



Mile Markers



We Give You the Run-Around

December 2010, Volume 32, No. 8

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

Santa Fe Snow Shoe Classic – Sat. Jan 8th at the Norski Trails just south of the Santa Fe Ski Area. 5K/10K snow shoe races, 10am start. Race information [avail. here](#), registration [avail here](#).

Corrida de los Locos - Sat. Jan 29th at Marty Sanchez Golf Course. 5.8mi winter cross-country course. Race information and prior year results [available here](#).

➤ **30th Annual Striders' Fowl Day Run** – Sat. Nov 20th at Fort Marcy Park. [5K Run, 3K Walk](#). No official results or photos – see race report below.

➤ **3rd Annual Atalaya Turkey Trot 5K** - Thur. Nov 27th. Results and photos [available here](#).

Running Notes of Interest for December, 2010:

The UNM Women's Cross Country team earned their highest ever placing at the NCAA Cross Country Championships at Terre Haute, IN. They ran to a 5th place showing with the UNM men's team running 16th.

December Events

5th: [Jingle Bell Triathlon](#), sprint triathlon, 5K run, 25K bike, 400yd swim - Rio Rancho

12th: [7th Annual NM Farolito Trail of Lights 5K, KidsK](#), - Albuquerque, 5pm evening start

18th: [USRA Las Cruces Half Marathon, 5K and Relays](#), - Las Cruces, NM

January Events

8th: [The Santa Fe Snow Shoe Classic](#), 5K and 10K - Hyde Park, Santa Fe

15/16th: [38th Annual Chama Chile Ski Classic](#), Classic and Skate Ski races, 5K/10K Snow Shoe races - Chama, NM

29th: [La Corrida de los Locos](#), 5.8mi cross country race – Marty Sanchez, Santa Fe

Feb 12th: [Cupid's Chase 5K](#), - Rancho Viejo, Santa Fe

Feb 13th: [Sweetheart Run VIII](#), 10K, 5K, KidsK - Bosque School, Albuquerque

Feb 19th: [28th Annual Mt Taylor Quadrathlon](#), - Grants, NM



THE 30TH ANNUAL FOWL DAY RUN – Women’s Champion Liz Sponagle & The Girls on the Run Crew

Photos by Max Mujinaya, and Girls on the Run

Race Recap – Fowl Day Run, Sat. Nov. 20th

We had fantastic weather for this year’s 30th Annual Fowl Day Run, unseasonably warm and sunny when the gun went off at 9am. We had a good turnout of area runners and a strong turnout of Girls on the Run athletes and their training buddies.

The course wound through the arroyos north of Fort Marcy Park and Majors Field, and up past the Governors Mansion where the turn around point was. **Joachim Marjon** ran to the men’s overall title with **Eric Peters** close behind for second. **Liz Sponagle** ran to the women’s overall title with a Santa Fe Prep athlete following her across as runner-up. A fleet of Girls on the Run young women filled out a good three-quarters of the field. Fantastic. If you’re looking to make any charitable contributions before year-end look no further than [Girls on the Run](#).

A special thanks to our race sponsors and partners below, and to race director **Diana Hardy** for another job well done. Several hundred pounds of donated food and canned goods, as well as monetary donations were collected by the Santa Fe Salvation Army.

We have no deeper results or photos from this year’s run. Additional details of the Run can be [found online](#).



Fowl Day Run Sponsors and Partners





CLUB NEWS & ANNOUNCEMENTS

- The The 2nd annual Striders Christmas Party was a success. It was held at the Eldorado Fieldhouse the night of Sat. Dec. 11th. It was hard to tell if the turnout was larger than last year, although there were several new faces. It was equally as difficult to determine the best cookie/pastry at this year's party. There were several strong candidates.

Eric Peters and **Michael Swain** were recognized as Strider(s) of the Year for all the work they've done with the organization of Club group runs. Eric directs the Sunday long runs, Mike the summer track sessions. Congratulations to these two, their honor was well deserved. Previous years' winners were **Dale Goering** and **Todd Schroeder**.

A special thanks to **Mariam Brown**, **Todd Schroeder**, and **Jim Owens** for coordinating the evening. To **Vin Kelley** and his band for the rockin' tunes, and to the Eldorado Homeowners Community for use of the clubhouse.

- The next **Striders' Club Meeting** is scheduled for Tues. Jan 11th at **Kevin and Christina Brennan's** place, 1896 Candela St. Bring a dish and/or beverage of your choosing. Agenda items will include:
 - Fowl Day Run - Report
 - Santa Fe Snow Shoe Classic – Planning Update
 - Corrida de los Locos – Planning Update
 - Striders Logo Design
 - Treasurer's Report

Contact **Kevin** for directions and further info.

