



Mile Markers



We Give You the Run-Around

April 2002 Volume 24, No. 4.

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

Feature Event - Devel's Throne

The annual fun run and picnic event in Cerrillos is happening once again, this year on April 28th. See information inside and call **Dale Goering** (954-4384) for more information.

Hill Stompers

It's just the most happening act on 12 to 30 feet (in Northern NM, with lots o' instruments, and a few other qualifiers). Featured in over 5 actual parades that had actual spectators. Played 6 SF bars in one night! Got famous playing theater venues in Los Alamos. Recently did a 45 min concert carried exclusively on cable (PAC-8!). Only thrown out a few gigs so far (mostly for not being invited). It's the Hill Stompers! Check out our web site at <http://mywebpages.comcast.net/r.favorite/HillStompers/index.htm>

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Editors Note: The Hill Stompers are being considered for entertainment at the Run-Around on June 1st.

Wood Gormley Elementary Kids Recieve Praise for Creative Drawings For the Run-Around T-shirts

From: "Wikle, Peggy" <PWikle@ago.state.nm.us>
To: "Michael A. Kappler" <mick@daylight.com>
Subject: RE: SF Strider Run-Around T-shirt design
Date: Wed, 20 Mar 2002 08:36:50 -0700

What a great idea to involve the kids in designing the shirt!

Peggy Jeffers Wikle
Assistant Attorney General

Come One, Come All! Club Meetings Held on Second Tuesday of Each Month at 7pm

On the 9th, the Striders Meeting will be graciously hosted by **Aaron Bohrer** at **17 Ladera Rd** in Eldorado. His number is **466-1912**.

Take the interstate heading east towards Eldorado. Take the 285 highway exit heading south. Take a right on Avenue Vista Grande (second traffic light) and follow to the end (about 6 miles) Take a left on to Casa del Oro - there will be a fire house on your left- and continue for about 3/4 of a mile. Take a right on Ladera Road. We are at post box 17 - it's green - and park anywhere. Head towards the smell of food.

April is the Cruellest Month

by Bob French

"April is the cruellest month," famously wrote T.S. Eliot in "The Waste Land." But he was not a runner, much less a marathoner. I can tell you: there is no one "cruellest month." There are three: January, February and March. Those are the months when, if you are a marathoner and living in Massachusetts, as I did for years, you are training for the Boston Marathon, held on the third Monday in April (sometimes coinciding with the date of Patriot's Day, when Paul Revere made his famous ride, sometimes not. Anyway, it's a state holiday).

I ran the Boston Marathon ten times, in consecutive years. For ten years I was thinking: April. I lived forty miles from the starting line in Hopkinton. I would be out running in snow, sleet, freezing rain, rain - whatever the elements had to offer. No, I didn't want to go out when the temperature was -20, wind chill factor -40, but hey. the race was coming up, and so out I went.

I have written previously in these pages about my worst Boston run. It was my second marathon. The first, the one that qualified me for Boston, was in Framingham, Massachusetts, a few months earlier. Temperature was about fifty degrees, with a light intermittent drizzle. Bad for spectators, great for runners. I was in my 39 years old. Ran 3:08. No problem.

When I ran Boston the next year the temperature was in the 80's. I went out fast. Too fast. Inexperience and ignorance. I have no memory of the last six miles. I was going from utility pole to utility pole. "If I can make it to that one maybe I can make it to the next...." Foolish. I ended up on the floor of the Prudential Center, where I stayed for several hours totally done in by the heat and bad planning. That was the worst.

