

<http://www.santafestriders.org>



Mile Markers



We Give You the Run-Around

Nov. 2005 Volume 27, No 11

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

Featured Event – Fowl Day Run

Nov 12, Fowl Day Run

See description in this issue, or see <http://www.santafestriders.org/>.

HELP NEEDED for Fowl Day Run!!!!

As part of the festivities, we have a free prize raffle after the run. Traditionally, this includes pumpkin pies baked (or bought) by Strider members. We also need a couple of people to help direct runners on race day. If you can help with pies or assist on race day, please contact Kris Peterson, krisp@newmexico.com, 820-6247 (or come to the meeting on November 8th to learn more!)

November Events

12 Fowl Day Run
20 AAU Youth Track Championships

December Events

Snowshoe Classic (date TBD)
Annual Holiday Banquet
Details to follow.

Monthly Meeting Nov. 8

The Striders organize about one running or running-related event per month over the course of the year. Proceeds contribute to worthwhile causes (see information below about donations made possible from the Run Around), and the events themselves are fun outings. However, all of this involves some work, so please take a moment to consider helping. An excellent opportunity is provided by the upcoming Fowl Day run, which supports the Salvation Army Holiday Food Drive. To learn more about this event, upcoming Strider events, or other ways to help out with your local running club, come to the November 8th Striders meeting. Some folks bring a simple dish-to-pass for a shared dinner, but that's optional, and we'd rather have you than your food!

The November meeting will be held at 7:00 PM at the home of Kris Peterson, 215 Sereno Drive. From north St. Francis Drive, turn left onto Alamo. Follow Alamo for several blocks to Sereno (2nd street beyond traffic circle). Turn left onto Sereno and look for 215 on the left. Lost? Call 820-6247 for directions.

Strider News

• **Shirts...: 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.

• **... and more Shirts: Big Tesuque Shirts Available**

There are some extra Big Tesuque Run t-shirts for sale. \$10. These are great running shirts - stylish, quick-dry fabric made by Brooks. Sizes Large and Xtra Large only. Sales support Wings of America Indian Youth Running Program. For info, contact Peter at pgf@soudermiller.com.

• **Run Around '05 Donations**

The Striders have donated money from this year's Run Around to 2 local charities. We donated \$1000 to Partners in Education and \$1000 to Children's Immunization Coalition.

• **Striders give more to PIE**

While the Striders donated money to Partners in Education, we are also giving service. PIE gives grant awards to teachers for up to \$1000 for projects that enhance various aspects of education. Kris Kern was invited to participate on the PIE panel that selects the grant awards for Health and Fitness. After spending a few hours reading and scoring proposals, the panel met and debated the merits of each request for funds. We were able to fund about 2/3 of 22 proposals.

• **Thursday Evening Runs**

6 PM from the Running Hub. Join us!

• **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.

• **Track**

LATE BREAKING NEWS!!!! – We were supposed to be announcing that the Tuesday evening track workouts ended with the end of Daylight Saving time. However, latest news on the Striders email list is that the track workouts will continue into November, with a new starting time of 5:30 PM on Tuesdays at Santa Fe High. Workouts and any changes in schedule will continue to be announced on the email list (see below) each week.

• **The Holidays are coming!**

The December meeting will be our annual Holiday Banquet. Look for details, but the expected plan is Dec 13 at Santa Fe Bar and Grill in DeVargas Center.

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, or email kernkt@cybermesa.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 in Mile Markers.

Officers

Kris Kern, President

Kris Peterson, Vice President

Tove Shere, Treasurer

Andy Shreve, Newsletter Editor

Suzanne Garney, Webmaster

Race Results

Big Tesuque Run

The annual Big Tesuque Trail Run was held on October 8th, starting at the Aspen Vista trailhead. There was a great turnout for this event, which supports the Wings of America Indian Youth Running Program. Thanks to Peter Fant and all the other race volunteers for their work. Race results and the photo collage taken by Matt and Drew Fant can also be found on the Striders web page (www.santafestriders.org).

