



Mile Markers



We Give You the Run-Around

July 2010, Volume 32, No. 5

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

- Upcoming and Recent Events -

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

The 3^d Annual City of Santa Fe Triathlon – 630am Sat, July 17th at Genoveva Chavez Community Center. 5K run, 12mi bike, 400m swim. Individuals or relay teams may [register online](#) until 7/14.

➤ **The 32nd Santa Fe Run Around 5K & 10K** – Ran on Sat, May 29th on the Santa Fe Plaza. Race results and photos can be viewed at the [Striders Website](#). Photos courtesy of Max Mujyana.

Running Notes of Interest for July, 2010:

July 7th: On this day in 1982, Steve Scott set the American record in the mile of 3:47.69 just missing Seb Coe's then world record of 3:47.33. The record stood for 25 years until it fell in July 2007 (Webb, 3:46:91).

July 26th: On this day in 1983, the indomitable Mary Slaney ran a then world record and still American best 1500m, 3:57:12 in Stockholm. She went on to double gold later that year at the inaugural World Athletics Championships in Helsinki, Finland (1500m, 3000m).

July Events

- 4th: [14th Annual Freedom Run](#), 8K run, 3K run/walk – UNM Campus, Albuquerque
- 10th: [Santa Fe's Big Frigging Loop](#), 70mi + extreme mountain bike race, No entry fee, unsupported - Santa Fe
- 17th: [Nob Hill Run](#), 5K run/walk - Sat. evening run in conjunction with [Nob Hill Summerfest](#) - Albuquerque
- 17th: [3^d Annual City of Santa Fe Triathlon](#), sprint tri, reg deadline 7/14 – Genoveva Chavez Center - Santa Fe
- 17th: [10th Sandia Peak Challenge](#), 3.1mi and 7.2mi Hill Climb, 8.3mi bike - Sandia Peak

August Events

- 1st: [45th Annual La Luz Trail Run](#), 9mi. trail run, 6000ft of climbing - Sandia Peak, Albuquerque
- 7th: [Socorro Chile Harvest Triathlon](#), sprint triathlon - Socorro
- 15th: [Rio Grande Half Marathon](#), 5K/ run/walk and half marathon – Albuquerque
- 21st: [35th Annual Los Alamos Triathlon](#), 7K run, 400m swim, 5K run, cash prizes – Los Alamos
- 21st: [Taos Ski Valley Up & Over Trail Run](#), 10K trail run w/ 2600ft of climbing. – Taos Ski Valley



32ND SANTA FE RUN AROUND— Racers round the first turn of the open 5K/10K start

Photo by Max Mujynya



32nd SF Run Around— 5K Race Results

Men's Overall

1. Ben Fletcher, 16:57
2. Andre Miller, 17:22
3. Cameron Stuber, 17:49
4. Scott Valdez, 18:37
5. Kevin Brennan, 19:27
6. Arthur Gurule, 19:55
7. Jacob Riley, 19:56
8. Steve Rogers, 20:25

Women's Overall

1. Lynda Clay, 21:21
2. Tanya Collins, 21:34
3. Linda Laktasic, 21:40
4. Vikki Saga, 21:49
5. Erin Sindewald, 22:05
6. Liz Sponagle, 22:39
7. Cindy VanAndel, 24:23
8. Tanya Sanchez, 24:58

Master's Runners

- M1. Steve Rogers, 20:25
 M2. Tino Pacheco, 20:59
 W1. Linda Laktasic, 21:40
 W2. Vikki Saga, 21:49

10K Race Results

Men's Overall

1. Luis Chavez, 35:07
2. Ryan Fenton, 37:22
3. Eric Peters, 40:01
4. Roy Collins, 40:02
5. D. Rogowski, 41:10
6. R. Tsinnijinnie, 41:17
7. Phillipe Muller, 43:29
8. Daniel Escutia, 43:58

