



Mile Markers



We Give You the Run-Around

May 2005 Volume 27, No. 5.

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

Wood Gormley Panther 5K Run/Walk and Kids' "K".

In an effort to help fund our Physical Education and Art Programs at my elementary school, Wood Gormley is hosting a 5K run/walk and a Kids' "K" on Saturday, April 30th. We are also trying to promote health, fitness and family in our community. The 5K will start at 8 AM in front of our school at 141 E. Booth St. The run will go out from Wood Gormley right on Webber St. left on Buena Vista St. and then right on Old Santa Fe Trail up to and right on Camino Lejo (Museum Hill), then turn around and come back the same way to Wood Gormley. It's a gently up hill out, and a fast downhill back. The 5K will be chipped timed, and we will have age group awards. The awards are copies of original art work by artist Elizabeth Hahn, one of our parents. I would encourage all Striders and friends to come and support our first Panther 5K. The Kids' "K" will start at 9:30 AM, and will be run by grade level, K-6th grades. We have awards and finisher ribbons for the kids. Registration forms are around town, on Active.com and at Wood Gormley. I want to thank Mick for all his support, feedback and insights. I especially want to thank Kris K. for helping us/me with our registration efforts. Ted Freedman, 670-1124

Beast of Bengal

My newest book, a WWII thriller titled BEAST OF BENGAL, is out and I want to invite all Striders near and far to my autograph party at Collected Works (208 W. San Francisco St.) on Sat., May 21st at 2 p.m. May I forward a flier to you to include in the April Mile Markers? That would be wonderfully helpful, as my publisher is in Virginia and isn't doing a lot for promotion (it's up to me!)

Elaine Coleman <elaine2005@comcast.net>

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

The monthly meeting of the membership will be on Tuesday the 10th. Contact Mick Kappler (438-4457) or Kris Kern (983-8944) for the location, which is not determined at the time of this printing.

Wings Of America - Press Release

Date: Fri, 29 Apr 2005 14:40:23 EDT
 From: KellyConcho@aol.com
 Wings of America

American Indian Youth Development Programs
 The Earth Circle Foundation, Inc.
 1601 Cerrillos Road • Santa Fe, NM 87505
 Phone 505-982-6761 • Fax 505-989-8995
 E-mail: _KellyConcho@aol.com_
 (mailto:KellyConcho@aol.com)

April 29, 2005 PRESS RELEASE FOR IMMEDIATE PUBLICATION

For more information, contact: KellyConcho@505-982-6761 or KellyConcho@aol.com

Wings of America Presents 8th ANNUAL AMERICAN INDIAN RUNNING COACHES' CLINIC

Wings of America, an American Indian youth development program sponsored by The Earth Circle Foundation, Inc., and Nike, Inc., are presenting the 8th Annual American Indian Running Coaches' Clinic to be held at Institute of American Indian Art (IAIA) in Santa Fe, NM, June 16-18, 2005. The clinic is specifically designed for coaches and others working with running programs in Indian communities. The goal is to provide a forum for the sharing of knowledge and culture with prominent people from the running world. The clinic will enrich the skills of the participants and encourage them in their work. This year's presenters are: Jeff Galloway: A 1972 Olympian in the 10K and is the author of Galloway's Book of Running. He is also the founder of the Peachtree Roadrace and the Galloway Run/Walk Marathon program.

(for the complete press release, contact Wings of America)

NEW MEXICO ASSOCIATION USA TRACK & FIELD

31 SANDHILL RD., LOS LUNAS, NM 87031

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

NEWSLETTER CALENDAR:

March 30, 2005

Apr 30 Modrall Sperling UNM T&F Meet, Coach Henry, 925-5735.

Wood Gormley 5K, 1K Kids, Santa Fe, Ted Freedman, 466-3955.

Shiprock Marathon, www.active.com.

Abq. Road Runners Women In Training, Victor Nemudrov, 254-7545.

