



Mile Markers



We Give You the Run-Around

June 2007 Volume 29, No 6

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

Featured Event:

Striders Picnic

June 10, 2007: OK, so it's not a race. Nevertheless, all are welcome to attend the annual Santa Fe Striders picnic at the home of Diana and Jim (2363 Camino Carlos Rey). Fun starts at 4:30 PM (see below for details).

June Events

June 2: Santa Fe Run-Around. Information and registration info available at www.santafestridders.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").

July Events

July 4: Jane's Freedom Run, Albuquerque. La Cueva High School, 7801 Wilshire NE. 8K road race (7 AM), 3K road race (9 AM), 3K fitness walk (9 AM), 400 meter kids run (8:30 AM). See http://www.tgrande.com/janes_freedom_run.htm or register at www.active.com (event "Jane's Freedom Run").

July 15: Chunky Monkey Run, 5K, 10K, Kids K, 7 PM. Valley High School, 1505 Candelaria Rd. NW, Albuquerque. Register at www.active.com (event "Chunky Monkey Run 2007").

July 22: PoP'ay footrace. Starts at 7 AM. San Juan Pueblo. Register at <http://www.active.com> (event "ENIPC Po Pay Foot Race").

July 22: 9th Annual Rancho Viejo Run, Rancho Viejo in Santa Fe, 7 AM. 10K road race, 5K fitness walk, 1K kids run. Register at www.active.com (event "9th Annual Rancho Viejo Run").

July 29: 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. Register at <http://www.active.com> (event "Run to Break the Silence").

Monthly Meeting: Striders Picnic, June 10th, 4:30 PM

There is no meeting in June. Instead, come to the Striders picnic, starting at 4:30 PM on Sunday June 10th. Picnic will be at Jim and Diana's place, 2363 Camino Carlos Rey. From St. Francis, go west on Zia, turn right onto Camino Carlos Rey, and proceed to 2363, the first house on the right after the arroyo. Striders will provide burgers, veggie burgers, hot dogs, buns and drinks. Bring an appetizer, side dish or dessert.

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).

Striders in the News

(Contact Andy or Jim with contributions)

Kristen Edwards: Kristen volunteered to help at the Run Around in directing the runners into the 5K lane or 10K lane as they re-entered the plaza. As the lead 10K runner came towards her she directed him into the 10K lane, again, for the 2nd time, for a 3rd loop. She explained that he was too fast and shouldn't have been there yet! We know what job not to give Kristen next year.

Todd Schroeder and Mike Swain: Todd and Mike had some unexpected motivation during their race at the Run Around. As they were each laboring to have a good race, they were joined by a Kenyan that gave them some tips in cutting minutes off their time. Next time you see them, ask them about their story. (see Todd's story below)

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 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.

Story from the Run Around

Who wants to run with a Kenyan?

I didn't. At least, I didn't think so. Everyone knows how fast those guys are and the idea of running with them sounds like it could be more painful than fun. Fortunately, I was wrong.

On the second lap of the SF Run Around, I must have looked as bad as I felt because a Kenyan runner named Josphat singled me out of the 90 or so others in the 10K and ran up to offer some advice. He glided up next to me with a smile on his face and said "*lean, lean*". Then he demonstrated by leaning forward as we ran up the hill. Ok, I'm definitely not going to lose this guy so I might as well do what he says. I leaned way forward. Then, he said "*look, look*" and pointed to the ground at about a 45 degree angle. Good point, I should probably stop looking at the top of the hill and agonizing about how far I was from it, so I looked down. As it turns out, these two, simple pointers were immediately helpful. My pace increased and my level of effort seemed to taper off. I was also having greater success finding air when compared to my previous wide-open mouth technique. After a while, I was smiling too. When I considered the caliber of athlete helping and running with me, I was also getting pretty motivated. He finished the race with me, occasionally offering suggestions as we ran. I'm guessing Josphat saved me at least two minutes from the point we met.

- Todd Schroeder

Note: Todd finished 16th overall in the 10K with a time of 45:59 and a very big smile on his face.

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)

Jim Westmoreland, Vice Pres.

Diana Hardy, Treasurer

Andy Shreve, Newsletter Editor

(apshre@cybermesa.com; 982-7709)

Suzanne Garney, Webmaster

29th Annual Run Around



And They are Off to the Races!!



Mike Swain and his Kenyan motivator (Hey Mike, wrong shirt!!)



Todd and Jennifer Schroeder and Josphat



Eric Peters finally found someone he can beat!



And there go the kids trying to catch Eric



Krista and her Kenyan friend.

