



Mile Markers



We Give You the Run-Around

January 2008 Volume 30, Nos. 1/2

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

Featured Events:

Santa Fe Snowshoe Classic 5K/10K

Races will take place on the Norski Trails near the Santa Fe Ski Basin. Registration available with Active.com or entry form this issue.

Corrida de los Locos

5 mile cross country race will take place at the Links de Marty Sanchez Golf Course.

January Events

12th: Santa Fe Snowshoe Classic; 5K & 10K; 10 A.M.; Entry is \$22 (Striders members \$20) until Jan. 10th; race day registration is \$25. First 75 entries include a gimme (not a shirt!)

19th: Corrida de los Locos; 5-mile cross country; 9 A.M.; Entry is \$20 (Striders members \$18); race day entry is \$25

26th: 6th annual Sandia Snowshoe Race; Albuquerque's only 3.2 mile race!; 10,678 elevation; 10 A.M.; lower parking lot of Crest House at top of Sandia Crest Hwy.; parking fee is \$3.; visit sandiasnowshoe.com for more info.

February Events

10th: 5th annual Sweetheart Run; Couples 5K/10K/5K team/Kid's K; 9 A.M.; Bosque Prep School; flat and fast course!; registration is \$20 and closes 2/07/08

17th: Mt. Taylor Quadrathlon; register at <http://mttaylorquad.org>

Monthly Meeting: January 8th, 7:30 PM

The January meeting will be at Richard Curry's place, 122 Spruce St. in Casa Solana. Call 992-3331 for directions. The main agenda items will be the Snowshoe Classic and Corrida de los Locos. We hope to see some new faces. Folks are encouraged to bring an optional dish to pass for a shared meal.

Striders News

• **Tuesday Evening Temp Run**

6 P.M. from the Running Hub. This 3-mile tempo run loops through the South Capitol district.

• **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 for \$5. Contact club president Jim Owens for details (231-6166 or Owens_Jim@msn.com).

Striders in the News

(Contact Richard or Jim with contributions)

• Richard Curry completed his 20th marathon at Marathon of the Palm Beaches on Dec. 2nd; he finished in 3:30.58, which qualifies him for the 2009 Boston Marathon. The fact that I have run 20 marathons doesn't have much significance; however, it does fill up a section of this newsletter. I've never been a newsletter editor, so when I saw this empty space I had to fill it with something; therefore, to avoid me printing self-acclaimed snippets in the future, please submit your Striders in the News contributions for the March issue.

December Striders Meeting

Several items from this meeting may be of interest to members:

- Jim Owen and Jim Westmoreland will continue to serve as president and vice president
- Willie Richardson was elected treasurer
- Richard Curry was selected to become editor of Milemarkers
- Diana Hardy and Andy Shreve were voted Striders of the Year (SOTY) for their services
- A Santa Fe marathon is in the works for September 2008; please bring any course ideas to the monthly meeting!
Speaking of first marathons, read the Striders Contribution below.

Upcoming Event: 1st Spring Classic Run

Sunday April 27, 2008: 8 A.M.; 5K/10K/5K Walk/Kid's run; Age groups: 1-19; 20-29;30-39; 40-49; 50-59; 60-over; Cent-a-meter for overall male and female winners (5K wins 5,000 cents; 10K wins 10,000 cents); first 200 entrants receive a T-shirt; \$20 in advance; \$25 race day; \$10 Kid's run; Purpose is to raise monies for Academy for Technology and Classics (ATC Charter School) and Building Fund for a new gymnasium and auditorium; Course: paved roads and community trails in Rancho Viejo; for more info. Contact Steve Rogers at 660-8160 or visit www.atcschool.org

Striders Information: E-Mail list, Web Page and Newsletter

The Striders maintain a free email list to announce workouts, race information, and club events. Visit (www.santafestridders.org). If you have input or suggestions for the web page, contact our webmaster Todd Schroeder (toddschroeder@yahoo.com), or Richard Curry (ridlcu46@msn.com) 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](mailto:Owens_Jim@msn.com)); 231-6616
Jim Westmoreland, Vice President
Todd Schroeder, Webmaster (toddschroeder@yahoo.com)
Willie Richardson, Treasurer; (willieinsantafe@gmail.com)
Vinnie Kelley, Secretary; (vin.kelley@state.nm.us)

Striders Contribution

Tucson Marathon, first marathon, a recollection by Steve Rogers

Up before the sun
banana, cliff bar, coffee
nervous bus ride in the dark
tentative conversation with seat mate
out of the bus into the dark
start line bathed in spot light
loud rock and roll music blasting from speakers
moist desert air with a slight breeze
garbage bags strolling in and out of the light
jog up the dirt road beyond the lights
eyes adjust to dark, other joggers warming up
music and lights behind, mass of stars and dark ahead
sky starting to lighten, but sun not up
music still loud, we all line up, garbage bags and sweat shirts fly into the trees
instructions, shifting feet, hands on wrists, go, a thousand beeps
crunch, crunch, crunch, crunch, crunch
still no sun, but more light
crunch, crunch, crunch, crunch, crunch
down the hill, up the hill, veer right
crunch, crunch, crunch, crunch, crunch
don't go too fast, long way to go
crunch, crunch, quiet, quiet, faint swish-swish
asphalt underfoot, sun is coming up
swish, swish, swish, swish
a town, a highway, who's around
same people passing on the way down
I pass on the way up
Up and down, up and down
Mile 4 – family of four (not mine) cheering
Mile 8 – family of four cheering
Mile 12 – family of four cheering
Mile 16 – family of four cheering
Mile 20 – family of four cheering
Mile 21 shouldn't have stopped, knee doesn't bend
Mile 22 – knee bends again
Mile 24 – family of four cheering
Mile 25 uphill? Where did that come from?
Top of the hill – my son, pick up the pace
Final stretch – keep up the pace
Finish line, done, medal, no more chip, what was my time?
food, drink, great food, great drink, lots of food, lots of drink, even chocolate
Lunch at Red Lobster with son
Family of four with daughter / sister / runner walk in
Thank you family of four (not mine)
nice to meet you daughter / sister / runner, did you hit your time? You hit my time
Shower
Airplane
What a day !!



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.santafestridders.org