down!) through pines and aspens to radio towers at top of Santa Fe Ski Area. Starting elevation is 10000 ft., summit is 12003 ft. Total distance of 12 miles. Start time is 9 AM. Registration form in this issue.

Upcoming Events

October 7: Big Tesuque Trail Run (featured event)

www.active.com (event "Great Pumpkin Chase 5K, 10K and Kids K").

October 21: Ryan's Run, 5K run, 2 mile walk, Kids K. Benefit for New Mexico Ronald McDonald House. Registration at 8 AM, kids K starts at 8:30 AM, 5K and 2 mile fun walk start at 9 AM. For info, see www.rmhc-nm.org/events/ryan.php

October 29: Intel Fall Harvest Fun Run/Walk. Rio Rancho. 5K run and 1 mile walk; benefits the United Way. Starts from High Resort Blvd. Sports Complex, 3501 High Resort Blvd at 8:30 AM (walk at 8:45 AM). For info, see www.active.com (event "Intel Fall Harvest Fun Run/Walk").

October 22: Duke City Marathon, Albuquerque. Marathon, marathon relay, half marathon, 5 K run/walk. Registration form in this issue. For more info see www.dukecitymarathon.com

November 18: Fowl Day run. 9 AM at Fort Marcy. Benefit for Salvation Army Food Drive. No fee, but non-perishable food donations of ~\$15 value requested (or bring check to Salvation Army). More details in next newsletter, or check the Striders web site (www.santafestriders.org) for updated info.

October 28: Ruby K's Yum Run, Los Alamos. 5 K run/walk (age handicapped) starts at 8 AM. 1K family run/walk starts at 9:30 AM. Starts at Ruby K's Bagel Cafe in Los Alamos (1789 Central Ave.). Benefits LA Cares, a non-profit assistance program for the needy. Entry forms at The Running Hub, online at www.active.com (event "Ruby K's Yum Run), or call Aaron Goldman (662-5959)

Other upcoming events (mark your calendars):

October 29: Great Pumpkin Chase. 5K, 10K and Kids K. 9 AM from Kit Carson Park in Albuquerque (Kit Carson Ave and Alcalde Pl. SW). Halloween costumes encouraged. For info and registration, see

December 18: Santa Fe Snowshoe Classic *and coming in 2007*

January 20: Corrida de Los Locos

January 27: Sandia Shoe

Monthly Meeting September 12, 7 PM

The October meeting will be on Tuesday, October 10th at 7:00 PM at the house of Jim and Carmel Owens, 506 Camino Tierra Alta. From Hyde Park Road, turn right on Dempsey Water Line Rd (1st right past Gonzales), cross arroyo and take first left onto Camino Tierra Alta. House is about 75 yards ahead on right, with extra parking 100 yards or so beyond in clearing on right. Call 231-6166 for directions. Agenda will include discussion of the upcoming Fowl Day Run. Some folks bring an optional dish to pass for a shared dinner, but this is not required.

Striders 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**

Track workouts are ongoing. 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.

Striders 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

Striders Contributions

One of These Days I'll Remember Not to Miss a Marathon Turn

Twenty-six point two miles is a long enough distance for me to run. Where I salute those who run the ultras, I have no desire to endure the distance of 50 or 100 milers. However, in my running career, twice I have ventured beyond the 26.2 mile mark. There is some irony here, for both times I registered for a certified marathon, 26.2 miles.

The summer of 2004 I entered the Taos Marathon, anticipating a 3:45 finish. Running comfortably along on Highway 3 north (around mile 11 or 12), I knew the turn off toward Arroyo Hondo neared somewhere at the bottom of the hill. Instead of turning, I followed the lead of a female runner and two other runners followed us. The four of us headed up the hill toward Questa. About a mile past the turn, a course marshall drove by and yelled, "Hey, you all missed the turn. You're all going the wrong way!"

So, we all turned around, headed back down the hill, and turned left toward Arroyo Hondo. We were back on course! I ran close to 30 miles that hot summer day, and finished in 4:17. During that run, I thought a lot of Alan Silitoe's *The Loneliness of the Long Distance Runner*. In the Taos Marathon one runs alone for long stretches.

More recently, on September 3, I ran the New Mexico Marathon. Again, I anticipated a 3:45 or under finish. I was on pace until mile 22 when I missed the turn and kept going straight along the bike path toward downtown and the zoo. This time I led the way while another runner wearing headphones followed me. Maybe one half mile or so past the turn I saw no marathoners in sight. I said to myself, "This can't be right. No one is ahead of me." I turned and saw the headphoned runner. He slowed toward me, alone in his thoughts, so I kept running. The second time I turned, I knew all hopes of 3:45 were gone. This time I yelled to my follower, "We missed it. The turn is back there." He yanked off an earphone and yelled, "I was wonderin' about that too!"

We walked together for a spell and discussed the thought of dropping out. Then we separated. With each walking step, my muscles tightened. The next four miles seemed a thousand away, forever gone. Had there been a driver to Old Town, I would have hitched a ride. Fortunately, I did find a rhythm again at mile 23. At mile 25, I came upon an elderly woman who asked, "Is the finish line in Old Town?"