Sante Fe RunAround Results

5K Run

Overall Female Open Winners

Place	Name	Age	Overall	Time	Pace
1	Everlyne Lagat	26	4	18:15.0	5:53/M

Female 1 to 19

Place	Name	Age	Overall	Time	Pace
1	Sophia Torres	15	19	23:55.0	7:43/M

Female 20 to 29

Place	Name	Age	Overall	Time	Pace
1	Jacqueline Rea	27	11	22:10.0	7:09/M
2	Adah Burke	24	40	28:13.0	9:06/M
3	Genevieve Giddings	27	47	30:01.0	9:41/M
4	Amy Hickey	29	51	30:31.0	9:51/M
5	Elizabeth Hastings	29	52	30:35.0	9:52/M
6	Sara April	28	60	31:23.0	10:07/M
7	Rebecca Kornberg	29	99	39:03.0	12:36/M

Female 30 to 39

Place	Name	Age	Overall	Time	Pace
1	Cindy Van Andel	34	17	23:26.0	7:34/M
2	Vidoli Caterina	33	20	24:03.0	7:45/M
3	Cecilia Duenas	34	25	25:31.0	8:14/M
4	Erin Moran	32	32	26:39.0	8:36/M
5	Katy Fitzgerald	31	33	27:15.0	8:47/M
6	Juliana Werner	36	37	28:04.0	9:03/M
7	Jamie Kahn	34	53	30:36.0	9:52/M
8	Bassett Ki	38	55	30:39.0	9:53/M
9	Dina Jansen	37	67	32:40.0	10:32/M
10	Amy Bonal	32	72	33:18.0	10:45/M
11	Marie Mullins	31	77	34:26.0	11:06/M
12	Raelynn Naranjo	33	81	34:42.0	11:12/M
13	Rose Ella Alarid	39	82	34:52.0	11:15/M
14	Sarah McGrath	38	85	35:11.0	11:21/M
15	Judith Salazar	38	86	35:58.0	11:36/M
16	Mikala Cdebaca	39	89	36:44.0	11:51/M
17	Elizabeth Kornberg	33	100	39:09.0	12:38/M
18	Tammy Todd	36	103	41:35.0	13:25/M

Overall Male Open Winners

Place	Name	Age	Overall	Time	Pace
1	Likhaya Dayile	28	1	17:05.0	5:31/M

Male 1 to 19

Place	Name	Age	Overall	Time	Pace
1	Trevor Serrao	15	2	17:45.0	5:44/M
2	Davin Cheykaychi	17	12	22:12.0	7:10/M
3	Daniel Torres	19	18	23:40.0	7:38/M
4	Zack Grand	11	22	24:28.0	7:54/M
5	Benjamin Cdebaca	10	31	26:24.0	8:31/M
6	Nicholas Cdebaca	13	50	30:22.0	9:48/M
7	Kieran Thornell	9	56	31:02.0	10:01/M

19	Holly Call	37	105	43:57.0	14:11/M
20	Bernadette Alarid	35	106	45:12.0	14:35/M
21	Kathleen Lemcke	33	107	57:03.0	18:24/M
22	Melissa Romero	36	108	57:34.0	18:34/M

Female 40 to 49

Place	Name	Age	Overall	Time	Pace
1	Anita Soltero	43	21	24:03.0	7:45/M
2	Lauren Smith	47	36	27:54.0	9:00/M
3	Victoria Price	45	45	29:47.0	9:36/M
4	Mihwa Dawson	45	54	30:39.0	9:53/M
5	Jacqueline Lucero-Atenc	46	65	32:35.0	10:31/M
6	Kim Keahbone	44	71	33:11.0	10:42/M
7	Phoebe Buffett	45	74	33:46.0	10:54/M
8	Angelina Vialpanero	44	76	34:04.0	10:59/M
9	Kimberly Larson	40	83	34:57.0	11:16/M
10	Susan Lumley	49	88	36:30.0	11:46/M
11	Caryn Fiomhe	43	90	36:47.0	11:52/M
12	Monica Gurule	42	94	38:04.0	12:17/M
13	Geri Rodriguez	43	95	38:31.0	12:25/M

Female 50 to 59

Place	Name	Age	Overall	Time	Pace
1	Liz Sponagle	52	7	21:35.0	6:58/M
2	Wabanang Kuczek	58	48	30:03.0	9:42/M
3	Bernadette Sanchez	52	61	31:24.0	10:08/M
4	Belinda Perez	50	62	31:27.0	10:09/M
5	Gail Aycock	59	64	32:05.0	10:21/M
6	Judy Leyba	51	70	33:10.0	10:42/M
7	Cynthia Barclay	59	87	36:06.0	11:39/M
8	Terese Vigil	55	92	37:46.0	12:11/M
9	Andrea Elise	53	96	38:38.0	12:28/M
10	Pauline Chavez	50	102	41:05.0	13:15/M

