

<http://www.santafestriders.org>



Mile Markers



We Give You the Run-Around

June 2006 Volume 28, No 6

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

Featured Event:

Santa Fe Run-Around

June 3, 2006: The 28th annual Santa Fe Run-Around. Events start from the Santa Fe Plaza at 8 AM with the 5K and 10K. Kids 1K starts at 9:30 AM. This event is also the USATF NM 10K Championship. Entry form in this issue, or see <http://www.santafestriders.org/> for more information. This is a great community event, presented by the Santa Fe Striders in partnership with Rotary of Santa Fe, and proceeds benefit the Santa Fe Children's Immunization Coalition and the Santa Fe Partners in Education.

Help Needed

We need help preparing the race packets for the Run-Around. Please join us on June 1st at 6 PM. We will be doing this at Kris Peterson's office (Southwest Sciences, 1570 Pacheco St., Suite E-11). Pizza and soft drinks provided. Directions: From St. Francis Drive, turn west onto San Mateo (one block north of St. Michaels), take a right at the first light (Pacheco), and turn into Plaza de Comercio on the left in the first block. Building E is in the rear. Contact Kris at 984-1322 or peterston@swsciences.com for more info.

There's **still a need for volunteers for Run-Around race day**, before, during and after the runs. If you are able to help out at this community event, contact Kris Kern (kernkt@cybermesa.com).

Striders Picnic, June 11th

The annual Striders picnic will be on June 11th, starting at 5 PM at the home of Richard Curry. Striders will provide a grill, utensils, burgers and dogs, and some refreshments. Bring a side dish to share. Richard lives at 122 Spruce Street in Casa Solano. Call 992-3331 for directions.

Upcoming Events

Run the Valles Caldera on June 17th, 2006. We are finally getting to run in the Valles. Kris Kern and Brian Appell are hard at work preparing this event. The main event will be a marathon. Other distances are 5 miles and 10 miles, all on dirt roads and trails. All events start from the Blanco Bonito entrance. More information can be found at www.vallescaldera.gov (link to the race is not yet posted at time of this writing, but should be active soon, so keep checking) or by contacting Kris Kern (kernkt@cybermesa.com).

June Events

June 3: Santa Fe Run-Around. Reserve the date. See <http://www.santafestriders.org/> for information. Entry form in this issue.

June 4: Marathon de Taos. Half marathon and 5K run/walk. Pre-registration required! Start time 7 AM. See www.traveltaos.com/taosmarathon/ for information.

June 10: Pecos River Walk/Run (10K run, 5K run/walk, 1 mi. walk). Fort Sumner. Starts at 7 AM, on-site registration at 6:30 AM. Entry form in this issue.

June 11: Komen Race for the Cure. Balloon Fiesta park (Albuquerque). 5K run starts at 7:30 AM, 5K walk at 7:45 AM, 1 mile run/walk at 8:30 AM. Call (505) 265-4649 or see <http://nmraceforthecure.com/>.

June 17: Run the Valles Caldera. Marathon, 5 mile and 10 mile. All runs start at the Blanco Bonito entrance and are on trails and dirt roads. Check at www.vallescaldera.gov for activated link, or contact Kris Kern (kernkt@cybermesa.com).

June 18: Butterfly Run, Pojoaque. 10K starts at 7 AM, 5K at 8:35 AM, 1 mi fun run/walk at 9:15 AM. Follow link from www.pojoaquewellness.com.

June 25: Cherry Garcia Run, 5K, 10K and kids K. Events start at 7 AM, Valley High School, 1505 Candelaria Rd. NW, Albuquerque. Search for event at <http://www.active.com>.

July Events

July 4: Firecracker 5K, Albuquerque. Start time is 7 AM. Runners park at Montañito Plaza and walk to start at Bosque Prep. No race day registration! See www.newmexicomarathon.org/races/firecracker5k.htm.

July 4: Jane's Freedom Run, Albuquerque. 8K road race, 3K road race, 3K fitness walk, 400 meter kids run. Check for link (not yet active) at www.tgrande.com/new_tersite/.

July 16: PoPay footrace. 5K, starts at 8 AM. San Juan Pueblo. Search for event (Po Pay) at <http://www.active.com>.

July 23: 8th Annual Rancho Viejo Run, Rancho Viejo in Santa Fe. 10K road race, 5K fitness walk, 1K kids run. Details to follow.

July 30: Run to Break the Silence. Sandia Pueblo, start and finish at Sandia Casino, Tramway and I-25, Albuquerque. Cross-country course. 20K starts at 6:30 AM, 10K at 6:45 AM, 5K run or walk at 7 AM. Search for event at <http://www.active.com>.

Striders 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! Contact the Running Hub at 820-2523 or www.runsantafe.com.

• 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.

• Tuesday Track Workouts are Back

Track workouts are ongoing. Warm-up starts at 5:45 PM and workout starts at 6 PM Tuesday evenings at the Santa Fe High School track. Details are provided every week via the email list.