Women's Overall

1. Lucy Ohlsen, 48:00
2. Dawn Swanson, 48:01
3. Mariam Browne, 48:21
4. Kelsi Felson, 49:43
5. Rhonda Payne, 50:09
6. Kathy Shubert, 51:00
7. Kelly Brennan, 51:29
8. Lucia Santini, 55:13

Master's Runners

- M1. Eric Peters, 40:01
 M2. Phillipe Muller, 43:29
 W1. D. Swanson, 48:01
 W2. M. Browne, 48:21

RESULTS & RECAP

The 32nd annual Santa Fe Run Around was contested Memorial Day weekend on what turned out to be a beautiful Saturday morning. Racers including nearly eighty Girls on the Run competitors set out from the Plaza up along the Santa Fe River with the music of the HillStompers Brass Band driving them on.

Santa Fe's **Ben Fletcher** ran home for the overall 5K win in a time of 16:57, followed by SFHS junior **Andre Miler** in second, **Cameron Stuber** in third. The women's 5K title was claimed by Lynda Clay of CO in 21:21, followed by Tanya Collins and Linda Laktasic in second and third.

Local **Luis Chavez** defended his '09 10K title running clear of the field in 35:07, followed by **Ryan Fenton** and **Eric Peters** in second and third. Recent SFHS graduate **Lucy Ohlsen** narrowly won the women's title in 48:00, followed closely by runner-up **Dawn Swanson**, and **Mariam Browne**.

A summary of results can be found on the sidebar to the right. Deeper results and photos from the race, courtesy of Max Mujynya, can be found [here](#). Congratulations to all of this year's runners.



Liz Desmond and little Desmond make a go of it in the Kids 1K run on the Plaza





CLUB NEWS & ANNOUNCEMENTS

- The next **Striders Club Meeting** is scheduled for Tues. July 13th at **Vinnie and Jud Kelley's** place, 2520 Camino Cabestro. Bring a dish and beverage of your choosing. Agenda items will include:
 - Santa Fe Run Around - Review and summaries
 - Girls on the Run Donation
 - Prep Development - Fall XC Series
 - Treasury Report
 - New RF Timing System
 - Big Tesuque Trail Race - Planning

Contact **Vinnie** or **Jim Owens** for directions and further info.

- Both **Jim** and the editors at the MileMarker here have stumbled upon a fantastic internet tool for tracking race results. The site is www.Athlinks.com. It compiles public result lists and indexes performances by name, so you can track your progress over the season or over the years. An interesting benefit is that it allows you to peek at others' results, providing an idea of what you'll need to beat that crosstown rival, or what kind of 5K finish might project out to your goal 10K time.
- Track workouts have seen a strong turnout this summer. We meet every Tues. night, 6pm at the Santa Fe High School Track. Workouts are generally ~5,000m of varying distances from 200m to 1600m with specified recovery between intervals. **Mike Swain** is running the workouts again this summer – details for each week's workout are sent out by group e-mail each week. Sign up for the e-mail list at the Striders' website or just drop by to meet the group and join the workout.
- Santa Fe High School is holding off-season workouts for students in grades 8-12 interested in running cross country this fall. Workouts are at the High School, Mondays and Wednesdays at 730am, Thursdays at 7pm. Contact coach **Peter Graham** for more information, 983-2635
- The Striders now have a [Facebook page](#) listing upcoming events, meetings, results and photos. **Christina Brennan** is doing the admin work and can be contacted for submissions or news. Search for us and become a member to receive updates on club activities. **The Running Hub** also has a [Facebook page](#) listing events, results, and photos.
- The Striders and Dale Ball Trail were featured in a **Katie Arnold** piece in the July issue of *Runner's World*, [Devil in the Details](#). The article details the mechanics of starting up a local trail run, which resulted in last October's *Dall Ball Buster* 12miler. Mentioned in the article are **Vinnie Kelley** (the inspiration for the article's title), **Therese Trujillo**, **Jim Owens**, **Todd Schroeder**, **Dale Goering**, and 'a few Striders' which in context included at least one of the editors in the MileMarker news room.
- **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. GOTR had nearly 80 young women run in this year's SF Run Around! For further information contact **Alice Temple** at abtemple@hotmail.com

Club Calendar

Club Meetings

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

Next meeting – 7pm Tues. July 13th, at **Vinnie and Jud Kelly's place**.