I answered, "I think it's at the Albuquerque Hotel. But it's somewhere near Old Town." I pulled ahead. She was a nice lady and all, but I wanted no conversations at mile 25; in actuality I was close to mile 27. So, I just kept quietly moving toward the finish, wherever it was, Old Town or the Albuquerque Hotel. I finally got there and finished in 3:57.

So, twice now in my marathon career, I missed a turn. Maybe one of these days I will remember not to. For me, any distance beyond 26.2 miles I will not endure.

- Richard Curry



Big Tesuque Trail Run 2006

A 12-Mile Trail Run

on

Aspen Vista Trail

in

Santa Fe National Forest

Saturday, October 7th at 9 AM

Santa Fe, New Mexico

Another Fine

Santa Fe Striders Production

Course is up and back forest service road through quaking aspens and magnificent pines to the radio towers at the top of the ski area. Starting elevation is 10,000 ft., summit is 12,003 ft.

Total race distance is 12 miles

Register:

On-Line:

www.santafestriders.org

Or at Active.com

By Mail:

P.O. Box 1818
Santa Fe, NM 87504

In Person:



121 Sandoval
Santa Fe, NM 87504
Phone: (505) 983-5155

Or:



333 Montezuma
Santa Fe, NM 87501
(505) 820-2523

Get There:

From Santa Fe, take Hyde Park Road toward the ski basin about 14 miles to the Aspen Vista Trailhead.

Pick Up Shirt and Number:

The day of the race,
7:30-8:30 AM.

Win:

Age Groups:

Men and Women
19 & Under, 20-29, 30-39,
40-49, 50-59, 60-69, 70+

Learn More:

Kris Kern

kernkt@cybermesa.com
(505) 667-8027 [work]

Sponsors:



Profits Donated To:



Wings of America, an American Indian youth development program of The Earth Circle Foundation, Inc. Running has an integral place in the spiritual and ceremonial traditions of American Indian people.

Big Tesuque 2006 Registration Form

Name _____ Age _____ Date of Birth _____ M/F _____
 Address _____
 City _____ State _____ Zip _____
 E-Mail Address _____ Phone _____
 T-Shirt Size (Circle One) S M L XL

Entry Fee:

\$22.00 for all registrations received before race day.

\$28.00 day of race.

Checks payable to:

Big Tesuque Run

Waiver must be signed: Both my heirs and myself hereby waive and release all rights and claims for damages that I may incur against the organizers, sponsors, and anybody else associated with the Big Tesuque Trail Run. I authorize the organizers and support personnel to obtain and administer medical aid in the event of its necessity. I am doing this of my own free will and because I think it will be a fun thing to do. I realize that mountain and/or trail running has inherent risks but, hey, that's life on the edge like I like to live it.

Signature of Participant

Date

Signature of Parent if Participant is Under 18

2006 DUKE CITY MARATHON REGISTRATION FORM

REMOVE THIS FORM FROM BOOKLET AND MAIL OR FAX

OK TO PHOTOCOPY

Event Date: October 22, 2006

Each Participant Must Complete (One per entry)

MAIL this form to: 4830 Juan Tabo, Suite I, Albuquerque, NM 87111

FAX this form to: (505) 880-8827

Name (Last)

Name (First)

Address

City State Zip

Phone (day) Email

Age Male Female T-Shirt Size: S M L XL XXL

(on 10/22/06)

EVENT:

- Marathon \$55
- Half Marathon \$42
- 5K Run \$25
- 5K Walk \$25
- NM Cancer Center Foundation Miracle Mile (Run & Walk) \$20
- Marathon Relay \$160
(all 5 entries must be submitted together with one form of payment)
Team Name _____
Captain _____
Men's _____ Women's _____ Coed _____
(Coed teams must have at least 2 team members of the opposite sex)

REGISTRATION FEES:

Fee for selected event: \$ _____

Add \$10.00 for packet mailing: \$ _____ (Packets will be mailed on 10/14)

Add \$2.00 for XXL Race Shirt: \$ _____

Subtract \$2.00 if over 65 years of age: \$ _____

Donation to NM Cancer Center Foundation: \$ _____

___\$5 ___\$10 ___\$25 ___ Other

DCM Dri-Release® Training T-shirt, \$20 each: \$ _____ (Includes s&h)

DCM Limited Edition Collector's Poster, \$25 each: \$ _____ (Includes s&h)

24" x 18", numbered & signed

GRAND TOTAL \$ _____



DCM Dri-Release® moisture-wicking

PAYMENT METHOD:

___ Payment by check

___ Payment by money order or cash

___ Payment by credit card: ___ Visa ___ MasterCard ___ Discover ___ American Express

Card Number: _____ Exp. Date: _____

Signature: _____

ALL RUNNERS, WALKERS, & WHEELERS MUST READ AND SIGN THIS WAIVER:

I know that running/walking/wheeling a road race is a potentially hazardous activity. I should not enter and run/walk/wheel 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/walk/wheel. I assume all risks associated with running/walking/wheeling this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/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 act on my behalf, waive and release the Duke City Marathon, the City of Albuquerque, Promotion Dynamics International, 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 the persons named on this waiver. I grant permission to all the foregoing to use any photographs, motion picture recordings, or any other record of this event for any legitimate purpose. I agree to pay \$25 for an unreturned timing chip.

Signature _____ Date _____
(Parent/guardian signature if participant is 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

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Santa Fe Striders

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