



# Mile Markers



*We Give You the Run-Around*

March 2006 Volume 28, No 3

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

## Featured Event:

### Panther Run

**April 29, 2006:** OK, so March's featured event is actually in April, but who's checking! The Wood Gormley Panther Run will be April 29th starting at 8 AM from the Wood Gormley School, 141 E. Booth St. Santa Fe. Entry form is in this issue.

## MEMBERSHIP RENEWAL

Last reminder: Membership dues of \$15 for 2006 are due. Membership form is at the end of the newsletter.

### **March Events**

March 12: Shamrock Shuffle (5K, 10 mile, mixed couple 5K, and kids 1K); starts at 8 AM (10 mile) and 8:30 AM (5K); Maloney's Tavern, 4th and Central, downtown Albuquerque; see link at [www.the-athletes-edge.com](http://www.the-athletes-edge.com) for information.

### **April Events**

April 2: Forever Young (Charlie Young memorial run), a 10K and 2 mile event, will be held in Placitas, NM at 8 AM from the Homestead Village Shopping Mall, Exit 242 on I-25, 2.1 miles east on Highway 165. Details and entry information can be found from link on the Albuquerque Road Runners home page ([www.roadrun.org](http://www.roadrun.org))

April 22: Fiesta de Albuquerque marathon (inaugural year for this marathon, half-marathon, 5K, 2-person and 5-person marathon relay); starts from Balloon Fiesta Park at 7 AM; entry form in this issue; see link at [www.the-athletes-edge.com](http://www.the-athletes-edge.com) for information.

April 29: Wood Gormley Panther Run (see description under featured event, above).

### Monthly Meeting March 14th, 2006

The March meeting will be on Tuesday, March 14th at 7:00 PM at the home of Dale Goering, 34 Ute Circle. Call 954-4384 for directions. Some folks bring an optional dish to pass for a shared dinner, but this is not required.

## Strider News

- **Strider Shirts**

We have a limited number of special edition Strider coolmax tank tops. They are bright yellow with the Strider logo on the front – certain to get attention at the starting line. \$20 for Strider members. Contact Kris Kern.

- **Thursday Evening Runs**

6 PM from the Running Hub. Join us!

- **Sunday Runs**

Eric Peters is doing a great Strider service coordinating Sunday morning runs. The details are sent out on the Strider email list (see below) each week. If you don't have email, contact Eric at 466-2460.

- **Santa Fe Chapter of Girls on the Run**

We're very excited to be working with Kristen Edwards. Kristen is developing a Santa Fe chapter of Girls on the Run, a youth development program for girls. Watch for more details soon.

- **2006 Run Around**

Preparation for the 2006 Run Around is happening! We're getting sponsors on board and the children's art contest is underway. Reserve June 3 for the big race!

- **Newest Strider**

Jackson Stuart Kern, born February 18th, 2006. Look for him at the Big Tesuque Run, 2018!!!

## Upcoming Events

- Look in the April newsletter for info on:
  - the Jemez Mt. runs – half-marathon, 50K, 50 mile and 50 mile relay (scheduled for May 13, 2006)
  - 2006 Los Alamos Mini Marathons and Yellow Ribbon Run.
- For all you bicyclists, the Santa Fe Century will take place on May 21, 2006. Heartbreak Hill awaits! See [www.santafecentury.com](http://www.santafecentury.com) for more information.
- Entry forms and information on several other upcoming events are in the following pages. Please note that the AAU T&F events are looking for volunteers. If interested, please contact Dan Deyo at (505) 467-2949.