Big Tesuque Trail Run 2005 Male Age Group Results

Aragon	Gabe	M10-19	2:07.28
Stanley	Michael	M20-29	1:41:59
Armine	Doug	M20-29	1:46:04
Evers	Cody	M20-29	1:47:58
Pariz	Paco	M20-29	1:48:10
Baker	Mark	M20-29	1:54:22
Maas	Brendan	M20-29	2:31:00
Tercero	Brian	M20-29	
Ehrmantraut	Mike	M30-39	1:21:30
Peters	Eric	M30-39	1:28:48
Barrett	Steve	M30-39	1:36:46
Van Dinter	David	M30-39	1:44:51
Todd	Dale	M30-39	1:49:49
Garcia	Ramon	M30-39	1:53:14
Press	Bryan	M30-39	1:53:42
Montoya	Robert	M30-39	1:53:43
Cunningham	Derek	M30-39	1:58:17
Long	Greg	M30-39	2:02:02
Gladysz	Gary	M30-39	2:07:44
Hoyt	Mathew	M30-39	2:07:56
Kinsey	Carlos	M30-39	2:29:30
Miller	Jeff	M30-39	
Thomell	John	M40-49	1:31:35
Chavez	Chris	M40-49	1:33:06
Tosa	Fred	M40-49	1:34:57
Farrar	Chuck	M40-49	1:37:29
Press	Page	M40-49	1:38:57
Matthew	Preston	M40-49	1:41:34
Salmon	Michael	M40-43	1:42:21
Westmoreland	Jim	M50-59	1:44:01
Muller	Phillippe	M40-49	1:44:25
Fant	Peter	M40-49	1:45:22
Bair	Louis	M40-49	1:45:44
Goler	Victor	M40-49	1:45:59
Curry	Richard	M40-49	1:47:24
Strauch	Jason	M40-49	1:49:19
Tsabelsaye	Andrick	M40-49	1:52:11
Kern	Kristen	M40-49	1:53:11
Oson	Peter	M40-49	1:55:09
Hinman	Dave	M40-49	1:59:05
Luna	Tom	M40-49	2:04:48
Mandel	Dominc	M40-49	2:23:49
Overfelt	James	M40-49	2:24:00
Thomsen	Robert	M40-49	2:31:59
Perez	Edmundo	M40-49	2:40
Hembree	Charles	M40-49	

Brown	Jon	M50-59	1:40:45
Westmoreland	Jim	M50-59	1:44:01
Anderson	Robert	M50-59	1:49:53
Turner	Bill	M50-59	1:55:20
Rogers	Steve	M50-59	2:00:18
Aragon	Baron	M50-59	2:03:00
Owens	Jim	M50-59	2:03:46
Mhoon	Robert	M50-59	2:05:17
Romero	Philip	M50-59	2:21:56
Neslund	Richard	M50-59	2:22:47
O'Keefe	Billy	M50-59	2:30:43
McPhee	John	M50-59	2:34:02
Perez	Jose	M50-59	2:34:19
Thomas	Howard	M50-59	
Wilson	Bob	M60-69	2:00:39
Werner	Robert	M60-69	2:15:02
Day	Tom	M60-69	2:15:31
Hicks	Scott	M60-69	2:26:54
Maas	Fred	M60-69	2:30:59
Danforth	Dick	M60-69	

Big Tesuque Trail Run 2005 Overall Results

LastName	FirstName	Age group	Time
Ehrmantraut	Mike	M30-39	1:21:30
Peters	Eric	M30-39	1:28:48
Thomell	John	M40-49	1:31:35
Chavez	Chris	M40-49	1:33:06
Tosa	Fred	M40-49	1:34:57
Barrett	Steve	M30-39	1:36:46
Farrar	Chuck	M40-49	1:37:29
Press	Page	M40-49	1:38:57
Arnold	Katie	F30-39	1:39:11
Brown	Jon	M50-59	1:40:45
Matthew	Preston	M40-49	1:41:34
Stanley	Michael	M20-29	1:41:59
Salmon	Michael	M40-43	1:42:21
Westmoreland	Jim	M50-59	1:44:01
Muller	Phillippe	M40-49	1:44:25
Van Dinter	David	M30-39	1:44:51
Fant	Peter	M40-49	1:45:22
Bair	Louis	M40-49	1:45:44
Goler	Victor	M40-49	1:45:59
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Urbatsch	Amy	F30-39	1:47:33
Evers	Cody	M20-29	1:47:58
Perez	Paco	M20-29	1:48:10
Strauch	Jason	M40-49	1:49:19
Todd	Dale	M30-39	1:49:49
Digneo Gould	Bernadette	F40-49	1:49:51
Anderson	Robert	M50-59	1:49:53
Tsabelsaye	Andrick	M40-49	1:52:11
Kern	Kristen	M40-49	1:53:11
Garcia	Ramon	M30-39	1:53:14
Micander	Erica	F20-29	1:53:28
Press	Bryan	M30-39	1:53:42
Young	Karen	F30-39	1:53:43
Montoya	Robert	M30-39	1:53:43
Baker	Mark	M20-29	1:54:22
Edwards	Kristin	F30-39	1:54:59
Desmond	Liz	F30-39	1:55:09
Olson	Peter	M40-49	1:55:09
Turner	Bill	M50-59	1:55:20
Jaramillo	Liz	F20-29	1:56:55
Douglas	Penelope	F50-59	1:57:17
Cunningham	Derek	M30-39	1:58:17
Hinman	Dave	M40-49	1:59:05
Rogers	Steve	M50-59	2:00:18
Wilson	Bob	M60-69	2:00:39
Seigel	Caroline	F30-31	2:00:57
Bloom	Amy	F40-49	2:00:58
Long	Greg	M30-39	2:02:02

