



Mile Markers



We Give You the Run-Around

March 2009, Volume 31, No. 3

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

- Upcoming Events -

Race season is fast approaching, look for upcoming area races in future newsletters or on The Striders' online calendar at www.santafestriders.org.

- 5th Annual Wood Gormley Panther 5K – Apr 25th
- Los Alamos Atomic Man Duathlon – Apr 26th
- Jemez Mountain Runs 13M, 50K, 50M – May 16th
- 31st Annual Striders' Santa Fe Run Around 10K, 5K, Kids 1K – May 30th
- Run the Caldera Marathon – June 13th

- The Santa Fe Striders' sponsored **Corrida de los Locos 5M** was run at the Marty Chavez links south of town, Feb 14th. Complete results can be found at <http://www.santafestriders.org>.

Running Notes of Interest:

Mar 4th: On this date in 1928, 199 men began the "Bunion Derby," a 3,422-mile foot race from Los Angeles to New York City. The first transcontinental race ended 84 days later, when Andy Payne, the first of 54 finishers, crossed the finish line in Madison Square Garden.

Mar 28th: Running of the 37th IAAF Cross Country Championships, Amman, Jordan

March Events

- 1st: El Paso Marathon & Half Marathon – El Paso, TX
- 14th: Shamrock Shuffle 10M, 10K, 5K & Kids 1K – Rio Rancho, NM
- 29th: Bataan Death March Marathon & Half Marathon – White Sands Missile Range, NM
- Apr 5th: Forever Young 10K, Albuquerque

April Events

- 11th: NMHU Remembrance Run, 5K, 1M – Las Vegas
- 11th: UNM Law School 1040 EZ Run, 5K - Albuquerque
- 18th: Unser Half Marathon, 10K, 5K, Kids K - Albuquerque
- 20th: 113th Boston Marathon - Boston, MA
- 25th: Wood Gormley Elementary Panther 5K, 2mile walk, 1K Kid's Fun Run – Santa Fe**
- 26th: Atomic Man Duathlon – Run/Bike/Run short (4K/15K/4K) & long (10K/40K/5K) course - Los Alamos

- Find event websites at <http://www.santafestriders.org/events/calendar.aspx> , or, <http://www.socorro.com/ssr/Schedule2008.html>-

****Entry Form attached with this month's MileMarker Newsletter**



STRIDERS BI-MONTHLY MEETING: March 17th, 2009

This month's meeting will be held at 7:30pm next Tuesday, March 17th at Richard Curry's place. Directions are as follows, or contact Richard for further info at 992-3331:

- West on Alameda from St. Francis
- 2nd right after the shopping plaza onto Spruce St.
- 122 Spruce St., 1 ½ blocks north on the left

Agenda items will include the following:

- Santa Fe SnowShoe Classic update
- Corrida de los Locos update
- Run Around update and planning items
- Any other business of note

Bring a small dish, dessert, or drink to share with the group, or show up with nothing and prey off the kindness of others. Need to work up an appetite? Join us for a pre-meeting track workout, 6pm at the Santa Fe High School track. Mike tells us we had 12 runners show up for the year's first workout on the track last week.

STRIDERS NEWS

Renew/Activate Your 2009 Membership Today - The Club continues to encourage interested runners to join us with a new or renewed club membership for 2009. Please print, sign, and mail in the attached membership waiver along with the annual \$15 fee to activate or renew your membership. Better yet, stop by for a Tues, Thurs, or Sunday workout and drop it off in person. Forms can also be downloaded from the Striders website. Membership includes discounts in *Striders* race events, as well as a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

Striders membership for 2008 was approximately 96 area runners, up from 72 in 2007. In addition to financing club race events and functions, membership dues and race fees are also channeled toward donations to local running organizations. Local recipients of Club donations last year included *Wings of America*, and *Girls on the Run*.

STRIDERS ANNOUNCEMENTS

- Tuesday evening track workouts have returned! Mike is now sending out workouts to those on the group training e-mail list – workouts begin at 6pm Tuesdays at the Santa Fe High track.
- Planning for the 31st Annual Striders' Santa Fe Run Around 10K, 5K, and Kids K is in the intermediate stages. If you'd like to volunteer, sponsor, or otherwise be involved in this year's race please contact Jim Owens at Owens_Jim@msn.com.
- John and our friends at **The Running Hub** are continuing their promotion to pick-up the annual fee for a new or renewed Striders Membership for any walk-ins with purchases of \$100 or more until the end of this month. Quit your foot-dragging and score your complimentary membership with a new pair of shoes and some spring gear from the *Hub*.
- For the Running/Triathlon Community: [Evolve](#), the spinning/fitness studio adjacent to [The Running Hub](#), has put together a spinning class prior to the regular Thursday night runs hosted



by The Santa Fe Striders. The class will begin at 5:30 pm and is intended to be used as an intense spinning session prior to the run to create a "brick" effect. *Evolve* offers \$65 unlimited monthly use or a \$60 card with 10 punches to be used over a 3 month period. The class is experimental at this time, but they are committed to running it through June for those interested in prepping for the *Atomic Man Duathlon* or the *Santa Fe and Jay Benson Triathlons*. Contact Renee Bartlett (rareforms01@yahoo.com) at *Evolve* for more information.

