



Mile Markers



We Give You the Run-Around

March 2010, Volume 32, No. 3

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

- Upcoming Events -

Look for upcoming area races at The Striders' online calendar at www.santafestriders.org

- **The 6th Annual Wood Gormley Panther Run** – Sat, April 24th at Wood Gormley Elementary, East Booth St off Don Gaspar. 5K, 2mi walk, Kids K. Race information and registration details at Active.com
- **The 32nd Santa Fe Run Around** – Sat, May 29th on the Santa Fe Plaza. 5K, 10K, and Kids K. Details to follow on www.santafestriders.org
- **La Corrida de los Locos** – Was run Sat, February 13th at Marty Sanchez Golf Course, Caja del Rio Rd. Race results can be viewed on the [Striders' website](http://Striders website)

Running Notes of Interest for February, 2010:

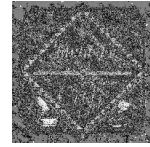
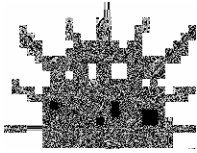
Mar. 4th: On this day in 1928, 199 men began the Bunion Derby, a 3,422-mile foot race from Los Angeles to New York City. The first transcontinental race ended 84 days later, when Andy Payne, the first of 55 finishers, crossed the finish line in Madison Square Garden.

March Events

- 14th: [Shamrock Shuffle](#), 10mi, 10k, 5k, Kids k - Rio Rancho
- 20th: [Sports Systems Smokin' 5k](#), Old School XC 5K, Kids K - Albuquerque
- 21st: [Bataan Memorial Death March](#), 15.2mi, Marathon, White Sands, NM
- 21st: [Tessa's Ascension](#), XC Ski climb and downhill, Ski Santa Fe
- 27th: [Pork and Brew 5K](#), 5K run/walk, Kids K - Rio Rancho

April Events

- 10th: [1040 EZ Run \(5K\)](#), 5K run/walk – UNM Law School, Albuquerque
- 17th: [Albuquerque Half Marathon](#), 1/2marathon, 10k, 5k run/walk, Kids K - Corrales
- 24th: [6th Annual Wood Gormley Panther Run](#), 5K run 2K walk, Kids K - Santa Fe
- 25th: [The World's Toughest 10K](#), – Sandia Resort, Albuquerque
- May 1st: [Shiprock Marathon & Relays](#), Marathon, Half Marathon, Relay - Shiprock, NM



LA CORRIDA DE LOS LOCOS - [Christina and Jen assisted with the timing and finish](#)



**La Corrida de los Locos Results
5.8mi XC Race**

Men's Overall

1. M. Ehrmantraut, 33:55
2. Eric Peters, 34:19
3. Kevin Brennan, 35:26
4. Steve Rogers, 38:36
5. S. Gabaldon, 42:32
6. Tony Gallegos, 43:52
7. Gilbert Chavez, 45:40
8. Isaac Concha, 46:23
9. Joseph Montano, 46:49
10. Eric Smith, 47:13
11. James Gurule, 47:23
12. Ben Allison, 47:26
13. Philip Romero, 50:34
14. Scott Hicks, 55:06
15. Philip Crump, 57:08
16. D. Goering, 1:05:34
17. Ted Williams, 1:12:50

Women's Overall

1. Newlyn Allison, 47:49
2. R. Giannotta, 51:01
3. Lucia Santini, 51:02
4. Dora Cde Baca, 52:06
5. Dina Jansen, 56:29
6. G. Cde Baca, 56:52
7. B. Davenport, 1:03:06
8. G. Romero, 1:08:20

THE CORRIDA DE LOS LOCOS -- RECAP

Despite just 26 runners finishing the Corrida de los Locos, held at Marty Sanchez Golf Course, on February 13th, it was deemed a success. Everyone who ran the race seemed to enjoy the challenging, snow-packed 5.8 mile course. The weather for the race was perfect and no injuries were sustained. Congratulations again to **Newlyn Allison** (47:49) and **Mike Ehrmantraut** (33:55) for their first-place finishes. I hope they enjoyed their one-pound bar of chocolate.

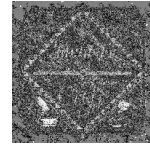
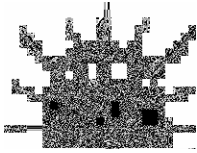
As race director, I hoped for more entrants, but a race is a race, nonetheless. As the cliché goes, "maybe next year." I would like to thank the following volunteers for their help in putting on this race:

- **Jennifer Richardson**, recreation coordinator for the City of Santa Fe. Without her assistance the Corrida would not have happened.

- **Dale Goering**, who helped me set the course on Friday before the race; I thank him for owning a four-wheel drive pick-up.

