

January - March 2016 No. 36. Vol. 1

April 1, 2016

Breaking News!!!!

The editor just got some news that could not wait for the next Mile Markers:

Santa Fe has been selected to hold the Olympics in 2040. There was a concern about venue sights but these will be addressed in the next few years. However, some venues are already in place: water sports such as kayaking will be held on the Santa Fe River downtown. The men's and women's marathons are planned to go up Hyde Park Road to the end of the road and runners who have survived this section will run part of the way back down. Bicycle events will be held near the new I-25 interchange at Cerrillos Road. Organizers claim it will be the most scenic Olympics ever.

Also, just in: Santa Fe will host a triple iron competition next year. The swim will likely be in the Rio Grande heading downstream. The bike route will likely be on I-25 and the triple marathon will be on one of the local tracks. The entry fee will be \$35,000 if registered by April 1, 2016 (April Fools Day) and \$40,000 after that date.

Finally, several Striders qualified for the next summer Olympics on a marathon course running down Hyde Park Road to Paseo and south on St Francis. Names and times will be available in the next Mile Markers though some runners reportedly broke 2 hours (as well as breaking some bones, too).

Have a happy April Fool's day and enjoy the weather

Happy New Year!

Whoops, I missed New Years by a few weeks. This is James Westmoreland, aka Jambaya, the new Mile Markers newsletter editor (from here on "the editor"). Lets try again

New Years Resolutions

Remember New Years Resolutions? Most of us forget them by now but I remember one of mine: Volunteer more! I was able to help with Corrida de Los Locos registration and finish line as well despite the beautiful weather (per Los Locos standards). I am not sure what I was thinking when I volunteered to be newsletter editor but I did have some writing background and I have been with the Striders for about 30 years now so I thought I would give it a try.

Richard, NO!

My first thought upon reading that Richard was leaving was "NO, NO! Richard"; I wanted to crumple up the newsletter but the newsletter was on my phone so I couldn't do that. Besides, Richard had done this for quite some time so I guess it was time for him to move on. He will be a hard act to follow. Later I had writer's remorse hoping something would happen like Jim Owens would forget or someone else would volunteer. I thought I could hear a sigh or resignation in Jim's voice when I emailed my volunteer idea but wait: this was email! The only voice I could really hear in my head was my 11th grade journalism teacher telling me to never go

into journalism. Maybe that teacher would hear about this and call the Striders advising them not to let me do this. The journalism teacher had claimed that he passed me just to get me out of the class. Also, I kind of thought there would be mass Strider protests with signs saying "the end is near" but no such luck. At least I have spell check.

OK, Lets Get Serious

The format will stay basically the same but I hope other people will send in articles, stories, poetry and other stuff to help out (see article below on upcoming Amanda Byrne Race). Again, I doubt I will be as good as Richard: he really inspired me with his stories and training tips. Maybe giving you some idea of my training philosophy will help you understand me.

The Editor's Training Philosophy.

OK, so basically my philosophy is to train hard sometimes and try to enjoy myself other times while running, biking, and swimming. Sort of hard/easy concept. That,s kind of boring though so here is something a little more interesting:

Xeno's Paradox. Yes, this applies to running in a strange sort of way and maybe explains why my 5K times now are what my 10K times used to be (a smal plug for the editor here: 10 K PR was 32:50 and 5K was 15: 26, both on certified courses). Anyway, Xeno was a dude in ancient Greece who presented a dilemma: If a person is trying to go somewhere like say, a 10K, the person had to get halfway first, a 5K in this case. But before the person got to the 5K mark, the person had to get to 2 1/2K and son on until the distance was very, very, small. Xeno wondered how you get ever get anywhere since there was always a halfway point and another halfway point and another, etc. This explains why I never seem to get any where engineers while running and pondering the idea slows me during races/runs. Its a god excuse anyway, I think. Maybe some of the Strider engineers know the answer. Let me know.

