

Mile Markers



We Give You the Run-Around

July 2006 Volume 28, No 7

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

Thank you to everyone who turned out to help with this year's Run-Around!!! We had a good turn out, and a great day for racing. Pictures and results are in this issue.

No Striders meeting in July

July Events

July 16: PoP'ay footrace. 5K, starts at 8 AM. San Juan Pueblo. Info and registration at www.active.com (event "Po Pay").

July 16: Lickety-Split Run. 10K (7 PM), 5K (7 PM), Kids K (8 PM), 1 Mile (6:45 PM). Starts from Valley High School, 1505 Candelaria Rd.NW, Albuquerque. Info and registration at www.active.com (event "Lickety Split").

July 23: 8th Annual Rancho Viejo Run, Rancho Viejo in Santa Fe. 10K run (7AM), 5K run (9 AM), 5K walk (9 AM), 1K kids run (10 AM). Starts from Rancho Viejo plaza. Registration form in this issue, or at www.active.com (event "Rancho Viejo Run"). For more info. see

http://www.tgrande.com/rancho viejo run.htm.

July 29: Sandia Peak Challenge. Running and biking events, including 7.2 mile run, 8.3 mile bike ride, duathlon of 8.3 bike ride/5K run/8.3 bike ride, 4.1 mile race/hike, and a 2 mile fun run/hike. Check-in starts at 7:30 AM at Sandia Peak Ski Area. Benefits Cystic Fibrosis Foundation. For info call (505) 883-1455, see www.sandiapeakchallenge.com (not yet up at press time), or register at www.active.com (event "Sandia Peak Challenge").

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. Info and registration at http://www.active.com (event "Run to Break the Silence").

August/early Sept. Events

August 26: Taos Ski Valley Up & Over Trail Run. Don't have much info on this, but is described as a challenging 7 mile trail run that will take you up 2,612 ft. to the top of Taos Ski Resort and back down around the Kachina Basin to the base area. Call 800-517-9816 x 1513 for registration info.

September 3: New Mexico Marathon; Marathon, Halfmarathon, 5K. Albuquerque. Start times are 5:30 AM (marathon), 6:15 AM (half), 7:00 AM (5K), but note that buses leave from Hotel Albuquerque at Old Town for start at 4:00 AM (marathon), 5:15 AM (half) and 6:15 AM (5K). See http://www.newmexicomarathon.org/races/marathon.htm for details and registration info.

September 10: 3rd Annual Chips and Salsa Run. Halfmarathon (7 AM), 5K Run/Walk (7:30 AM), Kids K (9 AM). Start/finish at El Pinto Restaurant, 10500 4th St. NW, Albuquerque. Register at www.active.com (event "Chips and Salsa").

Valles Caldera Run

Results of the 5 mile, 10 mile and marathon events are posted. Start at http://www.highaltitudeathletics.org/ and follow the links for the Valles Caldera run.

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 Diana Hardy, Treasurer Suzanne Garney, Webmaster Kris Peterson, Vice President Andy Shreve, Newsletter Editor