- **Dianne Wright**, who recently moved from Ft. Lauderdale, was invaluable at the registration table. As a recent Striders member, she was the first to offer assistance. (I owe her a round of golf). She was assisted by longtime Striders member **June Dickinson**. **Dianna Hesch** helped in handing out t-shirts.





Jennifer Schroeder and **Christina Brennan** also offered their time at registration. They computerized the entrants and made certain all names matched with respective bib #s. **Christina** also started the race.

Todd Schroeder offered his timing expertise to make sure all runners who crossed the finish line left with an accurate time. **Jim Westmoreland** once again rose to the occasion to announce the winners in their respective age groups; his humor still echoes across the golf course parking lot.

Ronald Boyd, my attorney (in case a legal suit surfaced), **Jim Hannan**, a longtime Striders member who will be leaving Santa Fe for Tucson, AZ, and marital bliss, **Diana Hardy**, the aforementioned announcer's other voice, and **Vincent Hesch**, who telephoned from work in Los Alamos, all offered invaluable assistance at certain points along the course and at the finish.

Without these folks the Corrida de los Locos or Run of the Crazies would not have been run (pardon the pun). I apologize if I left any volunteer from this list. Thanks again to all 26 runners who ran. May we all stay crazy in our running!

-- **Richard Curry**

CLUB NEWS & ANNOUNCEMENTS

- Track workouts are back with the return of Daylight Savings Time. We meet every Tues. night, 6pm at the *Santa Fe High School* Track. Workouts are generally ~5,000m of intervals varying in distance from 200m to 1,600m with a certain amount of recovery between intervals. **Mike Swain** is running the workouts again this summer – specifics for each week's workout goes out by group e-mail at the beginning of the week. Go to the Striders website and sign up on the e-mail list or just drop by to meet the group and join the workout.
- The Striders now have a [Facebook page](#) listing upcoming events, meetings, results and photos. **Christina Brennan** is doing the admin work and can be contacted for submissions or news. Search for us and become a member to receive updates on club activities.
- Strider's runner **Max Mujynya** tells us he'll be out running the *Bataan Memorial Death March Marathon* in White Sands, NM this weekend (March 21st). I know there's a group of runners out there, including Mr. Mujynya naturally, training for the *Boston Marathon* in April. There's likely some *Bolder Boulder* aspirants out there as well. Good luck to all.
- **Mike Swain** will be out at the *Ford Ironman 70.3 triathlon* in Oceanside, CA next weekend (Mar 27th). He finished in a time of 5hr28min in last year's competition.
- Strider **Caroline Seigel** of Santa Fe is training for the *Shiprock Marathon* May 1st. Anyone considering the marathon or half marathon might use her as a contact for training, travel, or other race details. Best of luck.
- The Thursday evening run is continuing its 3.5 mile group for those just starting an exercise program or otherwise not so keen on the longer loop. This new group breaks off from the 5.8 mile group at the Plaza and heads back to **The Running Hub** via Galisteo St. We're encouraging anyone that has wanted to come out, has been thinking about starting a regular running routine, or who would like a little more idle chatter during their workouts to come out and get their run on. 6pm Thursdays at **The Running Hub**.

Club Calendar

Club Meetings

Bi-monthly meetings – generally scheduled for the second Tues. every other month.

Next meeting – 7:30pm
Tues Mar 16th, 2010.
 Richard Curry's place:
 122 Spruce St., SFe.

- Snowshoe Classic review
- La Corrida review
- Run Around review
- Treasury Report
- RF Timing System

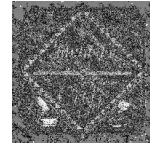
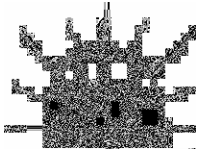
Workout Schedules

Sundays am - Group long runs – 10+ miles often on area trails. Routes and meeting places posted to the club website (at the Group Run tab), or through the [email list-serve](#).

Tuesdays 6pm – Group track workouts at Santa Fe High School track. Runners of all levels are welcome. The workout is great for improving speed, increasing recovery and burning those calories.

Thursdays 6pm – Easy effort runs beginning from *The Running Hub*, Cordova Rd. east of St Francis
 - 5.8mi, and
 - 3.5mi group runs downtown and back. Full maps of the routes can be found on the [Striders website](#).





- **Girls on the Run** are always 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 email **Alice Temple** at abtemple@hotmail.com.

UPCOMING EVENTS

- The 32nd annual *Santa Fe Run Around 5K/10K* is scheduled for Saturday May 29th at the Santa Fe Plaza. The courses will be similar to last year, out on Alameda and Canyon to Cristo Rey Church and back to the Plaza. We will have pottery age-group awards for division winners. Registration will be available on Active.com in another week, at **The Running Hub**, and on race day.