Training Tips

Be flexible with your workouts. Some days it just won't happen. If you miss track or just are not up to it, try your own workout another day. And don't restrict fast stuff to the the track. Santa Fe has some good bike paths, just watch out for other people and drivers, too. The hard sections can be time-based rather than just distance: do intervals of 1, 2, 3 or more with recovery intervals to match. Hills work, too. And here is something not to do: if you go the wrong way or find yourself lost, turn around and go back till you know where you are.

Old Stuff

Ok, so this was from September years ago but involves David Giles who we can thank for starting the Los Locos Run years ago (which we just had a few days ago:

David (talking to the editor for the first time at the I M Wiggins Bean Day Run in Wagon Mound in 1985): "No I'm not in

your age group".

Editor: That's good!!".

I think Dave beat me but not sure. Do you remember David?

I had some old race results from years ago to mention but I cannot find them at the moment. So, just in case people don't already know this, Strider member Eric Peters qualified for the Olympic trials several years ago. I am not sure of his time but "B group" cutoff is 2 hours, 22 minutes so pretty impressive.

New Stuff.

Just a reminder that the club's main big race, the Runaround, will be May 21 this year so mark your calendars. Track just started up again on Tuesdays at 5: 45 PM at the Santa Fe High School Track. Thursday runs start from the Running Hub at 6 PM. There are several other races coming up so sign up or even volunteer. A good portion of the club's budget comes from race timing so help out. Oh, and don't forget to sign up for annual Strider dues, online now. The Locos Run and the snowshoe run both went great as usual, see the Striders website for results. Mile Markers will publish race results, articles etc but you need to send them in for us to know about them. Future Mile Markers will be better with your input. Look for a special April newsletter soon. And don't worry about about my journalism teacher.

SIXTH ANNUAL AMANDA LYNNE BYRNE 10K 5K RUN/WALK

SATURDAY APRIL 9, 2016 BEGINNING AT THE PECOS HIGH SCHOOL TRACK/FIELD

PECOS, NEW MEXICO

The most moving races to attend are those that are in honor of a loved one. This is the case for the Amanda Lynne Byrne Memorial 5K/10K and Kids Run hosted in Pecos a thirty minute drive north of Santa Fe.

On January 14, 2011 Amanda Byrne had a fatal accident. To avoid a muddy area while jogging she went near the train tracks. Wearing headphones and a winter headband she neither heard nor saw the train approaching from behind. In an instant she was gone.

Amanda was well known in the community for her love of life and acts of kindness. To keep her spirit alive and to thank the Community for their outpouring of support, the Byrne Family established the Always Amanda Scholarship.

Diane Spencer remembers Amanda helping her with her garden. At harvest time the two of them would drive and give fresh vegetables to people in the neighborhood for free! They loved to see the expressions on people's faces when they realized it was a gift. She also recalls inviting Amanda, when she was about 10, to help her sell at a holiday craft fair. Amanda wandered off for a while and then came back with a beautiful Christmas Angel for Diane to put on her Christmas tree. Diane was truly touched by her unselfish thoughtfulness. When Amanda was in high school, there was a snow storm that came through and left about four feet of snow. The highways were closed. Diane and her husband, Kurt, found themselves stranded in Albuquerque with their three dogs stuck inside their home in Rowe. They called Amanda for help who been had watching their dogs. Taking turns with her Dad, Amanda trudged through chest high snow for about an eight of a mile to rescue the trapped dogs.

The run held in Amanda's honor is to promote "random acts of kindness", awareness of the dangers of wearing headphones (earphones) and to bring the community together in a healthy and positive way. Amanda always loved her community's spirit. There has been strong support from her community. It's a great opportunity for families to spend quality time together while experiencing firsthand the beauty of this small community or for the serious runner to enjoy a truly unique running experience. The 10K turnaround is in the (breathtaking) Pecos National Historical Park.



