



Mile Markers



We Give You the Run-Around

June 2009, Volume 31, No. 5

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

- Upcoming Events -

Summer is here! Look for upcoming area races at The Striders' online calendar at www.santafestriders.org

- **Run the Caldera Marathon & Half-Marathon** – June 13th
- **Santa Fe Family Field Day 5k run** – June 13th
- **11th Annual Butterfly Run 10k, 5k, 1mi run/walk** – June 21st

- **The 31st Annual Striders' Santa Fe Run Around 10K, 5K, Kids 1K** was held on the Santa Fe Plaza May 30th – Complete results can be [viewed here](#). Prior year results can be [viewed here](#).
- **The Las Campanas Triathlon** was run on May 23rd. Results can be [viewed here](#).
- **The Paws for a Cause 5K** was run at Alto Park on May 9th. Results can be [viewed here](#).

Running Notes of Interest for June, 2009:

June 5th: On this day in 1964, Bob Schul set the U.S. record in the 5000 meters (13:38:00) and became the only American winner of Olympic gold in that event.

June 9th: On this day in 2002, 95-year old Jack Kirk ended his streak of 67 consecutive finishes in the 7.1 mile Dipsea Race in Mill Valley, CA, America's oldest cross country trail race. Kirk passed away on January 9, 2007, at age 100.

June 21st: Father's Day and the First Day of summer!

June 27th: On this day in 1965, Billy Mills set the six-mile world record (27:11.6)

June Events

- 13th: [Santa Fe Family Field Day 5k run](#) -Santa Fe, Eldorado
- 13th: [Run the Caldera Marathon & Half-marathon](#) Valles Caldera Natl Preserve, NM
- 21st: [11th Annual Butterfly Run 10k, 5k, 1mi run/walk](#) - Pojoaque
- 27th: [Nob Hill Run 5K run/walk](#) – Albuquerque
- 28th: [Cherry Garcia 10k, 5k, Kids 1K Run](#) - Albuquerque
- 28th: [Dirty Tri – Off Road Triathlon 12k mtn bike, 5k trail run, 400m swim](#) - Albuquerque Academy

July Events

- 11th: [Sandia Peak Challenge 7.2mi, 4.1mi trail races](#) - Albuquerque; Sandia Peak
- 11th: [Lavender Wine and Cheese Run 10k, 5k, kid's k](#) - Albuquerque
- 18th: [Santa Fe Triathlon 5k run, 12mi bike, 400m swim](#) – Santa Fe; Genoveva Chavez Rec Ctr
- 18th: [Devil Mountain 50k and 1/2 Marathon](#) - Pagosa Springs, CO
- 19th: [Chunky Monkey Run 10k, 5k, kid's k](#) – Albuquerque
- 26th: [ABQ Uptown Run 5k run/walk](#)– Albuquerque



THE 31st ANNUAL SANTA FE RUN AROUND - RECAP

We had a fantastic turnout for this year's *Santa Fe Run Around* held on the Plaza. Over 250 runners competed in the 5K and 10K races (up from 220 in '08), and a strong contingent of kids and tykes lapped the Plaza in both 300m and 1K runs afterwards. **Girls on the Run** showed up in force and we had a parade of beaming young women in green shirts racing down Palace Ave. towards the finish line. Proceeds from this year's race will be going to **Girls on the Run** and whatever activities they may have planned for the rest of the year.

Recognition and great appreciation goes out to race director and club president **Jim Owens** – his detailed planning and coordination skills were irreplaceable. Jeff and all the race day volunteers from **Santa Fe Rotary**, **Alice Temple** and **Kristin Edwards** from *Girls on the Run*, **Todd Schroeder** and **Jim Westmoreland** with the *Striders*, and **Barbara Lopez** of the *City of Santa Fe's Parks* were the principals involved in organizing and conducting this year's event.

