



Mile Markers



We Give You the Run-Around

March 2004 Volume 26, No. 3.

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

Feature Event

**Southwest Service Dog Jog NEW
March 20th, 10:00a**

New this year is the 1M & 5K Dog Jog on March 20th at 10:00a behind the Chavez Community Center. All proceeds will be donated to SW Service Dogs, a 501(c)3 nonprofit organization that provides highly trained service dogs *at no charge* to people with disabilities. For more information, see the website at <http://www.santafestriders.org/>.



Dues Due! (Now)

Strider Dues for 2004 are due! Lots of great reasons to continue your membership. For only \$15 you get

great writing monthly!

Discounts on Strider races!

Be the first on your block to hear about new events!

And support the events we are putting on this year to benefit Childrens Vaccination Coalition, Partners in Education, Salvation Army Food Bank, Norskis Trails de Santa Fe, and (new this year!) Southwest Service Dogs!

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

On the **10th at 7:00p**, the monthly meeting of the membership will be hosted by **Dale & Kenny Goering** at **34 Ute Circle**. Their number is **954-4384**. Agenda: Southwest Service Dog Jog, SF Run-Around.

How I Train

by Jim Hannan

Goal: Consistent fast 5K times

My training is a balance between the necessary work to achieve fairly fast 5K race times and a desire to keep total training at a weekly caloric burn of around 3500 calories, or 25 miles. There are two reasons to keep mileage low: First, I tend to stay injury free with low mileage, and second, I've researched the literature regarding free radical creation. Based on work by Roy Walford, especially "*Beyond the 120 Year Diet*", I've come to the conclusion that exercise below this threshold is optimal.

I've also been heavily influenced by the book, "*Road Racing for Serious Runners*", by Pete Pfzinger, in terms of my training program. Pete makes the point that the critical training for 5K racing is the VO2.

So, this is an average weekly training for me. Note that I do most of my running on a treadmill. This happened almost accidentally. Two years ago I was injured in a soccer game, resulting in a knee brace and no running for six months. I decided to try a treadmill when I started up again, and found it be quite enjoyable. I can set my workout, watch hiphop music videos, and not worry about cars, dogs or ice.

Monday - 4 miles easy, 8 minute miles with a 1 or 2% incline

Tuesday - 30 minutes elliptical trainer

Wednesday - tempo run, 4 to 5 miles at 7 minute mile pace

Thursday - 4 miles easy

Friday - day off

Saturday - 5 miles easy

Sunday - either a long run of over an hour, 8 minute miles, on dirt roads, or track intervals, 1200 by 5, at a pace slightly faster than 5k pace, say around 6:30 minute mile pace.

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So, around a 20 to 25 mile week, depending upon Sunday workout, and another day on the trainer.

I was consistently racing in the 20:30 to 21:30 pace all of 2003. For 2004, I'm looking to get back under 20 minutes by June.

Phoenix Rock N Roll Marathon

January 11th, 2004

by Ginny Seamster

To start, I'd like to thank all of the striders for your support of my fundraising and training efforts for the Phoenix Rock N Roll Marathon. It was wonderful being able to see some of you over break, prior to my running the race. I can't tell you how much I appreciated all of your advice and encouragement! Special thanks to my wonderful donors: Tove and Jerry Shere, Kris Kern, Kris Peterson, Diana Hardy, Dale and Kenny Goering, Alma Matanock and to Eric Peters and everyone who was able to come to the run out by Eric's house.

Running the Phoenix Rock N Roll Marathon was quite an experience. I'd never run a marathon before- in fact, ten miles was the longest race I'd ever done prior to training for the marathon. I really enjoyed the training program that I followed- I had good running buddies and got to go on trail runs all around Charlottesville, here I am currently in school. I also enjoyed hearing from all of my friends and family members who supported the fundraising that I did for the Leukemia and Lymphoma Society as a member of a Team in Training.

The marathon was by no means an easy race. It was, by

far, the hardest race that I have ever run, which made it a very good learning experience for me. I'd never before reached the point in a race where I not only wanted to walk but did walk.....a lot. I'd been sore after a race but never during a race - especially not with several miles still to go. I've been happy to cross a finish line, but never quite that relieved at being able to stop running. It was a good test of my mental and physical endurance. Those last six miles surprised me with how challenging they were. I don't want to give the wrong impression though- I'm very glad I ran the race- I've got lots of good memories of it, I know I can go the distance and I know what I'd want to change if I do another one.

