

<http://www.santafestriders.org>



Mile Markers



We Give You the Run-Around

Jan. 2007 Volume 29, No 1

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

Featured Event: Corrida de los Locos

Jan. 20, 2007: The Corrida de los Locos will be held at the Marty Sanchez Golf Course. Race will be on a 5 mile course, and starts at 9 AM (race day pre-registration opens at 8 AM). Entry form in this issue. For information, contact Dale Goering, 954-4384 (between 9 AM and 9 PM), passatrunr@juno.com.

MEMBERSHIP RENEWAL

It's that time of year, so please take a few moments and send in your membership renewal. The form is at the end of this newsletter, and membership dues for 2007 will remain \$15. Your continued membership provides important support for your local running club, and contributes to the community through all of the events sponsored by the Striders during the year.

January Events

January 20: Corrida de los Locos; contact Dale Goering, 954-4384, passatrunr@juno.com; also see www.santafestriders.org

January 27: Sandia Mountain Snowshoe Race. Starts at 10 AM from the lower parking lot of the Crest House at top of Sandia Crest Highway (\$3 parking fee). Entry form in this issue, or see www.sandiashoe.com for more info.

February Events

February 11: Sweetheart Run (5K, 10K, couples 5K team run, kids K); starts at 9 AM at Bosque Prep School, 4000 Learning Rd. NW, Albuquerque. See www.active.com (event "Sweetheart Run 2007") for more info and registration.

February 17: Mt. Taylor Quadrathlon. See <http://mttaylorquad.org> for more info

Monthly Meeting January 9th, 7 PM

The January meeting will be on Tuesday, January 9th at 7:00 PM at the house of Jim Westmoreland and Diana Hardy, 2363 Camino Carlos Rey. Call 438-8602 for directions. Agenda will include discussion of the Corrida. 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! 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.

New Officers for 2007

We have new Striders leadership 2007. Jim Owens will serve as President, and Jim Westmoreland as Vice-President. Diana Hardy will continue as Treasurer, Suzanne Garney as Webmaster, and Andy Shreve as Newsletter Editor. Jim and Jim deserve a great deal of thanks for taking on these leadership roles, and we all owe the outgoing Pres and VP, Kris Kern and Kris Peterson, our appreciation for their multiple years of service as officers. We also note that there is now sufficient precedent to require that all future Presidents and VPs must have the same first name!

Note from Kris Kern

After a track workout in 1999, Jeremy and Danica invited me to a Strider pizza dinner. I left that dinner as president of the club. The next month, I joined the Striders. It's now been 7 years as President, Vice-President, and then President again. It's been great, challenging, and all that, and I hope the club is a little better from the effort. Thanks for all the support over the years!

Snowshow Classic, December 16th

The annual Snowshoe Classic was on December 16th, with decent snow this year! Results were:

<u>5K Men</u>		<u>5K Women</u>		<u>10K Men</u>	
Blake Wood	24:14	Shirley VanSlooten	31:13	Jason Halladay	52:21
Zach Baker	26:07	Chelsea Meyers	41:40	Eric Peters	52:56
Seth Tarek	26:50	Nicole Jesek	42:55	Sean Cunniff	55:35
Jim Westmoreland	30:04	Beth Davenport	46:00	Bill Geist	58:48
Kris Kern	31:01	Diana Hardy	49:39		
Tom Stockton	31:43	Nicole Marjon	1:01:30	<u>10K Women</u>	
Daniel Meyers	41:44	Deb Marjon	1:10:49	Kim Bear	
Kristopher Marjon	42:55				
Daniel Marjon	48:06				
Ted Williams	50:59				

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 and look for SFStriders@topica.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.santafestridders.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

Jim Owens, President

Diana Hardy, Treasurer

Suzanne Garney, Webmaster

Jim Westmoreland, Vice Pres.