My best Boston run? Easy. That was 1976. I was 40 years old. It was my slowest time (3:16), but my best race. Why? Because I adjusted to conditions. For a few days

Cruelling, continued on page 7

Desert Classic 1/2 Marathon

Scottsdale, AZ, Feb. 17 2002

Place	Name	Age	Div/Tot	Sex	No.	Gun time	Pace
	Chip time						
49	Barbara Dutrow	45	1/24	F	630	1:35:45	7:19
						1:35:23	
52	Carl Gable	43	12/42	M	752	1:36:20	7:21
						1:35:59	

Things to remember for next time. If Barb is training for the Boston marathon and you are not, watch out when she says it will just be a tempo run. Also remember that pony tails bobbing 100 m ahead will motivate Barb to run negative splits. The translation of this is that at mile 7 Barb decided to up the pace by :15 per mile for miles 7 and 8 to catch and pass 3 or 4 women who were ahead of us, but my legs, trained for skiing the steeps at Taos were not up to that task. Barb opened a gap that she held to the finish.

It was a well organized race put on by Arizona Road Racers. It had electronic chip timing with 433 1/2 marathon finishers and 253 marathon finishers. It was a perfect day, overcast, 45-55 degrees, zero wind on a course of flat straight country roads with no traffic and a bit of dirt trail next to the canal.

Cheers,
Carl Gable

Dog Jog

Los Alamos, Saturday, April 27

On your mark, get set, WAG! The 2002 Los Alamos Dog Jog set for Saturday, April 27th. Families, canines and serious runners will gather at Chamisa School in White Rock at 8:00 AM to walk or run the 5-kilometer course. There is also an optional 2-mile course. The early-bird registration ends on Friday, April 2nd, but race day registrations will also be accepted. Every registered individual will receive an event t-shirt and every registered household will receive a packet filled with entertaining and educational dog related information.

Coordinated by the Los Alamos Dog Obedience Club, the Mountain Canine Corps, and the Atomic City Roadrunners, the Dog Jog is a fund raising event for the Friends of the Shelter - a non-profit organization dedicated to advancing the health and welfare of Los Alamos' homeless pet population.

Anyone interested in joining the fun can get entry forms at the 2002 Dog Jog event website at <http://www.ladoc.dogbits.com/DogJog>. For more information on this event, please call 661-9619.

>>> Race Calendar <<<

5/11 20th Annual High Altitude Bandelier Marathon and BB50 Ultramarathon
<http://internet.cybermesa.com/~kernkt/HAAC.htm>
kernkt@cybermesa.com

5/27 8a Dog Jog, Los Alamos
<http://www.ladoc.dogbits.com/DogJog>
661-9619

5/28 9a Devil's Throne, Cerrillos
954-4384 (Dale)
(see info below and on next page)

6/1 8a Santa Fe Run-Around 5/10K 2002
9:30a Kids 1K
438-4463 (Mick)
<http://www.daylight.com/~jj/striders>
mick@daylight.com

6/29 25th Annual Los Alamos High Altitude Mini Marathons
New Mexico 20K Championships
<http://internet.cybermesa.com/~kernkt/HAAC.htm>
kernkt@cybermesa.com

Mid-November Fowl Day 2002
438-4463 (Mick)
<http://www.daylight.com/~jj/striders>
mick@daylight.com

Devil's Throne Fun Run

Cerrillos, Sunday, April 28

We encourage walkers and runners to join us Sunday morning April 28th. The walk/run will start at 9:00. The Club will furnish water, OJ and sodas. Please bring a brunch dish to share with other participants after the walk/run. Also, bring a lawn chair or two. We expect about 25 runners will show up, including some from the Santa Fe Striders, High Desert Wind Runners and Albuquerque Road Runners.

We want to remain as unobtrusive as possible so as not to bother the town folk. To do that we will park and begin the run on the trail just west of town. There is a grove of Cottonwoods that should provide adequate shade for our picnic, which we plan to start about 10:45.

The fun workout replaces the race that Gil Duran sponsored and managed for years. Unfortunately he is unable to continue the race, which was in memory of his grandfather.