May 1 Run for the Zoo 5&10* & ***K, 1mi., 5K Walk, Alicia Mirabel, 764-6280.

La Bajada Run, www.santafestridders.org.

May 6 Zuni Fitness Series begins; call 782-2665 for information.

May 6-7 A-AA H.S. Championships, UNM, mkoski@nmact.org.

May 7 Women in Training, Victor Nemudrov, 254-7545.

Run for the Zoo 5&10K, 2mi. R/W, 1mi. Run, Roswell, 627-5507.

May 8 AOC Spring Classic All-Comers T&F, Milne, Leon Boyden, 293-3693.

Mothers on the Run 5K Run/Walk, 1K Kids, 856-9377, www.the-athletes-edge.com.

May 13-14 AAA-AAAA-AAAAA H.S. Championships, UNM, mkoski@nmact.org.

May 14 Women in Training, Victor Nemudrov, 254-7545.

Bandelier Marathon CANCELED

May 15 AWSR All-Comers T&F, Milne, Christine Padilla, 873-6001, 715-1575.

Jay Benson Triathlon, Rodney Scharberg, 837-9400.

May 21 AAT All-Comers T&F, Eldorado HS, Carl Brasher, 275-8991.

Women in Training, Victor Nemudrov, 254-7545.

May 21, World's Most Wanted 5K Run, Dave Farrell, 323-2118,

www.mostwanted.com.

May 22 USCAA Corporate Challenge T&F, Al Alvarado, 884-9339.

Run to the World,s Longest Tram 10K, On the Run Promo., 345-4274.

May 28 Women in Training, Victor Nemudrov, 254-7545.

May 29 Memorial Day Run II Mara., 5K, 1K Kids, 256-3625, www.tgrande.com.

May 30 Sky City Seed Run 8+ miles, www.skycityseedrun.com.

*STATE CHAMPIONSHIP ***GRAND PRIX SERIES

NM USATF BOARD MEETING: The next board meeting will be held on Wednesday, April 13, 2005, 7:30PM at the home of Lisa & David Hampton, 8600 Ashton Pl, Albuquerque. For directions, please call 856-9525. On the agenda will be the awarding of concessions for the NM Games and the Junior Olympics.

ONLINE MEMBERSHIP: USATF membership cards for 2005 are available online at www.usatf.org/membership. The cost is \$12 for youth and \$15 for adults, and one of the many advantages is that the number is assigned immediately.

ATTENTION OFFICIALS: Just a reminder: The inaugural meeting for the new NM Officials, Organization will be held on Sunday, April 3, 2005, 2PM at the Wyndham Hotel in Albuquerque, located on Yale SE, 1 block north of the Albuquerque Sunport.



Pedal to Run Faster

by Kris Peterson

Most of us have read or heard about how important it is for runners to cross-train. Bicycling is a great cross-training activity for runners. You can use cycling to give your legs a rest from the specific motions and impact stress of running while still maintaining leg strength and cardio-vascular fitness. Try replacing one or two of your recovery or moderate intensity runs each week with a 1-2 hour bike ride or a spinning class. Since cycling is low impact, you may be able to add a bike workout or two to your current running schedule - keeping in mind not to overtrain. Keep your pedalling cadence high (85 - 95 rpm). This is more beneficial to running than pushing hard gears at low cadence and is also more efficient. Speed and interval training can also be done on the bike. Similar to "fartlek" run training, do several 30 second to 2 minute pick-ups during the middle of a ride, after you are thoroughly warmed up. Spin easy to recover between efforts. Cycling speed work will benefit your running by training your leg muscles and cardio-vascular system to handle the stress of increased effort. For more cross-training information, there are several articles at [runnersworld.com](http://www.runnersworld.com/category/0,5034,s6-78-82-0-0,00.html) (<http://www.runnersworld.com/category/0,5034,s6-78-82-0-0,00.html>)