- This year's track workouts are no more. A big thanks goes out to **Mike Swain** for coordinating this summer's workouts. Turn out on Tues. nights was greater this summer than the summer before. Lots of people sharpening up for summer/fall races. Hope to see you all next April.
- Tuesday night runs beginning from **the Running Hub** will be in place until April, 2011. Runs head out at 6pm depending on the number of runners that show.
- The Striders have a [Facebook page](#) listing upcoming events, meetings, results and photos. We're up to about 130 followers right now, many of which are in addition to regular Club members. **Christina Brennan** is doing the admin work and can be contacted for submissions or news. Search for us and become a follower to receive updates on club activities. **The Running Hub** also has a [Facebook page](#) listing Hub events, results, and photos.

PREP NEWS & ANNOUNCEMENTS

- Santa Fe High senior **Andre Miller** ran to the 5K title at Thanksgiving's [Atalaya Trukey Trot](#) in 17min 3sec. Former SFHS runner **Medora Allison** defended her title, winning the event for the second straight year in 21:11. Full results can be found at the link above.

Club Calendar

Club Meetings

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

Next meeting – 7pm Tues. Jan 11th, at **Kevin and 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 are finished for the year. Evening tempo runs beginning from *The Running Hub* will be in place until April, 2011. Runners of all levels are welcome.

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](#).



PREP NEWS & ANNOUNCEMENTS, continued

- The National Team selection process for the 2011 [Wings of America Junior XC](#) team was determined through finishes at December's Nike Cross Nationals Regional Races. Times and finishes aren't available at this time. The team will compete at February's USA Cross Country Championships in San Diego. WINGS is the beneficiary of the Striders' annual [Big Tesuque Trail Run](#).
- **Girls on the Run** are always in need of volunteer women coaches at several local elementary schools. [Girls on the Run](#) had somewhere around 60 young women running in this November's *Fowl Day Run* - it was pretty awesome. *The Santa Fe Run Around* may be the next big graduation race, at the end of May. That would mean the training program would begin in March. Alice will correct me if I have my dates wrong here. Volunteer positions require a commitment for part of one or two days a week for ten weeks. For further information contact [Alice Temple](#).

UPCOMING EVENTS

- [Christmas Farolito Run](#) – 530pm Fri. Dec 24th, meeting at the [Running Hub](#). A leisurely run through Canyon Rd and the farolitos, with refreshments afterwards.
- [The Santa Fe Snow Shoe Classic](#), 5K and 10K. The snow has arrived! Mark your calendars for the area's top winter event, 10am Sat. January 8th, at Santa Fe's Norskis Trails.
- [La Corrida de los Locos](#), 930am, Sat. Jan 29th. 5.8mi cross country run. A terrific annual Striders event run at Marty Sanchez Links de Santa Fe. Be there or be not so loco.

FINISHERS

- At this year's [New York City Marathon](#), run Nov. 4th, area and Club runners included: **Marc Esposito**, 2:56; Anilisa Sandoval, 3:26; Maryann Kos 3:35; and Talee Roberts, 4:12. Caroline Rotich of the [AmeriKenyan running](#) club finished eighth overall in 2hr 29min, 90sec off the winning time.
- **Mike Swain** competed in the [Half Ironman World Championship](#) Triathlon, in Orlando, FL, Nov. 13th. His finish of 4:44:38 was good for 21st in his age group.
- At the [Grand Canyon Half Marathon](#) on Nov. 16th, club runner and Thus. Group Run speed demon **Dave Simpson** ran to the overall title and a heap of prizes including a pair of Saloman trail shoes. He put 7min. into the rest of the field, running away with a 1hr 31min finish. Word.
- At the [Duke City Marathon](#), run Oct. 17th along the Bosque in Albuquerque, had gobs of area and Club runners competing. We left out a few in last month's letter including **Ted Freedman** who was an age group winner in the half-marathon in 1:35:27; and **Julia Kinney** crossed in 1:57:07 (5th AG). Detailed race reports from the day can be found online at [Brian Pilgrim's blog](#), or over at the [Santa Fe Trail Runner, here](#).