Andy Shreve, Newsletter Editor

Santa Fe Striders
Santa Fe Screenprinters, City of Santa Fe, Whole Foods
and the Running Hub

present

CORRIDA DE LOS LOCOS

*This year's race is the final event in the USA Track and Field
Grand Prix series.*

Saturday, Jan. 20, 2007 at 9 a.m.
Race day registration begins at 8 a.m.

Start and finish at the Marty Sanchez Links de Santa Fe golf course. See map
and directions on back; for recorded directions call 955-4400.

Scenic course, 5 miles long

Entry fees: \$20 in advance, \$25 race day Striders members: \$18 advance, \$25 race day
Children 16 and under - \$10 in advance and on race day

Awards to top three male and female finishers in age groups: up to 13, 14-19, 20-29, 30-
39, 40-49, 50-59, 60-69, 70-79, 80 and over

Long-sleeve T-shirts to first 120 entrants
Packet pickup on day of race only

For more information, call John Pollak at 983-2144 or Dale Goering at 954-4384
between 9 a.m. and 9 p.m.

Make checks payable to Santa Fe Striders. Advance registrants, mail to Santa Fe Striders,
PO Box 1818, Santa Fe, NM 87504. Registration online at santafestriders.org or
Active.com.

PLEASE PRINT - ENTRY FORM

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Email address _____ Telephone number _____

