

Who are the Striders?

We are an **all-inclusive** running club, founded in 1978. Among our members are teenagers and 75+ year-olds. We have a wide range of ability and fitness (yes, really!). Some of us are fast, many of us are not. All of us enjoy running! We welcome everyone!

What do we do?

The Striders have weekly running events, yearly social events and organize and sponsor several races every year. Our races support a number of local non-profits including Girls on the Run, Salvation Army, and Wings of America Native American running program.

***Weekly runs:***

Tuesday evening track workouts, 5:45 – 7 pm at Santa Fe High track (April - October)

Tuesday evening fartlek workouts, 6:00 – 7 pm at the running Hub (October - April)

Thursday evening road runs, 6 pm at the Running Hub, year-round

Sunday morning runs, various places and times, often on trails; updated by email or website

***Social Events:***

Members meeting and social, 2nd Tuesday of every other month

Strider BBQ, June

Holiday Party, December

***Races:***

Snow Shoe Classic, January 12, 2013, 5k and 10K

La Corrida de Los Locos, February 2, 2013, ~5 mile

Santa Fe Run Around, May 18, 2013, 5k, 10K and kids 1K

Big Tesuque Trail Run, October 5, 2013, 11.6 mile mountain run

Fowl Day Run, November 23, 2013 5k cross country fun run / Holiday food drive

**For more information and instructions on signing up for the Striders email list-serve,**

**visit us at www.santafestriders.org.**