Striders' 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 – SF Snowshoe Classic
Feb – Corrida de los Locos
May – Santa Fe Run Around
Oct – Jaguar XC Races
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
With photos or race results



FINISHERS, continued

- The Striders' [Fowl Day Run](#), run Nov. 20th, was awesome but also was not a race. For that reason we do not have comprehensive results to publish. **Joachim Marjon** (approx. 19min) and **Liz Sponagle** (approx 23min) ran to the overall titles. [Girls on the Run](#) were a swarm of orange shirts and smiles. A detailed report of the morning can be found online [at HighDesertDirt](#).
- The [Atalaya Turkey Trot 5K](#), run Nov. 25th was also awesome. Winners included **Andre Miller** in a time of 17:34, runner-up **Mike Ehrmantraut** in 18:21, and **Mark Barela** in 18:29. On the women's side the champion was **Medora Allison** for the second straight year winning in 21:11, **Rachel Gantt** finished runner-up in 21:30, **Alice Temple** ran third in 22:39. A detailed race report of the morning can be found online at the [Santa Fe Trail Runner](#), and [at HighDesertDirt](#).
- **Julia Kinney** finished Oct.'s [Spinx Run-Fest Marathon](#) in Greenville, South Carolina in 4:14:56 (2nd AG), a Boston qualifying time. Congratulations.
- At the Holualoa [Tucson Marathon](#) run Dec 12th, area and club finishers included **Maryann Kos**, 10th overall in 3:18:41; **Max Mujynya**, 3:29:30; **Peter Bryant**, 4:08:02; and **Julia Kinney** (6th AG) in 4:21:24.
- **Liz Sponagle** toed the line with the world's best at September's [ITU World Championship](#), in Budapest, Hungary. Stepping down from the Ironman distance, she motored to a seventh overall age-group placing in 2:22:54. **Ana Maria Trujillo** did a great write-up of both Liz and the race in the [Santa Fe New Mexican](#).
- The men and women [UNM Lobos Cross-Country](#) teams recently swept to Conference and [Regional](#) team titles, with the women's team running to [5th place](#) at the NCAA Championships, and the men's team sixteenth. This was the women's team best finish ever. Former Santa Fe Prep standout **Shawna Winnegar** finished the 6K Nationals course in [224th position](#) with a time of 22:40. She finished Regionals in 50th place, in 21:59.7 (6K), as the team's seventh runner.

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](#)

OTHER ANNOUNCEMENTS

We have been notified that all annual memberships at the [Genoveva Chavez Community Center](#) are 25% through Jan. 7th. Yet another special deal available to Striders Runners.

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.

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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

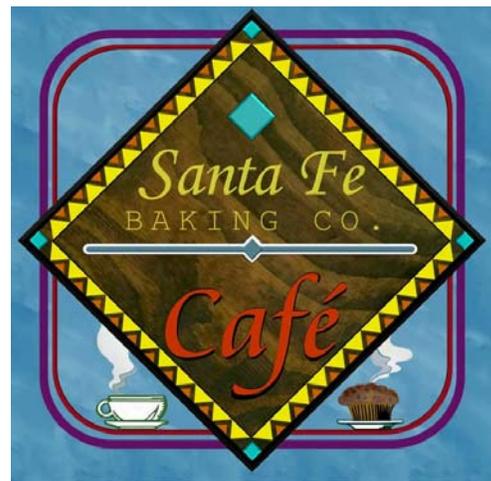


STRIDERS CLUB MEMBERSHIPS

Renew/Activate Your 2011 Membership Today - The Club encourages interested runners to join us with a new or renewed club membership for 2011. New memberships for the 2011 year are now being accepted, and will be good through April 30, 2011.

Membership fees increased in 2010 from \$15 to \$20 - 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 2010 was approx 130 members, even with the 130 area runners in 2009; 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 the *Capital High Cross Country Team*.



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 2010 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 8, 2011



Paseo Pottery



Organized by:
The Santa Fe Striders

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



Races are 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. 2.8 mile race is one lap, approx. 5.6 mile race is two laps at ~10,000 ft elevation. One lap recommended for walkers. **Both races start at 10 AM.** Race Day registration opens at 8:45 AM. 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.santafestridders.org for maps. No Snow? Race goes on as a high altitude footrace and beach party. Questions? Contact Kris at kp.santafe@gmail.com or 505-820-6247.

Water will be provided at the start/finish, and the halfway mark for the 2 lap race. Snow shoe rental available from REI for \$10 on race day at race venue. Hot drinks and donuts! First 70 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. 4 or register on Active.com. 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 (chose one): 1 lap _____ 2 lap _____ Male or Female (circle one)
 Name _____ Age on race day (Jan 8, 2011) _____
 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.
 Strider member _____ (\$2 discount off preregistration only. No discount on race day!)

Waiver: 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 8, 2011. I understand that snowshoeing at high altitude is strenuous. I understand that volunteer first aid assistance may or may not be available at the Santa Fe Snow Shoe Classic and I give race officials permission to obtain medical aid for me should I, in their judgment, require it.

Signature _____ Parent/guardian if under 18 _____