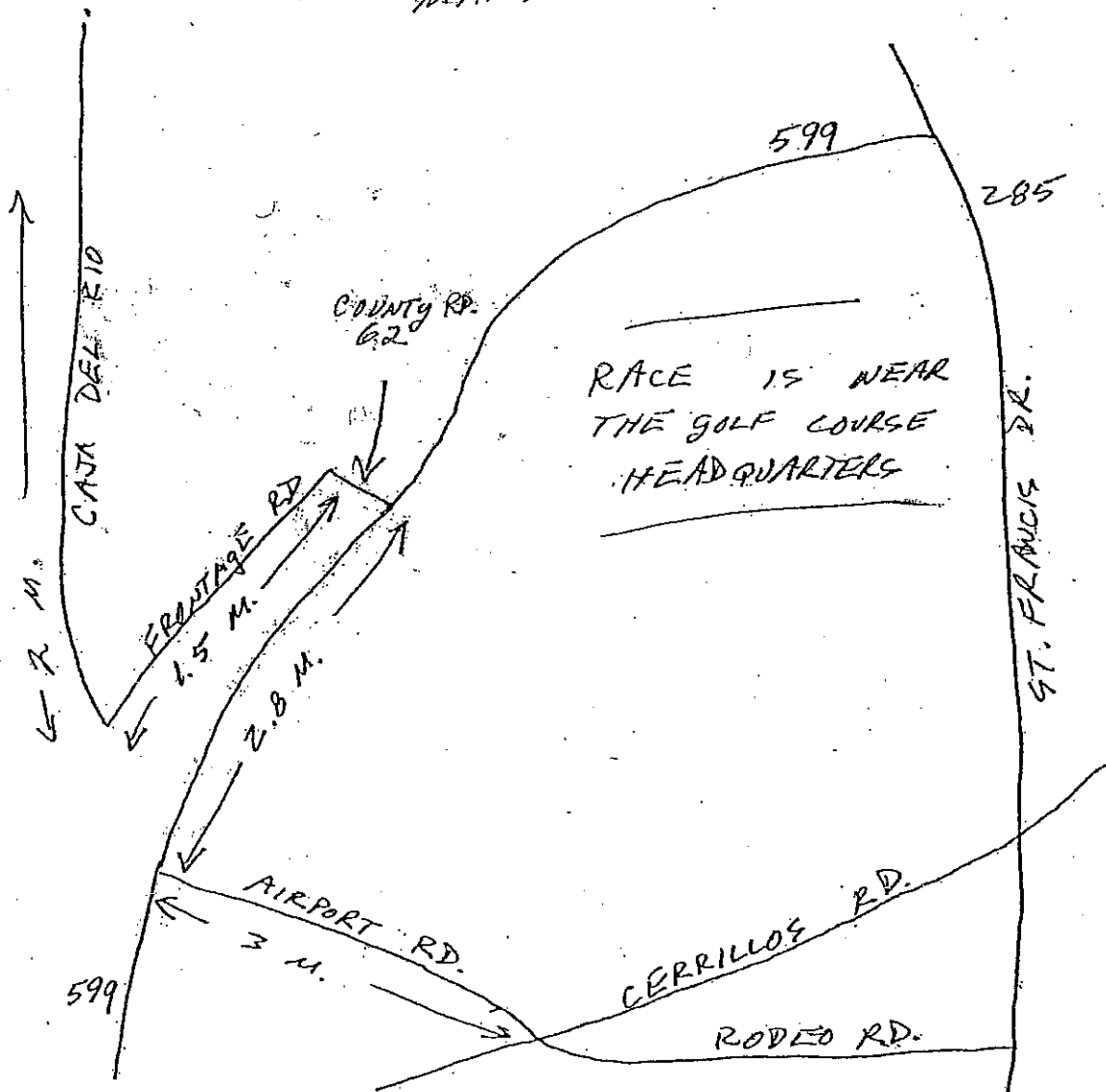
T-shirt size: S M L XL

Winter running can be especially hazardous. I release all sponsors, workers and race
volunteers, including Santa Fe Striders, Santa Fe Screenprinters and the City of Santa Fe, from
liability for any injury incurred. I am sufficiently fit to run this race and assume all responsibility
should anything bad happen to me.

Signed _____ Parent Signature (if minor) _____

MAP NOT TO SCALE

MARTY
SANCHEZ
GOLF COURSE



MAP BY STRIDERMAPS.COM

5th Annual (almost)

Sandia Mountain Snowshoe Race

Saturday, January 27, 2007, 10:00 am

Presented by the Santa Fe Striders

Visit us at: www.SandiaSnowshoe.com

Entry Fee: \$25.00 through January 13, 2007

\$30.00 after January 13, 2007, including race day

Checks payable to: Larry or Pam Walker

Registration & entry fee: mail to: Larry or Pam Walker

5301 Camino Arbustos N.E.

Albuquerque, N.M. 87111

Location: The 4 mile race will begin at the lower parking lot of the Crest House at the top of the Sandia Crest Highway. A \$3 parking fee is required.

Snowshoes: Snowshoes can be reserved with your entry form and picked up at the race. The race has only 25 pairs of snowshoes for rent based on the first 25 entry forms received requesting snowshoes. Snowshoe rentals are an additional \$5.

Participation: This race is for both beginners and experts. Everyone is welcome.

Entry Fee includes long-sleeve t-shirt, post-race refreshments and prizes.

FYI: water will only be available at the start/finish of the race.

NOTE: RACE WILL BE LIMITED TO NO MORE THAN **125** PARTICIPANTS.

Proceeds: All proceeds from the race will go to the "Friends of the Sandia Mountains" for preservation and maintenance of trails.

Sponsors: Santa Fe Striders, Friends of the Sandias, USDA Forest Service

Mail lower portion with your entry fee:

Full Name: _____

Mailing Address: _____

Phone # _____ email address: _____

Age (as of race day): _____ Entry Fee Paid: \$ _____

Need Snowshoes? Yes or No T-Shirt Size _____ Male / Female

Race Release: (must be signed by participant): I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted in this event. I also understand and fully accept responsibility for any injury or harm that could result from the hazardous nature of snowshoe running at high altitudes. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby hold harmless any affiliated individuals and sponsors and their employees and all other persons associated with this event for any claims I may have arising out of my participation in this event including personal injury or damage suffer by me or others. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to the Sandia Snowshoe to use any photographs, videotapes, or other recordings of me that are made during the course of the event.

Signature Parent's Signature (if 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 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