Champions for this year's 5K race were **Justin Lueras** of Los Lunas in 17:59.57, and **Therese Trujillo** of Los Alamos in 22:04.57. Running home with the titles in the 10K race were last year's 5K champ **Luis Chavez** of Santa Fe in a time of 34:50.77, and **Mariam Browne** of Santa Fe in 46:50.89. Masters winners in the 5K were **Alisa Lauer** of Santa Fe in 25:38.63, and **Lenny Gannes** of Santa Fe in 20:31.08. The 10K Masters titles were won by **Laura Bacon** of Santa Fe in 46:52.39, and **Eric Peters** of Santa Fe (sorry Eric) in 37:50.38. Full results can be found on the [club website](#).

CLUB NEWS & ANNOUNCEMENTS

- A quick note that the higher mountain trails are now free of snow and open to running. The snow covering upper Big Tesuque, Rio en Medio, Aspen Vista, and Winsor Trails above the wilderness gate, has vanished in the warm temps of late May. The trails can still be a little wet and ambitious runners headed for the peaks should remember to get an early start to avoid the lightning and thundershowers of New Mexico's afternoons. We had snow storm up there Wednesday morning.
- Last week's Sunday long run cut through the roads and trails of Truchas. The run was followed by a picnic and snacks, a few pictures can be [found here](#). This Sunday's run is scheduled for Aspen Vista Trail up near the ski basin, (if you're not already running in one of the weekend's local races). Carpool meets at 8am at Fort Marcy. Sign up for [e-mail announcements](#) of Sunday runs if you haven't already.
- The Thursday evening run has started up a 3.5mi group for those just starting an exercise program or otherwise not so keen on the regular 50min loop. This new group breaks off from the 5.8 mile group at the Plaza and heads back to **The Running Hub** via Galisteo St. We're encouraging anyone that has wanted to come out, has been thinking about starting a regular running routine, or who would like a little more idle chatter during their workouts to come out and get their run on. 6pm Thursdays at **The Running Hub**, Cordova Rd next to **Evolve Fitness**.

Santa Fe Run Around Results

5K Race

Men's Overall

1. Justin Lueras, 17:59
2. Andre Miller, 18:53
3. Scott Valdez, 19:07

Women's Overall

1. Therese Trujillo, 22:04
2. Kristin Sinnott, 22:23
3. Gina Ortiz, 22:29

Men's Masters

1. Lenny Gannes, 20:31
2. Mark Miller, 21:01
3. Kenneth Johnson, 22:39

Women's Masters

1. Alisa Lauer, 25:38
2. Cindy Romero, 27:31
3. Barbara Czinger, 28:34

Youngest/Oldest – M

1. S Valenzuela (8), 33:32
2. S Cohen (81), 39:22

Youngest/Oldest – W

1. B Mendoza (8), 39:29
2. B Romero (70), 49:51

10K Race

Men's Overall

1. Luis Chavez, 34:50
2. Antonio Lopez, 35:35
3. Ben CdeBaca, 36:03

Women's Overall

1. Mariam Browne, 46:50
2. Laura Bacon, 46:52
3. Greta Nelson, 48:34

Men's Masters

1. Eric Peters, 46:52
2. Tony Gallegos, 43:34
3. Philippe Muller, 44:59

Women's Masters

1. Alisa Lauer, 25:38
2. Cindy Romero, 27:31
3. Barbara Czinger, 28:34

Youngest/Oldest – M

1. L. Lucero (13), 55:27
2. V Reinikainen (66), 1:07:41

Youngest/Oldest – W

1. B CdeBaca (12), 36:03
2. T Wangler (71), 1:00:38





CLUB NEWS & ANNOUNCEMENTS, continued

- Professional runners from Santa Fe's local [Amerikenyan Running Club](#) made an appearance at the May 26th Tuesday evening track workout. **Moses Kororia**, **Caroline Rotich**, and **Joseph Mutinda** showed up to talk about their race training and preparation along with club liaisons **John Thornell**, **Matt Desmond** and 2000 Olympian **Ryan Bolton**. **Mike Swain** runs our Tuesday track sessions and sends out weekly workout programs to those on the group training [e-mail list](#) – workouts begin at 6pm Tuesdays at the Santa Fe High track. Walk-ins or walk-ups, or 'show-ups' perhaps – are always encouraged.
- Girls on the Run** are always in need of volunteer women coaches at Gonzales and Agua Fria elementary schools. You don't need to be a fast runner – what's needed is your ability to share your passion for wellness. The positions require a commitment for part of one or two days a week for ten weeks. Coaching is inspiring – give it a try. For information look to www.girlsontherun.org on the net, or email Kristin Edwards at kristinedwards@comcast.net.