## Strider Information

### **E-Mail list, Web Page and Newsletter**

The Striders maintain a free email list to announce workouts, race information, and club events. Sign up at [www.topica.com](http://www.topica.com) and look for [SFStriders@topica.com](mailto:SFStriders@topica.com), or email [kernkt@cybermesa.com](mailto:kernkt@cybermesa.com). If you have problems finding the SFStriders list from the topica home page, try following the link from the Santa Fe Striders web page ([www.santafestriders.org](http://www.santafestriders.org)). If you have input or suggestions for the web page, contact our webmaster, Suzanne Garney ([sgarney@comcast.net](mailto:sgarney@comcast.net)). For the newsletter, contact Andy Shreve ([apshre@cybermesa.com](mailto:apshre@cybermesa.com), 982-7709) with race announcements, results, submissions, letters to the editor, and any other running related material you'd like to see in Mile Markers.

### **Officers**

Kris Kern, President  
Kris Peterson, Vice President  
Diana Hardy, Treasurer

Andy Shreve, Newsletter Editor  
Suzanne Garney, Webmaster



NEW MEXICO AAU DISTRICT  
TRACK & FIELD CHAMPIONSHIPS

JUNE 7-10

OPEN TO ATHLETES BORN AFTER 1988 FROM NEW MEXICO, Arizona & El Paso, TX

AAU REGION 10A

TRACK & FIELD CHAMPIONSHIPS

JUNE 28- JULY 1

OPEN TO ATHLETES BORN AFTER 1988 FROM NEW MEXICO, ARIZONA & EL  
PASO, TX

TO BE HELD IN:

SITE TBA

SANTA FE, NM

FOR INFORMATION CONTACT:

DAN DEYO

NEW MEXICO AAU TRACK & FIELD CHAIR

REGION 10A TRACK & FIELD CHAIR

505-467-2949



# 2<sup>nd</sup> Annual Wood Gormley Panther Run

Saturday, April 29, 2006

5k run and walk starts at 8 am

Kids' 1k run starts at 9:30 am

Courses begin and end at Wood Gormley Elementary School, 141 E. Booth St. Santa Fe, NM

Sponsored by the Wood Gormley PTC to benefit Art and PE programs.

Not sponsored by Santa Fe Public Schools

## REGISTRATION INFORMATION

### EARLY (postmarked by April 21)

5k run or walk \$20.00

Kids' 1k run \$5.00

### -BY MAIL

Payable to Wood Gormley PTC

141 East Booth St.

Santa Fe, NM 87505

### -ONLINE at Active.com

### ON-SITE (after April 21)

5k run or walk \$25.00

Kids' 1k run \$7.00

On-site registration and packet pick-up at Wood Gormley the week of April 24-28 from 3-4pm & April 28 from 6-8 PM. **Race Day Registration from 6:30 - 7:30 ONLY.**

### For more information contact:

Ted Freedman, 670-1124/466-3955, or

Stephanie Schulhofer, 471-6001.

Registration fee includes timing chip, t-shirt (t-shirts guaranteed to first 400 registered participants), door prizes (must be present to win), and age group/grade awards. There will be an aid station with water at the 5k turn around. Safety and support will be provided by the Santa Fe Police Department and Emergency Medical Services. Entrants will be charged \$25.00 for timing chips that are not returned.

5k run awards for men and women ages 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

5k walk awards will be presented to first three overall male and female finishers.

All 5k awards can be picked up after the race at the awards table. Kids' 1K awards will be presented to first three finishers (male and female) in each grade. Finisher ribbons to all kids!

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## Registration Form – Wood Gormley Panther Run

Please print clearly, and mail to Wood Gormley School, 141 E. Booth St. SF, NM 87505

Name \_\_\_\_\_ M/F \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Street, City, State, Zip \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_ Event 5k run 5k walk kids' 1k **CIRCLE ONE**

T-shirt (*adult sizes only*) S M L XL **CIRCLE ONE**

Check this box if you don't wish to have your name and address included on a list to receive special running offers.

**Waiver must be signed:** *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 Santa Fe Public School employees, staff and PTC 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.*

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent or Guardian, if under 18

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

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Parent's Signature if under 18 yrs. Date

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Santa Fe Striders

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