



Mile Markers



We Give You the Run-Around

Sept. 2005 Volume 27, No 9

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

Featured Event – Big Tesuque Run

Oct 8, Aspen Vista

See entry form in this issue!

Or <http://www.santafestriders.org/>

Or active.com event 1256613

Another Featured Event – 444 Run

Sept 25,

See entry form in this issue!

September Events

4 NM Marathon, Alb

11 Chips and Salsa 5&10K, Alb.

25 444 Run, SF

October Events

1 Dirty Dozen 12k/2mi, Alb.

8 Big Tesuque Run

15 Ryans Run, Alb.

29 Bagel Run, Los Alamos

Monthly Meeting Sept 13

The September meeting will be held at the home of Kathy Mastoras - 50 Vereda Serena Road. To get there, go south on St. Francis till it ends at Rabbit Road. Turn right on Rabbit Road. Stay on Rabbit Road for about 0.5 miles. Turn left on Vereda Serena (the street before the railroad tracks). Continue up Vereda Serena for 0.5 miles.

At the beginning of our street is an electronic gate so I'll either program it to stay open for an hour or else neonele can use the call box

Results

Pikes Peak Marathon – Women's champ
Strider Erica Larson!

Leadville 100 - Kris Kern finished 78th in
26:45:10

Thursday Evening Runs

6 PM from the Running Hub. Join us!

Track

6 PM Santa Fe High School track. Warm up well! Bring water. Workouts will be announced on the e-mail list prior to the workout.

Sunday Runs

Eric Peters is doing a great Strider service coordinating Sunday morning runs. The details are sent out on the Strider email list each week. If you aren't on the list, see below. If you don't have email, contact Eric 466-2460

E-Mail list

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 or email kernkt@cybermesa.com

Strider Officers:

Kris Kern, President

Kris Peterson, Vice President

Tove Shere, Treasurer

Mick Vacant, Newsletter editor

Strider Shirts

We have a limited number of special edition Strider coolmax tank tops. They are bright yellow with the Strider logo on the front – certain to get attention at the starting line. \$20 for Strider members. Contact Kris Kern.

New Editor Arrives Next Month!

Ok, well maybe NEXT month.

Letters to the Editor

A recent letter-to-the-editor (of a lesser local publication) complained of meat being served at a benefit dinner for the Humane Society. To which, the Mean Streaker replies:

LETTUCE, THEN, TO THE BARRICADES

The herbivores are stalking stores, recycled sacks in tow,
Passing up filet mignon for ersatz escargot.
Sagacious vegetarians, telling us what to eat.
Consummately agrarian, whacking the heads off wheat!
It's Greenpeace, gone to war on plants,
creaming the casserole,
Riding to save the cattle and guarding the Dover sole.
They hack at the flesh of winesaps; they're rotten to the cores,
But nuzzle the bovine dewlaps, the wily herbivores.
It's D-Day in the peanut patch; it's Dachau in the fields.
The okra planter's met his match trying to raise his yields.
The tamarind are squeezed in gin and cashews writhe in pain
While tofu takes it on the chin across the fruited plain.
They're squashing the zucchini and choking the artichokes.
They masticate linguini, or spice it till it smokes.
If weeds were tying up the road they'd grab the nearest hoe,
So who's on first in one fell burst when otters block the flow?

They'd raise a howl if waterfowl were cornered, sheared or shorn;
They lionize the spotted owl, but nobody speaks for corn!
They'd hardly club a harp seal cub if that's the current cause,
But Ginsu innocent bok choy without a moment's pause.
Political correctness is digging up the spuds;
It's combing out the cotton bolls and using the threads for duds.
A Brussels sprout can scarcely shout as combines plough its way;
The whole food chain is inside-out, yclipt from feet of clay.
They're tapping into maple trees and smirking at the yelp,
While far at sea the nori flee, and dulse is crying, "Kelp!"
The flax is stacked along the piers; the ships are at the dock.
The mills are meshing up their gears to weave m'lady's frock.
It's time we stood for chili rights, and sheltered peas and 'pone
And gave all living things the right to make it on their own.
We need to raise a fund to bond alfalfa out on bale.
We'll raise our flag... We'll never yield... Our motto, "Save the Kale!"



