



Mile Markers



We Give You the Run-Around

September 2010, Volume 32, No. 6

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 Big Tesuque Trail Run – 9am Sat. Oct 2nd at Aspen Vista. 11.6mi. out and back trail run to the radio towers on Tesuque Peak. Friends, food, and fall colors. Race day registration, \$3 discount to Striders.

2nd Annual Jaguar Cross Country Races – Sat. Oct 9th at Marty Sanchez Fields. 5K Open All-Comers Race 8am, 3K Junior High division 8:30am, 1K Grade School division 9:50am. Race registration just \$5.

➤ **The (not-so-recent) City of Santa Fe Triathlon** – Run July 17th from the Genoveva Chavez Community Center. Race results can be [viewed here](#). A review and write-up from the [New Mexican](#) can be [found here](#).

Running Notes of Interest for September, 2010:

Sep 23-24th: Jackie Joyner-Kersey put up the still standing Heptathlon world record of 7291 points at the summer Olympic Games in Seoul, South Korea.

October Events

- 2nd: [Big Tesuque Trail Run](#), 11.6mi Trail Run, 2000ft of climbing thru golden aspens – Aspen Vista, Santa Fe
- 9th: [2nd Annual Jaguar Cross-Country Races](#), 5K Open All-Comers division 8am, 3K Junior High Division 8:30am, 1K Grade School Division 9:50am – Marty Sanchez Fields, Santa Fe
- 10th: [Pajarito Trail Duathlon](#), 3mi run, 4mi bike, 3mi run – Pajarito ski area, Los Alamos
- 17th: [Duke City Marathon, Half Marathon, Relays, and 5K](#) – Albuquerque
- 24th: [2nd Annual Dale Ball Buster Trail Run](#), 12mi and 6mi trail runs plus barbeque! – Dale Ball Trails, Santa Fe
- 31st: [Great Pumpkin Chase VII](#), 10K, 5K, Kids K – Albuquerque

November Events

- 7th: [Doggie Dash & Dawdle](#), 5K Run, 2mi Dawdle – Balloon Fiesta Park, Albuquerque
- 13th: [Inaugural NM Army Aviation Run](#), – Del Bosque Trail, Albuquerque
- 14th: [4th Annual Veterans Day 11K](#), – Kit Carson Park, Albuquerque
- 20th: [Annual Striders Fowl Day Run](#), 5K, Kids 1K, Donation of food or contribution to Salvation Army in lieu of registration - Fort Marcy Park, Santa Fe
- 25th: [Atalaya Elementary Roadrunner Turkey Trot](#), 5K, Kids 1K - Santa Fe
- Dec. 5th: [Jingle Bell Triathlon](#), sprint triathlon - Rio Rancho



THIS WEEKEND'S BIG TESUQUE TRAIL RUN – *Turning Aspens near the start/finish*

Photo by Mat and Drew Fant



Photo: Matt and Drew Fant

Pre-Race

This year's Big Tesuque Trail Run is upon us! Those that have been around long enough to have an idea about these things, tell the MileMarker this may be the 25th running of the now classic trail race. This is surely a milestone to take note of as we gasp through the thin air towards collective glory.

Unlike last year, we've had no early snow and the aspens are still holding their leaves. The weather for Sat. looks clear and cool. Several former champions on the men's side will likely pass on this year's race due to obligations and injury which opens up the field to a degree. The favorites include Mr. Eric Peters, 'Super-Mike' Ehrmantraut, and Dan Millikin, assuming these men toe the starting line together.

On the women's side, La Luz Trail legend Rachel Cuellar and Rachel Early, both out of Albuquerque, buried the field last year and may be back to defend/challenge for this year's title. Cuellar's winning time of 1:30:26 in 2009 was the fastest time in several years.

Those on the fence should make time to come by even if just to enjoy the scenery, a short hike, and a bagel. Or you could get into the race and share the hyperbole and unsubstantiated claims of after-race stories with the rest of us.

Aspen Vista Trail, Sat. Oct 2nd, 9am. \$3 discount for Striders members.

Big Tesuque Sponsors



El Merendero (Posa's)



CLUB NEWS & ANNOUNCEMENTS

- The next **Striders Club Meeting** is scheduled for Tues. Nov 9th at **Kevin & Christina Brennan's** place, 1896 Candela St. Bring a dish and beverage of your choosing. Agenda items will include:
 - Big Tesuque Trail Race - Review and summaries
 - Prep Development - Fall XC Series
 - Treasury Report
 - New RF Timing System
 - Santa Fe Snowshoe Classic - Planning
 - Corrida de los Locos - Planning

Contact **Kevin** 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. A great site.
- Track workouts are winding down for the summer with the end of Daylight Savings approaching (Sun Nov 7th). The group meets 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— 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.
- 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.