Female 60 to 69

Place	Name	Age	Overall	Time	Pace
1	Sally McLean	66	101	40:28.0	13:03/M
2	Fedelina Saiz	61	104	42:05.0	13:35/M

Male 20 to 29

Place	Name	Age	Overall	Time	Pace
1	Nicholas Martinez	25	3	18:09.0	5:51/M
2	Patrick Sinnots	27	26	25:32.0	8:14/M
3	Marco Reyes	29	34	27:15.0	8:47/M
4	Les Ortiz	26	75	34:03.0	10:59/M

Male 30 to 39

Place	Name	Age	Overall	Time	Pace
1	Myles Fitzgerald	32	5	18:40.0	6:01/M
2	Salomon Gonzales	32	6	18:56.0	6:06/M
3	William Dearholt	39	16	23:08.0	7:28/M

4	Dan April	30	23	24:37.0	7:56/M
5	Michael Romero	37	42	28:50.0	9:18/M
6	Mac Brown	37	49	30:07.0	9:43/M
7	Douglas Jansen	35	68	32:41.0	10:33/M
8	Adam Stively	33	78	34:26.0	11:06/M
9	Melanie Ortiz	30	91	37:14.0	12:01/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Max Mujynya	40	10	22:10.0	7:09/M
2	John Lumley	49	13	22:17.0	7:11/M
3	Jim Hicks	44	15	22:50.0	7:22/M
4	Ray Roybal	43	24	25:15.0	8:09/M
5	Todd McElroy	45	27	25:42.0	8:17/M
6	Hans Herrmann	43	29	26:02.0	8:24/M
7	Joe Romero	43	30	26:09.0	8:26/M
8	Richard Martinez	40	35	27:54.0	9:00/M
9	John Thornell	41	57	31:02.0	10:01/M
10	Scott Miller	42	59	31:21.0	10:07/M
11	Josh Gonze	44	69	33:07.0	10:41/M
12	Scott Dawson	48	73	33:26.0	10:47/M
13	Kevin Myers	41	84	35:11.0	11:21/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
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10K Run

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jacquelyne Gallegos	24	15	45:03.0	7:16/M

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Erica Miller	22	38	52:47.0	8:31/M
2	Virginia Seamster	23	49	56:38.0	9:08/M
3	Judith Banet	22	55	57:30.0	9:16/M
4	Caitlin Rhoades	28	56	57:31.0	9:17/M
5	Maggie Ryan	27	63	1:01:16.0	9:53/M
6	Stephanie Chu	21	68	1:03:17.0	10:12/M
7	Sara Hunter	26	71	1:04:15.0	10:22/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Amanda Swensen	30	33	51:56.0	8:23/M
2	Caroline Seigel	32	35	52:11.0	8:25/M
3	Melanie Moore	34	74	1:05:30.0	10:34/M
4	Karen Borovina	35	79	1:10:03.0	11:18/M
5	Tallie Tolen	38	80	1:11:40.0	11:34/M
6	Erin Powers-Mckay	33	81	1:12:05.0	11:38/M

1	Jimmy Cheykaychi	53	8	21:52.0	7:03/M
2	Jim Hannan	56	14	22:48.0	7:21/M
3	Daniel Pava	51	39	28:06.0	9:04/M
4	Ron Martinez	52	43	29:08.0	9:24/M
5	Carl Twibell	56	44	29:44.0	9:35/M
6	Rocky Garcia	53	58	31:05.0	10:02/M
7	Christopher Banet	50	63	32:01.0	10:20/M
8	Mary Beth Britton	52	97	38:59.0	12:35/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Loyd Carey	65	9	22:05.0	7:07/M
2	George Croshaw	61	28	25:53.0	8:21/M
3	Robert Werner	67	38	28:04.0	9:03/M
4	Ernest Rocha	63	46	29:55.0	9:39/M
5	Dick Danforth	64	79	34:33.0	11:09/M
6	Richard Kuczek	60	80	34:38.0	11:10/M

