

Mile Markers



We Give You the Run-Around

July 2003

Volume 25, No. 7.

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



Santa Fe Run-Around Raises Money for Local Charity

The 25th Annual Santa Fe Run-Around was held on Saturday, May 31, 2003. Funds were raised for **SF Partners in Education** (PiE) and the **SF Immunization Coalition**. On July 3rd at the Hotel Loretta, the Santa Fe Striders and the Santa Fe Rotary Clubs presented \$1,000 to PiE and \$2,000 to the Immunization Coalition. The event was underwritten by Wells Fargo New Mexico NA and the McCune Charitable Founda-



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

Tuesday, June 8th, 7pm, at the Santa Fe High Track

This month, instead of the regular monthly meeting at a residence, we will have a meeting after the Tuesday night track workout. The session will be hosted by Kris Peterson peterson@swsciences.com>.

When I got to school on the Monday

As a Santa Fe Strider and a member of our Santa Fe community, I would like to thank all the Striders, Rotarians, sponsors, participants, and all the volunteers who helped make the 2003 Santa Fe Run Around such a great event. I would especially like to thank Mick for all his guidance, leadership, his ability to listen, and above all, his boundless energy to keep the whole thing moving forward.

When I got to school on the Monday after the race weekend, many of the kids were still wearing their medals and T-shirts. One second grader summed up their feelings by saying, "that was really a long way to run fast. I didn't know running in a race could be so much fun. I can't wait for the Kids K next year! All of the Striders made a positive impact in the lives of adults, families, and kids that day. It was more than a race. It was a community event. It was more than a race. It was a community event. There were a lot of smiling faces to be seen on race day. Helping people to be happy and smile is a simple thing, but it is a really good thing!

Thanks,
Ted Freedman

Santa Fe Run-Around Kids 1K

May 31, 2003	
Results by the Santa Fe	Strider
Overall Finishers: 270	
Age Groups	
*** Girls ***	
2. Madeline Fort	5:23 5:44 5:48
9 to 12 1. Alley McKinzy 2. Tess Amer 3. Belinda Secular	4:22 4:24 4:25
*** Boys ***	
8 & under 1. Zak Grand 2. Wyatt Trevathan 3. Soren Brown	5:15 5:21 5:24
9 to 12 1. Pedro Isarre 2. Nickolas Sletteland 3. Danny Lopez	4:10 4:21 4:41

HAAC Thanks SF Striders

The High Altitude Athletics Club would like to thank the Striders for their help in reviving the Los Alamos High Altitude Mini Marathons. After cancelling last year, the mini marathons are back with new sponsors and a new plan to continue this event which has been held in Los Alamos for 25 years. The Striders helped by loaning much needed race supplies at the last minute, without which it would have been very hard to put on the race.

Dave and Kris, Mini Marathon RDs.

Santa Fe Run-Around 10K

May 31, 2003 Results By Athlete's Edge Race Management Systems Age Groups *** Women *** RRCA New Mexico State Championship Overall: Erica Larson 37:59.7 Masters: Jean Herbert 42:47.0 Women 19 and under Age Overall Place Name Time De Name