This is a good fun event if you have never participated.
Dale Goering

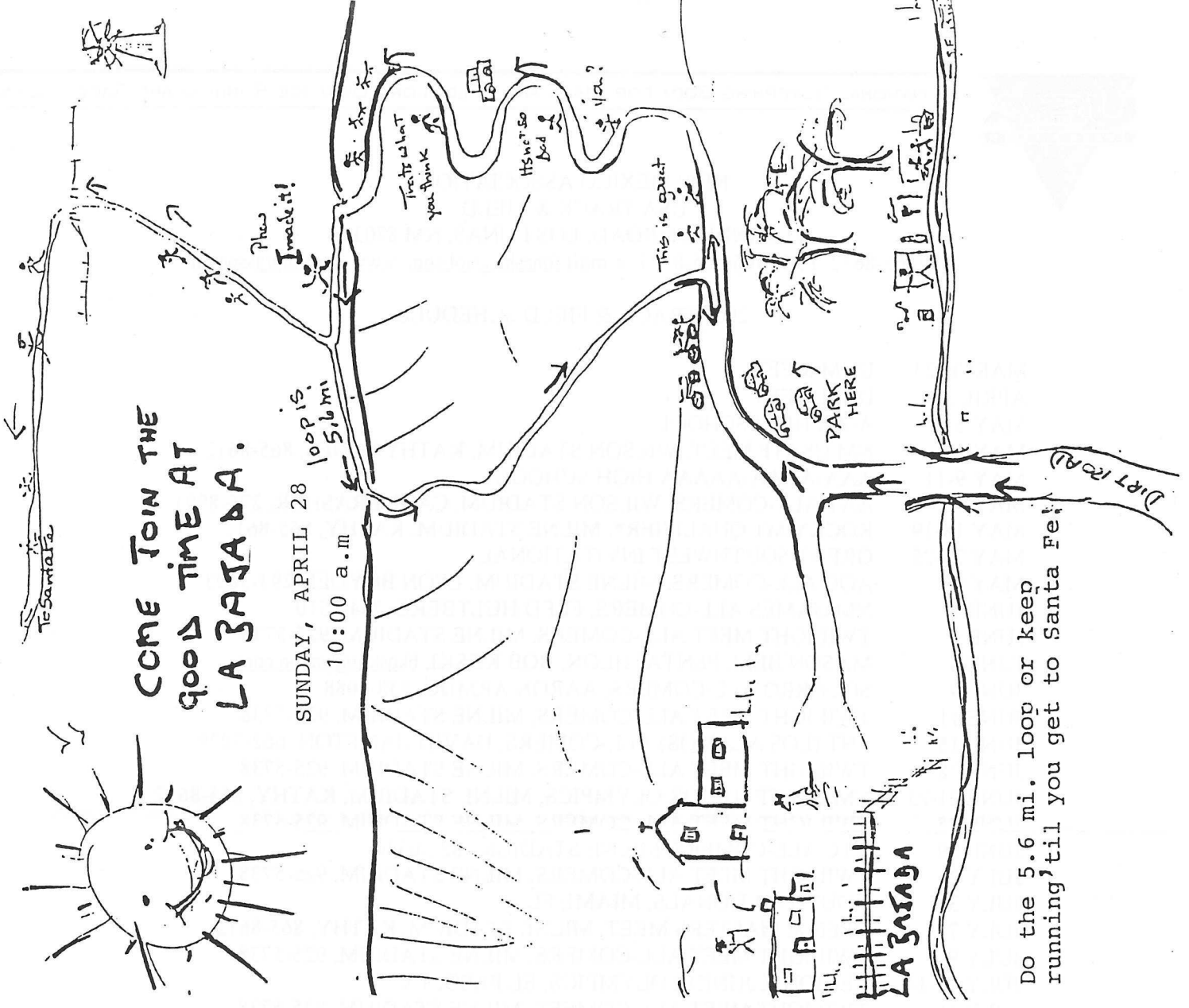
ANNUAL LA BAJADA RUN AND PICNIC

SUNDAY, APRIL 28 - 10:00 am

YES, it's on again.