Agenda:

- SF Run Around
- Prep Development
- Big Tesuque Trl Run
- Announcements

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 – Group track workouts at Santa Fe High School 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

- Long (5.8mi), and
- Short (3.5mi) group runs downtown and back. Full maps of the routes can be found on the [Striders website](#).





UPCOMING EVENTS

- The 3rd annual [City of Santa Fe Triathlon](#), Sat. July 17th. The race begins and ends at the Genoveva Rec Center, Rodeo Rd, Santa Fe.
- The [45th Annual La Luz Trail Run](#), Sun Aug. 1st. The storied race winds up Sandia Peak on La Luz Trail, 9mi. from the east foothills to the towers on Sandia Crest.

FINISHERS

- Strider and recent St. Micheal's High School grad **Tess Amer**, placed 14th at the [National Collegiate Triathlon Championships](#), run in Lubbock, TX in April. Competing for the University of Colorado, Tess finished in 2:13:47, ten minutes behind the leader. She initially placed 12th, but a questionable drafting penalty pushed her back. Colorado finished 2nd overall in team standings behind Army.
- At the [12th Annual Pojoaque Wellness Butterfly 5K/10K](#), run June 20th, area and Strider finishers included: **Ben Fletcher**, (4th) 16:21; **Sarah Hurst**, 24:43; **Luis Chavez**, (7th) 34:50; **Scott Valdez** (8th) 38:35; **Mike Swain**, 46:18; **Lucy Ohlsen**, 48:12; **Tony Gallegos**, 48:29; **Rose Giannotta**, 55:20; **Richard Curry**, 55:21.
- At the [7th Annual Cherry Garcia 10K](#), run June 27th, area and Strider finishers included: **Marc Esposito**, finishing third overall in a time of 36:32; **Rachel Gantt**, overall runner-up 44:34; **Beth Davenport**, 46:13; and **Sandy Martinez**, 49:15.
- At the [Buffalo Springs Half Ironman Triathlon](#), run June 26th in Lubbock, TX, Strider finishers included: **Mike Swain**, 5:19:32; **Philippe Muller**, 5:29:44; Tamsen Schurman, 5:30:34; and **Ted Freedman**, in 5:47:02.
- Several area and Striders runners competed in this year's [Run the Caldera Marathon](#) at the Valles Caldera National Preserve, *June 12th*. In the marathon finishers include: **Marc Esposito**, second overall in 3:28:09; **Maryann Kos**, women's champion in 4:18:15; **Max Mujnyna**, (13th) 4:22:18; **Laura Bacon**, 4:54:17; **Tony Gallegos**, 4:57:00; **Pam Geernaert**, 5:16:46. In the Half Marathon finishers include: **Mike Dobesh**, 1:55:07; **Vikki Saga**, 2:09:16; **Kathy Dobesh**, 2:17:42; **Newlyn Allison**, 2:23:38; **Ben Allison**, 2:26:16; **Andy Winnegar**, 2:30:01; **Eric Montgomery**, 2:34:31; **Katherine Shubert**, 2:38:25.
- Albuquerque athlete **Jacob Armijo** competed in the men's 10,000m final in last month's [US National Track and Field Championships](#) in Des Moines, Iowa, finishing 21st in 30:51.95.
- Armijos's training partner and fellow Abq athlete **Kris Houghton** ran to an 11th place finish at last month's [US National Mountain Running Championships](#) in Goham, NH, finishing the race up Mt. Washington in 1:06:51.

