



Mile Markers



We Give You the Run-Around

January 2009, Volume 31, No. 1

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

- Featured Events -

- **The Santa Fe Snow Shoe Classic – Sat. January 10, 10am - 5K and 10K races at 10,000ft elev.**
Snow shoe rentals available from REI at the race (\$10 p/pair starting at 9 AM)
Find further details and a link to online registration at: <http://www.santafestriders.org>

- The Santa Fe Striders' sponsored **Big Tesuque Trail Run** was run in the SF National Forest, Sat. Oct 4th. Results can be found at www.santafestriders.org .
- The Santa Fe Striders sponsored **Thanksgiving Fun Run** was held at Fort Marcy Park, Sat. Nov 22nd. First place awards went to our own **Eric Peters**, and **Emma Hamilton** – NM's 2008 state cross-country runner-up.
- The first annual **Atalaya Turkey Trot** was held at Atalaya Elementary, Thur. Nov 27th. Results can be found at www.santafestriders.org .

January Running Notes of Interest:

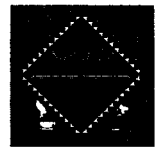
- 27th: At the **2007 Reebok Boston Indoor Games**, Ethiopian champion Tirunesh Dibaba runs a new women's world indoor record of 14:27.42 for 5,000m.
- 27th: At the **2002 Reebok Boston Indoor Games**, New Mexico's own David Krummenacker runs a new men's American indoor record of 2:17.86 for 1,000m.

January Events

- 10th: **Santa Fe Snow Shoe Classic - 5k & 10k**
snowshoe runs, Norski Trails near Santa Fe Ski Basin
- 11th: **Bernalillo County Parks & Rec. Up and Running - 5K & 10K run & walk** – Bernalillo, NM
- 18th: **Chama Chile Ski Classic & Snow Fiesta** – Cross-country skiing and snowshoe races - Chama, NM
- 24th: **Sandia Mountain Snowshoe Race - 3.2m**
snowshoe race, Sandia Peak, Albuquerque

February Events

- 1st: **Albuquerque's Super Bowl Sunday 10K & 5K** - Albuquerque
- 14th: **Mt Taylor Winter Quadrathlon** – 42mi., Run, Bike, Ski, Snowshoe - Grants, NM
- 14th: **6th Annual Sweetheart Run** – 5K & 10K, 1K kid's run - Albuquerque
- ???: **La Corrida de Los Locos** – 5mi run – Santa Fe –
** Race details to be discussed at upcoming Striders meeting.



STRIDERS BI-MONTHLY MEETING: Tues. January 13th 7:30 PM

This month's meeting will be held at Kris and Jake Peterson's house – 215 Sereno Dr. As always, folks are encouraged to bring a dish to share. Need to work up an appetite? Join us for a pre-meeting workout, meeting and heading out from the **Running Hub** at 6pm.

Meeting Agenda:

- *The Santa Fe Snow Shoe Classic*; Race Analysis
- *La Corrida de los Locos*; Race Planning
- *Santa Fe Run Around*; Race Planning

Directions:

- From St. Francis Dr: Take Alameda west to first right, Placita del Oro
- One block north on Placita del Oro to first left, Rio Vista St.
- West on Rio Vista to 3rd right, Sereno Dr.
- 1.5 blocks north on Sereno, 215 on right side of the rd.

STRIDERS NEWS

(Contact Kevin or Richard with contributions)

2009 Membership Dues

Annual membership waivers and fees for the new year are now due. Please print, sign, and mail in the attached membership waiver along with the annual \$15 fee to renew your membership. Members receive discounts in Striders events, as well as at our wonderful sponsors. **The Running Hub** and **The Santa Fe Baking Company**.

The New Striders Timing System

At previous monthly meetings, Jim discussed the difficulty and cost of timing Striders' events with our aging timing system – especially the summer Run-Around. Research into the benefits of purchasing an updated timing system was completed and members and officers agreed it to be in the best interests of the club as well as the best way to defray the future costs of hiring-out to time and sort the Striders' larger races.

The Club sees additional opportunities in helping other local groups time their races and event fundraisers around the Santa Fe area and perhaps defraying a small cost of the purchase. Initial trials for the system have included the *2008 El Dorado Community Fun Run 5K & 1M* in September, and the *2008 Atalaya Elementary Turkey Trot 5K* in November. A special mention is deserved for Todd Schroeder who wrote the software in use for the system.

NEWS

- The 2008 Strider of the Year Award was presented to Todd Schroeder for his involvement in the reworking of the Striders Webpage, the software he coded for use alongside our new timing system, and his presence at group runs and Club events. Great work Todd; you've been a very welcome addition to the Club.
- Special Recognition was given to Chris Chavez during the Strider's year-end dinner for being a finisher of NM's *Duke City Marathon* for 25 consecutive years. That is not a typo -



an amazing accomplishment in itself considering the litany of scheduling conflicts, runner's injuries, and unseen events that need to be avoided to put together a 25 year body of work with that level of consistency. With luck Chris can add to that fantastic streak in the coming years. Well done.

