



Mile Markers



We Give You the Run-Around

December 2011, Volume 33, No. 1

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

- Upcoming Striders' Events -

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

- **The Santa Fe Snow Shoe Classic** – Sat. Jan 7th at the Norski Trails just south of the Santa Fe Ski Area. 5K/10K snow shoe races, 10am start. Race information and registration [available here](#).
- **La Corrida de los Locos** - Marty Sanchez Golf Course, Sat. Jan 28th, 5.8mi winter cross-country course. Race information and prior year results [available here](#).

The Year in Review:

Alright, the folks here in the Striders newsroom had a checkered go of it this year. Better late than never though, and it looks like we'll just make it. Volume One of this year's *Mile Markers* will make it to presses just before the turn of the new year. Everything's good though because we're going to happily summarize all the cool stuff for the year-that-was in one shot. Ready, steady, go....

Santa Fe Snow Shoe Classic (Jan 8, 2011)



The year began with the January Snow Shoe Classic up at the Norski Trails on Hyde Park Rd. Race director Kris Peterson has really given this race a steady keel over the last several winters. The folks from REI arrive with their tent and snow shoe equipment, happy to provide running/shoeing encouragement. We got the crazies up there ringing cowbells, and we got Eric Smith running through the field without a shirt.

So, results: Santa Fe's Sean Cunniff ran away with the 5K overall title this year (27min35s), followed by runner-up Tarik Saleh of Los Alamos (30:21). Third overall and women's champion was Santa Fe's Shirley Van Slooten (31:59). Way to go Shirley. Runner-up and fourth overall was Gina Ortiz of

Chimayo (34:06), followed in third, and fifth overall, by Santa Fe's Tove Shere (35:09). Conditions seemed fast this year with hardpack snow and warm temperatures.

In the 10K race (two loops of the course), Albuquerque's Daryl Dagel claimed this year's title with a 53min1s finish. He was followed home by runner-up Matt Dreier of Santa Fe (55:52), and third overall Nathan Romero of Los Alamos (56:41). The women's champ was Santa Fe's Whitney Dreier in 1hr 7m 24s. Liz Miller of Los Alamos followed in 2nd (1:13:42), and Meredith Schoenfeld followed in third (1:21:30).

Awards and a prize raffle followed, the last of the donut holes and coffee were eaten up, and everyone went home with a new embroidered race hat. Full results and photo [album here](#).



La Corrida de los Locos (Jan 29, 2011)



A record field showed up to run the Corrida out at the Marty Chavez Links this year. Race directors Therese Trujillo and Meredith Schoenfeld brought out 106 runners to the snowy winter classic. The weather was brisk but sunny, people filled up on coffee and burritos, and they were off.

Santa Fe's Abebe Yimmer led Las Vegas Highland's Luis Chavez across the line for the win. Both runners were clocked at 29min 33sec. They were followed in third by the defending champion, Santa Fe's 'Super Mike' Ehrmantraut (31:25). Fifteen year old Daniel Romero of Los Alamos chased these guys down in fifth overall (32:23).

In the women's overall, Santa Fe's Whitney Dreier ran down her second straight victory in 37min 41sec. Santa Fe's Erin Sindewald ran runner-up (39:25), with Santa Fe's Sheila Van Cuyk filing the podium in third

(41:06). Full results and photo album [can be found here](#).

This was a deep field, and was one of several Striders races this year won by one of the local pros (Yimmer). Among other credentials, Yimmer was the 2008 Las Vegas Marathon champ. In September, he [made the papers](#) for chasing down a local purse thief. Very nice.

33rd Annual Santa Fe Run Around (May 29, 2011)



Another large crowd gathered on the Plaza for this year's 33rd Annual Run Around. The oldest and largest annual club event benefits the local chapter of [Girls on the Run](#), directed by Alice Temple. Jim Owens directed the race for the fifth (?) straight year.