If having a race goal will motivate you to cross-train, check out these two upcoming local duathlons:

Defined Fitness duathlon on April 20 in Rio Rancho, 5K run /30K bike /5k run
contact Shawn Gale 505-892-4080, <http://www.trisportcoaching.citymax.com/page/page/1419754.htm>

Atomic Man Duathlon on May 1 in White Rock, 10k run/ 40k bike/ 5k run, <http://www.triatomics.org/duathlon/>
Mile Markers

April

30 - 1st Annual Wood Gormley 5K and Kids 1K, Ted Freedman 466-3955

May

1 (tentative) La Bajada Run, <http://www.santafestriders.org>

7 AIDS Walk, Santa Fe Plaza, Pam 989-9255

June

4 Santa Fe Run Around, Santa Fe, Mick Kappler, <http://www.santafestriders.org>

Coming Soon - New Local Hot 5K Benefit for Kids

The first annual Wood Gormley 5K run for raising fitness funding for kids is coming on April 30th. Contact Ted Freedman (466-3955) for details.

Dues are Due

Do you want to continue this wonderful newsletter in 2005? Well, then complete the membership form on the last page and promptly send it in to continue to power the Santa Fe Strider club and the 27th year of the *Mile Markers* newsletter. Come on, what are you waiting for?

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.

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 Eric Peters <eric_peters@nmenv.state.nm.us> for more information.

Strider Officers

Kris Kern, President, 983-8944, kernkt@cybermesa.com
Kris Peterson, Vice President, 820-6247, krisp@newmexico.com
Tove Shere, Treasurer, trim8s@comcast.net
Mick Kappler, newsletter editor, 989-1000, mick@daylight.com

Join us on the historic
Santa Fe Plaza
June 5, 2005



Drawing by Liza Doyle, age 5

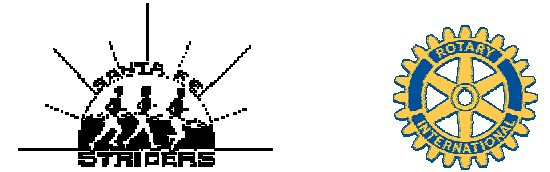
Running!
Live Music!
Kids Art Contest!
Juggling! Magic! Acrobatics!



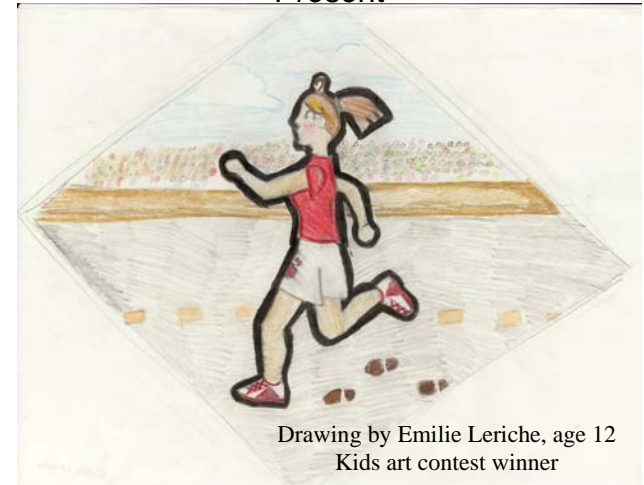
Drawing by Kiana Lamberton, age 6



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



The Santa Fe Striders
and
Rotary of Santa Fe
Present



Drawing by Emilie Leriche, age 12
Kids art contest winner

The 27th Annual
Santa Fe Run-Around
Saturday, June 5, 2005

NM State Championship
5K and 10K Runs, 8:00 AM
\$900 Purse in 10K

Underwritten by New Mexico Bank and Trust
Kids 1K races, 9:30 AM
Multiple waves by age, plus Diaper dash!

