



Mile Markers



We Give You the Run-Around

April 2007 Volume 29, No 4

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

Featured Event:

Panther Run

April 28, 2006: April's featured event is the Wood Gormley Panther Run. The run benefits the arts and PE programs at Wood Gormley, and will start at 8 AM from the Wood Gormley School, 141 E. Booth St. Santa Fe. Entry form is in this issue.

April Events

April 22: Fiesta de Albuquerque half marathon (half marathon, 10K, 5K, 5K walk, 2 mi run/walk, kids K); events start from Balloon Fiesta Park at 7 AM; for info and registration, see www.active.com (event "Fiesta del Albuquerque Half Marathon").

April 28: Wood Gormley Panther Run. 5 K run starts at 8 AM, 2 mile walk at 8:10 AM, and kids K at 9:30 AM. Events start from Wood Gormley Elementary School, 141 E. Booth Street, Santa Fe. See www.active.com (event "Wood Gormley Panther Run") for info and registration, or see entry form in this issue.

April 29: La Bajada Run and Picnic. Informal event starting from bottom of La Bajada at 10 AM. See description in this issue for more details, or call June Dickinson at 988-3428.

May Events

May 5: New Mexico Highlands University Summer Celebration Run (half marathon, 5K run/walk, 1 mi fun run); Las Vegas, NM; 7:30 AM; Perkins Stadium; see www.nmhu.edu for info/registration.

May 6: Annual Run For the Zoo (10K, 5K, 1 mi fun run) in Albuquerque; 10K starts at 7 AM, 5K at 8:30 AM; see bioparksociety.org/runforthezoo/ for information and registration.

May 19: Jemez Mountain runs (50 mile, 50 K and half-marathon), Los Alamos; see www.highaltitudeathletics.org for more information.

May 20: Santa Fe Century (for all you bicyclists out there). More info at www.santafecentury.com.

May 20: "World's Toughest 10K", Albuquerque. Begins near Sandia Casino and ends at the Tram House parking lot. Registration and info at www.active.com (event "World's Toughest 10K"), or www.newmexicomarathon.org/races/longesttram.htm

and coming in **June:**

June 2: Santa Fe Run-Around. Reserve the date.

Monthly Meeting April 10th, 2007 7:30 PM

The February meeting will be on Tuesday, April 10th at 7:30 PM at the house of Richard Curry, 122 Spruce Street in Casa Solana. Call 992-3331 for directions. Some folks bring an optional dish to pass for a shared dinner, but this is not required.

Strider News

• **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.

• **Old Race Shirts**

We will sell race shirts for past races. Most recent are the shirts from the Corrida de los Locos – really nice black Coolmax long-sleeve shirts. All shirts from old races are \$5. Contact club president Jim Owens for details (231-6166 or at Owens_Jim@msn.com).

• **Newsletter input**

We are always interested in receiving running related submissions for the newsletter. Please contact Newsletter editor Andy Shreve (apshre@cybermesa.com; 982-7709) or club president Jim Owens (Owens_Jim@msn.com; 231-6166) with input.

Striders in the News

(Contact Andy or Jim with contributions)

Eric Peters: Eric found his way back to Santa Fe! We are still waiting for him to give us a full report on his vacation in Zimbabwe and Ireland with pictures.

Caroline Siegel: Caroline is on her way to the Boston Marathon in a few weeks. Good luck, Caroline!!!

Jemez Mountain Runs

The Jemez MT runs (50 mi, 50k, half marathon) are May 19. These runs are all on trails near Los Alamos. We've made some changes to the 50 mi course, and minor changes to the 50k. The half marathon course is the same as last year. Entry and info available at www.highaltitudeathletics.org.

... and... **New Calendars**. In conjunction with the JMR, we have produced the Jemez Mountain Runs 2007 Calendar. The calendar features stunning photography of trails around Northern New Mexico by Blake Wood and Petra McDowell. A preview can be found at www.highaltitudeathletics.org in the JMR section. The calendar comes with entry to JMR and can also be purchased for \$10 each. Make your checks payable to HAAC and send them to A. Goldman, RD; 4723 Sandia; Los Alamos, NM 87544.

Run the Caldera - June 23

This year Run the Caldera will be focused on the marathon event. Shorter races may be held on a different date and will be announced at another time. Early bird registration for the marathon is \$40 by Feb 28. Entry from March 1 to May 31 is \$50, and entry is \$60 from June 1 to June 21. No race day entry. Registration is through the Valles Caldera reservation system: www.vallescaldera.gov/ or call toll free 1-866-382-5537.

La Bajada Run and Picnic

Sunday April 29, 2007 at 10:00 AM

It's easy to find, just take the Cochiti Exit near the bottom of La Bajada Hill, drive 3.6 miles and turn right towards La Bajada Village (and Tetilla Peak). Continue for 1 mile and take a dirt road to the right, go one and a half miles and cross over the Santa Fe River. Just beyond the river go to the right and park - there's a big open space. Bring a picnic, blanket, chairs, lots of water, warm clothes as it can be windy on top of the mesa, and sun screen. Walkers, bikers and dogs are all welcome. There is a 5 mile loop or you can continue running any distance you want, in fact all the way back to Santa Fe! For more information call June Dickinson at 988-3428. Hope to see you there, this is a great Spring outing.

