

<http://www.santafestriders.org>



# Mile Markers



*We Give You the Run-Around*

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Oct. 2005 Volume 27, No 10

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

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## 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

## October Events

1 Dirty Dozen 12k/2mi, Alb.

8 Big Tesuque Run

9 Bosque Boogie, Alb

15 Ryans Run, Alb.

29 Bagel Run, Los Alamos

## November Events

12 Fowl Day Run

20 AAU Youth Track Championships

## New Newsletter Editor

Andy Shreve has volunteered to produce the newsletter. At least for one month. Contact Andy with race announcements, results, submissions, poetry, letters to the editor, and any other running related material you want published. Andy's email address is [apshre@cybermesa.com](mailto:apshre@cybermesa.com).

## Monthly Meeting Oct. 11

The September meeting will be held at 7:00 PM at the home of June Dickinson, 608 Calle de Valdes. From Old Pecos Trail, turn onto East Zia, take the first left onto Calle de Sebastian, then the first right onto Calle de Valdes. Follow Calle de Valdes to 608. Call 988-3428 for directions.

## 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](http://www.topica.com) and look for [SFStriders@topica.com](mailto:SFStriders@topica.com) or email [kernkt@cybermesa.com](mailto:kernkt@cybermesa.com)

## Strider Officers:

Kris Kern, President

Kris Peterson, Vice President

Tove Shere, Treasurer

Andy Shreve, 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.

## Poetry Corner

Running Rosario  
Mike Sutin

Come then to the City split by the dry rock rio  
to the ridge above rugged Rosario,  
extended to the grave-yard of the god heroes  
of war; run the wind-staked trail from St. Kate's  
school  
above the crowded crosses row on row  
where trenches grow by armed back-hoe,  
and bloodied bodies are buried by federal rule.

## RRCA Corner

### RRCA Mission, Vision, and Values

Contact: Jean Knaack  
410-290-3890  
execdir@rrca.org

On September 14, 2005 the Board of Directors of the Road Runners Club of America met via teleconference, as a result of that meeting, the Board resolved to approve the following mission, vision, and values statement for the organization. This statement will be used as a guiding principle when making organizational decisions to ensure that we continue to achieve our mission and serve our members as we promote the sport of running throughout the United States.

#### MISSION:

The Road Runners Club of America is the national association of running clubs, running events, and runners dedicated to promoting long distance running as a competitive sport and as healthful exercise. RRCA's mission is to represent and promote the common interest of its member clubs, events, and individual runners through education, leadership, programs and other services.

#### VISION:

The Road Runners Club of America is the premier national organization dedicated to promoting the development and growth of running clubs, running events, and supporting

the interests of recreational runners throughout the country including those that walk because they are unable to run. The RRCA strives to provide quality programming that can be replicated throughout the country by member clubs from small towns to large cities that promote and support running, runners, and supporters of the sport at all stages in life. The RRCA is dedicated to providing the running community with educational information and programs that will keep them safe, healthy, and informed. Furthermore, the RRCA strives to promote excellence in nonprofit management for the National Office as well as member clubs by providing services, benefits, and regular communication that supports this vision.

#### VALUES:

The RRCA values:

- Running, runners, and the promotion of running as a healthy lifestyle choice
- The strength and support of its network of grassroots members and volunteers, and as such, we strive to maintain positive relations with all of our members
- Diversity in its member clubs and encourages all clubs to maintain an enjoyable atmosphere for all members
- The promotion of safety for all runners and the enforcement and development of laws and infrastructure that protects runners' safety
- The participation of people who support the sport of running but are unable to run due to various circumstances
- The financial contributions and support of members, sponsors, volunteers, and donors to the organization
- Good communication with its members and the running community as a whole
- Prudent financial management that enables the organization to achieve its mission while ensuring adequate cash reserves
- Strong relationships with national and local media that cover the sport of running and running as a healthy lifestyle choice



# Big Tesuque Trail Run 2005

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

**Saturday, October 8<sup>th</sup> 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.

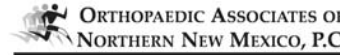
## Win:

**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 \_\_\_\_\_

## 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

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