



Mile Markers



We Give You the Run-Around

January 2010, Volume 32, No. 1

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

- Upcoming Events -

Look for upcoming area races at The Striders' online calendar at www.santafestriders.org

- **Santa Fe Snow Shoe Classic** – Sat, January 9th 10am. Norski Trails off upper Hyde Park Rd. Race information and registration details can be viewed on the [Striders' website](#)
- **La Corrida de los Locos** – Sat, February 13th at Marty Sanchez Golf Course, Caja del Rio Rd. Race information and registration details can be viewed on the [Striders' website](#)

- **The Atalaya Elementary Turkey Trot** was held on Nov. 26th. Results can be [viewed here](#)

Running Notes of Interest for January, 2010:

January 9th: On this day, in 2005, Dathan Ritzenhein became the first American to win the Belfast International Cross Country Championships.

Best Heart Rate for Workouts:

"For most runners, especially beginners, do most of your training between 65 and 75 percent of your maximum heart rate (the aerobic training zone). If you don't exercise this hard, you don't get the benefits you want."

January Events

- 1st: [Egg Nog Jog](#), 4mi run, 2mi walk - Albuquerque, NM
- 9th: [Santa Fe Snow Shoe Classic](#), 10k, 5k - Norski Trails, Santa Fe, NM
- 10th: [Newtonian 5k Festival](#), 5k run - Albuquerque Academy
- 17th: [Full Circle Roundup](#), 10k, 5k, Kids k - Albuquerque
- 17th: [37th Annual Chama Chile Ski Classic](#), Cross Country Ski and Snow Shoe Races - Chama, NM

February Events

- 7th: [Superbowl Touchdown for the Homeless](#), 10k, 5k, Kids k - Valley High School, Albuquerque, NM
- 13th: [27th Annual Mt Taylor Winter Quadrathlon](#), 26mi bike, 10mi run, 4mi ski, 2mi snow shoe - Grants, NM
- 13th: [La Corrida de los Locos](#), 5k run - Marty Sanchez Golf Course, Santa Fe
- 14th: [7th Annual Sweetheart Run](#) 10k, 5k, Kids k - Bosque School, Albuquerque
- 27th: [Pecos Valley Stampede](#), 13.2mi, 10k, Roswell, NM
- 27/28th: [2010 USA Indoor Track & Field Championships](#), - Albuquerque, NM



THE 1ST ANNUAL CHRISTMAS FAROLITO RUN - [Reindeer, Rudolph, Elves, & Santa](#)



CLUB NEWS & ANNOUNCEMENTS

- [The Striders Christmas party](#) moved to a private venue this year and afforded some live music. The turnout filled the space we had rented, and the cookies and beer were plentiful. **Dale Goering** received the SOTY year award, Strider of the decade award, Strider of the half century award. Dale is a founding member of the club in 1978; Toils in the back ground of many of our races marking the courses; Stores our stuff - tables, cones, water coolers, etc at his house and brings them to the events; Shows his face at meetings, and built his street-cred by being the only one we know that got arrested while running a marathon. Nice work Mr Goering. Thanks to **Mariam, Pam, Todd, and Jim** who helped arrange this year's party. Thanks to **Vinnie and his band** for providing the music. Cheers and Happy Holidays to all who couldn't make it and all the best in the coming new year!
- The Striders' first annual Farolito Run ended safely last week. The group set out around the Canyon Rd/Acequia Madre area early Christmas Eve, dressed as reindeer, elves, and Santa - running in sleigh formation, and singing the few carols we knew. There were few casualties and good cheer was had by all. Hope to see you all again next year.
- Santa Fe's **John Thornell** penned a great read about masters racing, training with the **AmeriKenyan** group, and drawing inspiration from others in the August issue of *Running Times Magazine*. The article [can be found here](#). John is also instrumental in organizing the Eldorado Elementary 5K run and fundraiser the last few years and developing a youth fitness plan which the *Striders* are trying to help get off the ground during 2010.
- In addition to John, Santa Fe's **Justin Nyberg** published a piece on [Northern NM's backcountry skiing scene](#) in November 11th's edition of *The Santa Fe Reporter*. A considerable amount of discussion about this winter's skiing plans centered around this article, November's ski-swap, and whether we'd have decent snow this year. Thanks Justin.

Atalaya Elementary Turkey Trot Results 5K Race

A quick note about this year's race - In only its second year, organizers registered approx. 380 runners, and had 354 timed finishers, including 80 runners under twenty years of age. Well done.