Big Tesuque Trail Run 2005

A 12-Mile Trail Run
on
Aspen Vista Trail
in
Santa Fe National Forest

Saturday, October 8th at 9 AM
Santa Fe, New Mexico
*Another Fine
Santa Fe Striders Production*

Register:

On-Line:
www.santafestridders.org

By Mail:
P.O. Box 1818
Santa Fe, NM 87504

In Person:



121 Sandoval
Santa Fe, NM 87504
Phone: (505) 983-5155

Get There:

From Santa Fe, take Hyde Park Road toward the ski basin about 14 miles to the Aspen Vista Trailhead.

Pick Up Shirt and Number:

The day of the race,
7:30-8:30 AM.

Run:

Course is up and back forest service road through quaking aspens and magnificent pines to the radio towers at the top of the ski area. Starting elevation is 10,000 ft., summit is 12,003 ft. Total race distance is 12 miles.

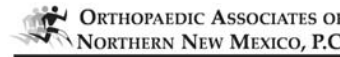
Win:

Age Groups:
Men and Women
19 & Under, 20-29, 30-39,
40-49, 50-59, 60-69, 70+

Learn More:

Peter Fant
PGF@soudermiller.com
(505) 473-9211 [work]
(505) 466-3837 [home]

Sponsors:



Profits Donated To:



Wings of America,
an American Indian youth development program of The Earth Circle Foundation, Inc. Running has an integral place in the spiritual and ceremonial traditions of American Indian people.

Big Tesuque 2005 Registration Form

Name _____ Age _____ Date of Birth _____ MF _____

Address _____

City _____ State _____ Zip _____

E-Mail Address _____ Phone _____

T-Shirt Size (Circle One) S M L XL

Entry Fee:
\$20.00 for all registrations received before race day.
\$25.00 day of race.
Checks payable to:
Big Tesuque Run

Waiver must be signed: Both my heirs and myself hereby waive and release all rights and claims for damages that I may incur against the organizers, sponsors, and anybody else associated with the Big Tesuque Trail Run. I authorize the organizers and support personnel to obtain and administer medical aid in the event of its necessity. I am doing this of my own free will and because I think it will be a fun thing to do. I realize that mountain and/or trail running has inherent risks but, hey, that's life on the edge like I like to live it.

Signature of Participant _____

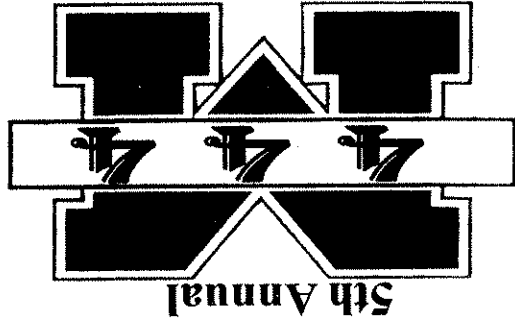
Date _____

Signature of Parent if Participant is Under 18 _____

Sunday, September 25, 2005

Non-Profit Org.
US Postage
PAID
Santa Fe, NM
Permit No. 33

444 (4 Miles, 4 Fun, 4 St. Mike's)
100 Siringo Road, Santa Fe, NM, 87505



4 Miles 4 Fun 4 St. Mike's

THANKS TO OUR SPONSORS
FOR THEIR SUPPORT



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PAPER TIGER
RUNNER'S WORLD
SUMMIT FOOD SERVICE
ROAD I.D.



5th Annual 444 RUN & WALK OFFICIAL REGISTRATION FORM (Both sides must be filled)

Please print

First Name: _____

Address: _____

Phone (day): _____ (eve): _____

Event: () 4 Mile Run () 4 Mile Fun Walk

Last Name: _____

City: _____

State: _____ Zip: _____

Age: _____ Sex: M F SMHS student?

Signature: _____

(*) Signature of Parent: _____

Shirt Size (Circle one) Adult: S M L XL XXL (Although we try to accommodate everyone, size cannot always be guaranteed)

"444 HORSEMAN IN TRAINING" T-Shirt for children under 5 @ \$5.00 each _____

Office Only _____

Race No. _____

Pd: _____

* if participant is under 18 years of age, parent must also read and sign back of this form.

MAIL COMPLETE REGISTRATION FORM WITH FEE TO: St. Michael's HS—444 Run, 100 Siringo Road, Santa Fe, NM 87505
Make check or money order payable to SMHS 444. I would like to give a tax deductible donation of \$ _____.

