



Mile Markers



We Give You the Run-Around

May 2007 Volume 29, No 5

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

Featured Event:

Santa Fe Run Around

June 2, 2007: Our annual Santa Fe Run-Around, Saturday June 2nd, starting from the Santa Fe Plaza. Entry form in this issue.

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

June Events

June 2: Santa Fe Run-Around. Information and registration info available at www.santafestriders.org or at www.active.com (event "Santa Fe Run Around 2007").

June 10: Susan G. Komen Race for the Cure. Balloon Fiesta Park, Albuquerque. 5 K run/walk, 1 K walk, events starting at 7:40 AM. Registration and more info at www.active.com (event "Komen Central New Mexico Race for the Cure").

June 17: Butterfly Run, Pojoaque. 10K starts at 7 AM, 5K at 8:35 AM, 1 mi fun run/walk at 9:15 AM. For info see <http://209.181.114.16/ButterflyRun.asp> or register online at www.active.com (event "8th Annual Butterfly Run").

June 23: Run the Valle Caldera Marathon. See further description in this issue. More information and registration available by following links from <http://www.vallescaldera.gov/comevisit/special/> (look for description of Run the Caldera).

June 24: Cherry Garcia 5 K and 10 K, Valley High School, 1505 Candelaria Rd. NW, Albuquerque. Registration and info at www.active.com (event "Cherry Garcia Run 2007").

Monthly Meeting May 8th, 2007 7:30 PM

This month's meeting will be on Tuesday, May 8th at 7:30 PM at the house of Mike Swain, 8 Sunflower Circle. From Route 599 (Santa Fe Bypass), take the Camino La Tierra exit, and go west toward Las Campanas. Turn right at the first stop sign, East Wildflower Drive. Turn left at the next street, Sunflower Circle, and proceed to 8 Sunflower Circle. Folks are encouraged to bring an optional dish to pass for a shared dinner.

Strider News

• **NEW – Saturday Runs**

Kris Peterson has started arranging Saturday morning runs for those who have other commitments (like bicycling) on Sunday. Details are sent out on the Strider email list (see below) each week. If you don't have email, contact Kris at 820-6247.

• **Check out the New Web Page**

If you haven't seen the new web page, check it out (www.santafestriders.org). It is much improved over the old one. Don't forget to tell webmaster Suzanne Garney THANKS the next time you see her.

• **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)

Diane Kramer: Diane and Mark have a new Husky puppy. See the new pup after the May 6th Sunday run through Diablo Canyon and down to the Rio Grande. Diane says it is just a brunch, but we all know it is really to show off her new pup.

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.

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. 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.

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.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.

Officers

Jim Owens, President
(Owens_Jim@msn.com; 231-6616)
Jim Westmoreland, Vice Pres.
Diana Hardy, Treasurer

Andy Shreve, Newsletter Editor
(apshre@cybermesa.com; 982-7709)
Suzanne Garney, Webmaster

Race Results of Members and Friends

The 111th Boston Marathon: The one with the terrible weather.

John Thornell	18 th in age group; 176 th overall	2:44:11
James Champ	1546 th in age group; 2472 nd overall	3:14:21
Bree Wooten	405 th in age group; 4138 th overall	3:24:06
Richard Curry	886 th in age group; 8463 rd overall	3:42:06
Steve Rogers	888 th in age group; 8467 overall	3:42:06
Caroline Seigel	2984 th in age group; 13699 overall	4:03:58

Desert Rats in Fruita, Colo: This was is a 25 mile race with elevation ranging from 4500 feet to 5400 feet but a total of 4000 ft of climbing. If this is not tough enough for you, you can do the loop twice for a total of 50 miles.

Sheila van Cuyk	#2/34 in age group from 35 to 49; #45/ overall;	4:20:02
Mariann Johnston	#9/34 in age group from 35 to 49; #94/ overall:	5:05:15



Atomic Man Duathlon in White Rock, NM: Little Boy is a 4k Run/15k Bike/ 4k Run; Fat Man is a 10k Run/40k Bike/5k Run.