- **Girls on the Run** are in need of volunteer women coaches at Gonzales and Agua Fria elementary schools. You don't need to be a fast runner – what's needed is your ability to share your passion for wellness. The positions require a commitment for part of one or two days a week for ten weeks. Coaching is inspiring – give it a try. For information look to www.girlsontherun.org on the net, or email Kristen Edwards at kristinedwards@comcast.net.

UPCOMING

- Striders member **Gina Ortiz** is gearing up for her first marathon in Hilo, Hawaii, March 21st. She's showing good form and we wish her the best. Clean pair of heels Gina!
- Striders member **Max Mujinya** will be on the starting line of this year's 113th running of the *Boston Marathon*. Best of luck Max, we know you haven't skimped on your training.
- Notices for this spring's marathons and trail runs in the Jemez Mountains (May) and Valle Caldera (June) are beginning to trickle out. If you're looking for an upcoming long-run these are two great local events to plan for. For further information contact Kevin at kvn Brennan@hotmail.com.
- Just a reminder that one of the nation's top marathons takes place on March 29 right here in New Mexico: The 20th Bataan Memorial Death March, <http://www.bataanmarch.com/>. It's a tough and beautiful course (lots of trail, some paved), but also an event in memory of all that have served in our nation's military. In attendance are actual survivors of Bataan. If anyone is interested in carpooling, Max is registered and planning on running - driving down to Las Cruces on Friday night and returning Sunday afternoon. Send us an email and we'll put you in touch with him. A recap and first-person account of last year's race can be [found here](#).

FINISHERS

- Results of the Striders' annual *Corrida de los Locos 5M* held this year on the Marty Chavez links are now up on the [website](#). The overall and men's champion this year was **Justin Nyberg** in a quick (31:08.72). The women's overall championship was won by **Gina Ortiz** (40:37.09). Richard Curry deserves special recognition for directing another great *Corrida. Hasta el año próximo, locos*.
- The Striders sent a fleet of runners to compete at this year's *Napa Valley Marathon* in California (March 1st). Finishers included **Mariann Johnston** – 3:49:58 (BQ); **Jim Owens** – 3:45:33 (BQ); **Mariam Browne** – 3:44:28 (BQ); **Wren Abbott** – 3:44:01 (23m PR); **Max Mujinya** – 3:07:20 (BQ); and **Eric Peters** – 3:02:12 (BQ). Several Boston qualifying times in the bunch. We're told it was cold and a bit rainy this year yet gorgeous by all accounts. Max has uploaded a few pre-race [photos here](#).



- The Striders had two of its members to compete in last month's *Austin Half Marathon and Marathon* to show all those Texans how it's done. **Jim Owens** finished in 1:54:41; **Kevin Brennan** in 2:57:57 (BQ).
- Results of the 2nd annual *Snow Shoe Classic* held up on Hyde Park's Norski Trails are now up on the [website](#). **Shanna Winnegar** was the overall and women's champion in the 5K race (35:59.91); **Jody LeFevere** claimed the men's 5K championship (39:18.08). **Bill Blankenship** ran to the 10K overall title (59:27.17); and **Therese Trujillo** was the 10K women's champion (1:12:26.41). We had 59 entries for this year's race, up from approx. 40 last year. Kris Kern, Kris Peterson, and Jim Owens deserve appreciation for another well run event. We'd also like to recognize our race sponsor [REI](#) who graciously provided rental snowshoes for some of our runners and goodies for our after-race raffle.

MEMBER CONTRIBUTION

Time Out of Mind (with due respect to Bob Dylan)

On February 22nd I ran the Ft. Lauderdale A1A Marathon with my daughter, Kisa; we finished in 4:16 and 4:17, respectively. Yet, this marathon was not about time.. At the famous Ft. Lauderdale intersection of A1A and Las Olas, a resident male who claimed to be a city council member, said to us, "Ft. Lauderdale is the place where the earth, the sky, and the water all meet as one. Just look at it out there." I turned to see where the sand, the ocean, and the sky were meeting, and where in one's eyes and mind there might be no time.

A few months before the marathon I suggested to Kisa, who is 19, that she might be too young to run a 26.2 mile race. "Richard, I'm going to run the marathon," she said. It would be her first.

"Okay," I said. So I began to train and scheduled my flight to south Florida.

Writer and philosopher Jose Ortega y Gasset once wrote, "It is not desire that leads to knowledge, but necessity." As runners we might want to take heed to Ortega y Gasset's words. Where is it we gain our knowledge in running? Is it a need for a better time? Is it our desire to complete the perfect race? Is it our knowing we captured some euphoric hour, minute, or second? Perhaps these are answered in the steps along the way. Afterall, no one else runs in our shoes.