Proceeds Benefit
Santa Fe Children's Immunization Coalition
And
Santa Fe Partners in Education



The Races
5K Run, 10K Run and 1K Kids Fun Run

Date: Saturday, June 5, 2005
 Time: 5K and 10K Runs – 8:00 a.m.
 Kids 1K Run – 9:30 a.m.

Location:
 Start and finish are on the historic Santa Fe Plaza

Course
 Flat and fast! See www.santafestriders.org for details

Early Registration by May 31

5K and 10K \$20
 Kids 1K \$2



High School Athletes, Striders, and Rotarians - \$3 discount on early registration

Event Day Registration

5K and 10K \$25 (by 7:30)
 Kids 1K \$5 (by 9:00)

Registration:

By Mail: Fill out the attached form and mail to:
 Santa Fe Striders
 P.O. Box 1818
 Santa Fe, NM 87504

In Person at:
 The Running Hub, 333 Montezuma St. #6



Online: <http://www.santafestriders.org>

Active.com:
 Event # 1216519

Race Information

Aid stations every mile
 Champion Chip timing
 Cash prizes for top 5 men and women in the 10K
 Age group awards (10 yr age groups)
 Awards for ALL finishers of the Kids 1K
 T-Shirts guaranteed to pre-registered runners



See <http://www.santafestriders.org> for more info

For More Information:
 5K and 10K: Mick 438-4457 or Kappler@aol.com
 1K: Ted 466-3955 or palmertedlori@aol.com

Sponsors

Santa Fe Photographic Workshops, The Pension Company, Berardinelli Family Funeral Service, Radisson Hotels, Santa Fe Screenprinters, Whole Foods, and Richard Martinez



Entry Form (A legible copy of this form will be accepted)

Make check payable to Santa Fe Striders Mail to: P.O. Box 1818, Santa Fe, NM 87504

Name: _____ (Please Print) First Middle Last
 Address: _____ Street or P.O. Box City State Zip Code
 Age on June 5, 2005: _____ Sex (check one): Male Female Telephone: _____
 Race (check one): Kids 1K Run 5K Run 10K Run
 T-shirt Size (check one): XS S M L XL
 Legal Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run 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 in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to race on my behalf, waive and release the Santa Fe Striders Road Running Club, the City and County of Santa Fe and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Participant Signature (Parent signature if participant under 18)

Date

Sponsored By:



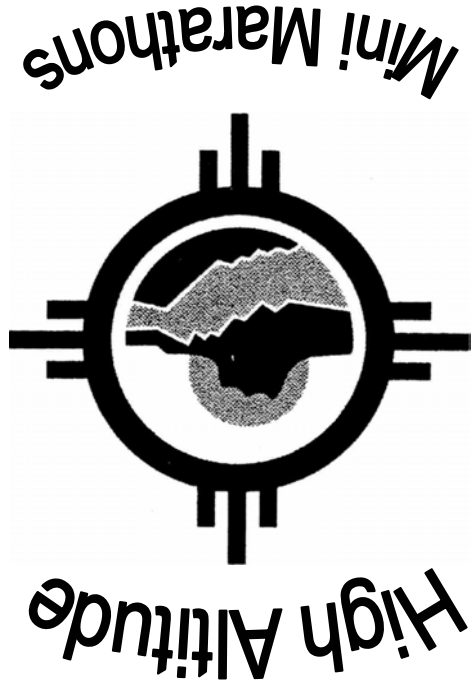
Also Sponsored By:



Additional Support by:

- 6 Los Alamos YMCA
- 6 Auxiliary Fire Brigade
- 6 Los Alamos Heart Council
- 6 Los Alamos Traffic Division
- 6 Retired Senior Volunteer Program
- 6 Los Alamos High School
- 6 Active.com

Los Alamos High Altitude Mini Marathons
P.O. Box 298
Los Alamos, NM 87544



27th Annual
Los Alamos
High Altitude
Mini Marathons
June 25, 2005

The Races

5K Run, 20K Run and 1 K Kids Fun Run

Date: Saturday, June 25, 2005

Time: 20K Run – 7:00 a.m. SHARP
 5K Run – 7:15 a.m. SHARP
 1K Fun Run – 9:00 a.m.