PREP NEWS & ANNOUNCEMENTS

- The High School Cross-Country season is in full swing. Check the *Santa Fe New Mexican* for Fri./Sat. meet locations and times.
- **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. Nov 9th, at **Kevin & Christina Brennan's 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 – 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 Big Tesuque Trail Run](#), 9am Sat. Oct 2nd at Aspen Vista. 11.6mi. out and back trail run to the radio towers on Tesuque Peak. Friends, food, and fall colors. Race day registration, \$3 discount to Striders.
- [2nd Annual Jaguar Cross-Country Races](#), - Sat. Oct 9th at Marty Sanchez Fields. 5K Open All-Comers Race 8am, 3K Junior High division 8:30am, 1K Grade School division 9:50am. Race registration just \$5.
- [Duke City Marathon, Half Marathon, and Relays](#), - Sun Oct 17th in Albuquerque.
- Best of luck to all area runners training for this Fall's *Chicago Marathon*, and *NYC Marathon*.

FINISHERS

- At the [45th Annual La Luz Trail Run](#), held Aug. 1st, area and Strider finishers included: **Marc Esposito**, (2nd) 1:29:17; **Ben Fletcher** (4th), 1:30:52; **Steve Shultz** 1:49:51; **Tamsen Schurman** (AG Champ) 1:56:36; **Alice Temple** (AG 3rd) 2:11:14; **Kathy Shubert** 2:34:39; **Eric Smith** 2:20:54; **Angela Prada** 3:04:10.
- At the [Rio Grande Half Marathon](#), run Aug. 15th, area and Strider finishers included: **Doug Saari** (AG Champ) 1:41:57; **Vincent Hesch** 1:46:14; **Andy Winnegar** (AG 2nd) 1:47:49.
- At the [3rd Annual City of Santa Fe Triathlon](#), run July 17th, area and Strider finishers included: **Liz Sponagle** (2nd overall) 1:09:16; **Tess Amer** (4th) 1:12:19; **Tove Shere** (5th) 1:13:35; **Kathy Van Essen** (7th) 1:14:10; **Lynn Pickard** 1:23:24; **Newlyn Allison** 1:27:31; **Lyle Amer** (5th) 1:02:37; **Philippe Muller** (9th) 1:03:49; **Scott Valdez** (10th) 1:04:06; **Connor Browne** 1:04:44; **Peter Fant** 1:07:03; **Ted Freedman** 1:08:46; **Jerry Shere** 1:25:17.
- At the newly restarted [Cochiti Triathlon](#), run July 11th, area and Strider finishers included: **Mike Swain**, 2:24:15; **Philippe Muller**, 2:26:51; **Peter Fant**, 2:31:19; and **Ted Freedman**, 2:32:13; **Liz Sponagle**, 2:38:05; **Tove Shere**, 3:08:35; **Kathy Shubert**, 3:09:47; **Jere Shere**, 3:16:13 .
- At the [Pikes Peak Ascent and Marathon](#), run Aug. 21st, area and Strider finishers included: **Luis Chavez**, (37th) 5:11:40; **Chris Chavez**, 6:10:39; **Kevin Brennan**, (42nd) 2:52:25; **Bradley Skidmore**, 3:25:03; **Chris Chavez**, 3:33:02; **Brendan Maas**, 3:34:35; **Lynn Bjorklund**, 4:08:44; **Matt Scarborough**, 4:13:23; **Will Waquie**, 4:17:22; **Kelsi Felson**, 4:32:51; **Fred Maas**, 4:38:37; **James Gurule**, 4:46:46; **Liz Shaw**, 5:24:58; **Carrie Haag**, 5:36:39.
- September results will be posted in the next MileMarker issue: *Hearts for Honduras, Santa Fe Trail Run, Imogene Pass Trail Run, Liz Sponagle's world triathlon competition in Budapest, Pagosa Mountain Chile Cha-Cha, Elephantman Triathlon, ...and any other submissions our readers might have.*

Have we left someone out? Other results to report? [Let us know](#) and we'll post them in our next issue. All past editions of the MileMarker are archived at www.santafestriders.org

New Members for 2010

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

- **Christine Woolsey**
- Peter Fant
- Eric Smith
- Nathan Sheridan

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
- Oct** – Dale Ball Buster
- Nov** – Fowl Day Run

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
Contact webmaster Todd Schroeder at toddschroeder@yahoo.com



RUNNING AMONG THE DEAD IN MY HOMETOWN

-- by Richard Curry

On a warm and windy day on Memorial Day in Santa Fe, I sat with a friend in the National Cemetery, a beautiful place to run (if you like cemeteries). Thousands of flags and flowers adorned the white tombstones of the dead who once served our country. I told the story of how I run through the cemetery of my hometown whenever I visit. It is there my father, relatives, and friends lie to rest.

"I like cemeteries," she said, and stretched to stare into the clear, blue sky.

I am in Fairview Cemetery now in my hometown and two men from Main Management in Doylestown, PA ride mowers, while another weed eats around the base of the stones. I am running three- minute accelerations around an oval road. The grass cutters stare at me, as if to say, "Are you crazy? Why run in this weather?" Temperatures and humidity around Philadelphia are soaring toward the high nineties. I might be a fool and a dead man to run in this kind of heat.