Bataan Memorial Death March Marathon

On March 25, 2007, the annual Bataan Memorial Death March was held at the White Sands Missile Proving Grounds in New Mexico “in honor of the heroic service members who defended the Philippine Islands during World War II, sacrificing their freedom, health, and in many cases, their very lives.” This is a very tough course with lots of sand and almost 1400 feet of elevation. And, if this is not tough enough for you, you can enter the “Heavy Division” which requires you to carry at least 35 lbs during the whole race!

Congratulations to the following Strider Members:

Sheila van Cuyk 10th overall; 1st in the women’s division; 3:37:50
Mariann Johnston 41st overall; 4th in the women’s division; 3:57:54

Other local Santa Fe residents that participated:

Barry Stout	Alyssa Nieto
Kenny Montoya	Richard Royea
Gary Fordham	Rod Dobbs
Sigrid Mabel	

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.

Officers

Jim Owens, President (Owens_Jim@msn.com ; 231-6616)	Andy Shreve, Newsletter Editor (apshre@cybermesa.com ; 982-7709)
Jim Westmoreland, Vice Pres.	Suzanne Garney, Webmaster
Diana Hardy, Treasurer	

Strider Contributions

Running Among the Dead

As of March 21, the first day of Spring, 3,216 United States soldiers have been killed in the Iraq War. While many of us are numbed by this growing statistic, we give thanks for being alive.

About two or three Saturdays ago on a cold and blustery morning, I ventured out my back door and headed toward the hills of the dog park, or more historically known, Ortiz Park. Wanting not to be near people or dogs, I headed east and soon found myself at the intersection of St. Francis and Alamo Drives. I jogged through the gates of the Santa Fe National Cemetary.

A certain spirit prevails while running among tombstones and the chisled names of the dead. On this morning a cold wind burnt my face, yet I wound my way upward along the westside of prestigious St. Catherine Indian School. I looked down onto the windswept baseball field, no longer much of a field, but at one time, nonetheless, someone's field of dreams.

The shattered dream of life lost at war overtook my thoughts, so I began running once again down the windswept road toward an exit and home. I paid a simple homage to those departed souls who lost their lives in war. Over the years, either while running or driving, I have watched our national cemetary spread northward along the foothills of the Sangre de Cristo, of Blood of Christ mountains. From time to time John Prine's "Jesus, the Missing Years," has entered my mind while running the hills just west of the cemetary.

How many years might the soldier had lived had there been no war? None of us know that answer, but if only Jesus could see us now. Maybe He might curse the war. Heaven knows. Would He praise our running? Who knows. Perhaps even Jesus took a few running strides on His way across the desert. I could only imagine, so I kept running toward the iron gates. I crossed St. Francis. The wind was behind me now, and I was alive.

I went home and read in the paper that eleven more soldiers lost their lives in Baghdad. The statistics continue to grow, while we continue to run.

Richard Curry

Runs/Workouts Last Month



Mar 11th: At the start of the run to Lamy; Vinnie, Caroline, and Sheila nearing the Lamy train station after 20 miles



Mar 18th : From St John's to the Barber pole; Joyce's arrows in the sand so she did not get lost; What happened to everyone????



March 27th: 2nd workout at the track for this season; come and join us.

2nd Annual Wood Gormley Panther Run

Saturday, April 28, 2007

5k run starts at 8 am

2 mile walk starts At 8:10 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

EARLY (postmarked by April 18)

5k run or 2 mile walk \$20.00

Kids' 1k run \$5.00

-BY MAIL

Payable to Wood Gormley PTC

141 East Booth St.

Santa Fe, NM 87505

After April 18

5k run or 2 mile walk \$25.00

Kids' 1k run \$10.00

On-site registration and packet pick-up at Wood Gormley the week of April 23-27 from 3-4pm & April 27 from 6-8 PM. **Race Day Registration from 6:30 - 7:30 ONLY.**

ONLINE at *Active.com*

Chip timed by Athlete's Edge

For more information contact:

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

Jill Ballantyne, 466-3251.

Registration fee includes timing chip, t-shirt (t-shirts guaranteed to first 500 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 9 & under, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Awards to overall male and female runners.

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!

Registration Form – Wood Gormley Panther Run

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

Name _____ M/F _____ Age _____ Grade _____

Street, City, State, Zip _____ Phone _____

e-mail _____ Circle Event(s) 5k run 2 mile walk kids' 1k

T-shirt (*adult sizes*) XS S M L XL Youth sizes 6-8 10-12

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



Striders Membership Application and Waiver
(Print, complete, and mail with \$\$\$!)



Join the Striders! Promoting running in the Santa Fe area since 1978
Annual membership costs only \$15 and includes:

- Discount on Strider race entry fees
- Monthly newsletter, the "Mile Markers"
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Support/sponsor 5 local races during the year
- The club donates \$\$\$ to help the local community
- 10% Discount at the Running Hub

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.

This waiver needs to be signed each year !!!

Signature _____ Date _____ Renewal ____ New Member ____

Parent's Signature _____ Date _____ Receive newsletter by: Paper ____ Email ____
if <18 years old

Name _____

Address _____ I would like to help by:

City/State/ZIP _____ Races: Before the race ____ At the race ____

Telephone _____ Picnics & Parties ____

Email _____ Articles for the Newsletter/Web Page ____

Other _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

Visit us at www.santafestriders.org

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