Men's Overall

1. Luis Chavez, 16:32
2. Andre Miller, 17:28
3. Matt Desmond, 17:39

Women's Overall

1. Allison Medora, 20:40
2. Sara Gigliotti, 20:55
3. Rachel Hampton, 21:49

Men's Masters

1. M. Ehrmantraut, 18:29
2. Keith Hampton, 19:59
3. Peter White, 20:33

Women's Masters

1. Alice Temple, 22:21
2. Dawn Swanson, 23:32
3. Pamela Emsden, 24:11

Youngest/Oldest - M

1. B. Reynolds (7), 31:29
2. R Benedek (75), 53:19

Youngest/Oldest - W

1. Olivia Farrar (7), 40:41
2. E Benedek (73), 53:19

Old Race Shirts

The Club has surplus race shirts from past races available for \$5 (or make us an offer). This includes poly-pro long-sleeves from this year's Corrida that are a steal at that price. Contact Jim Owens if you need a replacement workout shirt or a new addition to your retro-wardrobe. 505-231-6166, or inquire at any of our events.





CLUB NEWS & ANNOUNCEMENTS, continued

- The Thursday evening run is continuing its 3.5 mile group for those just starting an exercise program or otherwise not so keen on the longer 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**.
- Professional runners from Santa Fe's local [Amerikenyan Running Club](#) had a successful fall. **Caroline Rotich** finished 3rd at the Spirit of Columbus half marathon in 1:10:23, **Joseph Mutinda** finished 4th in at the Twin Cities Marathon in 2:13:47, **Ryan Bolton** ran seventeenth at the US 10mile Championships in 49:00, and **Haron Lagat** won the Santa Monica 5000m in 14:07. More results can be [viewed here](#).
- **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 email Kristin Edwards at kristinedwards@comcast.net.

UPCOMING EVENTS

- This season's *Santa Fe Snow Shoe Classic* will be run at 10am Saturday January 9th on Santa Fe's Norski Trails. There are "5k" and a "10K" races - The course is actually a bit short. We have great knit hats with the race logo for each entrant, pottery age-group awards, and a post-race raffle. REI will rent snow shoes at the race for \$10. Mail in the attached registration form before Jan.6, register on active.com, or register on race day at 9 AM for a few dollars more. Pre-registering saves you money and helps the race organizers and volunteers immensely. The Norski Trails can be found on the left hand side of Hyde Park Rd, 1/4 mile before the ski area. If the parking area is full, please park at the overlook and allow yourself plenty of driving time to deal with the ski area traffic. This is a really fun race and you don't have to know how to run on snow shoes. The 5K race is perfect for snow shoe novices. Course maps and further information can be found at www.santafestridders.org. Hope to see all of you there! --**Kris Peterson**
- The annual Corrida del los Locos is scheduled for Saturday February 13th at the Marty Sanchez Municipal Golf Course. Details will be available soon at the Striders website.
- The next bi-monthly Striders meeting is scheduled for 730pm Tues Jan 12th at Jim & Carmel Owens' place. Agenda items include:
 - Fowl Day* recap and results
 - Xmas Party
 - Snowshoe Classic* race - Jan 2010
 - Corrida de los Locos* race - Feb 2010
 - SF Run Around* -2010If you can bring a dish or dessert to pass around that's great but not required.

FINISHERS

- Several area and Striders runners competed in the *Tucson Marathon*, Dec. 12th. Finishers included: **Steven Rogers** (SF) - 3:13:18; **Joaquin Gutierrez** (LA) - 3:19:36; **Max Mujynya** (SF) - 3:23:07; **James Nunez** (SF) - 3:27:17; **Richard Curry** (SF) -

Club Calendar

Club Meetings

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

Next meeting – 7:30pm
Tues Jan 12, 2010. Jim & Carmel Owens' place

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 – 6+ mi run beginning from *The Running Hub*. Farlek speedwork for those interested. Runners of all levels are welcome. The workout is great for improving speed, increasing recovery and burning those calories. Bring reflective clothing and a light.

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](#).





3:34:21; **Rachel Gantt** (SF) - 3:43:10; **Cornelius Dooley** (SF) - 3:50:51; **Ereyna Benelli** (LA) - 4:07:21; **Iain May** (LA) - 4:43:47; **Russ Hopper** (LA) - 4:43:50; **Aaron Menefee** (LA) - 4:47:55; and, **Thomas Wangler** (LA) - 6:00:15.