One part of the race that I will never forget is the fact that Tove was there to run the last six miles with me. I'll never be able to thank her enough for being there for me. Starting around the 18 mile marker, all I could think about was how good it was going to be to run with her. She knew exactly what to say and do to keep me going during the run and made sure that I got everything that I could possibly need after the race, when I was walking like a disoriented duck through the finish line area. I'll also never forget how supportive my parents were and how wonderful it was of them to come with me to Phoenix. I'm very proud of my dad for running the half marathon - only a true runner would decide that running a REALLY long race was a good way to celebrate their birthday.

Thank you again to all of the striders and to all of my family and friends. I hope to run another marathon after I graduate in May, 2005 - it will provide me with a good incentive to keep running and stay active my senior year.

Happy 2004!

NEW MEXICO ASSOCIATION USA TRACK & FIELD

31 SANDHILL ROAD, LOS LUNAS, N.M., 87031

505/865-8612 FAX 505/565-8387 foneskn@aol.com www.usatf.org/assoc/nm

2004 TRACK & FIELD SCHEDULE

April 3-4	Phoenix Invite, Bob Flint, 480-949-1991, usatf@cox.net
April 18	NM USATF Open/Masters Weight Pentathlon, UNM, Kathy Fones, 865-8612.
May 1	UNM Meet
May 2	AOC All-Comers, Milne Stadium, Leon Boyden, 293-3693.
May 6-8	A-AA High School Championships
May 9	NM Zia All-Comers, Los Lunas, Larry Padilla, 865-7755.
May 13-15	AAA-AAAA-AAAAA High School Championships
May 16	AWSR All-Comers, Valley H.S., Lucille Gallegos, 873-3809, 261-5001.
May 22	AAT All-Comers, Eldorado H.S., Carl Brasher, 275-8991.
June 3-5	Great Southwest High School Championships, UNM, Albuquerque.
June 6	NM Games, UNM, Fred Hultberg, 764-1510.
June 12	RRRR All-Comers, Rio Rancho, Ron & Liza Mascarenas, 867-6885.
June 13	Mason Bell Pentathlon, Los Alamos, Bob Koski, 351-4122, bkoskijr@yahoo.com.
June 19	TNT All-Comers, Los Alamos, David Hampton, 662-7028.
June 25-27	USATF New Mexico Assoc. Junior Olympic Championships, Valley H.S., Kathy Fones, 865-8612, foneskn@aol.com.
June 30-July 4	USATF Youth Outdoor T&F Championships, Landover, Maryland.
July 9-18	US Olympic Team Trials, Sacramento, CA.
July 11	USATF New Mexico Assoc. Open/Masters T&F Championships, Valley H.S., Kathy Fones, 865-8612, foneskn@aol.com.
July 14-17	USATF Region 10 Junior Olympic Championships, BYU, Provo, Utah, Ron or Liza Mascarenas, 867-6885, ronlismascarenas@aol.com.
July 24	NM USATF Open/Masters Pentathlon, UNM, Kathy Fones, 865-8612.
July 27-Aug. 1	USATF National Junior Olympics Outdoor T&F Championships, Eugene, OR.
August 4-8	NM State Senior Olympics, Las Cruces, 623-5777.
August 5-8	USATF National Masters Outdoor T&F Championships, Decatur, Ill.
August 20-29	2004 Olympic Games, Athens, Greece.

Many of these meets require a 2004 Track & Field Card. Applications are available at the meets or you may contact the office to obtain an application. Track & Field Cards are also available online at <http://www.usatf.org/membership>. Cost is \$12 for youth and \$15 for adults (19+).

NM USATF
31 SANDHILL ROAD, LOS LUNAS, NM 87031
505/865-8612 FAX 505/565-8387, www.usatf.org/assoc/nm,
foneskn@aol.com

*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 **II** MARATHON. EACH RACE WILL HAVE 5 OVERALL SCORING PLACES,
MALE & FEMALE, OPEN & MASTERS, AS FOLLOWS:

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

TOP 3 OVERALL MALE & FEMALE, OPEN (19+) & 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 2004 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 TIE BREAKER. RUNNERS MUST
COMPETE IN THEIR AGE GROUPS (IE THOSE 40 & OVER WILL BE SCORED
AS MASTERS). THE WINNERS MUST COMPETE IN AT LEAST 4 OF THE GRAND
PRIX RACES.

To receive a 2004 T&F card, complete the membership form. If you
are a resident of another state, the fee is \$20. Cards are also
available at <http://www.usatf.org/membership>.

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.