Cynthia Fraley 49:28 9 Women 20 to 29 Age Overall 41:20.8 45:23.6 Jordan Vaughn Lisa Old Kathryn Wharton 22 47:03.0 7:35 Kate Krogdahl 21 47:17.0 Erica Seitz Bridget Strand 16 Maria Moriarty 49:14.5 7:56 Erin Zavitz Julie Trujillo Amanda Swensen 20 27 29 51:19.8 54:01.9 55:21.2 8:55 31 35 54 55 Karleen Kudei 56:36.5 9:07 Kimberly Powers Kirsten Bradford 57:46.0 Eva Rambo 28 1:04:05.7 10:19 Women 30 to 39 Age Overall Erica Larson 37:59.7 Katie Cortwright Tanya Seus Jennifer Steketee 39:55 6 46:01.4 Melanie Clark 46:42.6 7:31 22 24 26 Michelle Martinez Stephanie Scholhofer Fay Mendoza 53:47.5 8:40 30 32 34 Rose Utton 55:26.3 8:56 Samantha Clark Pamela Geernaert Melissa Wolf 58:55.1 9:29 Jill Janov 1:00:18.7 9:43 1:01:03.7 1:01:19.2 9:50 9:53 43 44 45 47 50 58 Diane Kramer Donna Delgado 1:01:29.2 9:54 Bernadette Shanaberger Elizabeth Seymour 1:02:04.0 Anna Kohulka 1:05:03.6 10:29 Lisa Bve 59 1:05:38.9 10:34 Katharine Wright Debby Lu Patricia Bardenhagen 1:20:22.8 Women 40 to 49 Overall Name Jean Herbert 42:47.0 6:53 Katherine Vanessen Bernadette Gould Lorraine Palmer 40 15 49:06.8 7:55 Patty Danforth Judie Amer Kristen Peterson 18 21 25 28 43 49:53.0 8:02 Elizabeth Wagner 55:17.6 8:54 Karen Topping Beth Davenport 33 37 38 57:30.9 59:10.0 59:41.9 Sandra Ely Thea O'Sullivan 39 40 48 51 59:57.2 9:39 Emma Simmons Colleen Chick Roseanne Swoboda 1:03:14.2 10:11 Sherry Garcia 1:04:56.2 10:28 Michelle Egnor Susan Burgess 1:05:46.0 1:06:17.6 Lizzie Aragon 1:07:04.3

2 Evelyn Seth 53 23 52:31.2 8:33 Sherry Breedlove 50 41 1:00:09.3 9:4 Margaret Alexander 55 46 1:01:45.2 9:5 Debra Smith 50 49 1:02:50.1 10:6 Debrah Gaynor 52 52 1:03:23.5 10:7 Carole Kirby 50 53 1:03:47.1 10:8 Ellen Stelling 51 56 1:04:43.5 10:	lace	Name	Age	Overall	Time	Pace
3 Sherry Breedlove 50 41 1:00:09.3 9:4 4 Margaret Alexander 55 46 1:01:45.2 9:5 5 Debra Smith 50 49 1:02:50.1 10:6 6 Deborah Gaynor 52 52 1:03:23.5 10:7 7 Carole Kirby 50 53 1:03:47.1 10:8 8 Ellen Stelling 51 56 1:04:43.5 10:0	1	Susan Olesen	53	19	51:14.9	8:15
4 Margaret Alexander 55 46 1:01:45.2 9: 5 Debra Smith 50 49 1:02:50.1 10: 6 Deborah Gaynor 52 52 1:03:23.5 10: 7 Carole Kirby 50 53 1:03:47.1 10: 8 Ellen Stelling 51 56 1:04:43.5 10:	2	Evelyn Seth	53	23	52:31.2	8:28
5 Debra Smith 50 49 1:02:50.1 10: 6 Deborah Gaynor 52 52 1:03:23.5 10: 7 Carole Kirby 50 53 1:03:47.1 10: 8 Ellen Stelling 51 56 1:04:43.5 10:	3	Sherry Breedlove	50	41	1:00:09.3	9:41
6 Deborah Gaynor 52 52 1:03:23.5 10:7 Carole Kirby 50 53 1:03:47.1 10:8 Ellen Stelling 51 56 1:04:43.5 10:	4	Margaret Alexander	55	46	1:01:45.2	9:57
7 Carole Kirby 50 53 1:03:47.1 10: 8 Ellen Stelling 51 56 1:04:43.5 10:	5	Debra Smith	50	49	1:02:50.1	10:07
8 Ellen Stelling 51 56 1:04:43.5 10:	6	Deborah Gaynor	52	52	1:03:23.5	10:13
	7	Carole Kirby	50	53	1:03:47.1	10:16
9 Tate Hamilton 51 62 1:06:25.8 10:	8	Ellen Stelling	51	56	1:04:43.5	10:25
	9	Tate Hamilton	51	62	1:06:25.8	10:42
10 Gail Aycock 55 67 1:20:21.7 12:	10	Gail Aycock	55	67	1:20:21.7	12:56