- Several area and Striders runners competed in November's *ING New York City Marathon*. Finishers included: **Justin Nyberg** (SF) - 2:35:28; **Antonio Lopez** (SF) - 3:04:26; **Bethany Aquilina** (SF) - 3:19:11; **Max Mujynya** (SF) - 3:29:38; **Mariam Browne** (SF) - 3:29:39; and, **Joe Lewis** (SF) - 3:44:51. Nyberg's finish may be one of the best two or three marathon finishes by a NM runner during 2009.
- Several area and Striders runners competed in October's *BoA Chicago Marathon*. Finishers included: **Max Mujynya** (SF) - 3:05:11; **Jennifer Steketee** (SF) - 3:21:44; **Laura Bacon** (SF) - 3:29:23; **Julia Peters** (SF) - 4:01:24
- Several area and Striders runners competed in October's *Albuquerque Duke City Marathon*. Finishers included: **Matt Desmond** (SF) - 2:42:25, second overall; **Loren Wohletz** (LA) - 2:48:47; **Vinnie Kelley** (SF) - 3:06:46, masters second place; **Tony Gallegos** (Esp) - 3:18:55; **Max Mujynya** (SF) - 3:21:02, yes Max finished all four of these selected marathons in three months time; **Chris Chavez** (SF) - 3:30:08; **Andrew Green** (LA) - 3:36:57; **Jennifer Valdez** (SF) - 3:41:17; **David Kolman** (LA) - 4:06:14; **Eric Montgomery** (SF) - 4:32:12; **Cathleen Charney** (SF) - 4:40:32
- Our own **Liz Sponagle** completed her first Ironman Triathlon in October's *Kona, HI world championship* in a time of 12:27:14. The time was good for 6th place in her division against international competition. Her marathon leg of 4:12:21 was the division best, and quick enough for an outright Boston qualifying time. A damn fine effort by Ms. Sponagle.
- In other triathlon competition, track workout coordinator **Mike Swain** dropped the hammer on the field in September's *Patriot Triathlon* in Rio Rancho and *Elephant Man Triathlon* in Socorro, winning age-group titles in 1:11:47 and 2:31:46 respectively.

MEMBER CONTRIBUTION

Running - by Lucy Ohlsen

My running began as a punishment. Exerting my legs in this way was entirely new to my lax thighs. My first steps were taken testily, sporadically. For the first 15 years of my life, I despised any pace faster than a speed walk. Something happened that fifteenth year. My mind needed some way out of the cage of my body.

My strides grew longer, breathing became easier, and the run planted itself in my blood like bok choi in Japan. Every step, painful or ecstatic, pumped my heart with something essential. I let my breath and effort unite with a vulnerable body next to me, my mind is elated. Even if only for a few seconds, I'm able to determine my own self-worth's existence. Pumping my own blood and breath is intense and satisfying in itself. Adding another body, a competitor, a pacer, a combined human effort makes these daily locomotions worth more than the minutes they take up. More than the muscles and tone they produce.

Running down a paved road, a dirt road, a cactus littered path is sinful gratification. With every pound, my feet drive stimuli of pain around the knobs of my knees, and morph the pain into ecstasy as it reaches my core. Every meter toward the goal is metered out in my mind, the pathway never changing yet my perspective never constant. My stamina tries to slow the rhythm my bones feel; my legs are in constant court with my brain. Down hills, I am invincible. Up hills, the rope of my sanity frays with every last strained step. The beginning of my running was self governed. I began running up the trickling Santa Fe River, occasionally. With every pound and every exhale, my body forced my brain to give a little more slack. Bursting back into a doorway with sweat pouring down my brow, my heart felt richer, my world expanded. The hunger in me grew; not just for nourishment, but for that unthinkable spot the run takes me.

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





Running - cont.

Since turning fifteen, the hours I spend tramping up and down roads and hills and pathways has increased gradually and dramatically. At sixteen I began experimenting with the solitude aspect of running that I began thinking was such an important one. The solitude I treasured was invaded by a pushy brother. I hated the idea of another pace intruding on my personal reflective speed. The first run with a partner was nerve racking. But sharing pain revealed itself to be a deep enhancement. My brother hooked me into pushing my pace, matching my strides to his. My previous personal running head loved the complexity another pair of legs brought to the situation.

At seventeen, my legs forgot the feeling of flubber at the back. My thoughts require physical exertion to straighten out. And I love the stress of company.

Finding someone to run with, to share sharp intakes of air with, to trip with, to compete with, has been an unfathomable addition to running. Running on a team has dug my heels deeper into this addiction. Physical connection mystifies me, stronger and more potent than any verbal or mental connection I have ever experienced. The absence of words and the united push produces the most satisfying bond, even if it is never acknowledged by either pusher. Running with a team has not only made me faster, but more comfortable with pushing myself in spite or inspired by others.

