



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 Foundation.



City of Santa Fe



1701 St Michaels Dr, 982-1950



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 Striders

Overall Finishers: 270

Age Groups

*** Girls ***

8 & under	
1. Madeline Hazel	5:23
2. Madeline Fort	5:44
3. Cree Hayunga	5:48

9 to 12	
1. Alley McKinzy	4:22
2. Tess Amer	4:24
3. Belinda Secular	4:25

*** Boys ***

8 & under	
1. Zak Grand	5:15
2. Wyatt Trevathan	5:21
3. Soren Brown	5:24

9 to 12	
1. Pedro Isarre	4:10
2. Nickolas Sletteland	4:21
3. Danny Lopez	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				
Place	Name	Age	Overall	Time
1	Cynthia Fraley	18	17	49:28.9

Women 20 to 29				
Place	Name	Age	Overall	Time
1	Jordan Vaughn	25	3	41:20.8
2	Lisa Old	29	6	45:23.6
3	Kathryn Wharton	22	10	47:03.0
4	Kate Krogdahl	21	11	47:17.0
5	Erica Seitz	26	12	47:33.8
6	Bridget Strand	23	14	48:36.7
7	Marla Moriarty	27	16	49:14.5
8	Erin Zavitz	21	20	51:19.8
9	Julie Trujillo	28	27	54:01.9
10	Amanda Swensen	26	29	55:21.2
11	Karleen Kudej	26	31	56:36.5
12	Kimberly Powers	26	35	57:46.0
13	Kirsten Bradford	24	54	1:03:52.9
14	Eva Rambo	28	55	1:04:05.7

Women 30 to 39				
Place	Name	Age	Overall	Time
1	Erica Larson	31	1	37:59.7
2	Katie Cortwright	38	2	39:55.6
3	Tanya Seus	33	5	43:56.0
4	Jennifer Stekete	31	7	46:01.4
5	Melanie Clark	38	9	46:42.6
6	Michelle Martinez	36	22	52:04.0
7	Stephanie Scholhofer	36	24	52:33.6
8	Fay Mendoza	36	26	53:47.5
9	Rose Utton	34	30	55:26.3
10	Samantha Clark	33	32	56:51.6
11	Pamela Geernaert	35	34	57:35.0
12	Melissa Wolf	36	36	58:55.1
13	Jill Janov	37	42	1:00:18.7
14	Alicia Pope	30	43	1:01:03.7
15	Diane Kramer	37	44	1:01:19.2
16	Donna Delgado	37	45	1:01:29.2
17	Bernadette Shanaberger	39	47	1:02:04.0
18	Elizabeth Seymour	34	50	1:03:03.4
19	Anna Kohulka	32	58	1:05:03.6
20	Lisa Bye	37	59	1:05:38.9
21	Katharine Wright	32	64	1:11:51.2
22	Debbie Lu	33	66	1:15:50.9
23	Patricia Bardenhagen	39	68	1:20:22.8

Women 40 to 49				
Place	Name	Age	Overall	Time
1	Jean Herbert	46	4	42:47.0
2	Katherine Vanessen	44	8	46:17.8
3	Bernadette Gould	43	13	47:52.8
4	Lorraine Palmer	40	15	49:06.8
5	Patty Danforth	43	18	49:53.0
6	Judie Amer	48	21	51:44.4
7	Kristen Peterson	42	25	53:32.1
8	Elizabeth Wagner	41	28	55:17.6
9	Karen Topping	47	33	57:30.9
10	Beth Davenport	42	37	59:10.0
11	Sandra Ely	44	38	59:41.9
12	Thea O'Sullivan	49	39	59:57.2
13	Emma Simmons	40	40	1:00:07.8
14	Colleen Chick	49	48	1:02:11.6
15	Roseanne Swoboda	44	51	1:03:14.2
16	Sherry Garcia	47	57	1:04:56.2
17	Michelle Egnor	45	60	1:05:46.0
18	Susan Burgess	47	61	1:06:17.6
19	Lizzie Aragon	45	63	1:07:04.3
20	Julia Chavez	40	65	1:15:30.1

Women 50 to 59				
Place	Name	Age	Overall	Time
1	Susan Olesen	53	19	51:14.9
2	Evelyn Seth	53	23	52:31.2
3	Sherry Breedlove	50	41	1:00:09.3
4	Margaret Alexander	55	46	1:01:45.2
5	Debra Smith	50	49	1:02:50.1
6	Deborah Gaynor	52	52	1:03:23.5
7	Carole Kirby	50	53	1:03:47.1
8	Ellen Stelling	51	56	1:04:43.5
9	Tate Hamilton	51	62	1:06:25.8
10	Gail Aycock	55	67	1:20:21.7

*** 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
1	Reed Bienvenu	19	2	36:20.1
2	Wacey Chico	17	18	46:12.9

Men 20 to 29				
Place	Name	Age	Overall	Time
1	Matt Grubbs	28	9	41:39.3
2	Paul Prentice	29	23	47:12.4
3	Thomas Guthrie	29	27	48:22.4
4	Vinnie Ahuja	28	35	50:30.8
5	Gonzaldo Rufatt	29	50	53:50.8

Men 30 to 39				
Place	Name	Age	Overall	Time
1	Eric Peters	34	3	36:43.6
2	William Richardson	30	6	39:11.5
3	David Schulhofer	38	7	39:32.9
4	Michael Moffett	35	25	47:50.7
5	Shawn Wharton	36	26	47:52.6
6	Brad Rowe	35	30	49:52.2
7	Jim Duffe	38	36	50:44.8
8	Scott Gordon	39	52	54:54.9
9	Nam Nguyen	32	53	55:00.9
10	David Mitlin	30	54	55:06.8
11	Byron Rudolph	34	63	58:22.7
12	Edward Wolf	33	65	58:45.7
13	Alex Gottschalk	36	85	1:15:50.7

Men 40 to 49				
Place	Name	Age	Overall	Time
1	Eddy Hellebuyck	42	1	35:06.4
2	Mark Nolan	48	5	37:56.2
3	Lyle Amer	49	8	40:04.0
4	Chris Chavez	44	10	41:47.3
5	Barry Phillips	43	11	43:48.5
6	David Telles	42	12	43:53.4
7	Jeremy Yang	42	15	45:11.4
8	Scott Miller	46	20	46:26.5
9	Paul Scott	43	21	46:27.0
10	Stephen Lucero	48	31	49:58.9
11	Gregg Robinson	48	37	50:47.1
12	Michael Salmon	42	39	51:25.6
13	Steve Michel	46	41	51:33.3
14	Rick Daraska	41	42	51:58.7
15	John Brunett	42	43	52:07.5
16	David Gillin	49	47	53:17.9
17	Mark Martin	44	49	53:46.9
18	Scott Hicks	45	51	53:52.2
19	Charles Farrar	45	56	55:48.2

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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)

continued from previous page

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 Luckner	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

Men 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 Hanman	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	32:43.0	10:29
17	Rich Smith	54	76	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

Men 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, it's 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!

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>

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 Championships, 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, 1mi. 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.



>>> 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.

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 classes 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 begins 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 injury-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.

Cyber Information

Looking for running information on-line? See our website at <http://www.santafestridders.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

Kris Kern, President, 983-8944
kernkt@cybermesa.com
Kris Peterson, Vice President, 820-6247
krisp@newmexico.com
Tove Shere, Treasurer, 473-0388
trim8s@nets.com
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