Have we left someone out? Other results to report? [Let us know](#) and we'll post them in our next issue

New Members for 2010

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

- **Alice Temple**
- Natalie Heller
- Caroline Seigel
- Lynn Pickard
- Richard & Patricia Danforth
- Jennifer Boryta
- Kris Kern
- Gregg Bemis
- John McCormick
- Taylor Van Buren
- Robert Werner
- Rose Giannotta
- Jeremy Yang
- Dianne Wright

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
May – Santa Fe Run Around
Oct – Big Tesuque Trail Run
Nov – Fowl Day Run

E-MAIL LIST

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

STRIDERS WEBSITE

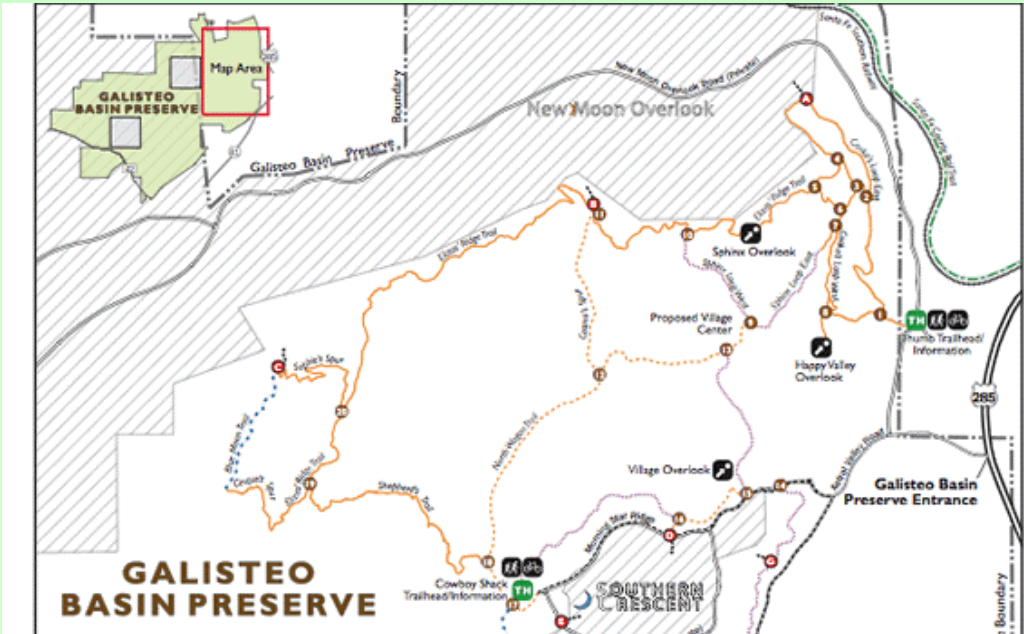
Contact webmaster Todd Schroeder at toddschroeder@yahoo.com





TRAIL OF THE MONTH
Galisteo Basin Preserve

Just west of Eldorado off US 285, or accessible from the south end of the Rail Trail, the [new trails at Galisteo](#) are loads of fun for running and biking, (hiking as well, but why move slow when speed is an available option). The purpose of the new area is eventual development. It seems however, that the developers chose to build the trail system first, and the dampened economy has staved off the home building phase for a few intervening years.



The trails loop up, around, and through some wonderful country hills with fantastic views of the Galisteo Basin. Combining loops, variations, and RailTrail connectors, can make for miles of running or biking. If you haven't made it out to these trails just yet, be sure to do so before the surrounding area is built out. They're a terrific addition to our local trail system.

[Click for map .pdf \(1.6MB\)](#)

Club Officers – 2010

[Jim Owens](#), President
[Mariam Browne](#), 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.

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STRIDERS WEBSITE

Race results, photos, links, or suggestions for the web page should be directed to the webmaster Todd Schroeder at toddschroeder@yahoo.com

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...

"If you want to win a race you have to go a little berserk." -- Bill Rodgers



A BIG THANKS TO OUR 2009/2010 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 _____ Other _____
(for newsletters and announcements)

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