Running allows my eyes and tongue to transform a measly bowl of unseasoned rice into a golden nugget of devilish, fudgy, chewy, luscious chocolate cake. Running takes away my quiet voice and awkwardness and replaces them with extreme capability and confidence. Races stimulate my toes to push even harder, adding a quality of wonder and awe to my own body and existence. Running elevates me above myself, expanding my view of what is possible of the world and my part running through it.

The insanity of running gives me a place to put my insanity. I run, I run, I run; and I think, I pound, I think. Thoughts fly, food burns, feet pound. Not every day is easy, not every day is fun. But I run, I run, and I'm satisfied with the bowl I'm given. The bowl is empty, and dissatisfaction propels my thighs again, racing, racing to understand, to unite with my competitor, to push myself beyond boundaries.

MEMBER CONTRIBUTION

Demon Beanie, Thoughts, and Words - By Richard Curry

Many years ago during my youth, a Navajo friend told me I did not need to run with a wrist watch. "It's too much of a burden. Let time take care of its self," she said. Since then I have not worn a watch in a race. At SFHS, where I work, I started a club, which I tagged the *Demon Running Club*. We just run and do not worry much about time.

At a marathon, however, time plays a factor. Fifteen minutes prior to the start of the *Tucson Marathon* I dropped my clothes bag into the 175-225 bus window. I then searched for Steve Rogers and Rachel Gantt, my training partners. While standing atop a hill, I realized I forgot to bag one of my favorite beanie, one that came from SFHS and had DEMONS stitched across the front. It was too late to turn back, so I tucked it in front of my running pants.

New Members for 2009

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

- Kurt Steinhaus
- Julie Saari
- Dennis Cottle
- A.J. Winnegar

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:
Jan – Snowshoe Classic
Feb – Corrida de los Locos
Jun – Santa Fe Run Around
Oct – Big Tesuque Trail Run
Nov – Fowl Day Run





It was a wordy burden to tuck a DEMON beanie into my pants, especially since I questioned whether I could finish this marathon. My longest training run was 18 miles. I needed no extra weight. Rachel, too, wondered if she would finish. Our legs were weak and they ached. At mile 4 we found a porta-potty to consider our dropping out. What would we do in Oracle, though, a town named from the Latin *oraculum*, to speak? There would be nothing of which to speak. Our race would be over. Our doors slammed; I cursed this demon thought. Tucson was on. At mile 5 we turned into a residential area; we kept our eyes open for Steve, who was on his way to running a 3:13. He would later say, "I think I would have [run] a 3:11 if that hill at mile 25 wasn't there." More on that hill later.

Among the cheering town folks, I wanted to toss my DEMON beanie to someone and say, "Here, take this. It's a hat from Santa Fe." There were a few churches nearby, and these folks might have no desire to wear a DEMON beanie. Quietly and with little thought I let it drop to my feet at mile 9. One of my favorite hats was hopelessly gone. We turned onto the long highway; I read a road sign: Tucson 34 Miles. Rachel and I ran together for the next ten. We spoke not a word, yet in our silence passed a lot of runners. Then came the winds of change. Some say it reached 25 mph.

At mile 18 someone yelled, "Way to go, Richard. You're doing great." I knew this person meant well and was just trying to help me along. However, I did not want anyone telling me how I was doing, yet alone calling out my name. To me, they were demon words. At Tucson everyone had their name across their bibs. Two miles later, while passing another runner, I muttered, "I got to stay focused." Little did I know a hill lie ahead.

Much to my dismay, there it was at mile 24. A demon thought entered my mind. I might need to walk. There was no denying my legs were weak and ached. I visited Santa Fe and visualized the hills where Steve, Rachel, and I train. However, this was mile twenty-four. I hadn't covered this distance since April. Half way up someone said, "The hill ends at the top near the stop sign. Keep on going, you're almost there." Much like mile 18, I did not need someone telling me I was almost there. I felt as if I still had a long way to go. I nodded in appreciation. But to me "almost" is a demon word.

At the stop sign I turned and headed for home. I long forgot my DEMON beanie. I erased my demon thoughts of not finishing. Most importantly, I forgave the spectators for yelling demon words. They meant well. My Navajo friend was right. Time, too, took care of itself.

Afterward

I would like to thank Steve Rogers for his relentless training in taking us the extra mile. "Three weeks ago," he said, "I ran ten [Bart] Yasso 800s with an average time of 3:11. But where did that hill come from?"

I also thank Rachel Gantt for her resilience on the cold and long and windy highways on the early Sunday mornings. She said after Tucson, "I didn't train properly for this run and it was very difficult. Miles 10-20 were good, but after that my lack of training was very obvious. My next marathon will be competitive and my training will be intense."