Sante Fe Run-Around Results

5K Results

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Overall Female	1	_			_	Place 1	Name Katherine VanEsse	Age	Overall 10	Time 22:06.0	Pace
Place	Name	Age	Overall	Time	Pace	2	Mike Swain	47	17	22:51.0	7:08/M 7:22/M
1	Liz Sponagle	51	8	21:36.0	6:58/M	3	Lynn Rogers	46	28	23:58.0	7:44/M
E 1 1 . 10						4	Anita Stewart	42	32	24:06.0	7:44/M 7:46/M
Female 1 to 19		_			_	5	Faith Ventura	40	38	24:59.0	8:04/M
Place	Name	Age	Overall	Time	Pace	6	Cindy Romero	45	45	26:09.0	8:26/M
1	Nicole Marjon	19	51	27:48.0	8:58/M	7	Mary Uhl	40	52	27:51.0	8:59/M
2	Aja Deyo	9.	68	30:19.0	9:47/M	8	Nettie Salas	42	55	28:47.0	9:17/M
3	Ryan Elizabeth Al			30:53.0	9:58/M	9	Deborah Marjon	48	60	29:08.0	9:24/M
4	Sophia Livingston		75	31:02.0	10:01/M	10	Caryn Fiorina	42	84	31:57.0	10:18/M
5	McKenzie Wannigan		118	40:03.0	12:55/M	11	Kim Keahbone	43	86	32:25.0	10:27/M
6	Angelique Gutierr	ez 10	127	43:01.0		12	Marcia Nass	46	90	32:55.0	10:37/M
13:53/M						13	Carol Valdez	42	91	33:15.0	10:44/M
E 1 20 . 20						14	Susan Lumley	48	102	34:35.0	11:09/M
Female 20 to 29						15	Melanie Vigil	44	109	36:40.0	11:50/M
Place	Name	Age	Overall	Time	Pace	16	Renee Babin	40	121	40:18.0	13:00/M
1	Liz Cash	23	14	22:36.0	7:17/M		nence basin			10 10.0	25 00/11
2	Jacqueline Rea	26	16	22:50.0	7:22/M	Female 50 to 59					
3	Miriah Salas	22	26	23:47.0	7:40/M	Place	Name	Age	Overall	Time	Pace
4	Sabrina Patrus	28	37	24:57.0	8:03/M	1	Wabanang Kuczek	57	59	29:03.0	9:22/M
5	Stephanie Sauer	28	42	25:25.0	8:12/M	2	Jody DeCoursin	51	95	33:31.0	10:49/M
6	Angela Janda	23	46	26:16.0	8:28/M	3	Rebecca Philips	54	96	33:48.0	10:54/M
7	Vanessa Quintana	25	47	26:20.0	8:30/M	4	Jody Pugh	50	97	33:49.0	10:55/M
8	Juanita Perkins	28	64	29:49.0	9:37/M	5	Anita Miller	57	100	34:17.0	11:04/M
9	Natalie Heller	29	70	30:21.0	9:47/M	6	Marsha Dunlap	55	111	37:13.0	12:00/M
10 11	Teresa Jacobs	29	82	31:42.0	10:14/M	7	Rosalyn Chrenka	52	123	40:33.0	13:05/M
	Andrea Rivera-Smi		83	31:56.0	10:18/M	8	Lisa Freeman	59	125	42:49.0	13:49/M
12	Julia Wise	20	92	33:15.0	10:44/M	9	Judy Leyba	50	128	43:11.0	13:56/M
13 14	Haley Lumley	20	93 101	33:21.0	10:45/M	10	Sylvia Bereskin	56	130	44:55.0	14:29/M
14	Nicole Apodaca	24	101	34:23.0	11:05/M		27-1-0 -0-001-1				
Female 30 to 39						Female 60 to 69					
Place	Name	Age	Overall	Time	Pace	Place	Name	Age	Overall	Time	Pace
1	Cindy Van Andel	34	18	22:53.0	7:23/M	1	Carolyn Robinson	66	89	32:51.0	10:36/M
2	Caterina Vidoli	32	23	23:20.0	7:32/M	2	Fedelina Saiz	60	119	40:12.0	12:58/M
3	Consuelo Garcia	30	27	23:49.0	7:41/M						
4	Dianne Flynn	36	30	23:59.0	7:44/M	Female 70 and o	over				
5	Jennifer Chipman	32	50	27:30.0	8:52/M	Place	Name	Age	Overall	Time	Pace
6	Maricela Olivas	35	54	28:17.0	9:07/M	1	Lilly Marjon	81	117	39:56.0	12:53/M
7	Kristin Edwards	37	58	29:02.0	9:22/M						
8	Casey Hibbard	33	61	29:23.0	9:29/M						
9	Liz Bassett	31	72	30:48.0	9:56/M						
10	Aliza Schoen	37	76	31:07.0	10:02/M						
11	Sarah Flores-Will	iams 3	80 81	31:42.0	10:14/M						
12	Mikala CdeBaca	39	94	33:29.0	10:48/M						
13	AJ Sussman	32	98	33:50.0	10:55/M						
14	Deb Gage	34	105	34:56.0	11:16/M						
15	Leticia De Gonze	36	106	36:02.0	11:37/M						
16	Amy Bonal	31	107	36:12.0	11:41/M						
17	Rose Ella Alarid	38	114	38:14.0	12:20/M						
18	Dina Jansen	36	115	38:14.0	12:20/M						
19	Melissa Glick	35	120	40:15.0	12:59/M						
20	Dana John	36	122	40:19.0	13:00/M						
21	Tallie Tolen	37	124	41:51.0	13:30/M						