Meet at LA BAJADA at 10:00 a.m. Its easy to find -- just take the Cochiti Exit, drive 3.6 miles and turn right towards La Bajada Village (and Tetilla Peak). Continue for 1 mile and take a dirt road for 1 1/2 miles and cross over the Santa Fe River. Just beyond the river go right and park. Bring a picnic, lots of water, warm clothes as it can be windy on top of the mesa. Walkers, bikers, dogs are all welcome.

For more information, call June Dickinson, 988-3428 or Tom Day, 473-3159



Do the 5.6 mi. loop or keep running 'til you get to Santa Fe!



NEW MEXICO ASSOCIATION
USA TRACK & FIELD
31 SANDHILL ROAD, LOS LUNAS, NM 87031
505/865-8612 FAX 505/565-8387 e-mail foneskn@aol.com www.usatf.org/assoc/nm

2002 TRACK & FIELD SCHEDULE

MARCH 23 UNM MEET
APRIL 27 UNM MEET
MAY 3-4 A-AA HIGH SCHOOL
MAY 5 NM USATF MEET, WILSON STADIUM, KATHY FONES, 865-8612
MAY 9-11 AAA-AAAA-AAAAA HIGH SCHOOL
MAY 12 AAT ALL-COMERS, WILSON STADIUM, CARL BRASHER, 275-8991
MAY 18-19 ROCKY MT QUALIFIER*, MILNE STADIUM, KATHY, 865-8612
MAY 23-25 GREAT SOUTHWEST INVITATIONAL
MAY 26 AOC ALL-COMERS, MILNE STADIUM, LEON BOYDEN 293-3693
JUNE 1 NM GAMES ALL-COMERS, FRED HULTBERG, 764-1510
JUNE 4 TWILIGHT MEET ALL-COMERS, MILNE STADIUM, 925-5738
JUNE 8 MASON BELL PENTATHLON, BOB KOSKI, bkoskijr@yahoo.com
JUNE 9 SOCORRO ALL-COMERS, AARON ARMIJO, 838-4088
JUNE 11 TWILIGHT MEET ALL-COMERS, MILNE STADIUM, 925-5738
JUNE 15 TNT (LOS ALAMOS) ALL-COMERS, DAVID HAMPTON, 662-7028
JUNE 18 TWILIGHT MEET ALL-COMERS, MILNE STADIUM, 925-5738
JUNE 21-23 NM USATF JUNIOR OLYMPICS, MILNE STADIUM, KATHY, 865-8612
JUNE 25 TWILIGHT MEET ALL-COMERS, MILNE STADIUM, 925-5738
JUNE 29 ATC ALL-COMERS, MILNE STADIUM, 821-0340
JULY 2 TWILIGHT MEET ALL-COMERS, MILNE STADIUM, 925-5738
JULY 3-7 YOUTH NATIONALS, MIAMI, FL.
JULY 7 OPEN & MASTERS MEET, MILNE STADIUM, KATHY, 865-8612
JULY 9 TWILIGHT MEET ALL-COMERS, MILNE STADIUM, 925-5738
JULY 11-14 REGION X JUNIOR OLYMPICS, EL PASO, TX.
JULY 16 TWILIGHT MEET ALL-COMERS, MILNE STADIUM, 925-5738
JULY 23 TWILIGHT MEET ALL-COMERS, MILNE STADIUM, 925-5738
JULY 23-28 USATF NATIONAL JUNIOR OLYMPICS, OMAHA, NE.
JULY 30 TWILIGHT MEET ALL-COMERS, MILNE STADIUM, 925-5738

*NM USATF STATE CHAMPIONSHIPS FOR OPEN & MASTERS

Starting the 4th of June and running until the 30th of July, the coaching staff at the University of New Mexico will be hosting the Twilight Meets at Milne Stadium. These are all-comers meets and start at 6PM. For more information contact the UNM Track & Field office, 925-5738.