Local trail running legend/pro Simon Gutierrez showed up and ran to victory in the overall 5K, 16min 48sec. Santa Fe's Joachim Marjon ran runner-up (18:10), followed by Los Alamos' Alex Romero in third (18:27). The women's overall was claimed by Albuquerque's decorated trail runner Rachael Cuellar in 19min 7sec. Santa Fe High School's Greta Miller ran second (21:53), followed by Santa Fe *Ironman* Liz Sponagle in third (22:36).

The 10K overall was taken by New Mexico State University's Ryan Fenton in 36min 14s. Dixon's Scott Valdez dipped under 40min for second place (38:58), chased home by Santa Fe's Haji Corona (40:51). In the women's overall Tanya Collins of Los Alamos stormed to the title in 41min 12s. Greta Nelson of Santa Fe nabbed second overall (47:15), followed in third by Santa Fe's Maria Prentice (47:53).

A mob of little-ones circled the Plaza afterward in the Kid's 1K. Medals for all. Max Mujynya took an impressive assortment of photos of the racers. Full results and photo album [can be found here](#).

Along with several sponsors (NM Bank & Trust, St Vincent Regional Medical Center, Los Alamos National Bank, Santa Fe Foot & Ankle Specialists, Healthfront, Kohl's, the Stern Law Firm, Dunkin Donuts, Harry's Road House, Whole Foods, Brian McPartlon Roofing, San Francisco St Bar & Grill, Full Circle Healing, Rubin Katz Law Firm, Santa Fe Screen Printers, The Running Hub, Sparkplug Studios, and White & Luff Financial), the race raised \$3,500 for *Girls on the Run*.



26th Annual Big Tesuque Trail Run



Beautiful Fall weather greeted this year's Big Tesuque runners. Hard to see that snow was only a few days away. Race director Peter Fant put together one of the deeper fields of late. Racers filled up on coffee and chai, then attacked the trail at the sound of the starter's pistol (airgun? I can't seem to remember).

Local marathoner Bernard Langat began the race with the rest of us, then was gone. Bernard claimed victory (1hr 21m 39s) but left the course record untouched for another year. Bridesmaid Joachim Marjon ran second to a ringer for the second straight race (1:27:07), and multi-time former champ Mike Ehrmantraut claimed third (1:27:48).

Women's record holder Rachael Cuellar ran to her second title in three years in a time of 1hr 31m 21s. Albuquerque's Stefanie Tierney ran second overall (1:42:54), and Whitney Dreier ran third (1:52:17).

Burritos, gatorade, bagels, coffee, and beautiful vistas for the finishers. We had a few crashes but everyone seemed to walk away under their own power. Max Mujynya captured most of the race in pictures again. Full results and photo albums [can be found here](#).

3rd Annual Dale Ball Buster

The third year that the Striders have run one of our October Sunday long runs along the long and winding [Dale Ball Buster trail route](#). First proposed by Santa Fe's Katie Arnold, the run has grown in popularity since its inaugural event. The Dale Ball Buster is a no-cost, no registration, ~12mi run along parts of the Dale Ball Trail, Picacho and Atalaya mountains, and Wilderness Gate neighborhood in the east hills. The run finishes with a club barbeque.

31st Annual Fowl Day Run

The final event of the year, a donation only cross country run beginning from the Fort Marcy Recreation Complex, benefitting the Salvation Army. Race director Diana Hardy had a small army of volunteers safely directing runners through the course's side trails and arroyos. **Girls on the Run** were there along with many chaperones and cheering family members.

Santa Fe's Dale Hoskisson was first over the line in 20min 12s, followed closely by Eric Peters (20:23), and fifteen year old Zach Grand of Santa Fe (20:26). Liz Sponagle of Santa Fe took the women's overall for the third? straight year in 23min 40s. Women's runner-up was Santa Fe's Erin Sindewald (24:01), followed by Erica Micander in third (24:50).

Afterward there was a successful bib-number raffle with sponsor prizes, gift certificates, and holiday pies. Full results [can be found here](#).