MileMarkers

On behalf of the family and friends of Amanda we would like to invite you to join us for the 6th annual Amanda Lynne Byrne Memorial Run on April 9, 2016 at 8:00am at the Pecos High School Track in Pecos, NM. 100% of the proceeds generated by the run go to the Always Amanda Scholarship, which awards \$1,000.00 to a Pecos High School senior each year. The Run begins promptly at 8:00 am. No Run day registration late fee. Run registration and donations can be made at www.alwaysamanda.org.

RUN SMART RUN SAFE

Make sure you can see, be seen and heard what is happening

Copies of our Financials from the last several years are on the next 2 pages. Highlights:

- **We had \$4,189.73 in the bank account as of the end of the year**
- **We gave \$5500 to Girls on the Run for the last 4 years - \$30,000 total over the last 6 years**
- **We gave Wings of America \$200 last year but there was another \$1000 at the beginning of 2016; \$5200 over the last 3 ½ years**
- **Timing income last year was \$2055; this remains an important contribution to our income so please volunteer when you can**

Note on Financials: Totals are correct but sometimes items get put into different categories from one year to the next.

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2015 Santa Fe Striders P&L YTD 2015		12/31/2015					
		2015	2014	2013	2012	2011	2010
Membership							
Total Members		191	296	233	184	157	131
Total Households		135	81	182	161	124	110
Income		2,618.36	3,950.00	3,005.00	2,735.00	1,920.00	1,440.00
Supplies Exp.		(142.04)	(118.54)	(203.53)	(11.68)	0.00	0.00
Net		2,476.32	3,831.46	2,801.47	2,723.32	1,920.00	1,440.00
Timing							
Income		2,055.00	2,250.00	2,700.00	2,000.00	2,075.00	2,455.72
Equipment (Exp)		0.00	0.00	(1,720.57)	(759.27)	(99.97)	0.00
Supplies (Exp)		(338.95)	0.00	(448.55)	(51.90)	(16.88)	(41.48)
Net		1,716.05	2,250.00	530.88	1,188.83	1,958.15	2,414.24
Races							
Santa Fe Snowshoe							
Income		2,402.74	1,565.46	2,126.47	1,609.00	1,538.33	1,305.00
(Expense)		(2,685.13)	(1,579.40)	(1,790.04)	(950.35)	(1,481.77)	(1,237.81)
Net		(282.39)	(13.94)	336.43	658.65	56.56	67.19
Corrida de los Locos							
Income		2,539.50	3,166.96	2,255.50	2,672.00	2,211.00	581.00
(Expense)		(2,420.07)	(2,380.39)	(1,451.36)	(1,370.35)	(1,774.25)	(904.41)
Net		119.43	786.57	804.14	1,301.65	436.75	(323.41)
Run Around							
Income		12,684.51	14,398.99	15,111.75	12,782.00	11,072.75	12,835.50
(Expense)		(5,024.22)	(6,686.73)	(6,898.39)	(6,126.57)	(7,291.71)	(5,286.76)
Net		7,660.29	7,712.26	8,213.36	6,655.43	3,781.04	7,548.74
Fowl Day							
Income		0.00	0.00	0.00	0.00	0.00	0.00
(Expense)		(124.24)	0.00	0.00	0.00	(95.00)	(106.90)
Net		(124.24)	0.00	0.00	0.00	(95.00)	(106.90)
Big T							
Income		5,665.08	4,572.51	4,370.77	4,121.75	3,067.00	3,501.35
(Expense)		(4,589.73)	(4,232.07)	(3,490.63)	(4,135.76)	(2,988.67)	(3,406.22)
(PY Income/Exp)		0.00	0.00	327.25	(530.50)	0.00	0.00
Net		1,075.35	340.44	1,207.39	(544.51)	78.33	95.13
Dale Ball Buster							
Income		0.00	0.00	0.00	0.00	0.00	0.00
(Expense)		0.00	0.00	(450.05)	(547.67)	(372.38)	(476.97)
Net		0.00	0.00	(450.05)	(547.67)	(372.38)	(476.97)
Races Totals							
Income		23,291.83	23,703.92	23,864.49	21,184.75	17,889.08	18,222.85
(Expense)		(14,843.39)	(14,878.59)	(14,080.47)	(13,130.70)	(14,003.78)	(11,419.07)
Net		8,448.44	8,825.33	9,784.02	8,054.05	3,885.30	6,803.78