Little Boy:

Liz Cash	#1/2 in age group from 25 to 29 female	1:07:44
Dale Goering	#1/3 in age group from 75 to 79 male	1:28:25

Fat Man:

Char Lathan	#1/2 in age group from 35 to 39 female	2:35:51
Liz Sponagle	#1/4 in age group from 50 to 54 female	2:36:14
John Lumley	#2/7 in age group from 45 to 49 male	2:39:36
Sheila van Cuyk	#2/2 in age group from 35 to 39 female	2:44:46

Truly Boston

Two days prior to the 111th Boston Marathon a northeaster encompassed greater New England. In the illustrious history of this marathon, never has it been postponed; however, there were voices in the wind that this year's Boston – if flooding occurred – might be delayed, even postponed. But how does one postpone a race of this stature with its 23,000 runners, 1,000,000 spectators, 26 Red Cross stations, and several thousand volunteers? While standing in the port-o-john line at Hopkinton HS, about 90 minutes before the race, I overheard a man say he had earlier spoken to his brother, a Coast Guard rescuer, who said to him, "by 11:15 all of this will be gone." I trust the words of a Coast Guard man, particularly when he's stationed off Cape Cod. By race time much of the heavy wind and rain was gone.

The walk to the starting line corrals on Route 135 is now a distant memory. I looked absently at the homes on Grove St., some with their doors open to welcome visiting runners, as if I didn't quite realize what my running partner Steve Rogers and I had done to get here or, more importantly, what we were about to do, which was line up on East Main St. and run to downtown Boston. The Boston Marathon is quite organized, and our race began quite promptly at 10:30. By this time Robert Cheruiyot and his crew of elites were 30 minutes ahead; the former was on his way to a repeat victory in 2:14:13, his third Boston victory; Lidya Grigoryeva was an hour ahead with her female elites, and she would finish in 2:29:18. Both runners captured \$100,000 for their efforts.

Deciding what to wear became an effort for me, for I wasn't used to the New England wind and rain. At the Expo I bought a dry-away vest, since I felt anything that said "dry" on it might work in a northeaster. At race time temperatures were in the high 30's, and only a slight wind prevailed. Better cool than hot. Before we knew it we were all finding our way down the long decline toward Ashland, home of the original Boston start in 1897. Then it was on to the town of Framingham, home of the historic railroad tracks. I don't remember much of the famed train depot, and the only thought that came to mind through Framingham was something I read a long time ago about it being the first place in America where doctors performed heart tests on runners. Still I wasn't quite sure about this, so I kept on running toward the town of Natick.

Little did I know that my legs would start aching just 10 miles from Hopkinton. Be it the cool weather or our pace I couldn't tell. All I knew it was way too early to drop out of this historic run. Qualifying would mean little. The rolling hills were nothing compared to the ones of Santa Fe, but "Boston is Boston" as the saying goes, and I could see there was no getting around that. Heartbreak Hill was still about 11 miles away. It is said, too, that the shrieks of the Wellesley girls "will reach your ears well before you pass them by" and "if you don't get chills once you hit this gauntlet of sound, say even the most hard-boiled Boston vets, you must not have a pulse." I heard these shrieks from the bottom of the hill, on Route 16. A runner to my left claimed to have kissed four girls in the 2006 race, and I longed for the sights and sounds of these screaming coeds. I stayed to the far side of the road from where they cheered, for I wanted a glimpse of their youth and beauty. I was not disappointed and told the shuttle driver back to the motel that I "fell in love about ten times running past that school."

When one hits Wellesley the race gets serious. The Boston Marathon is now half over and the hills of eastern Massachusetts begin to take their toll, gentle as they are. The northeaster was not all gone away, and at times a slight rain fell along with the steady wind. I succumbed to the fact I would never kiss a Wellesley girl, so it was now down the long decline through the town and toward the love of the famous Newton Hills, just over five miles away. We passed the famous John Kelley statue at the bottom of Hill No. 2 and I didn't even notice. For this I am saddened, since I had read a lot about the two runners for whom the statue is dedicated. Heartbreak Hill loomed in the near distance. Although it rises only 100 feet, it is a test of one's will, for to me it appeared to rise-and rise-and rise some more, until at the top I calculated my heart rate to be near 170, such as if I had run from Patrick Smith to Wilderness Gate. Oftentimes during our training, I said to Steve that I might turn around at the top of Heartbreak and look back down, just to take it all in. But at the top of this historic hill between miles 20 and 21, I had no inclination to do so. To look back seemed foolish. Boston was five miles away and downhill.