*NM USA TRACK & FIELD STATE CHAMPIONSHIPS
 ***NM GRAND PRIX SERIES SPONSORED BY NM USA
 TRACK & FIELD. FOR FURTHER INFORMATION
 CONTACT THE SPECIFIC RACE DIRECTOR OR KATHY,
 865-8612.

THE GRAND PRIX CONSISTS OF A SERIES OF RACES
 RANGING FROM 5K'S TO A 1/2 MARATHON. EACH RACE
 WILL HAVE 5 OVERALL SCORING PLACES, MALE &
 FEMALE, OPEN & MASTERS, AS FOLLOWS:

5K, 8K, 10K	1 ST PLACE 2 ND PLACE 3 RD PLACE 4 TH PLACE 5 TH PLACE	10 9 8 7 6
15K, 20K	1 ST PLACE 2 ND PLACE 3 RD PLACE 4 TH PLACE 5 TH PLACE	12 11 10 9 8
1/2 MARA., LA LUZ	1 ST PLACE 2 ND PLACE 3 RD PLACE 4 TH PLACE 5 TH PLACE	13 12 11 10 9

TOP 3 OVERALL MALE & FEMALE, OPEN & MASTERS,
 FOR THE SERIES (HIGHEST # OF POINTS) WILL BE
 DECLARED GRAND PRIX WINNERS. MASTERS RESULTS
 WILL BE DETERMINED BY AGE GRADE FACTOR. THE 1ST
 PLACE WINNERS WILL BE GIVEN \$100, 2ND PLACE
 WINNERS WILL BE GIVEN \$50, AND 3RD PLACE WINNERS
 WILL BE GIVEN \$25. WINNERS MUST HAVE A VALID
 2002 T&F CARD IN ORDER TO SCORE POINTS. IN THE
 EVENT OF A TIE, THE FASTEST TIME IN THE 5K (IN THE
 MASTERS, THE HIGHEST PERCENTAGE) WILL BE THE
 THE BREAKER. RUNNERS MUST COMPETE IN THEIR AGE
 GROUPS (E THOSE 40 & OVER WILL BE SCORED AS
 MASTERS). THE WINNERS MUST COMPLETE IN AT LEAST
 4 OF THE GRAND PRIX RACES.

To receive a 2002 T&F card, complete the membership form. If
 you are a resident of another state, the fee is \$20.

Check the sport(s) in which you intend to participate: T=Track;
 F=Field; RR=Road Running; U=Ultra; RW=Racewalking;
 XC=Cross-Country; MT=Mountain/Trail.

Select the member code(s): AY=Athlete Youth; AO=Athlete
 Open; AM=Athlete Masters; CH=Coach; OF=Official;
 AD=Administrator; PA=Parent; CO=Contributor.

A temporary card will be returned to you after the new T&F
 number has been affixed. A welcome packet & laminated card
 will be issued from the National Membership Center within 2
 weeks following their receipt of the application.

YOUTH: Please submit a birth certificate or other proof of age.

FEBRUARY

- 16 Mt. Taylor Winter Quad, Grants, 287-4802.
- 17 Indoor T&F, NAU, Flagstaff, Bob Flint, 480/949-1991.
- 23 Cahoon Park Run 10K, 3mi. Walk/Run, 2mi. Walk, Roswell, 624-6720.

MARCH

- 1-2 USATF Indoor T&F Chmps, New York, Pecos Valley Stampede 1/2 Mara, 10K, 2mi, Roswell, 627-5507.
- 23 Run Old Mesilla 5&10**K, 5K Walk, Las Cruces, 524-7824.