	2015	2014	2013	2012	2011	2010
Youth Program						
Income	0.00	0.00	0.00	240.00	0.00	299.63
(Expense)	(130.00)	(267.91)	(38.00)	(50.00)	(207.31)	(55.62)
Net	(130.00)	(267.91)	(38.00)	190.00	(207.31)	244.01
Other - Misc Income						
Misc. Income	0.00	6.18	6.64	201.00	0.00	395.00
T-shirt/hat sales	120.00	120.00	400.00	0.00	0.00	0.00
Net	120.00	126.18	406.64	201.00	0.00	395.00
Parties						
Summer Picnic	(385.88)	(335.01)	0.00	(411.77)	(349.66)	(245.80)
Holiday Party	(1,543.58)	(1,584.76)	(1,287.84)	(886.16)	(1,797.90)	(1,110.21)
(PY Income/Exp)	0.00	(75.00)	0.00	(197.20)	(181.11)	0.00
Total Cost	(1,929.46)	(1,994.77)	(1,287.84)	(1,495.13)	(2,328.67)	(1,356.01)
Other - Misc Expense						
TS/Hats (Expense)	(2,660.44)	(2,587.62)	(4,592.86)	(1,424.38)	0.00	0.00
Donations	(5,700.00)	(7,500.00)	(7,500.00)	(5,500.00)	(3,500.00)	(4,500.00)
Supplies (Expense)	(560.25)	(518.72)	(107.19)	0.00	(38.20)	0.00
Comp/Server (Exp)	0.00	(54.09)	(54.09)	(443.76)	0.00	0.00
Track Rental (Exp.)	(1,040.00)	(1,105.00)	(1,105.00)	(390.00)	0.00	0.00
RRCA Dues	(788.80)	(1,174.40)	(1,008.40)	(961.60)	(731.60)	0.00
Admin (Exp)	(161.25)	(556.93)	(511.44)	(616.95)	(1,768.25)	(2,216.16)
Total Misc Exp	(10,910.74)	(13,496.76)	(14,878.98)	(9,336.69)	(6,038.05)	(6,716.16)
Program exp	(14,973.39)	(25,131.96)	(29,341.04)	(22,206.00)	(18,992.28)	(16,694.18)
Mgmt exp	(12,840.20)	(5,506.07)	(2,786.12)	(3,159.88)	(3,702.39)	(2,894.17)
Fundraising exp	(480.99)	(118.54)	(203.53)	0.00	0.00	0.00
	(28,294.58)	(30,756.57)	(32,330.69)	(25,365.88)	(22,694.67)	(19,588.35)
Total Income	28,085.19	30,030.10	29,976.13	26,360.75	21,884.08	22,813.20
Total Expense	(28,294.58)	(30,756.57)	(32,330.69)	(25,365.87)	(22,694.66)	(19,588.34)
Net	(209.39)	(726.47)	(2,354.56)	994.88	(810.58)	3,224.86
Donations	5,700.00	7,500.00	7,500.00	5,500.00	3,500.00	4,500.00
In-kind contribution	744.21	3,109.65	755.00	760.00	0.00	0.00
Sponsor contribution	10,285.00	10,550.00	9,400.00	9,553.00	7,011.00	8,186.00
Net Assets (BOY)	4,499.12	5,225.59	7,580.15	6,585.27	7,395.85	4,170.99
Net Income/(Loss)	(209.39)	(726.47)	(2,354.56)	994.88	(810.58)	3,224.86
Net Assets (EOY)	4,289.73	4,499.12	5,225.59	7,580.15	6,585.27	7,395.85
Cash Box	100.00	0.00	0.00	0.00	0.00	0.00
Checking Account	4,189.73	4,499.12	5,225.59	7,580.15	6,585.27	7,395.85