I now call her Highway Rachel and realize that when I run with her in 2010 my work is cut out for me.

Finally, without their support I would not have finished *Tucson* and would have cursed a true personal running demon.

Have 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 [Richard](#) or [Kevin](#) for publication in next month's **Mile Marker**.





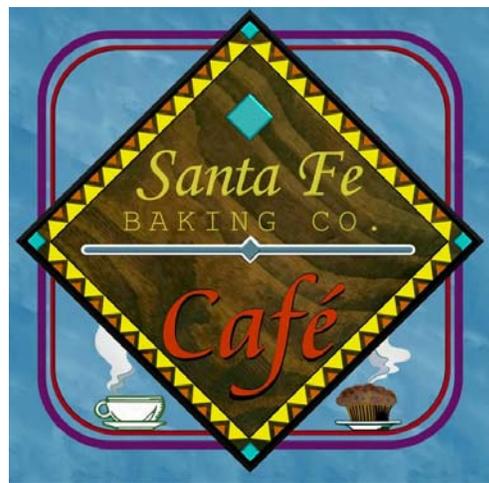
STRIDERS CLUB MEMBERSHIPS

Renew/Activate Your 2010 Membership Today - The Club encourages interested runners to join us with a new or renewed club membership for 2010. 2009 memberships are good through April 30, 2010. New memberships for the 2010 year are now being accepted, and will be good through April 30, 2011. Membership fees are increasing from \$15 to \$20 this year - the first increase in fees since anyone can remember, including Dale. Membership forms can be found attached with this newsletter, or at the [Striders website](#). Membership includes discounts in *Striders* race events, email notices of club events, a subscription to the monthly *Mile Markers Newsletter*, and a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

Ending Striders membership for 2009 was approx. 130 area runners, up from 96 member runners in 2008 and 72 member runners in 2007. In addition to financing club races and functions, membership dues and race fees are contributed as donations to local running organizations including *Girls on the Run*, *Wings of America*, and *Monte del Sol*.

FURTHER INSPIRATION...

"The thinking must be done first, before training begins." --Peter Coe, father and coach to Olympic 1500m/800m champion Sebastian Coe.



A BIG THANKS TO OUR 2009 SPONSORS



**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 \$20 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 2009 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 _____
(for newsletters and announcements)

Other _____

Enclose \$20.00 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

Santa Fe Snow Shoe Classic – 5k and 10k Races



10 AM Saturday January 9, 2010

Organized by:
The Santa Fe Striders



Paseo Pottery



Sponsored by:
REI
Paseo Pottery
Santa Fe Screenprinters
The Running Hub
NM Bike N Sport



Races will take place at the Norski Trails on Hyde Park Rd. about ¼ mile on the left before the Santa Fe Ski Basin. (Not the Aspen Vista trail!) Approx. 5k race is one lap, approx. 10k race is two laps. 5k recommended for walkers. **Both races start at 10 AM.** Race Day registration table opens at 9 AM. Remember to leave plenty of time to deal with ski area traffic. It takes about 40 minutes to drive there from downtown Santa Fe, longer if there is fresh snow (and we hope there is!). See www.santafestriders.org for maps.

Water will be provided at the start/finish, and the halfway mark for the 10k. Snow shoe rental available from REI for \$10 on race day at race venue. Hot drinks and donuts! First 60 entries include a super nice knit hat with race logo! Age group awards by Paseo Pottery! Post-race raffle!

Registration: Mail the form below postmarked no later than Jan. 6. Preregistering helps us organize and start the race on time and it saves you money.

----- Cut Here -----

Mail completed form and fee to Santa Fe Striders, PO Box 1818 Santa Fe, NM 87504

Race: 5k _____ 10k _____ M or F (circle one)
Name _____ Age on race day (Jan 9, 2010) _____
Address _____ City _____ State _____ Zip _____
Telephone Number _____ email _____

Fee: Make checks payable to **Santa Fe Striders**. **Please check one:**

Pre-register before Jan 7: _____ \$22 Adult _____ \$17 under 20 years old.
Race Day: _____ \$25 Adult _____ \$20 under 20 years old.

Wavier: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the Santa Fe Striders, Norski Trails de Santa Fe, the National Forest Service, and any other organizers and sponsors, their representatives, successors, and/or assigns, of the Santa Fe Snow Shoe Classic, for any injuries or damages I may sustain as a race participant on January 9, 2010. 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 or may not be available at the Snow Shoe Classic, and I agree that such volunteer medical assistance may be rendered to me.

Signature _____ Parent/guardian if under 18 _____