APRIL

- 6 Spring Tonic Fun Run, Olivia, 877-7912.
- 6-7 Phoenix Invite T&F, Bob Flint, 480/949-1991.
- 7 MVTC Triathlon, Las Cruces, 524-7824.
- 13 MS Walks, El Paso & Las Cruces, 1-800-FIGHT MS.
- 14 Stride for Pride 5000, Jeff Peters, 296-4220.
- 20 Bataan Death March Lobo Prowl, Jeff Peters, 296-4220.
- 21 La Picon Take Back The Night 5K, 3K Walk, Las Cruces, 526-3437.

JUNE

- 12 AAT All-Comers T&F, Wilson Stadium, Carl Brasher, 275-8991.
- 16 Roswell T&F Games (6-14), 624-6720.
- 17 Zuni Fitness Series, 782-2665.
- 18 Summer Fun & Fitness, Roswell, 624-6720.
- 18 USCAA T&F, La Cueva HS, Kathy Lujan, klujan@aol.com or 822-0205.
- 18-19 Rocky Mt Qualifier All-Comers T&F*, Milne Stadium, Kathy Fones, 865-8612.
- 19 Run to the World's Longest Train 15K, Charles Otero, 345-4274.
- 23-25 Great Southwest HS Invitational, Abq, Bayard 8mi., 2mi., 5K Walk, Joe Becker, 538-2740.
- 26 AOC All-Comers T&F, Milne Stadium, Leon Boyden, 293-3693.
- 27 Sky City Seed Run 12K, Dale Louis, 552-6102 or louisrunner@go.com.
- 27 Memorial Day Run 1/2 Mara, 5K, 1K Kids, www.igrande.com or 256-3625.

MAY

- 3-4 A-AA-AAA H.S. Championships, Race for the Zoo 5&10K, 2mi., Roswell, 627-5507.
- 4 Shiprock Marathon, Cindy, 368-3523.
- 4 Arthritis Walk 5K, Angelic, 833-2997.
- 5 Asandovar@arthritis.org.
- 5 Pres. Run for the Zoo 5&10**&***K, 1mi, 5K Walk, Amber Fenner, 764-6280.
- 9-11 NM USATF All-Comers T&F, Wilson Stadium, Kathy Fones, 865-8612.
- 11 AAA-AAAA-AAAAA H.S. Chmps, UNM, Bandler Mara., 50mi. & Relays, kerknt@cymbemsa.com.
- 11 Summer Biathlon, Roswell, 624-6720.

MAY

- 14 Kids Run for Fun, RR, Larry, 896-1178.
- 14 TNT All-Comers T&F, Los Alamos, David Hampton, 662-7028.
- 15 Summer Fun & Fitness, Roswell, 624-6720.
- 15 Zuni Fitness Series, 782-2665.
- 15 J.C.C. Fathers' Day Run 5&10K, Rodney, Scharberg, 837-9400.
- 18 Twilight All-Comers T&F, Milne Stadium, 925-5738.
- 21 Kids Run for Fun, RR, Larry, 896-1178.
- 21-23 NM USATF State Junior Olympics, Milne Stadium, Kathy Fones, 865-8612.
- 23 Butterfly Run 5&10K, 1mi., Pojoaque, www.igrande.com, 256-3625.
- 25 Twilight All-Comers T&F, Milne Stadium, 925-5738.
- 28 Kids Run for Fun, RR, Larry, 896-1178.
- 29 Summer Fun & Fitness, Roswell, 624-6720.

Date: Wed, 20 Mar 2002 09:59:33 -0700 (MST)
From: "Carl W. Gable" <gable@lanl.gov>
Subject: Striders Newsletter frequency survey
To: mick@daylight.com

I vote for:

A) continue to publish monthly

Cheers,
Carl

Date: Wed, 20 Mar 2002 13:30:33 -0600 (CST)
From: Barb Dutrow <dutrow@geol.lsu.edu>
Subject: Striders Newsletter frequency survey
To: mick@daylight.com

Hi Mick and the Elite Stidder's leadership...