Dear Friends:

Thanks to support from our local business community, we are ready to start our 5th Annual 444 Run/Walk (4 Miles, 4 Fun, 4 St. Mike's). The race is being held on September 25, the same day as the St. Mike's Annual Fiesta de San Miguel. After you complete the race, you're invited to join members of the St. Michael's community at Mass in the Tipton Center, enjoy breakfast prepared by our alumni (\$5 adults, \$4 children under 10), and stay around to partake in the Fiesta festivities. All proceeds from this race will support a wide variety of projects and programs at St. Michael's.

Whether you are a devoted athlete or a casual runner, a student or grandparent, please join us. The Run/Walk promises to be fun! Note that we also have "Horseman in Training" t-shirts available for our youngest participants. These can be purchased for \$5.00 each using the registration form.

We appreciate your support and wish you the best in all of your athletic endeavors.

ABOUT THE RACE:

Starting at the historic San Miguel Mission in downtown Santa Fe (Old Santa Fe Trail), the moderate course winds through historic and scenic neighborhoods and ends at St. Michael's High School. Maps will be available on race day. Because this is a point-to-point race, shuttle service back to the Mission will be provided from 9:00-11:00 am.

First 200 registrants will receive an official 444 Race/Walk t-shirt. All participants will receive goody bags, post-race refreshments and the chance to win door prizes. These items will be made available at the finish line.

For additional information, call the SMHS Development Office at (505) 988-2264

5TH ANNUAL 444 RUN/WALK

DATE

Sunday, September 25, 2005—7:30 a.m.

REGISTRATION

Walk In:

- Mon-Fri: 7:30 am to 4:00 pm (until Sept. 22)
St. Mike's High School, 100 Siringo Rd.
- Mon-Sat 10:00 am to 5:00 pm:
The Running Hub, 333 Montezuma St.
(Guadalupe Center)
- Additional forms can also be picked up at
Alpine Sports, 121 Sandoval Street

Mail In:

Postmarked no later than September 19 to the following:
St. Michael's High School 444, 100 Siringo Rd.,
Santa Fe, NM 87505

Race day registration: 6:30 am-7:15 am

FEES

Before September 19

- \$15 Adults 18 and over
- \$10 Under 18
- \$5 SMHS students, faculty & staff

After September 19

- \$20 Adults 18 and over
- \$15 Under 18

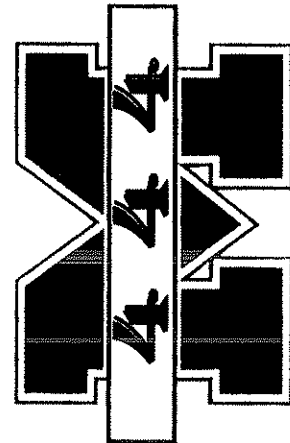
AWARDS

- Top male & female runners overall receive running shoes
- Top male & female runners in the following categories: Under 14, 14-18, 19-29, 30-39, 40-49, 50-59, 60+
- Walkers will not be timed

RACE PACKET PICK-UP

Pre-registered runners/walkers may pick up their packets on September 22 at St. Michael's from 3:00 pm-5:30 pm or on race day at the starting line beginning at 6:30 a.m.

5th Annual



4 Miles 4 Fun 4 St. Mike's
September 25, 2005

In consideration of your acceptance of this registration form, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have now and in the future against St. Michael's College Corporation, sponsors of the 444 Race-Walk, City of Santa Fe, and any and all other co-sponsors, agencies or individuals and their representatives, officers, agents and assigns for any and all injuries, damages and losses sustained and suffered by me as a result of my or my child's participation in this event. If I/he/she require (s) medical attention, I hereby give my consent to the authorized medical personnel of this event to provide such medical care if necessary by such authorized personnel. I also understand that in the event this race cannot be held as scheduled due to an act of God or circumstances beyond control, the event is not liable to refund any money paid by me to participate. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, recordings or any other record of this event for any legitimate purpose. I understand that the entry fee is non refundable, and that race numbers are not transferable. As a participating athlete, I certify that all the information provided in this form is true and complete.

Signature of athlete or parent:

Santa Fe Striders Club Membership Application and Waiver



Name: _____

- Renewal
- New member
- Email newsletter

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

Annual dues for the Santa Fe Striders club are \$15. A \$1.25 is for a subscription to the RRCA's quarterly magazine, *footnotes* for one year. Annual fees are due in January and membership runs through December. If you are paying in July or later, the dues are \$7.50. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

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.

Signature Date

Parent's Signature if under 18 yrs. Date

Mile Markers

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504