*** Men *** RRCA New Mexico State Championship

Overall: Eddy Hellebuyck 35:06.4 Masters: Eddy Hellebuyck 35:06.4

	-				
Men	19 and under				
Place	Name	Age	Overall	Time	Pace
1	Reed Bienvenu	19	2	36:20.1	5:51
2	Wacey Chico	17	18	46:12.9	7:27
Men	20 to 29				
Place	Name	Age	Overall	Time	Pace
1	Matt Grubbs	28	9	41:39.3	6:43
2	Paul Prentice	29	23	47:12.4	7:36
3	Thomas Guthrie	29	27	48:22.4	7:47
4	Vinnie Ahuja	28	35	50:30.8	8:08
5	Gonzaldo Rufatt	29	50	53:50.8	8:40
	30 to 39				
Place	Name	Age	Overall		Pace
1	Eric Peters	34	3	36:43.6	5:55
2	William Richardson	30	6	39:11.5	6:19
3	David Schulhofer	38	7	39:32.9	6:22
4	Michael Moffett	35	25	47:50.7	7:42
5	Shawn Wharton	36	26	47:52.6	7:43
6	Brad Rowe	35	30	49:52.2	8:02
7	Jim Duffe	38	36	50:44.8	8:10
8	Scott Gordon	39	52	54:54.9	8:51
9	Nam Nguyen	32	53	55:00.9	8:52
10	David Mitlin	30	54	55:06.8	8:53
11	Byron Rudolph	34	63	58:22.7	9:24
12	Edward Wolf	33	65	58:45.7	9:28
13	Alex Gottschalk	36	85	1:15:50.7	12:13
M	40 to 49				
Place	Name	3	Overall	Time	Pace
Place 1	Eddy Hellebuyck	Age 42	1	35:06.4	5:39
2	Mark Nolan	42	5	37:56.2	6:07
3	Lyle Amer	49	8	40:04.0	6:27
4	Chris Chavez	49	10	41:47.3	6:44
5	Barry Phillips	44	11	43:48.5	7:03
6	David Telles	43	12	43:53.4	7:03
7					
8	Jeremy Yang Scott Miller	42 46	15 20	45:11.4 46:26.5	7:17 7:29
9	Paul Scott	46	21	46:26.5	7:29
10	Stephen Lucero	48	31	49:58.9	8:03
11	Gregg Robinson	48	37	50:47.1	8:11
12	Michael Salmon	42	39	51:25.6	8:17
13	Steve Michel	46	41	51:33.3	8:18
14	Rick Daraska	41	42	51:58.7	8:22
15	John Brunett	42	43	52:07.5	8:24
16	David Gillin	49	47	53:17.9	8:35
17	Mark Martin	44	49	53:46.9	8:40
18	Scott Hicks	45	51	53:52.2	8:41
19	Charles Farrar	45	56	55:48.2	8:59

continued on next page

Blows My Hair Off



Natasha Welch, 15, of Clayton, Ga., has a hair-raising experience during the decibel drag racing competition last weekend. (Keith Srakocic -- AP)