The Striders will be sponsoring a six week [Running 101 training team](#) led by **Liz Sponagle** of **The Running Hub**. Team training will be held on Thursday evenings beginning April 15th, culminating with the *Santa Fe Run Around 5K* run on May 29th. The cost for participation and coaching is set at \$100 and includes entry to the race and a Striders club membership for the year. Contact [Liz](#) or [Jim Owens](#) for further details.

- The next **Bi-monthly Striders meeting** is scheduled for 730pm Tues Mar 16th at Richard Curry's place, 122 Spruce St.. Agenda items include:
Snowshoe Classic race recap - Jan 2010
Corrida de los Locos race recap - Feb 2010
SF Run Around planning - May 2010

Directions are as follows or contact Richard (992-3331) for further info.:

- W. Alameda from St. Francis
- 2nd right after the Casa Solana Center onto Spruce St.
- 122 Spruce St. Look for basketball goal in driveway.

If you can bring a dish or dessert to pass around that's great but not required.

Upcoming Summer Races:

May 22nd: 5th annual *Jemez Mt. 50-miler, 50-K, and half-marathon Trail Runs*;
 Visit www.highaltitudeathletics.org for further details.

June 12th: 5th annual *Run the Caldera Marathon; 10K*; Visit www.vallescaldera.gov for further details.

FINISHERS

- We had 29 finishers at February's **Corrida de los Locos** out at *Marty Sanchez Golf Links*. **Mike Ehrmantraut** and **Newlyn Allison** ran to the overall titles in the Men's and Women's 5.8mi XC runs. Full results can be found at the [Striders Website](#), along with photos of the race (to come).
- **James Nunez** and **Jim Owens** competed in the *Austin Marathon & Half Marathon*, Feb 14th. **J. Nunez** (BQ) - 3:19:43 (good luck at Boston next year Mr. Nunez); and, **J. Owens** (SF) - 1:55:54, in the half.

New Members for 2010

We continue to add new members to the Club. A big welcome to recent additions/renewals:

- **Michael Swain**
- Pam & Gerald Gernaert
- Julia Kinney
- Suzanne Garney
- Brenda Bennett
- Eric Montgomery
- Richard Virgin
- Carrie Haag
- Andrew Shreve
- Dale Goering
- Jane Dickinson
- Steven Rogers
- Vincent & Diana Hesch
- Philip Crump

Member Discounts

The Santa Fe Baking Co. –
 Café and Bakery -
 20% discounts on purchases for Striders members.

The Running Hub –
 Santa Fe's specialty running store - 10% discounts on purchases for Striders members.

Striders Race Registration
 Discounted entry fees at Striders sponsored races:
Jan – Snowshoe Classic
Feb – Corrida de los Locos
May – Santa Fe Run Around
Oct – Big Tesuque Trail Run
Nov – Fowl Day Run

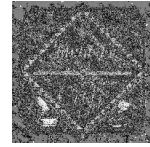
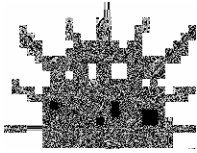
E-MAIL LIST

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

STRIDERS WEBSITE

Contact webmaster Todd Schroeder at todschoeder@yahoo.com





- **Jim Owens** competed in the Red Rock Half Marathon in Las Vegas, NV, Mar 7th, finishing 2nd in his age group with a time of 1:57:09. Evidently Jim has had some free time this spring.
- Striders runners competed in the Napa Valley Marathon, Mar 7th in Napa, CA. **Maryann McClinton**, competing in her first marathon finished in 3:26:40 (BQ), another Boston qualifying time. **Max Mujynya** came through at 3:28:56, after running with Maryann much of the way. **Pam Geernaert** came through at 3:34:41, also BQ.
- Lastly, area runners **Marc Esposito**, **Mariam Browne**, and **RuthAnne Hamrick** of Tijeras competed in the 2010 Caballo Blanco Ultra Marathon in Copper Canyon, Mexico. The race was 50mi through the canyons of the Sierra Madre along with local Tarahumara Indians, some running in handmade hurracha sandals. **Marc** finished 19th overall with an unlisted time, **RuthAnne** finished in 9hr50min for second overall in the women's field. **Mariam** worked as a pacer for **RuthAnne** over the race's final 20mi.

Club Officers – 2010

Jim Owens, President
Mariam Browne, VicePres
Todd Schroeder, Secretary
Kevin Brennan, Treasurer

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

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STRIDERS WEBSITE

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

MEMBER CONTRIBUTION

When I Started Running - - Saul Cohen

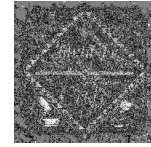
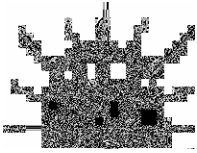
I began regular running in 1965, thanks to Billy Graham. I had run a 60 yard dash occasionally in school and there was a life size sculpture of Paavo Nurmi in the lobby of the Grauman's Egyptian Theater on Hollywood Boulevard, but I didn't know any live runners and didn't know much about running. One day I received in the mail an invitation to subscribe to Reader's Digest, accompanied by a reprint of a Digest article titled "Billy Graham's Amazing Physical Fitness Program." The article described how Graham was feeling run down, without the energy to continue his active preaching. He was told that the best remedy would be to start a program of continuous rhythmic exercise. There was really nothing wrong with him---he was just in bad shape. He started daily walks and then moved up to jogging. He ran a mile or two every day. "I didn't miss even Sunday," Graham said. The results were amazing.