MARCH

- 6 Women & Men in Motion. (See 2/21)
- 7 Run for the Future 5K R/W, lmi.Kids, Jeff Turcotte, 831-8417.
- 13 Women & Men in Motion. (See 2/21)
Shamrock Shuffle, The Athletes Edge, 856-9377.
- 20 Women & Men in Motion. (See 2/21)
Southwest Service Dog Jog, Santa Fe, www.santafestriders.org,
Mick Kappler, 438-4463.
- 27 Pecos Valley Stampede **II** Mara., 10K, 2mi., Roswell, 627-5507.
Women & Men in Motion. (See 2/21)

APRIL

- 3 Women & Men in Motion. (See 2/21) MS Walks, Albuquerque, Las
Cruces, 1-800-FIGHTMS.
- 3-4 Phoenix Invite T&F, Bob Flint, 480/949-1991.
- 4 Run Old Mesilla 5&10***K, 5K Walk, Las Cruces, 524-7824.
- 10 Women & Men in Motion. (See 2/21)
- 17 Women & Men in Motion. (See 2/21)
- 18 Masters/Open Weight Pent., UNM, Kathy Fones, 865-8612.
Mesilla Valley Track Club Tri., 524-7824.
Abq. Finest **II** Mara., On the Run Promo, Charles Otero, 345-
4274.
- 24 Women & Men in Motion. (See 2/21) MS Walks, Jal, Farmington,
1-800-FIGHTMS.
- 25 USCAA Corp Challenge Run/Racewalk, Al Alvarado, 844-9339.
Tijeras Firefighters 10K, Leonard Martinez, 255-5318.
Isleta Tribal Run 5&10K, Gil's, 268-6300.

MAY

- 1 Race for the Zoo 5&10K, 2mi., Roswell, 627-5507.
UNM T&F Meet, Coach Henry, 925-5735.
- 2 Run for the Zoo 5&10***K, lmi,
5K Walk, Alicia Mirabal, 764-6280.
AOC All-Comers T&F, Milne Stadium, Leon Boyden, 293-3693.
- 6-8 A-AA H.S. Championships.

- 8 Bandelier Mara., 50mi* & Relays, Rene LeClaire, 672-9159.
- 9 NM Zia All-Comers T&F, Los Lunas,
Larry Padilla, 865-7755.
- 13-15 AAA-AAAA-AAAAA H.S Champs.
- 16 Run to the World,s Longest Tram 10K,
On the Run Promo., 345-4274.
AWSR All-Comers T&F, Valley H.S., Lucille Gallegos, 873-
3809,261-5001.
- 21 Zuni Fitness Series, 5&10K, 2mi.R/W, lmi.Youth, 782-2665.
- 22 AAT All-Comers T&F, Eldorado H.S., Carl Brasher, 275-8991.
- 23 USCAA Corporate Challenge T&F, Al Alvarado, 884-9339.
- 30 Memorial Day Run **II** Mara., 5K, 1K Kids, www.tgrande.com or 256-
3625.

JUNE

- 3-5 Great Southwest HS Championships,UNM.
- 4 Kids Run For Fun, RR, Larry, 896-1178.
- 5 Santa Fe Run-Around 5&10K (NM 10K State Championships),
www.santafesatrider.org, Mick Kappler, 438-4457.
- 6 NM Games All-Comers T&F, UNM Stadium, Fred Hultberg, 764-
1510.
- Taos Marathon, **II** Mara.***, 5K R/W, Bruce Gomez, 758-2709.
- 11 Kids Run For Fun, RR, Larry, 896-1178.
- 12 RRRR All-Comers T&F, Rio Rancho HS,
Liza & Ron Mascarenas, 867-6885.
NMRW 3&5K Racewalk,Ryszard Nawrocki, Rio Rancho, 891-9139.
- 13 Mason Bell Pentathlon, Los Alamos, 351-4122,
bkoskijr@yahoo.com.
- Tesuque Run, www.tgrande.com, 256-3625.
- 18 Kids Run for Fun, RR, Larry, 896-1178.
- 19 Zuni Fitness 5&10K,2mi.,782-2665.
- TNT All-Comers T&F, Los Alamos, David Hampton, 662-7028.
- 20 Women,s Distance Festival , Ed Heller, 298-4852.
- 25 Kids Run for Fun, RR, Larry, 896-1178.
- 25.27 NM USATF State Junior Olympics, Valley H.S., Kathy Fones,
865-8612.
- 26 Los Alamos Mini-Marathon 5&20K, Kris Kern, 983-8944.
- 30-7/4 USATF Youth Nationals, Landover, MD.