For 26.2 miles I ran side by side with a person I love and admire. At 4:16 she finished second in her age group. It is something I never did before, yet something I did for the ages. I will take this race to my death. Maybe there in that final hour or minute or second I will picture time out of mind. Who knows? But I hope to trust that those being born and living and for those who are running there will be some place in the world where the earth and the water and the sky still meet.

--Richard Curry

*Have an announcement or the itch to write up a contribution of your own? Race results, announcements, submissions, letters to the editor, and any other running related material you'd like to see in the newsletter can be directed to [Kevin](#) or [Richard](#) for publication in next month's **Mile Marker**.*

FOR INSPIRATION...

"The things we do should consume us. If they don't, our lives won't have any meaning." Johnny J. Kelley, marathon legend, 1957 Boston winner and cross country coach

STRIDERS WORKOUTS

- **Tuesday Evening Workouts** - Tuesday evening track workouts have returned! Mike is now sending out workouts to those on the group training e-mail list – workouts begin at 6pm Tuesdays at the Santa Fe High track.
- **Thursday Evening Runs** - 6 PM starting from [The Running Hub](#). We generally get a strong turnout for this group run. The circuit run is usually a 5.8mile loop down the Rail Trail, through the Plaza, out to Canyon Rd., through the hills, and back to Cordova. A map can be found at our website.
- **Sunday Runs** - Eric Peters is doing a great Strider service coordinating Sunday morning runs. Details are sent out on the Strider email list each week. If you don't have email, information for Sunday runs can be found on the Strider website under the *Group Run* tab, or contact Eric at 505-466-2460. This Sunday's run will be through and around Diablo Canyon northeast of town. Meet at the De Vargas Mall Albertson's parking lot at 8am for carpooling.
- **Old Race Shirts** – The Club has race shirts from past races available for \$5. Contact club president [Jim Owens](#) if you need a replacement workout shirt or a new addition to your retro-wardrobe. 505-231-6166, or inquire at any of our events.

E-MAIL LIST

The Striders maintain a free email list to announce workouts, race information, and club events. Visit www.santafestriders.org to add your email address and receive information on upcoming events and announcements.

Race results, photos, or suggestions for the web page should be directed to our webmaster Todd Schroeder at toddschroeder@yahoo.com.

CLUB OFFICERS - 2009

Jim Owens, President; Owens_Jim@msn.com
Jim Westmoreland, Vice President; JimAnDiana@netzero.net
Todd Schroeder, Secretary and Webmaster; Toddschroeder@yahoo.com
Kevin Brennan, Treasurer; Kvnbrennan@hotmail.com

Feel free to contact any of the above members above – or any other club member for that matter - if questions should arise about upcoming events or races. Alternatively, click over to the Strider website at www.santafestriders.org for results, photos, and announcements.



Striders Membership Application
(Print, complete, and mail along with



and Waiver
dues!)

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
- 10% Discount at **The Running Hub**
- 20% Discount at **The Santa Fe Baking Company**
- 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
- In 2008 this included: *Girls on the Run*, and *Wings of America*.



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 and submitted each year:

Signature _____ Date _____ Renewal ____ New Member ____

Parent's Signature _____ Date _____
if <18 years old

Name _____ I would like to help by assisting with:

Address _____ **Races:** Before the race ____ At the race ____

City/State/ZIP _____ **Picnics & Parties:** _____

Telephone _____ Contributions for the Newsletter/Web Page _____

Email _____ Other _____
(for newsletters and announcements)

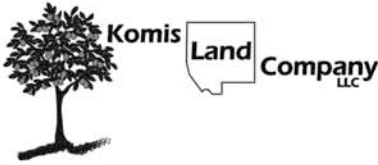
Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

Visit us at www.santafestridders.org

5th Annual Wood Gormley Panther Run

Saturday, April 25, 2009

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 Elementary School & WG PTC to benefit Art and PE programs.

EARLY Registration, by April 11

5k run or walk \$25.00
 Kids' 1k run \$5.00

-BY MAIL

Payable to Wood Gormley PTC
 141 East Booth St.
 Santa Fe, NM 87505

After April 11

5k run or walk \$30.00
 Kids' 1k run \$10.00

On-site registration and packet pick-up at Wood Gormley the week of April 20-24 from 3-4pm.

Race Day Registration from 6:30 - 7:30 ONLY.

For more information contact:

Ted Freedman, 670-1124 tedlori@comcast.net

-ONLINE at *Active.com*

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 \$35.00 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 1st, 2nd & 3rd place runners provided by Running Hub, Bike n' Sport, Santa Fe Bar & Grill & San Francisco Street Bar & Grill.

All 5k awards can be picked up after the race at the awards table. Kids' **1K awards will be presented to first three finishers (boy and girl) in each grade. Finisher medals 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) S M L XL Youth sizes 6-8(S) 10-12(M) 14-16(L) 18-20(XL)

Waiver must be signed: Running a road race is potentially hazardous. 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 event. I assume all risks associated with participating 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. 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 _____