Here in Coatesville 8,000 souls live where a steel mill once thrived. It now boasts of having the largest pieces of steel saved from the attack on 911. After my first repeat, I stand on a hillside above the mill where these beams were forged. The oval road where I run these repeats is just about 800 meters, and there is a slight uphill on the east and west ends; this is where I accelerate. My recovery is a three-minute walk among the stones.

I begin interval two. Along the way, I nod to the heavy-set man who sits on his mower. I want to say, "*Buenos días. Como estamo?*" My words don't come and he just stares at me. It is a different world now in my hometown. I used to know the people mowing the grounds. For several summers I mowed them myself. I finish interval two in 3:02. Sweating profusely, I recover among the stones.

(continued) >>

Club Officers – 2010

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

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

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Bouquets of artificial flowers, American flags, and war plaques from WWI and II, Korea, and Vietnam adorn the headstones with chisled names such as McFarland, Ruzhak, Entrekin, Wilkes, Young, Wagner, Panaski, Kolb, Curry, all friends, relatives, or family of mine. I look at the years they were born and died; some lived a long life; others lived a short one. I say a quick prayer because my three-minute recovery walk is over. Another repeat seems important, for the heat intensifies.

The mowers now rest under giant elm trees; their task is an endless one in this cemetery. Bulldozers and backhoes rake the pristine hillside. Parts of it now look like a giant quarry of sand, limestone, and gravel. I am told five hundred housing units will be built and lived in by the time I run here next summer. I guess we can't stop the progress of man. I finish my third repeat in 3:05. I am slowing down.

A morning or two earlier I stood with my mother at the gravesite of my grandparents. "This is where you might be buried someday," she said.

"I don't know, Mom. I might be cremated."
"Oh, come on now. What's gotten into you?"
"It makes sense to me sometimes."

To this day, I think about how I might die running along a trail somewhere. I don't know what will happen to me after that. My friend, with whom I sat with on Memorial Day, told me that a dead person's head explodes while being cremated. Since then, I've had second thoughts about cremation. All I know is that I want to keep running to live, so I begin interval four around an old, oval road.

JOGGER, JOG

Jogger, jog, and runner, run!
How I envy you your fun!
Agony distors your face;
Yet I know some hidden grace--
Some ebullient, inner leaven--
Raises you to jogger heaven.

Jogger, gasping by the road,
Easing lungs of overload,
May I have your name, old scout?
If the leaven should run out--
If you jog off to your Maker--
I will call the undertaker.

- Willard Espy
* Words to Rhyme With*
Henry Holt, 1986

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 MileMarker.



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. 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...

"Hunker down, keep your eyes fixed ahead, and run like hell." -- Paul Spangler, in advice to Sister Marion Irvine before a race.



A BIG THANKS TO OUR 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.santafestriders.org



2nd Annual Jaguar Youth Cross-Country Races

*Presented by the Santa Fe Striders in
conjunction with the Jaguar XC Invitational*
\$5 Entry Fee

Saturday, October 9th
**Santa Fe County Municipal
Fields (Marty Sanchez)**
5K All-Comers Race, 8am; 3K Junior
High 830am; 1K Grade School, 950am

Course is GPS measured 3.1 miles (5K), over
grass and hard-pack trail. Runners should expect
one midrace hill and a fast, flat finish.

COURSE RECORDS:

- Prep Boys - *GARETH GILNA*, Los Alamos - 16:09.43 (2008)
- Prep Girls - *KATE NORSKOG*, St. Michael's - 19:09 (2008)

Register

By Mail:

SF Striders - Jaguar XC
P.O. Box 1818
Santa Fe, NM 87504

In Person, at:

running hub
527 W. Cordova
Santa Fe, NM
(505) 820-2523

Find Additional Entry
Forms On-Line, at:
www.santafestridders.org

Directions

From Downtown Santa Fe:

North on St. Francis Drive to
NM 599, exit right (Santa Fe
Relief Route); approximately 9
miles west to frontage road,
look for Caja del Rio/SF County
fields signage, right turn; 2
miles to the intersection at Caja
Del Rio, right turn; 2 miles to
county municipal fields and
starting line (Marty Chavez).

Entry Pick Up & Race Day Registration

SF County Municipal Fields,
7:30am – to start of race

Awards

- M's and W's champs
- Junior High finishers
- Grade school finishers

Race Contact

Kevin Brennan
kvbrennan@hotmail.com
(505) 573-1558

Title Sponsors



Capital High Cross Country
Program - Brendan Maas,
Head Coach

2010 Jaguar XC Invitational - Registration Form

Name _____ Age _____ Date of Birth _____ MF _____
Address _____
City _____ State _____ Zip _____
E-Mail Address _____ Phone _____

ENTRY FEE:
1) \$5.00

Checks payable to:
Santa Fe Striders

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



Big
Tesuque
Trail Run
2010

A 12-Mile Trail Run

on

Aspen Vista Trail

in

Santa Fe National Forest

Saturday, October 2nd 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:



527 W. Cordova Ste B
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:

Peter Fant

Peter.fant@soudermiller.com
(505) 473-9211 [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 2010 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:

\$25.00.

\$22.00 early striders members registration.

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.

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