I don't remember having any health problems back then (1965, age 38), but somehow the article spoke to me and I started running every day. There were no running shoes as we know them (running shoes had spikes) and I thought if I ran a mile (in my tennis shoes) I was doing a lot. I must have been in bad shape because I can remember often asking myself while running, why am I doing this?

Now, almost 45 years later, I'm still running two or three miles every day and I have about 25 first place medals, cups and weavings (almost all as a result of my being the only runner in my age group). Running has changed.

Have 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 [Richard](#) or [Kevin](#) for publication in next month's **Mile Marker**.





STRIDERS CLUB MEMBERSHIPS

Renew/Activate Your 2010 Membership Today - The Club encourages interested runners to join us with a new or renewed club membership for 2010. 2009 memberships are good through April 30, 2010. New memberships for the 2010 year are now being accepted, and will be good through April 30, 2011. Membership fees are increasing from \$15 to \$20 this year - the first increase in fees since anyone can remember, including Dale. Membership forms can be found attached with this newsletter, or at the [Striders website](#). Membership includes discounts in *Striders* race events, email notices of club events, a subscription to the monthly *Mile Markers Newsletter*, and a membership card redeemable for discounts with our wonderful sponsors: [The Running Hub](#) and [The Santa Fe Baking Company](#).

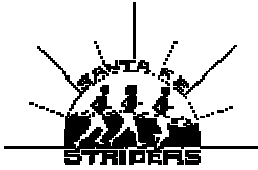
Ending Striders membership for 2009 was approx. 130 area runners, up from 96 member runners in 2008 and 72 member runners in 2007. In addition to financing club races and functions, membership dues and race fees are contributed as donations to local running organizations including *Girls on the Run*, *Wings of America*, and *Monte del Sol*.

FURTHER INSPIRATION...

"I keep on running figuratively and literally...because there has always been a place to go and a terrible urgency to get there." -- Joan Benoit Samuelson



A BIG THANKS TO OUR 2009/2010 SPONSORS

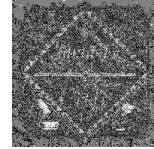


**Striders Membership Application and Waiver
(Print, complete, and mail along with dues!)**



Join the Striders! Promoting running in the Santa Fe area since 1978
Annual membership costs \$20 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 2009 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 \$20.00 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

Saturday April 24, 2010

The 6th Annual

WOOD GORMLEY

Panther Run!

REGISTRATION FORM – 6th Annual Wood Gormley Panther Run - Saturday, April 24, 2010

Please PRINT CLEARLY and mail to: Wood Gormley Elementary School, 141 E. Booth St. Santa Fe, NM 87505

Name _____ M/F _____ Age _____ Grade _____ Teacher _____

Email _____ Phone _____

Circle Event(s) | Circle T-Shirt Size
5K run 2 mile walk kids' 1K run | Adult Sizes (S) (M) (L) (XL) Youth Sizes 6-8 (S) 10-12 (M) 14-16 (L) 18-20 (XL)
Elementary School Point Series....Please Circle: Yes / No My School _____

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 _____

Early Registration
Due by April 10th

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

By Mail

Please make check payable to:
Wood Gormley PTC
141 East Booth St.
Santa Fe, NM 87505

In Person

Wood Gormley The Running Hub
141 East Booth St. 527 Cordova Rd.
Santa Fe, NM 87505 Santa Fe, NM 87505

Online

Registration at Active.com

Registration After April 10th

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

On-site registration and packet pick-up at Wood Gormley on April 22 & 23 from 3 - 4 pm.
Race Day Registration from 6:30 - 7:30 am ONLY.
No Registration Accepted After 7:30am!

For More Information Contact

Ted Freedman 505-670-1124
tedlori@comcast.net

Registration Fee Includes

- Timing Chip by RunFit
(Timing Chip guaranteed ONLY until 7:30 am Race Day)
- Water Bottle
- T-Shirt
T-Shirts guaranteed to first 500 registered participants sizes not guaranteed

5K Run Information

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 ages 9 & under, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Gift cards to overall 1st, 2nd & 3rd place male and female runners provided by:
The Running Hub, Bike n' Sport, Santa Fe Bar & Grill and 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!