Striders 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 and look for SFStriders@topica.com, or email 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). If you have input or suggestions for the web page, contact our webmaster, Suzanne Garney (sgarney@comcast.net). For the newsletter, contact Andy Shreve (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

Jemez Mountain Race Results

50 Miles, Men

PLACE	NAME	HOME TOWN	AGE	TIME
1	Rick Hessek	Colorado Springs,	40	09:15:35.00
2	David Coblentz	Los Alamos, NM	43	10:26:19.00
3	Tom Garrison	Ojo Caliente, NM	47	10:31:47.00
4	John Muir	Little Rock, AR	27	11:02:40.00
5	Jason Halladay	Los Alamos, NM	31	11:03:52.00
6	Kirk Apt	Crested Butte, CO	43	11:13:40.00
7	Mike Ehredt	Crested Butte, CO	45	11:35:50.00
8	Kyle Baldwin	Little Rock, AR	34	11:45:37.00
9	Kristen Kern	Santa Fe, NM	41	11:51:29.00
10	Steve Kirk	N. Little Rock, AR	45	12:10:58.00
11	Sean Cunniff	Albuquerque, NM	33	12:43:55.00
12	Darin Hoover	Little Rock, AR	41	12:46:45.00
13	Charlie Vincent	Salt Lake City, UT	45	12:52:59.00
14	Bobby Keogh	Tijeras, NM	57	13:03:32.00
15	Phil Kahn	Denver, CO	53	13:10:43.00
16	Steve Pero	Jaffrey, NH	54	13:19:09.00
17	Stuart Kern	Silverspring, MD	44	13:26:03.00
18	James Breyfogle	Albuquerque, NM	24	13:39:12.00
19	Devin Farrell	Los Alamos, NM	41	13:50:51.00
20	Ferdinand de Souza	El Prado, NM	52	13:54:22.00
21	Lee Burton	Divide, CO	45	14:03:28.00

50 K, Men

PLACE	NAME	HOME TOWN	AGE	TIME
1	Erik David Skaggs	Glenwood, NM	23	05:19:31.00
2	Nate McDowell	Los Alamos, NM	34	05:37:05.00
3	Alan Hadley	,		06:25:13.00
4	Bill Carey	Santa Fe, NM	47	06:39:16.00
5	Greg Brunson	Gunnison, CO	46	06:45:28.00
6	Carl Gable	Santa Fe, NM	48	07:04:03.00
7	Tom Stockton	Los Alamos, NM	46	07:04:59.00
8	Ryan Wixom	Albuquerque, NM	32	07:06:37.00
9	Neil Blake	Rio Ranch, NM	40	07:08:07.00
10	David Telles	Los Alamos, NM	45	07:50:24.00
11	Tom Bargeloh	Los Alamos, NM	54	07:54:03.00
12	Timothy Loomis	Las Cruces, NM	38	08:33:16.00
13	Steven Madrid	Albuquerque, NM	45	08:39:10.00

50 Miles, Women

PLACE	NAME	HOME TOWN	AGE	TIME
1	Deb Pero	Jaffrey, NH	51	14:53:51.00

50 K, Women

PLACE	NAME	HOME TOWN	AGE	TIME
1	Petra McDowell	Los Alamos, NM	34	06:06:31.00
2	Sheila VanCuyk	Santa Fe, NM	36	06:19:46.00
3	Mary Mahoney	Crested Butte, CO	29	06:50:26.00
4	Jennifer Leon	Los Alamos, NM	39	07:15:54.00
5	Eve Davies	Salt Lake City, UT	39	08:05:11.00
6	Judy Carluccio	Santa Fe, NM	39	08:29:28.00
7	Anita Fromm	Albuquerque, NM	34	08:58:52.00
8	Lisa Ann Henson	Healdsburg, CA	44	08:58:53.00
9	Linda Wieseman	Santa Fe, NM	44	09:51:33.00

50K, Men, continued

PLACE	NAME	HOME TOWN	AGE	TIME
14	Colm Connaught	Los Alamos, NM	31	09:19:41.00
15	Richard Harris	Albuquerque, NM	65	10:37:26.00
16	Steve Patillo	Jemez Springs, NM	55	10:52:21.00