UPCOMING

- Striders member Max Mujinya, a finisher of eight(?) marathons during 2008, is competing in this month's *Goofy Challenge* in Orlando, FL. The challenge includes the Disney half-marathon on Sat., and the full marathon on Sun. Best of luck Max – take advantage of that post-race(s) massage.

FINISHERS

- Santa Fe's Justin Nyberg finished third in the 2008 running of the *La Luz Trail Race* in Albuquerque, with a finishing time of 1:31.01 for the 9 mile course.
- Santa Fe's Luis Chavez finished 12th in the Aug. running of the *Pike's Peak Marathon* with a finishing time of 4:32.14. Luis also won this year's October running of the Big Tesuque Trail Run in 1:26.25.
- Striders' members Eric Peters and Chris Chavez were finishers in the August *Pike's Peak Ascent Half-Marathon* in rain, sleet, and lightning which delayed and shortened the race for most of the field.

ELECTIONS AND OFFICERS:

At the Striders' year-end meeting in December, the club voted on new officers for the 2009 year. The very capable Jim Owens and Jim Westmoreland were re-elected in their positions of President and Vice-President. Todd Schroeder volunteered his nomination for the position of Secretary and was unanimously seconded by members present. Kevin Brennan was also a volunteer for the open position of Treasurer and was roundly approved by Club members.

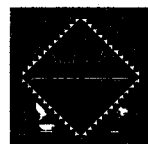
Feel free to contact any of the officers below – or any other club member for that matter - if questions should arise about upcoming events or races. Alternatively, click over to the Strider website at www.santafestriders.org for results, photos, and announcements. Updated officer contact information is as follows:

Jim Owens, President; (Owens_Jim@msn.com); 231-6616

Jim Westmoreland, Vice President

Todd Schroeder, Secretary and Webmaster; (toddshroeder@yahoo.com)

Kevin Brennan, Treasurer; (kvnbrennan@hotmail.com)



STRIDERS WORKOUTS

- **Tuesday Evening Workouts** - Tuesday evening track workouts are currently on hold until the return of warmer months. Continuing group speed and interval workouts are being held, with runners meeting at the **Running Hub** - 527 Cordova Rd across from **The Santa Fe Baking Company**. Workouts begin at 6 p.m.
- **Thursday Evening Runs** - 6 PM from **The Running Hub**. Join us! Contact **The Running Hub** at 505-820-2523 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 each week. If you don't have email, information for Sunday runs can be found on our website at http://www.santafestriders.org/group_runs/group_runs.aspx , or contact Eric at 505-466-2460.
- **Old Race Shirts** – The Club has race shirts from past races available for \$5. Contact club president Jim Owens for details, at 505-231-6166 or Owens_Jim@msn.com.

STRIDERS INFORMATION: E-Mail List, Web Page and Newsletter

The Striders maintain a free email list to announce workouts, race information, and club events. Visit (www.santafestriders.org) to add your email address and receive information on upcoming events and announcements.

Race results, announcements, photos, or suggestions for the web page should be directed to our webmaster Todd Schroeder at (toddschroeder@yahoo.com). Submissions, letters to the editor, and any other running related material you'd like to see in the Striders' *Mile Markers Newsletter* should be directed to Richard Curry at rgcurry@hotmail.com or Kevin Brennan at kvnbrennan@hotmail.com.

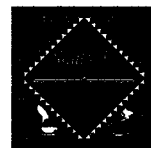


**Striders Membership Application and Waiver
(Print, complete, and mail along with dues!)**



Join the Striders! Promoting running in the Santa Fe area since 1978
Annual membership costs only \$15 and includes:

- Discount on Strider race entry fees
- 10% Discount at *The Running Hub*
- 10% Discount at *The Santa Fe Baking Company*
- Monthly newsletter, the "Mile Markers"
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Support/sponsor 5 local races during the year
- The club donates \$\$\$ to help the local community
- In 2008 this included: *Girls on the Run*, and *Wings of America*.



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.

This waiver needs to be signed each year!

Signature _____ Date _____ Renewal _____ New Member _____

Parent's Signature _____ Date _____ Receive newsletter by: Paper _____ Email _____

if <18 years old

Name _____

Address _____

City/State/ZIP _____

Telephone _____

Email _____

I would like to help by:

Races: Before the race _____ At the race _____

Picnics & Parties _____

Articles for the Newsletter/Web Page _____

Other _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

Visit us at www.santafestridders.org

Mile Markers

Santa Fe Striders

P.O. Box 1818

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