Julia Chavez

1:15:30.1

continue	d from previous page					12	Julie Holifield	30	55	35:16.6	
20	Pete Romero	48	57	55:54.6	9:00	13 14	Michelle Laflamme-Child Diane Stengle	36 38	56 57	35:24.0 35:31.0	
21 22	Edmundo Perez Carl Luff	44 49	59 62	56:59.8 58:13.5	9:11 9:23	15	Polly White	34	59	36:01.1	11:33
23	David Duran	46	67	59:51.5	9:38	16	Casey Hibbard	30	60	36:08.2	
24	Jeffery Seppanen	45		1:00:34.9	9:45	17 18	Julianne Ortiz Dina Jansen	30 33	65 74	40:07.3 50:03.0	
25 26	Edward Kwicklis Tom Cartner	48 48		1:00:58.5	9:49 9:52	19	Paula Bergstedt	32	75	51:14.9	
27	Micah Nussbaum	43		1:01:10.3	9:53						
28	Andy Shreve	41		1:01:57.9	9:59	Wom Place	en 40 to 49 Name	Age	Overall	Time	Pace
29 30	Michael Moulton	44 43		1:02:17.1	10:02 10:28	1	Suzanne Garney	43	1	22:35.7	7:15
31	Joe Lennihan Daniel Pava	43		1:05:00.2	10:28	2	Virginia Porterfield	43	3	24:05.5	7:43
32	Anthony Gilbert	43	81	1:08:10.9	10:59	3 4	Peggy Jeffers Wikle Karen Factor	42 42	4 5	24:24.8	7:50 7:53
33	Mark Swoboda	43	83	1:10:12.5	11:18	5	Lehigh Sheppard	48	12	25:33.4	8:12
Men	50 to 59					6	Lezley Jacobson	42		26:14.5	8:25
Place	Name	Age	Overall	Time	Pace	7 8	Karen Thorp Vicki McCabe	40 44	16 17	26:40.8 26:53.5	8:33 8:37
1	Wayne Chick	50	4	37:45.2	6:05	9	Lois Eder	45	19	27:20.2	8:46
2	Ted Freedman Lloyd Porterfield	54 52	13 14	43:57.5 44:12.5	7:05 7:07	10	Crystal Hafler	41	20	27:21.1	8:46
4	Scott Darling	50	16	45:42.6	7:22	11	Lisa Lashley	45	26 29	28:26.1	9:07
5	John Vavruska	51	17	46:06.0	7:25	12 13	Marty Peale Daisy Levine	46 48	33	29:01.5 31:08.7	9:18 9:59
6 7	Bill Blankenship Robert Roussel-Dupre	53 51	19 22	46:16.2 46:56.0	7:27 7:33	14	Tracy Robinson	48	37	32:04.9	
8	Cody Sheppard	54	24	47:44.7	7:41	15	Deanettes Shields	41		32:08.9	
9	Paul Graham	52	28	49:11.5	7:55	16 17	JoAnne Quntana Melanie Vigil	49 41	42 48	32:52.8	
10 11	Sheldon Robinett	51 51	29 32	49:15.1 50:00.3	7:56 8:03	18	Ann Brown	42		33:56.9	
12	John Connell Steven Mayer	50	32	50:06.5	8:04	19	Julie Shepherd	42		34:00.1	
13	Jim Beig	55	34	50:18.9	8:06	20 21	Kathy Olsen Judy Leyba	47 47	61 64	36:58.3 40:07.0	
14	Greg Voida	50	38	51:06.4	8:14	22	Jane Dill	49	66	40:30.9	
15 16	Philip Romero Larry Jones	50 56	40 44	51:29.3 52:26.4	8:18 8:27	23	Lissa Hastings	44	69	41:49.0	
17	Don Zillman	59	45	52:50.4	8:31	24 25	Ann Walther Rosalyn Chrenka	44 49	68 71	41:48.9 47:00.5	
18	Eric Hoover	59	46	52:59.0	8:32	26	Carrie Rowland	43	72	47:18.6	
19 20	Richard Crawford David Blight	55 54	48 58	53:21.1 56:26.4	8:36 9:05	27	Sharon Jordan	49	76	52:10.6	
21	Jerry Shere	59	61	58:13.4	9:23	Man	en 50 to 59				
22	Philip Crump	58	64	58:44.7	9:28	Place	Name	Age	Overall	Time	Pace
23 24	Ernest Rocha Gil Vigil	59 54	66 70	59:43.2 1:01:12.6	9:37 9:51	1	Sue McDonald	51	6	24:39.0	7:54
25	John Msphee	53		1:01:39.9	9:56	2 3	Tove Shere Reenie Jackson-Schon	50 56	7 9	25:05.5 25:19.2	8:03 8:07
26	Ted Williams	55	77	1:03:13.3	10:11	3 4	Linda Piff	54	21	27:30.0	8:49
27	Bruce Herr	59	82	1:08:38.4	11:03	5	Dawn Abriel	50	25	28:21.7	9:06
Men	60 to 69					6	Jary Earl	57	24	28:21.1	9:06