20 K, Men

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jesse Taylor	Los Alamos, NM	36	01:52:47.00
2	Chip Cooper	Los Alamos, NM	33	02:00:00.00
3	Mikie Hoog	Los Alamos, NM	42	02:08:21.00
4	Ted Romero	Los Alamos, NM	45	02:09:58.00
5	Wayne Chick	Albuquerque, NM	53	02:16:31.00
6	Andrew Green	White Rock, NM	44	02:18:48.00
7	Jerry Cowan	Los Alamos, NM	53	02:23:17.00
8	Jeremy Lane Enjady	Mescalero, NM	16	02:29:12.00
9	Art Montoya Jr	Los Alamos, NM	42	02:31:35.00
10	Toti Larson	,	35	02:33:05.00
11	Michael Rearick	,	34	02:33:06.00
12	Patrick Coriz	Los Alamos, NM	41	02:34:20.00
13	Malcolm Boshier	Los Alamos, NM	46	02:38:48.00
14	John Wohlbiel	Los Alamos, NM	35	02:42:55.00
15	Robert Little	Los Alamos, NM	51	02:43:59.00
16	Dave Kolman	Los Alamos, NM	39	02:47:04.00
17	Paul Parker	Los Alamos, NM	50	02:52:13.00
18	Arthur Montoya	Albuquerque, NM	63	02:53:02.00
19	Alan Overmier	Tijeras, NM	57	02:53:55.00
20	Hans Herrmann	,	42	02:55:29.00
21	Robert Reedy	White Rock, NM	64	03:01:17.00
22	William Dearholt	Los Alamos, NM	38	03:02:47.00
23	Brian Fusco	Santa Fe, NM	47	03:03:29.00
24	Jim Westmoreland	Santa Fe, NM	54	03:03:50.00
25	John Bounds	White Rock, NM	47	03:08:01.00
26	Everett Smith	Mescalero, NM	49	03:19:15.00
27	Steve Kemic	Los Alamos, NM	59	03:20:57.00
28	James Cooley	Los Alamos, NM	35	03:40:46.00
29	Richard Sturgeon	Los Alamos, NM	43	03:52:54.00
30	Mikel Evans	Albuquerque, NM	22	04:26:19.00
31	Derek Cunningham	Santa Fe, NM	36	04:32:50.00
32	Ted Williams	Los Alamos, NM	58	04:45:42.00

20 K, Women

PLACE	NAME	HOME TOWN	AGE	TIME
1	Jenny Smith	Los Alamos, NM	24	02:33:02.00
2	Laura McClellan	Los Alamos, NM	40	02:34:27.00
3	Beth Jagnow	Los Alamos, NM	27	02:46:41.00
4	Rebecca Hamilton	Albuquerque, NM	36	02:55:22.00
5	Christie Wentz	Albuquerque, NM	34	02:55:26.00
6	Diana Hardy	Santa Fe, NM	46	03:03:51.00
7	Judy Blake	Rio Ranch, NM	41	03:06:52.00
8	Janet Thompson	,	50	03:12:37.00
9	Shari Taylor	Los Alamos, NM	35	03:15:07.00
10	Nena Warren-Felsher	Los Alamos, NM	49	03:21:36.00
11	Snezana Konecni	Los Alamos, NM	40	03:32:03.00
12	Erin Powers-McKay	Los Alamos, NM	32	03:33:59.00
13	Megan Farrell	Los Alamos, NM	43	03:39:00.00
14	Jill Byler	Colorado Springs,	41	03:39:16.00
15	Beth Davenport	Santa Fe, NM	45	03:51:39.00
16	Tracy Balk	Albuquerque, NM	39	03:56:31.00
17	Zoe Krasney	Albuquerque, NM	51	04:01:00.00

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



**The Santa Fe Striders
 and
 Rotary of Santa Fe
 Present**



The 28th Annual

Santa Fe Run-Around

Saturday, June 3, 2006

USATF NM 10k Championships

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!

Underwritten by Los Alamos National Bank

Proceeds Benefit

Santa Fe Children's Immunization Coalition

And

Santa Fe Partners in Education



Drawing by
 Santana Lujan
 11 yr old
 Kids art contest winner

Date: Saturday, June 3, 2006

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 #1317533

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

5K and 10K: Kris 667-8027 or Kernkt@cybermesa.com
 1K: Ted 466-3955 or palmteredlori@aol.com

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 3, 2006: _____ **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 _____

Pecos River Walk/Run

June 10, 2006
Fort Sumner, NM

Walk/Run Starts at 7:00 a.m.
On-site registration starts at 6:30 a.m.

Meet at the Old Fort Museum
(Next to Fort Sumner State Monument 5 miles south on Billy the Kid Road)

Early Registration Deadline
May 25, 2006

Please call 355-2381 for information
Cut and mail to De Baca County 4-H Council, P.O. Drawer E, Fort Sumner, NM 88119

Pecos River Walk/Run Registration				
<i>Age Group</i>	<i>Male</i>	<i>Female</i>	<i>Cost before May 25, 2006</i>	<i>Cost after May 25, 2006</i>
Under 10 years old <i>Must have an adult accompany them and a parent signature.*</i>	N/A	N/A	\$5.00	\$10.00
10-14 years old <i>Must have a parent signature.*</i>	N/A	N/A	\$15.00	\$20.00
15-19 years old <i>Must have a parent signature if participant is under 18 years of age.*</i>	N/A	N/A	\$15.00	\$20.00
20-29 years old			\$15.00	\$20.00
30-39 years old			\$15.00	\$20.00
40-49 years old			\$15.00	\$20.00
50-59 years old			\$15.00	\$20.00
60-69 years old			\$15.00	\$20.00
70 and over			\$15.00	\$20.00

CHECK ONE EVENT 1 mile walk 5K Walk 5K Run 10KRun

Name _____

Total Enclosed \$ _____

Address _____

Circle T-Shirt Size

Phone _____

14-16 S M L XL

***If the participant is under the age of 18 a parent must sign here.** _____

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

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