Annual Club Party, Awards and Recognition

This year's Holiday Party held out at the NM Academy of International Studies had a turnout of over eighty members of the local running community. The room was full of as much running talent as it was cookies and drink. Impressive. **Peter Fant** was recognized as the Strider of the Year for his many years of work (fifteen to be precise) directing the Big Tesuque Trail Run. Honorable mention went out to **Mariam Browne** for her work with a nascent Striders youth track club and timing and event planning help, **Kris Peterson** for her work directing the Santa Fe Snow Shoe Classic, **Alice Temple** for her work with Girls on the Run and the SF Run Around, **John Lumley and Liz Sponagle** for the support of the Running Hub with so many of the club events, **Therese Trujillo and Meredith Schoenfeld** for their terrific work directing the Corrida de los Ninos this spring. Plus all those who volunteered to help with timing and club events during the year.

CLUB NEWS & ANNOUNCEMENTS

- Find the Striders on Facebook. By the hour status on upcoming events, meetings, results and photos. **Christina Brennan** is doing the admin work, but submissions or news can be posted by anyone directly to the page. **The Running Hub** also has a [Facebook page](#) listing store events, results, and photos.
- 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 5.7 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**.
- In an effort to support area running, the Striders helps time local races at a steep discount. All of this work is done by member volunteers. Folks interested in volunteering on a timing crew can contact [Jim or Todd](#) for a schedule of events and volunteer details.

Club Calendar

Club Meetings

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

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 tempo/fartlek run beginning at the Running Hub. 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
- 5.7mi, and
- 3.5mi group runs downtown and back. Full maps of the routes can be found on the [Striders website](#).





STRIDERS CLUB MEMBERSHIPS

Renew/Activate Your 2012 Membership Today - The Club encourages interested runners to join us with a new or renewed club membership for 2012. Memberships for 2011 are good through April 30, 2012.

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](#).

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 Striders Youth Track Club*.



A BIG THANKS TO OUR 2011 CLUB 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 2011 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

Santa Fe Snow Shoe Classic – 3.6 Mile Race

10 AM Saturday January 7, 2012



Organized by:
The Santa Fe Striders

Sponsored by:
REI
The Running Hub
Paseo Pottery
Santa Fe Screenprinters
Cliff Bar and Aquaphor



Paseo Pottery

Race (run/hike) is at the Norski Trails on Hyde Park Rd. about ¼ mile on the left before the Santa Fe Ski Basin. This is a 3.6 mile race (1.5 laps) at ~10,000 ft elevation. **Race starts 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.santafestriders.org for maps. No Snow? Race goes on as a high altitude foot race.

Questions? Contact Kris at kp.santafe@gmail.com or 505-820-6247.

Water is provided at the start/finish and 2/3 of the way around the course. If you need more, carry your own. Snow shoe rental is available from REI for \$10 on race day at race venue. Novice snowshoers are encouraged. Entries include a headband with race logo! \$50 Running Hub certificates to overall M/F racers! Age group awards by Paseo Pottery! Post-race raffle! Guaranteed Fun!

Registration: Mail the form below postmarked no later than Jan.3 or register on Runsingup.com through Jan 5. (No transaction fee) Please pre-register! It helps us organize and start the race on time.

Cut Here

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

Use a separate form for each entrant

Name _____

Sex: Male or Female (circle one) Age on race day (Jan. 7, 2012) _____

Telephone Number _____ email _____

Child may choose to do a 1 mile short loop or the full race. (Check here if 1 mile) _____

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

14 years and under ____ \$15 15-19 years old ____ \$20 20 years and older ____ \$25

____ Check if Striders Member (pre registration only) and subtract \$2. **Total** _____

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 all other organizers and sponsors, their representatives, successors, and/or assigns, of the Santa Fe Snow Shoe Classic 2012, for any death, injuries, or damages I may sustain due to participating in this event. I understand that snowshoeing at high altitude is strenuous and it is my responsibility to ascertain my fitness and health for this event. 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 _____