Female 40 to 49

Place												
Mais 10 Mark Ma							8	Carl Twibell	55	71	30:40.0	9:54/M
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6 Kurt Steinhaus 52 65 29:51.0 9:38/M												
		David Marjon				,						

10K Results

Overall Female	e Open Winners					1	Michael Wangler	28	34	53:05.0	8:34/M
Place	Name	Age	Overall	Time	Pace						
1	Jill Horst	27	8	42:39.0	6:53/M	Male 30 to 39					
2	Liz Jaramillo	26	15	45:39.0	7:22/M	Place	Name	Age	Overall	Time	Pace
3	Abby Matson	21	16	46:32.0	7:30/M	1	Mike Schneider	39	9	43:10.0	6:58/M
4	Erica Micander	29	18	47:52.0	7:43/M	2	John Scott	34	12	44:36.0	7:12/M
5	Bernadette Gould	46	19	48:18.0	7:47/M	3	Derek Cunningham	n 36	21	49:30.0	7:59/M
						4	Jeff Daily	36	23	49:58.0	8:04/M
Female 20 to 2	9					5	Michael Hulti	39	24	50:42.0	8:11/M
Place	Name	Age	Overall	Time	Pace	6	Tim Murrell	31	30	52:05.0	8:24/M
1	Amanda Swensen	29	22	49:51.0	8:02/M	7	Yoshi Tokiwa	31	44	56:42.0	9:09/M
2		25	66	1:06:29.0		•	100111 101111114	3 =		50 12.0	, 0,,,,,
۷	Megan DeJesus	25	00	1.00.29.0	10:43/M	Male 40 to 49					
E1- 20 4- 20	0						Name	7.~~	Overall	Time	Pace
Female 30 to 3		_			_	Place 1	Mark Miller	Age 43	6	41:35.0	6:42/M
Place	Name	Age	Overall	Time	Pace	2			7		
1	Jennifer Smith	36	28	52:01.0	8:23/M		Mike Small	44		42:37.0	6:52/M
2	Cecilia Duenas	33	33	53:00.0	8:33/M	3	Chris Chavez	47	10	43:15.0	6:59/M
3	Christine Read	36	41	55:32.0	8:57/M	4	Bob Harmon	42	13	44:36.0	7:12/M
4	Mary Wright	32	49	57:35.0	9:17/M	5	Charles Brunn	48	14	45:26.0	7:20/M
5	Christie Kelly	38	53	59:37.0	9:37/M	6	Andrick Tsabetsa	ıye 48	20	48:26.0	
6	Erin Powers-McKa	y 32	63	1:04:08.0		7:49/M					
10:21/M						7	gilbert chavez	46	26	50:53.0	8:12/M
7	shana cooper	34	64	1:04:20.0	10:23/M	8	Paul Coriz	41	29	52:03.0	8:24/M
8	Lisa Shin	37	68	1:13:32.0	11:52/M	9	Michael Ramos	43	31	52:23.0	8:27/M
						10	Scott Wilber	44	43	56:32.0	9:07/M
Female 40 to 49	9					11	Taylor Van Burer	1 42	46	57:05.0	9:12/M