UPCOMING EVENTS

- The summer picnic will be Sunday June 14th at **John and Susan Lumley's**. The picnic this year will begin at ~4:30pm. The Striders will be providing hamburgers, hotdogs, vegan burgers, buns and drinks. All are welcome. We ask those attending to bring an appetizer, side dish or dessert. If you can, let us know if you plan on attending and what you plan on bringing. We'd also like to see Kevin come through with a dish this time rather than just show up late and eat all the leftovers. Only kidding, I'm writing this of course – but I do plan to be there and so should all of you (KB).

Contact: Jim Owens- 231-6166, or
Owens_Jim@msn.com

- The 4th Annual **Run the Caldera Marathon & Half-marathon** is scheduled for Sat Jun 13th, 12 miles southwest of Los Alamos in the Valle Caldera National Monument. Several Striders and area runners are signed up to race however, registration for the event closed June 8th. Best of luck to all, we hope you've been training harder than the Jemez bears are at this time of year.
- The [2nd Annual Santa Fe Triathlon](#) is scheduled for Saturday July 18th at Genoveva Chavez. The race is a sprint triathlon with a 5K run, 12K bike up Richards Ave., and a 400m swim back at the pool to finish. It's a nice local alternative if you've never tried a multi-sport event or if you've been too lazy in the past to trek up to the *Atomic Man Duathlon* in Los Alamos.

FINISHERS

- May's Mile Marker failed to mention several area finishers in this year's *113th Boston Marathon* (April 21st). A regrettable slight considering the prestige and necessary qualifications of this race. Finishers included **Pam Geernaert** - 3:37:08; **Steve Rogers** – 3:34:48; **Vincent Hesch** – 3:45:22; **Antonio Lopez** – 2:57:02; **Elizabeth Jaramillo** – 3:24:34; **Rachel Gantt** – 3:40:52; **Richard Curry** - 3:36:27; **Max Mujinya** – 3:14:36; Nice work all.

Club Calendar

Club Meetings

Striders Bi-monthly Meetings – generally scheduled for the second Tues. every other month.

Next meeting – tentatively set for **Tues 7/14/09**.

Summer Picnic

Sunday June 14, at the Lumley's – 430pm; Bring a side dish or dessert; RSVP to Jim if you need directions, and so we can have an idea of how many people intend to be there.

Jim Owens – 231.6166, or
Owens_Jim@msn.com

Workout Schedules

Sundays am - Group long runs – 10+ miles often on area trails. Routes and meeting places posted to the club website (at the Group Run tab), or through the [email list-serve](#).

Tuesdays 6pm – Interval and speed workouts at SFHS track. Runners of all levels are welcome. The workout is great for improving speed, increasing recovery and burning those calories.

Thursdays 6pm – Easy effort runs beginning from *The Running Hub*, Cordova Rd. east of St Francis
- 5.8mi, and
- 3.5mi group runs downtown and back. Full maps of the routes can be found on the [Striders website](#).





- **Max Mujinya** competed in last month's *Bayshore Marathon* (Traverse City, MI), finishing 15th overall in a strong 3:13:38. No photos from Max from this year's race. Perhaps we'll have something for next month's letter.
- **Gina Ortiz** completed her first marathon in this spring's hot and humid *Hilo Marathon* (Hilo, HI, 3/22/09). She finished women's runner-up with a time of 3:37:34 (BQ). Great first race.
- **Moses Kororia** of Santa Fe's **AmeriKenyan Racing Club** finished 13th in May's *Los Angeles Marathon* with a time of 2:19:48. **AmeriKenyan** athlete **Caroline Rotich** ran in the women's elite 10K division of this year's *Bolder Boulder* finishing 17th with a time of 36:02.

MEMBER CONTRIBUTION

Timeless Space

American humorous poet Ogden Nash once wrote "[we] should have good communication or none at all." Tonight we finished another Striders track workout facilitated by Mike Swain. This workout was the Time Test, where we ran two warm-up 400s and then timed ourselves in the distance. Then it was on to the 1600, and we finished with a postal relay, where we separated into teams of two, each team member running an alternating set of six 400s.