Location:
 Sullivan Field parking lot at
 Los Alamos High School
 (Diamond Drive & Canyon Road)

Race Divisions:

5K Run: Male and Female
 Under 10, 10-14, 15-19, 20-24,
 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
 55-59, 60-64, 65-69, 70-71, 75-79, 80+

20K Run: Male and Female
 Under 15, 15-19, 20-24, 25-29, 30-34,
 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
 65-69, 70+

1K Fun Run: Medals to all participants

Cardiac: For anyone who has had a heart attack, heart surgery, or has participated in a cardiac rehabilitation program. Participation certificates will be given to all finishers in addition to any awards won in age group competition.

Note: Recreational walkers are welcome in the 5K run.

Race Director: Kris Kern
 983-8944
 kernkt@cybermesa.com

Registration:
Mail to: High Altitude Athletics Club
 P.O. Box 298
 Los Alamos, NM 87544

Online: <http://www.highaltitudeathletics.org>
Active.com - Event #1220018

T-Shirts are guaranteed to first 350 registrants.

Packet Pickup:
 11:30 a.m. – 1:30 p.m. and 4:30 –8:00 p.m. Friday, June 24 at LA Fitness, Merimac Shopping Center.
 6:00 – 6:45 a.m., race day at Sullivan Field

Awards: Sullivan Field at 8:30 a.m. for the 5K, 9:30 a.m. for the 20K
 Trophies to top three male and female finishers in each event.
 Medals to top three male and female finishers in age group in each event.
 John R. Hopkins Memorial Trophy to oldest male finisher of the 5K or 20K event.
 Pearl Hudson Memorial Trophy to oldest female finisher of the 5K or 20K event.
 Wally Walters Memorial Scholarship

Race Results: Results will be posted on the web site.

Aid: Water and electrolyte solution at approximately two-mile intervals on 20K course. Refreshments at finish. Aid stations and timers will cease operating at 10:00 a.m.

Facilities: Restrooms at Sullivan Field.

Course: Both races will start under the pedestrian bridge in front of the high school and go south on Diamond Drive to Pajarito Rd. The races go right on Pajarito Rd, loop through TA-3 and emerge on West Jemez Rd near the Wellness Center. The 5k turns right and returns to the Track, while the 20k goes to the back gate, then returns.

DATE	ENTRY FEE
Received on or before June 23, 2005	1K - \$2.00 5K - \$15.00 20K - \$15.00
June 24-25 (until 6:45 a.m.), 2005	5K - \$20.00 20K - \$20.00
Kids can register until 8:45	1K - \$5.00

Entrants may not change races after June 24. Insurance requirements will not allow unregistered runners/walkers on the course.

Entry Form (A legible copy of this form will be accepted)

Make check payable to High Altitude Athletics Club Mail to: P.O. Box 298, Los Alamos, NM 87544

Name: _____
(Please Print) First Middle Last

Address: _____
Street or P.O. Box City State Zip Code

Age on June 25, 2005: _____
Sex (check one): Male Female

Race (check one): 1K Fun Run 5K Run 20K Run

T-shirt Size (check one): S M L XL **Cardiac Div.:** _____

Registration Waiver: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the High Altitude Athletics Club, Los Alamos National Bank, the County of Los Alamos, and any other race organizers and sponsors, their representatives, and successors, and/or assigns, of the Los Alamos Mini Marathons, for any injuries or damages I may sustain as a race participant on June 25, 2005. I give race officials permission to obtain medical aid for me should I, in their judgment, require it. I understand that volunteer first aid assistance may be available at the Mini Marathons, and I agree that such volunteer medical assistance may be rendered to me.

Participant Signature (Parent signature if participant under 18) _____
 Date _____

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