Place	Name	Age	Overall	Time	Pace	12	Scott Hicks	48	58	1:00:43.0	9:48/M
1	Lorraine Palmer	43	25	50:50.0	8:12/M						
2	Patty Danforth	46	27	51:04.0	8:14/M	Male 50 to 59					
3	Amy Bloom	43	32	52:40.0	8:30/M	Place	Name	Age	Overall	Time	Pace
						1	Ted Freedman	57	11	43:20.0	6:59/M
0.40/M	Sandra Mecklenbu	rg 43	37	54:31.0)	2	Larry Jones	59	36	54:19.0	8:46/M
8:48/M	Taraia Cambani	4.0	4.5	F7.02 0	0.10/14	3	Jim Bieg	58	39	54:48.0	8:50/M
5	Lucia Santani	42	45	57:03.0	9:12/M	4	STEPHEN LUCERO	51	42	55:39.0	8:59/M
6	Ronda Harmon	40	47	57:16.0	9:14/M	5	Mark Warchol	53	54	59:41.0	9:38/M
7	Houston Watson	44	50	57:38.0	9:18/M	6	Fred Lamont	53	60	1:02:07.0	10:01/M
8	Rose Giannotta	45	51	58:17.0	9:24/M	7		56	61		
9	Beth Davenport	45	59	1:02:01.0	10:00/M	·	Richard Wertz			1:02:34.0	10:05/M
10	Tracey Ward	40	69	1:19:40.0	12:51/M	8	John Mc Phee	56	65	1:05:58.0	10:38/M
						9	Ted Williams	58	67	1:11:10.0	11:29/M
Female 50 to 59						N. 1. (0 (0.					
Place	Name	Age	Overall	Time	Pace	Male 60 to 69		_			_
1	Chalouy Jermance	54	38	54:33.0	8:48/M	Place	Name	Age	Overall	Time	Pace
2	Brigitte Mainlan	.d 55	56	1:00:21.0		1	Ben Egel	61	17	47:46.0	7:42/M
9:44/M						2	Don Zillman	62	35	53:35.0	8:39/M
3	Joyce Rubinfeld	53	57	1:00:39.0	9:47/M	3	Eric Hoover	62	40	54:59.0	8:52/M
4	Deborah Gaynor	55	62	1:03:09.0	10:11/M	4	Thomas Wangler	68	48	57:34.0	9:17/M
	-					5	Philip Crump	61	52	59:09.0	9:32/M
Overall Male (Doen Winners										
Place	Name	Age	Overall	Time	Pace	Male 70 and ov	er				
1	Simon Sawe	32	1	33:01.0	5:20/M	Place	Name	Age	Overall	Time	Pace
2	Joseph Grindstaf		2	36:16.0	5 25,11	1	Aaron Goldman	74	55	1:00:14.0	9:43/M
5:51/M	COBCPII GIIIIGBUAL		2	33.10.0							-, -
3·31/M	Eric Peters	37	3	37:43.0	6:05/M						
4	Tim Newell	46	4	38:29.0	6:12/M						
5	Harry Harres	40	5	40:40.0	6:34/M						
3	narry narres		5	40.40.0	0.34/11						
Male 20 to 29											
Place	Namo	7.~~	Overall	Time	Daga						
Place	Name	Age	Overall	TTIME	Pace						