Sometimes on the track the only real communication is between the runner and her or his watch. Nothing need be said. Time says it all. However, throughout the Time Test workout and postal relay, it was fun to share the camaraderie with a few spoken words. All of us did what we did around the track and said what we had to say, if anything at all.

Something separates a track workout from other runs. There always seems to be someone in front of you, someone you might pass, someone who might pass you, someone you might not pass at all. But in the final 100 yards the finish line lies in sight. It is there you look at your watch to understand that Time has spoken.

The following is an excerpt from W.H. Auden's poem "Runner" -

All visible,visibly/Moving things/Spin or swing/One of the two/Move as the limbs/Of a runner do/To and fro/Forward and back/Or, as they swiftly/Carry him/In orbit go/ Round an endless track:/So, everywhere, every/Creature disporting/Itself according/To the law of its making/In the rivals' dance/Of a balanced pair/Or the ring-dance/Round a common centre/Delights the eye/By its symmetry/And it changes place/Blessing the unchangeable/Absolute rest/Of the space they share.

It is a timeless space we share on Tuesday nights.

--Richard Curry

Have an announcement or the itch to write up a contribution of your own? Race results, announcements, submissions, letters to the editor, and any other running related material you'd like to see in the newsletter can be directed to [Kevin](#) or [Richard](#) for publication in next month's **Mile Marker**.

New Members for 2009

We continue to add new members to the Club. A big welcome to recent additions:

- Suzanne Garney
- Tove Shere
- Jerry Shere
- Daniel Kane
- John Salazar
- Kris Bannon
- Emily Stuber
- Cameron Stuber
- Ty Middleton
- Vincent Hesch
- Diana Hesch
- Danielle Skan
- Jessie Lawrence
- Sarah Stokely

Member Discounts

The Santa Fe Baking Co. –
Café and Bakery -
20% discounts on purchases for Striders members.

The Running Hub –
Santa Fe's specialty running store - 10% discounts on purchases for Striders members.

Striders Race Registration
Discounted entry fees at Striders sponsored races:
Feb – Corrida de los Locos
Jun – Santa Fe Run Around
Oct – Big Tesuque Trail Run
Nov – Thanksgiving Run
Dec – Snowshoe Classic





FOR INSPIRATION...

"The will to win means nothing without the will to prepare." *Juma Ikangaa* - Tanzanian marathoner and champion of the New York, Fukuoka, and Tokyo marathons; Three times runner-up in Boston.

STRIDERS CLUB MEMBERSHIPS

Renew/Activate Your 2009 Membership Today - The Club encourages interested runners to join us with a new or renewed club membership for 2009. Forms can be found at the conclusion of this newsletter, and also can be downloaded from the Striders website. Membership includes discounts in *Striders* race events, as well as a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

Striders membership for 2009 is up close to 115 area runners. 2008 numbers were approximately 96 runners, 2007 numbers, approx. 72. In addition to financing club race events and functions, membership dues and race fees are contributed as donations to local running organizations, including *Girls on the Run* and *Wings of America*.

Club Officers – 2009

[Jim Owens](#), President
[Jim Westmoreland](#), VicePres
[Todd Schroeder](#), Secretary
[Kevin Brennan](#), Treasurer

Feel free to contact any of the above members – or any other club member for that matter - if questions should arise about upcoming events or races. Alternatively, click over to the Strider website www.santafestriders.org for results, photos, and announcements.

E-MAIL LIST

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

STRIDERS WEBSITE

Race results, photos, links, or suggestions for the web page should be directed to the webmaster Todd Schroeder at toddschroeder@yahoo.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**
- 20% 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 and submitted each year:

Signature _____ Date _____ Renewal ____ New Member ____

Parent's Signature _____ Date _____
if <18 years old

Name _____ I would like to help by assisting with:

Address _____ **Races:** Before the race ____ At the race ____

City/State/ZIP _____ **Picnics & Parties:** _____

Telephone _____ Contributions for the Newsletter/Web Page _____

Email _____ Other _____
(for newsletters and announcements)

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