Place	Name	Age			Pace	7 8	Renee Robillard Mary Biebel	51 50	28 31	28:36.4 30:15.4	9:10 9:42
1 2	Larry Shandler Dick Danforth	61 60	73 78	1:01:19.8	9:53 10:25	9	Marcella Lierly	52	36	31:52.5	
3	Gerald Allen	66	84	1:14:50.9	12:03	10	Karin Roth	56	44	33:11.7	
						11 12	Karen Thorn Lois Lipman	52 53	47 58	33:46.4 35:41.4	
Men Place	70 and over Name	100	Overall	Time	Pace	13	Gennie Lucero	59	67	40:39.5	13:02
1	Aaron Goldman	71	60	57:38.8	9:17	14	Fedelina Morales	57	70	43:14.6	
								51	78	58:21.1	18:42
						15	Annie McCarthy				
	No Age Group	lan	Orrowall	Timo	Dago		en 60 to 69	31			
Men Place X	No Age Group Name Lee Levin	Age ??	Overall 55	Time 55:10.7	Pace 8:53	Wom Place	en 60 to 69 Name	Age	Overall	Time	Pace
Place X	Name Lee Levin	??	55	55:10.7		Won	en 60 to 69		Overall 62 73	Time 37:15.3 50:02.9	
Place X	Name	??	55	55:10.7		Wom Place 1 2	en 60 to 69 Name Sally McLean Elissa Benedek	Age 62 66	62 73	37:15.3 50:02.9	11:57
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Place X Software	Name Lee Levin	??	55	55:10.7	8:53	Wom Place 1 2	en 60 to 69 Name Sally McLean Elissa Benedek	Age 62 66	62 73	37:15.3 50:02.9	11:57
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12	Peter Chapman	30	41	25:40.1	8:14
13	Carl Iverson	32	47	26:05.1	8:22
14	Ray Roybal	39	49	26:22.3	8:27
15	Robert Lucker	37	52	26:54.9	8:38
16	Ian MacGillerray	31	69	32:37.5	10:28
17	Ken Baird	38	74	34:10.0	10:57
18	Douglas Jansen	31	82	50:03.5	16:03
Men	40 to 49				
Place	Name	Age	Overall	Time	Pace
1	Page Press	45	8	19:30.0	6:15
2	Bill Wright	49	10	20:28.6	6:34
3	Steve Ludeking	42	12	20:46.3	6:40
4	Brian Wagner	40	21	22:40.8	7:16
5	Bill Conway	49	24	23:20.0	7:29
6	Matthe w Garcia	46	25	23:32.4	7:33
7	Gilbert Chavez	43	29	24:10.9	7:45
8	Gerzain Chavez	45	31	24:32.9	7:52
9	Gary Broom	44	32	24:41.5	7:55
10	Tim Burrell	46	44	25:54.3	8:18
11	Benjamin Nell	45	45	26:00.2	8:20
12	Ron Kreutzer	43	53	27:08.1	8:42
13	Greg Partamian	46	56	27:57.6	8:58
14	Richard Sisneros	44	59	28:26.8	9:07
15	Terry Ruby	44	81	47:51.0	15:20
	50 to 59				
Place	Name	Age	Overall	Time	Pace
1	Vinnie Kelley	51	11	20:42.4	6:38
2	James Westmoreland	51	13	21:12.7	6:48
3	Jim Hannan	52	14	21:28.0	6:53
4	David Lovelady	54	16	22:07.3	7:06
5	Wally Brunson	54	20	22:31.0	7:13
6	George Croshaw	57	30	24:15.9	7:47
7	Doug Rather	51	36	25:02.0	8:01
8	Ralph Sanders	51	46	26:03.0	8:21
9	Willard Olesen	55	51	26:38.9	8:33
10	Charles McLanna	57	54	27:46.2	8:54
11	Carl Twibell	52	61	29:44.9	9:32
12	James Tapscott	52	62	29:47.4	9:33
13	Steven Rospopo	51	63	30:53.8	9:54
14	Kevin Horan	56	66	31:18.8	10:02
15	Mark Smith	56	67	31:24.4	10:04
16	Stephen Hazen	53	71 76	32:43.0	10:29
17	Rich Smith	54		36:23.6	11:40
18	John Tseng	55	77	38:20.6	12:18
19	Lewis Geer	56	79	41:10.6	13:12
	60 to 69				
Place	Name	Age	Overall	Time	Pace
1	Craig Pfeiffer	60	57	28:01.4	8:59
2	Jon Schlosser	65	58	28:20.4	9:05
3	Dick Smith	61	64	31:07.7	9:59
4	Paul Crumbacher	61	68	31:35.8	10:08
5	Haines Gaffner	69	78	40:25.0	12:57
6	Mike Ward	63	80	43:49.1	14:03