Pictures from the Run-Around (thanks to June Dickinson)





8TH ANNUAL

RANCHO VIEJO RUN 2006

100 112/0 11011 2	
Bib number must be worn by the assigned participant.	
Absolutely no transferring of bib number to any other participant.	

PLEASE PRINT CLEARLY. OK TO PHOTOCOPY.
TCR, ALBUQUERQUE (505) 256-3625

Official Use Only

Rancho Viejo	reserves the right to refuse entry to anyone.	TCR, ALBUQUERQUE (505) 256-362
FIRST NAME		FEE SCHEDULE
LAST NAME		CHECK ONE. CHECK OR MONEY ORDER ONLY. CASH ACCEPTED AT PACKET
DATE OF Birth	MONTH DAY YEAR AGE SEX MALE FEMALE	PICK-UP AND RACE DAY ONLY.
ADDRESS	WORTH DATE TENNALE	\$12 T-Shirt only
CITY		\$20 Early Registration (by Sunday, July 16)
	STATE ZIP	\$25 Late Registration
PHONE		(between July 17 & July 21)
	DAYTIME EVENING	\$30 at Packet Pick-up
EMAIL		(Saturday, July 22)
OCCUPATION		\$35 on Race Day
EVENT	10K ROAD RACE T-SHIRT SIZE	(Sunday, July 23) (Race Day Registration Closes at 8am Sharp))
(SEPARATE Entry	5K ROAD RACE S M L XL XXL	. , ,
FORM IS	DONATION Yes, I wish to make a donation to Youth & Family Services. \$	\$15 5K Walk (anytime)
REQUIRED FOR EACH EVENT)	Please write a separate check for your tax-deductible donation. Youth Shelters and Family Services 501(c) 3 Tax ID number 850324625	\$10 Kids' Plaza Run (12 & under) (anytime)
WAIVER	In consideration of this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages, I may have now and in the future against the County	MAIL COMPLETED ENTRY FORM
(MUST BE SIGNED)	and City of Santa Fe, Rancho Viejo, Youth Shelters and Family Services, Santa Fe, Rancho Viejo Run, USA Track & Field, TCR and Associates and any and all sponsors, co-sponsors, agencies or individuals and their respective successors, officers, agents and assigns for any and all injuries, damages and losses sustained and suffered by me as a result of my or my child's participation in this race. I understand that this release is binding upon my heirs, personal representatives, successors, and assigns. I verify that I am physically fit and have sufficiently trained for competition in this event and my physical condition has been verified by a licensed medical doctor. If, however, as a result of my participation in this race, I require medical attention, I hereby give my consent to the authorized medical personnel of this race to provide such medical care as is deemed necessary by such authorized personnel. I understand that in the event this race cannot be held as scheduled due to an act of God or circumstances beyond control, the race is not liable to refund any money paid by me to participate. Further, I hereby grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that the entry fee is non-refundable, and that race numbers are not transferrable. As a participating athlete, I certify that all information provided in this form is true and complete. I have read the foregoing and certify my agreement by my signature below.	AND FEE TO: TCR P.O. Box 25671 Albuquerque, NM 87125 505-256-3625 Make checks payable to: RANCHO VIEJO RUN SORRY, NO REFUNDS!
	Signature of Entrant Date	
	/ / 2006 Signature of parent or guardian (if entrant is under the age of 18) Date	
	Dignature of parent of guardian (if entrant is under the age of 10)	RANCHO VIETO RUNA

RACE ENTRY INCLUDES:

- 1. Custom designed 100% Cotton T-Shirt
- 2. Post-race massage & refreshments
- 3. 10% discount from Running Hub & Fleet Feet Sports (must present race bib to receive discount, valid until 8/13/06



Name:	New member	I
Address:		
City:	Annual dues for the Santa Fe Strid club are \$15. A \$1.25 is for a si scription to the RRCA's quarte	sub-
State:Zip:	magazine, footnotes for one year. Annual fees are due in January a	year. and
Telephone:	membership runs through Decemb If you are paying in July or later, dues are \$7.50. Make checks paya	r, the
	to Santa Fe Striders and mail to Box 1818, Santa Fe, NM 87504.	PO
WAIVER. I know that running and volunteering to work in chih races are porturable by any decision of a race official relative to my ability to satisfy concountar with other participants, the offerts of the weather, including high he read this waiver and knowing these facts, and in consideration of your ac Runners Club of America, the SANTA FE STRIDERS Road Runners Club these club activaties even though that liability may arise out of negligence of the property of the proper	to Santa Fe Striders and mail to Box 1818, Santa Fe, NM 87504, ally hazardous activities. I should not enter and run in club activities unless I am medically able and properly urained. It is the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, d or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. He was of my application for membership, I, for myself and anyone entitled to act on my behalf, wave and release the I all spontous, their representatives and successors from all claims or liabilities of any kind arging roat of avenual research.	lagree to, falls, Having
Calander by any decision of a race official relative to my ability to safely con- contact with other participants, the effects of the weather, including high he- read this waiver and knowing these facts, and in consideration of your ac-	to Santa Fe Striders and mail to Box 1818, Santa Fe, NM 87504, ally hazardous activities. I should not enter and run in club activities unless I am medically able and properly urained. It is the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, d or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. He was of my application for membership, I, for myself and anyone entitled to act on my behalf, wave and release the I all spontous, their representatives and successors from all claims or liabilities of any kind arging roat of avenual research.	lagree to, falls, Having

Mile Markers

Santa Fe Striders PO Box 1818 Santa Fe, NM 87504