In Brookline, where the trolley lines run, I caught the pretty face of a woman. I smiled and she waved, but she and the trolley were quickly gone. Evergreen Cemetary was nearby, but I had little time to look at gravesites. I felt dead just the same. Then it was dream-come-true. The CITGO sign and Fenway Park, where since 1969 the Red Sox played home on Patriot's Day. I now ran past the giant left field wall, known as the "Green Monster." Then it was the slight incline up Hereford Street. On Boylston was the finish. We all now saw the banner signifying the end to this 111th running. It is truly Boston.

Richard Curry

Join us on the historic
Santa Fe Plaza
June 2, 2007

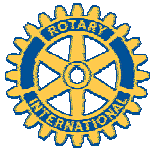
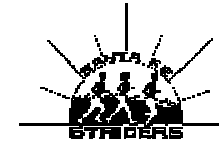
Running!

**Live Music by
The Hill Stompers**

ST. VINCENT
REGIONAL
MEDICAL CENTER



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



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

The 29th Annual
Santa Fe Run-Around
Saturday, June 2, 2007

5K and 10K Runs, 8:00 AM
Underwritten by
New Mexico Bank and Trust
and
St Vincent Regional Medical Center

Kids 1K races, 9:30 AM
Underwritten by
Los Alamos National Bank

Proceeds Benefit
The Santa Fe Chapter of
Girls on the Run

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

Date: Saturday, June 2, 2007
 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 # 1432335

Race Information

Aid stations every 1.5 mile
 Champion Chip timing
 Age group awards (10 yr age groups)
 Awards for ALL finishers of the Kids 1K
 T-Shirts guaranteed to first 350 entrants



See <http://www.santafestriders.org> for more info

For More Information:
www.santafestriders.org
 Kris 667-8027 or Kernkt@cybermesa.com

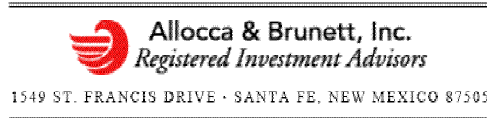
Underwritten by



Kids 1k underwritten by



Sponsors



With support from
 The Pension Company, Berardinelli Family Funeral Service, Radisson Hotels, Santa Fe Screenprinters, Whole Foods, and Richard Martinez

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 2, 2007: _____ 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

Suzanne Garney sends along the following information on a travel/running opportunity organized by an old friend of hers.



Dear Runner,

The 18th Annual Mt. Kilimanjaro Marathon Tour will be taking place June 24, 2007. I want to personally invite you to join us for this fun filled 11 day tour. You can climb the mountain, run the marathon, and go on safari. The tour is very flexible. If your spouse or friend is not a runner, they can participate by walking a 10K (6.2 miles) and still receive a medal and certificate of participation for this race. We offer optional tours; Safaris, a visit to the Maasi Tribes, and Mt. Kilimanjaro Park. We offer a 5 Day Safari to the Serengeti for only \$1399 and 3 Day Safaris for only \$799.

This year the MT KILIMANJARO MARATHON TOUR is only \$4595 inclusive! It includes RT Airfare from New York JFK to Mt Kilimanjaro Airport; transfers; hotel; all meals; climb up MT Kilimanjaro with guide, porter, and cook; all marathon fees; Pasta Party; Awards Ceremony; Engraved Medal with ribbon for participation; Certificate of participation; the top ten winners receive engraved trophies; bottled water along route; tour is scheduled to leave JFK on Friday, June 15 through June 25th, 2007. The marathon, half marathon, 10k and 5 man relay all scheduled to take place at 8am on Sunday, June 24th.

I hope you can join us! The tour covers everything! You will have a wonderful adventure! Your cost for this eleven day tour and run is only \$4595! For more details (photos too!) and to find out what others are saying about the Mt. Kilimanjaro experience log on to our website at: www.mtkilimanjaronmarathon.com

Mile Markers
Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87504