Aragon	Baron	M50-59	2:03:00
Owens	Jim	M50-59	2:03:46
Luna	Tom	M40-49	2:04:48
Mhoon	Robert	M50-59	2:05:17
Johnston	Mariann	F30-39	2:05:45
Danforth	Patty	F40-49	2:05:55
Salmon	Melissa	F30-39	2:06:16
Aragon	Gabe	M10-19	2:07:28
Gladysz	Gary	M30-39	2:07:44
Carluccio	Judy	F30-39	2:07:53
Hoyt	Aimee	F30-39	2:07:56
Hoyt	Mathew	M30-39	2:07:56
Schulhofer	Stephanie	F30-39	2:08:39
Peterson	Kristen	F40-49	2:12:19
Werner	Robert	M60-69	2:15:02
Day	Tom	M60-69	2:15:31
Pickard	Lynn	F50-59	2:16:37
Devaurs	Micheline	F40-49	2:16:52
Romero	Philip	M50-59	2:21:56
Neslund	Richard	M50-59	2:22:47
Mandel	Dominc	M40-49	2:23:49
Overfelt	James	M40-49	2:24:00
Hicks	Scott	M60-69	2:26:54
Steele	Heidi	F30-39	2:29:30
Kinsey	Carlos	M30-39	2:29:30
Acuna	Caryl	F40-49	2:30:00
O'Keefe	Billy	M50-59	2:30:43
Maas	Fred	M60-69	2:30:59
Maas	Brendan	M20-29	2:31:00
Thomsen	Robert	M40-49	2:31:59
Sandoval	Liz	F40-49	2:32:34
Rubinfield	Joyce	F50-59	2:32:40
McPhee	John	M50-59	2:34:02
Perez	Jose	M50-59	2:34:19
Davenport	Beth	F40-49	2:38:32
Stiles	Linda	F50-59	2:39:22
Perez	Edmundo	M40-49	2:40
O'Connor	Coco	F30-39	2:42:02
Reinikainen	Vivian	F60-69	2:42:40
Chavez	Liz	F40-49	
Coleman	Jennifer	F30-39	
Danforth	Dick	M60-69	
DeCoursin	Jody	F50-59	
Hembree	Charles	M40-49	
Miller	Kristen	F30-39	
Miller	Jeff	M30-39	
Neslund	Carol	F40-49	
Ortiz	Gina	F20-29	
Shishido	Robin	F20-29	
Tercero	Brian	M20-29	
Thomas	Howard	M50-59	

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Micander	Erica	F20-29	1:53:28
Jaramillo	Liz	F20-29	1:56:55
Ortiz	Gina	F20-29	
Shishido	Robin	F20-29	
Arnold	Katie	F30-39	1:39:11
Urbatsch	Amy	F30-39	1:47:33
Young	Karen	F30-39	1:53:43
Edwards	Kristin	F30-39	1:54:59
Desmond	Liz	F30-39	1:55:09
Seigel	Caroline	F30-31	2:00:57
Johnston	Mariann	F30-39	2:05:45
Salmon	Melissa	F30-39	2:06:16
Carluccio	Judy	F30-39	2:07:53
Hoyt	Aimee	F30-39	2:07:56
Schulhofer	Stephanie	F30-39	2:08:39
Steele	Heidi	F30-39	2:29:30
O'Connor	Coco	F30-39	2:42:02
Coleman	Jennifer	F30-39	
Miller	Kristen	F30-39	
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Peterson	Kristen	F40-49	2:12:19
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Davenport	Beth	F40-49	2:38:32
Chavez	Liz	F40-49	
Neslund	Carol	F40-49	
Douglas	Penelope	F50-59	1:57:17
Pickard	Lynn	F50-59	2:16:37
Rubinfield	Joyce	F50-59	2:32:40
Stiles	Linda	F50-59	2:39:22
DeCoursin	Jody	F50-59	
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Big
Tesuque
Trail Run
2005

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Photos: Matt and Drew Fant

25th Annual Fowl Day 5K Run/Walk

Support the

Salvation Army Holiday Food Drive



Saturday, November 12, 2005, 9am, Ft. Marcy

Join this fun event and donate food for those in need this holiday season!

Enjoy a 3 mile cross-country course beginning and ending on Ft. Marcy grounds. Run through arroyos, on grass and dirt, and up and down hills. No pre-registration is needed -- simply join us across the foot bridge behind the Ft. Marcy recreation building on event day. The run/walk starts at 9 am.

Instead of an **entry fee**, donate **non-perishable food worth about \$15 or a check made out to the Salvation Army**. The Salvation Army will be on hand to accept your donation.

Refreshments and post-event prizes. Including home-baked pumpkin pies!

This event is organized by the Santa Fe Striders Running Club. If you have any questions about Fowl Day or the Santa Fe Striders, please call or email the Event Director, Kris Peterson (820-6247, krisp@newmexico.com) visit our web page at www.santafestridders.org

The event will start across the arroyo behind the Fort Marcy sports complex, near Murales road and the arroyo. Please park in the lot off of Murales Road or behind the Ft. Marcy Building



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, and by my 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