Male 70 and over

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Dale Goering	76	41	28:31.0	9:12/M
2	Tom Coleman	71	66	32:38.0	10:32/M
3	Saul Cohen	79	93	37:49.0	12:12/M
4	Jerry Dorbin	76	98	39:00.0	12:35/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Patty Danforth	47	43	53:32.0	8:38/M
2	Lucia Santani	43	46	54:11.0	8:44/M
3	Rose Giannotta	43	48	56:34.0	9:07/M
4	Sandra Skogen	44	64	1:01:17.0	9:53/M
5	Sandra Ely	48	66	1:01:45.0	9:58/M
6	Beth Davenport	46	67	1:01:49.0	9:58/M
7	Lisa Valaika	41	69	1:03:39.0	10:16/M
8	Michele Jacquez-Ortiz	40	84	1:13:10.0	11:48/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Anne Nolan	54	36	52:22.0	8:27/M
2	Pat Swim	53	40	53:16.0	8:35/M
3	Jan Huie	57	58	57:39.0	9:18/M
4	Joyce Rubinfeld	54	59	58:22.0	9:25/M
5	Sitte Mainland	56	61	1:00:36.0	9:46/M
6	Sherry Breedlove	54	70	1:04:09.0	10:21/M
7	Deborah Gaynor	56	73	1:05:05.0	10:30/M

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mary Billen	65	82	1:12:15.0	11:39/M

Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Samwel Chepno	33	1	34:59.0	5:39/M

Male 0 and under

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Harry Harris	0	7	40:30.0	6:32/M

Male 1 to 19

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Hart	19	4	37:04.0	5:59/M
2	Nicholas Mora	17	9	41:37.0	6:43/M

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Justin Nyberg	28	3	36:40.0	5:55/M
2	Jensedo Naranjo	22	6	39:10.0	6:19/M
3	David Erwert	22	17	46:09.0	7:27/M
4	Tal-Ee Roberts	27	37	52:35.0	8:29/M
5	Alex Maryol	26	42	53:25.0	8:37/M
6	Jason Honabarger	28	54	57:07.0	9:13/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Cameron Stuber	31	2	35:39.0	5:45/M
2	Eric Peters	38	5	38:44.0	6:15/M
3	Kevin Brennan	31	11	42:47.0	6:54/M
4	Todd Schroeder	39	16	45:59.0	7:25/M
5	Tim Murrell	31	19	47:52.0	7:43/M
6	Derek Cunningham	37	21	48:38.0	7:51/M
7	Alden Hoskit	36	24	49:21.0	7:58/M
8	Erik Ness	37	26	49:51.0	8:02/M
9	David Lin	30	27	50:00.0	8:04/M
10	Trent Howell	36	28	50:33.0	8:09/M
11	Mark Nelson	37	34	51:59.0	8:23/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Tony Stuart	49	8	40:51.0	6:35/M
2	Thomas Lucero	42	12	43:26.0	7:00/M
3	Charles Brunn	49	14	44:34.0	7:11/M
4	Mike Swain	48	23	48:51.0	7:53/M
5	Gilbert Chavez	47	31	51:16.0	8:16/M
6	Paul Coriz	43	44	53:39.0	8:39/M
7	Matthew Ortiz	41	77	1:09:56.0	11:17/M
8	Andrew MacKowski	41	78	1:10:03.0	11:18/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Senovio Torres	53	10	41:44.0	6:44/M
2	Vinnie Kelley	55	13	44:27.0	7:10/M
3	Con Dooley	53	18	46:52.0	7:34/M
4	John Vavruska	55	20	48:30.0	7:49/M
5	Steve Michel	50	32	51:31.0	8:19/M
6	Jim Bieg	59	41	53:20.0	8:36/M
7	Jean Bergeron	58	45	54:04.0	8:43/M

8	Lee Levin	56	47	56:26.0	9:06/M
9	Howard Dunbar	59	51	56:43.0	9:09/M
10	Mark Warchol	54	52	56:44.0	9:09/M
11	Thomas Seamster	59	53	57:04.0	9:12/M
12	Kurt Steinhaus	53	57	57:36.0	9:17/M
13	Carl Luff	53	65	1:01:33.0	9:56/M
14	John McPhee	57	75	1:06:24.0	10:43/M
15	Ted Williams	59	83	1:12:16.0	11:39/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sean McCormick	63	22	48:48.0	7:52/M
2	Lou Huie	60	25	49:39.0	8:00/M
3	Ben Egel	62	29	50:36.0	8:10/M
4	David Yepa	66	30	51:15.0	8:16/M
5	Larry Jones	60	39	52:48.0	8:31/M
6	Eric Hoover	63	50	56:38.0	9:08/M
7	David Mainland	61	60	58:37.0	9:27/M
8	Phillip Krump	62	62	1:00:37.0	9:47/M
9	Tom Swim	62	76	1:06:40.0	10:45/M

Male 70 and over

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Aaron Goldman	75	72	1:04:17.0	10:22/M



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 _____

City/State/ZIP _____

Telephone _____

Email _____

I would like to help by:

Races: Before the race ____ At the race ____

Picnics & Parties ____

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

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