Software: The Race Director, Race Management Systems, http://www.theracedirector.com

Running Into Surprises

Along a stream in Bandelier Scrub oak leaves from last year's fall Soften the well-used path, and tall Shade trees block the sun. Not here,

Though, but on the mesa high above Where desert trees and shrubs hold sway And dry heat can take your breath away--It's here we find a green pine grove,

And deer that move to give us room, Running just far enough to see If we're something they have to flee. Whether a cactus' brilliant bloom,

Or an anxious fright suddenly ended, Or an autumn rose on a day of frost, Kind words from a friend we thought we'd lost-Sweetness seems best when it's unexpected.

-- Tom Day

Time for Track!

Now that you have built your base through the spring, its time to add some speed and power! Track workouts benefit runners of all abilities - whether you are training for a 5K, a marathon or just want to add some zip to your daily run.

Starting May 27 through mid-October, Striders meet at the Santa Fe High School Track each Tuesday at 6 pm. Workouts will be emailed to the Strider mailing list a couple of days in advance and will vary from week to week. We welcome runners of all speeds and our more experienced runners are happy to provide advice for newcomers.

Come check out the newly resurfaced track, meet old and new running buddies and have some fun!

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NEW MEXICO ASSOCIATION USA TRACK & FIELD 31 SANDHILL RD., LOS LUNAS, NM 87031 505/865-8612 FAX 505/565-8387 email:foneskn@aol.com http://www.usatf.org/assoc/nm
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NEWSLETTER CALENDAR: May 30, 2003

July 2-6 USATF Youth National Championships, Buffalo, NY.

July 3 Firecracker 5K, On the Run Promotions, Charles Otero, 345-4274.

July 4 Independence Day Run 8K & 1mi., Las Cruces, 541-2554. Jane's Freedom Run 8K, 3K R/W, 400M Kids, www.tgrande.com, 256-3625.

July 5 Alien Chase 5&10K, Roswell, 627-5507.

July 6 NM USATF Masters & Open T&F*, Milne Stadium, Kathy Fones, 865-8612.

July 10-13 Region 10 Junior Olympic Champion-ships, Glendale, AZ, Ron & Liza Mascarenas, 867-6885.

July 11 Kids Run for Fun, Rio Rancho, Larry, 896-1178.

July 12 Bastille Day 8K***&* Run/Walk, Las Cruces, 524-7824.

July 13 Women's Distance Festival 5K, Rodger Sack, 797-0791.

July 16 Hershey Qualifying T&F, Albuquerque, Leon Boyden, 293-3693.

July 18 Kids Run for Fun, Rio Rancho, Larry, 896-1178.

July 19 Race for the Cure 5K, lmi. Fun Run, Laura Harris, 970/759-3371. Burn Lake Duathlon, Las Cruces, 524-7824. Zuni Fitness Series, 782-2665. USATF National Club Track & Field Championships, Bloomington, IN http://www.usatf.org/ events

July 25 Kids Run for Fun, Rio Rancho, Larry, 896-1178.