With reference to your query for frequency of publication for Stidders newsletter, I vote to:

A) continue to publish monthly

For a couple of reasons. I realize it is work for you and that you need people to send in stories. We can all do better, we just need to be asked. My reasons are as follows:

1. in my view, one of the primary reasons for the newsletter is to keep people informed - both of upcoming events and of items of interest to the running community. If the newsletters are less frequent, they no longer function as current sources of news.

2. it keeps people connected. While there may not be lots of info in each letter, it reminds we runners that we are members of the club and keeps us connected. I feel as though I get something for my dues. My local running club here in BR has quarterly newsletters. They do not keep us connected, they are so infrequent the events are too far in the future or already passed. And I think this is one reason we are losing members. What do we get for our dollars? no much. So I'm trying to change it here to more frequent.

So, even though it is a lot of work. Keep it up, it is good for the club (in my humble opinion) and keeps the running club's spirit alive. Now, collect these email addresses and send us reminders that you need stories!!

Thanks for all of your hard work!
best,
barb

From: Katjagsf@cs.com
Date: Thu, 14 Mar 2002 11:30:21 -0500
To: mick@daylight.com
Subject: Newsletter frequency...

Dear Mick:
Regarding the newsletter frequency etc, my answer is A. One suggestion: it would be great if newsletter would be mailed earlier. I receive after some of the listed events are already over.

Katja Gordon

From: RunAdventr@aol.com
Date: Tue, 12 Mar 2002 18:24:52 EST
Subject: Survey votes and comments
To: mick@daylight.com (Michael A. Kappler)

Gerald Mendez circled the following:

B: Publish bi-monthly and save
D: Use savings to provide benefits to local athletes

Donna Berg circled the following:

B: Publish bi-monthly and save
She also pointed an arrow to -> D: Use savings to provide benefits to local athletes and wrote the following comment about it: "This needs more explanation -- doesn't sound very good at this point!"

Eric Peters (hey, that't me, isn't it?) votes as follows:

A: Continue to publish monthly

Comments: We frequently run into planning problems (both ours and others) where the races, meetings, and activities we promote are not fully detailed until almost the last moment. I think we need to figure out how to get around those problems before we can go bi-monthly. An e-mail newsletter option would be another way to save the publication money. This newsletter could be text only.

Comments about option D: Use savings to provide benefits to local athletes. I think we raise enough money through our races that we could spare some money to help out local high school programs or similar programs without tying the money to the newsletter costs. (Publicizing such donations and tying them to race entry fees could increase the draw to our races.)

Comments about option E: Use savings to reduce membership costs. I believe that our membership costs have been stable for at least several years, and I oppose any increases in our membership. However, we pay almost \$5 per member (or family) to RRCA (September 11th events increased the director and officers insurance by 50%). That leaves little money for operation of our club. If we dropped our fee to \$10 per family or individual, we would have to double our membership to take in the same amount of money.

Further comments: I think it does make sense to skip an issue once and a while. Particularly when we don't have much going on (like February).

Vote! - Newsletter Frequency, Membership Cost & Promotion of Running

A survey began in January 2002, and reposted here:

The Strider membership is entertaining the thought of reducing the publication frequency of the *Mile Markers* newsletter to bi-monthly or quarterly. Coupled with this thought is the idea of directly promoting local running.

continued on next page

continued from previous page

The funds could be redirected to provide benefits, such as running shoes, clothing, and gift certificates.

The Striders should:

- A: Don't change; continue to publish monthly.
- B: Publish bi-monthly and save.
- C: Publish quarterly and save more.
- D: Use savings to provide benefits to local athletes
- E: Use savings to reduce membership cost.
- F: Don't care.

The voting is over. **Final Results (101 members):**

- A: 9
- B: 2
- C: 1
- D: 3
- E: 0
- F: 89 (by virtue of no reply)

Vote Rate: 15% Most Striders didn't vote! Do you care what happens?