JULY

- 2 Kids Run for Fun, RR, Larry, 896-1178.
- 3 Firecracker 5K, On the Run Promo., 345-4274.
Alien Chase 5&10K, Roswell, 627-5507.
- 4 Independence Day Run 8K & lmi., Las Cruces, 524-7824.
Jane's Freedom Run 8K, 3K R/W, 400m Kids, www.tgrande.com,
256-3625.
- 9 Kids Run for Fun, RR, Larry, 896-1178.
- 9-18 US Olympic Trials, Sacramento, CA.
- 10 River Run 8K*** Run/Walk, Las Cruces, 524-7824.
- 10 NM USATF Masters & Open T&F*, Valley H.S., Kathy, 865-8612.
- 14-17 Region 10 JO,s, Provo, UT, Ron and Liza Mascarenas, 867-
6885.
- 16 Kids Run for Fun, RR, Larry, 896-1178.
- 17 Zuni Fitness 5K, **II** Mara,2mi.,782-2665.
- 23 Kids Run for Fun, RR, Larry, 896-1178.
- 24 Mormon Pioneer Day 5K Run/Walk, Las Cruces, 524-8485.
NM USATF Open/Masters Pentathlon, UNM, Kathy Fones, 865-
8612.
- 25 Rancho Viejo 5***&10K,1K Kids, Santa Fe, www.tgrande,256-
3625.
- 27-8/1 USATF Nat'l Junior Olympics,Eugene,OR.
- 30 Kids Run for Fun, RR, Larry, 896-1178.
- 31 Summer Fun 5&10K, 5K Walk, Las Cruces, 524-7824.

AUGUST

- 1 La Luz Trail Run *&***, Rodger Sack, 797-0791.
- 4-8 State Senior Olympics, Las Cruces, Mandy, 623-5777.
- 5.8 USATF Nat,l Masters T&F, Decatur,IL.
- 20-29 2004 Olympics, Athens, Greece
- 21 Zuni Fitness Reservation Relay, 2mi., 782-2665.
Casas Adobes 5K Walk/Run, Mimbres, Jimmy Avalos, 536-3364.
The Sandia Peak Challenge, Penny Howard, 299-6207.

SEPTEMBER

- 5 Run for the Hills 5&10K, 5K Walk,
lmi.Kids,www.tgrande.com,256-3625.
- NM Marathon, On The Run Promo, Charles Otero, 345-4274.
- 6 Turtle Mara., **II** Mara., 5K, Roswell, Bob, 627-5507.
- 10 Zuni Fitness Coronado's Curse 5&10K, 2mi.,782-2665.
- 12 Chips & Salsa 5&10K, **II** Marathon, The Athletes Edge, 856-9377.
- 18 UNM XC, Coach Henry, 925-5735.
- 19 Santa Fe Trail **II** Mara.& 5K Run/Walk, Raton, George Dominguez,
445-8242.
Gary Johnson's Run 10K***, Cloudcroft, Marsha Slane, 687-
2133.
- 25 The Whole Enchilada Fiesta 5K*&***,lmi., Las Cruces, 524-
7824.
Tour de Rio Abajo Marathon, 5K, Belen, Larry Marshal, 864-
6654.
- NMRW 5K Racewalk, Santa Fe, Joe Armbruster, 466-1118.
- 26 Corrales Harvest Festival 5&10K, 5K Walk, Gil's, 268-6300.

OCTOBER

- 9 Bean Fiesta Run 5&10K, Moriarty, Colleen Burns, 384-5039.
- 10 Corrida de Taos John Dale Gomez 5K, Bruce Gomez, 758-2709..
Bosque Boogie,5&10K***,5K Walk, 1K Kids, www.tgrande.com,
256-3625.
- 16 Ryan's Run 5K Run & 2mi.Walk, Sandy Mann, 842-8960.
ARR Dirty Dozen 12K, Ed Heller, 298-4852.
- 17 NMRW 3*,5*&10K* Racewalks, Ryszard Nawrocki, 891-9139.

>>> Race Calendar <<<

3/20 10a Southwest Service Dog Jog 1M & 5K, behind Chavez Community Center, Mick 438-4463 or Kate 455-7248, <http://www.santafestriders.org/>



6/5 8a Santa Fe Run-Around 5K, 10K, & Kids 1K, Mick 438-4463, <http://www.santafestriders.org/>

Dear Mom, Got new tunes, Blu 102.9 FM. Your Son

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.

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

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

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great writing monthly!

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Grants Winter Quadrathlon

14 Feb 2004

Soloists:

Jan Bear 4:48:35
 Kris Kern 5:23:39
 Jeremy Yang 5:33:47
 Paul Scott 5:42:50
 Kim Bear 6:06:27 (1st age)
 Lynn Pickard 6:06:44 (1st age)
 Holland Shepherd 6:08:23
 Tom Garrison 6:13:46
 Kristen Peterson 6:21:15

Teams:

COLD MOUNTAIN	5:25:01
THE CLASSICS	5:28:13
MANAGE A TROIS	4:27:49
GET UP AND GO! SPORTS	4:44:24
EPIRACERS	5:26:30
SANTE FE SEARCH AND RESCUE	5:59:53

Santa Fe Striders Club Membership Application and Waiver



Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

- Renewal
- New member
- Email newsletter

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