July 26 Mormon Pioneer Day 5K Run/Walk, Las Cruces, 524-8485. Hershey State T&F, Los

Alamos, Carl Reisch, 662-8173.

July 27 Rancho Viejo 5***&10K, 1K Kids, Santa Fe, www.tgrande.com, 256-3625.

July 29-8/3 USATF National Junior Olympic Championships, Miami, FL.



Thursday Evening Runs

Thursday night runs begin at 6 pm from the Running Hub. The loop is as follows:

Montezuma (store front) to left at Cerrillos/Galisteo intersection to right on De Vargas St (cross Old SF Trail, cross Paseo de Peralta) to Canyon Rd to right on Camino Del Monte Sol to left on Camino Cruz Blanca to Camino Cabra to left on Canyon Rd to De Vargas St to left on Cerrillos/Galisteo to right on Montezuma to store. The route is about 5 1/2 miles. We add a little extra around St. Johns to make it close to 6 miles by heading up road to Wilderness Gate then connecting back to Cruz Blanca with first left.

Running Classes

Running 101/201 - Classes begin March 20 at 6 pm at the Running Hub. The 12-week classe include coaching, lectures, entry to the Santa Fe Run-Around, and t-shirts. The fee is \$100. The Running 101 class is geared for the beginning runner with the goal of completing a 5K run. The Running 201 class is geared for the intermediate runner with the goal of completing a 10K run.

Marathon Training

A marathon training program begian March 29 at 8 am at the Running Hub, but it's not too late to join in. The 30-week program, coached by Carol Richardson, follows the Galloway Marathon Training Program for staying motivated and njury-free while training for the Duke City Marathon. The cost is \$149 and includes t-shirt, coolmax running shirt, a copy of Galloway's book Marathon, a one-year subscription to Runner's World, and a day-by-day training schedule.

>>> Race Calendar <<<

8/3 Hot Chile Run David, 955-2506

8/10 Santa Fe Dirt 1/2 Marathon Jodi, 820-2325, The Running Hub http://www.runsantafe.com

Hot Chile Run is scheduled for August 3rd

The annual Hot Chile run is scheduled for August 3rd, 7:30a. The event is organized by the City of Santa Fe Parks & Recreation. The SF Striders will be coordinating the finish line & timing results. For more information or registration, stop by Ft Marcy or call David at 955-2506.

Cyber Information

Looking for running information on-line? See our website at http://www.santafestriders.org or http://www.racegate.com for all kinds of goodies.

Weekly Group Workouts

Striders, guests, and other random runners meet at **6pm** on **Thursdays** at **The Running Hub** (333 Montezuma #6), 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. Group runs are happening on the weekends. Course and distance vary. Contact Diana Hardy for more info - hardy_diana@seo.state.nm.us

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.

2003 Strider Officers

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Mick Kappler, newsletter editor, 438-4463
mick@daylight.com

Santa Fe Striders Club Membership Application and Waiver

Name:		Renewal New member	W
Address: City: State:Zip:		Annual dues for the San club are \$15. A \$1.25 scription to the RRC magazine, footnotes Annual fees are due in membership runs through	is for a sub- A's quarterly for one year. January and
Telephone:Email:		_ If you are paying in Jul dues are \$7.50. Make cl to Santa Fe Striders an Box 1818, Santa Fe, N	necks payable d mail to PO
WAIVER: I know that running and volunteering to work in club races are potent to abide by any decision of a race official relative to my ability to safely complet contact with other participants, the effects of the weather, including high heat an read this waiver and knowing these facts, and in consideration of your accepts Runners Club of America, the SANTA FE STRIDERS Road Runners Club and these club activities even though that liability may arise out of negligence of call	te the run. I assume all risks associated with running the formal traffic ance of my application for membership, I, for mysed all sponsors, their representatives and successors f	and volunteering to work in club races including, t on the course, all such risks being known and appre elf and anyone entitled to act on my behalf, waive from all claims or liabilities of any kind arising out	out not limited to, falls, eciated by me. Having e and release the Road
Signature	Date		
Parent's Signature if under 18 yrs.	Date		

Mile Markers

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