Rites of Passage

by Mike Sutin

Privacy's an accomplished act.
The frost confirms the fateful fact:
firm fences fortify our friends,
and all good trails must have their ends.

Our babes and western cultures creep
and leave old ways to those who weep.
The certainties of time will savage
once-held beliefs in rights of passage.

And on the dusty militar,
the hills now seem much more afar.
Lord, leave us as we were before.
Where is our cid compeador?

Endnotes:

1) "What we must do is to work together with landowners and all concerned to bring down all those needless fences erected by hate, by greed, by superstition, by prejudice, all those fences that, without cause or justification, hurt and exclude," Bob French told a group of neighbors who met Saturday...on Camino Militar, just off upper Canyon Road." Some fences don't make for good neighbors, Santa Fe, New Mexican, April 29, 2001.

1) Poem of The Cid, English Verse Translation and with an Introduction
by W. S. Merwin, New American Library, 1959.

Cruelling, continued from page 1

before the race, temperatures in Massachusetts had been reaching 100 degrees or slightly above. And these are Massachusetts degrees, with high humidity, unlike New Mexico readings of the same temperature. On race day the official reading at the start in Hopkinton was 90 degrees in the shade. But the Boston marathon starts at noon. The sun was shining. There was no shade.

I have run twenty marathons. With one exception the mood at the start has been buoyant and energetic. Runners are ready to go. Fire the gun, hey, we're off! At Boston in 1976 the mood was sombre. That is the exception. Runners were looking at each other thinking: who's going to die? It could happen.

It didn't. One person was briefly hospitalized, but that was it. Runners ran sensibly, and the spectators turned out with water, garden hoses, bags of ice. For twenty-six miles and 385 yards we ran through cascades of water. The people of Massachusetts, bless them, saved lives.

And me? Before the race I met with a Dartmouth classmate I hadn't seen in nineteen years, since we graduated. We ran together for twenty miles, chatting and catching up on past history. It was a great day.

The winner? American Jack Fultz. His time? 2:20:19. Not bad, but remember, Bill Rodgers had won the year before in 2:09:55, an American record. Given the conditions, Fultz ran an extraordinary race.

Cyber Information

Looking for running information on-line? See our website at <http://www.daylight.com/~jj/striders> or <http://www.racegate.com> for all kinds of goodies.

Weekly Workouts - Track is Back

Striders, guests, and other random runners meet at **6pm** on **Wednesdays** at Lincoln and Palace, across from the **Plaza clock**, for a 5-mile or so run. Also, track workouts (April-October) begin at **6pm** on **Tuesdays** at the **Santa Fe High School**. Everyone is welcome.

Express Yourself!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to the Mile Markers editorial offices, c/o Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email mick@daylight.com.

2001 Striders Officers

Eric Peters, President, 466-2460
RunAdventr@aol.com
Kris Kern, Vice President, 983-8944
kernkt@gat.com
Diana Hardy, Treasurers, 438-8602
hardy_diana@seo.state.nm.us
Mick Kappler, newsletter editor, 438-4463
mick@daylight.com

Santa Fe Striders Club Membership Application and Waiver



Name: _____

- Renewal
 New member

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

Annual dues for the Santa Fe Striders club are \$15. A \$1.25 is for a subscription to the RRCA's quarterly magazine, *footnotes* for one year. Annual fees are due in January and membership runs through December. If you are paying in July or later, the dues are \$7.50. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

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 of carelessness on the part of the persons named in this waiver.

Signature Date

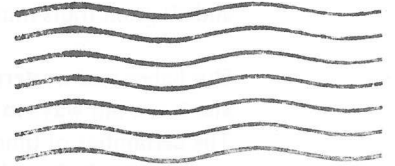
Parent's Signature if under 18 yrs. Date

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504



good thru 2002

Diana Hardy & Jim Westmoreland
2363 Camino Carlos Rey
Santa Fe, NM 87505