



ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

Vol 30, No 5

JUNE 2013

...and the Convention went on ARR hosted the RRCA National Convention May 2-5. Maybe you missed it.

By Glenda Muirhead, ARR Vice President

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It happened, it was a success, and now it's over. But without the energetic efforts of ARR president Martha Porter and Shannon Zanelli, co-chairs of the Convention Planning Committee, and several hard-working volunteers (though not as many as you might think considering the number of Club members), the 2013 National Convention of the Road Runners Club of America (RRCA) might not have taken place.

For those of you new to the Club, or not "in the loop," here's some background. Albuquerque Road Runners is an affiliate of RRCA, and then-president Ed Zanelli and newsletter editor Holly Palmer, knowing that ARR had hosted the national convention in 2001, decided it would be fun to bid on hosting it again in 2013. Guess what? ...They won the bid!

Then Holly moved out of state in May 2012 and Ed resigned as chairman of the convention committee in July. So now what? Fortunately for the Club, Martha took her role as ARR president very seriously and didn't hesitate to take over and get things moving to fulfill the contractual obligations to which the Club had been committed. And Shannon continued as co-chair despite Ed's resignation.

They gathered as many volunteers as were willing, and they got going. As they communicated with RRCA Executive Director Jean Knaack, it became evident that the host club has to do almost everything to make the event happen, with "support" from the national office. Perhaps the process has changed since ABQ Road Runners' first hosting gig.

Volunteers' job descriptions became longer and longer, with many taking on more and more of the surprise required tasks. As late as six weeks away from convention time, we learned of details that were "our" responsibility as opposed to "their" responsibility. Heck, we were still learning of these details at the on-site registration table on Thursday and Friday!

There were bumps in the road and there was much hard work, both in advance and during the convention. There were seminars to plan, speakers to

invite, programs to print, venues to reserve, food to order, tables to rent, alcohol to arrange, boxes to receive and store, signs to make, goodie bags to stuff, decorations to create, name tags to print, tickets to distribute, schedules to coordinate, attendees to register, fun runs to lead, expo vendors to set up, Zoo Run packets to pick up, shuttle buses to oversee...and no doubt much more that I'm not aware of.

Ultimately it all came together, and people enjoyed it. Woohoo! ... But let's not do this again.

In addition to Martha and Shannon, there were other volunteers who dedicated countless hours and, for some, personal expense—both leading up to and during the convention—to produce a quality event that garnered many, many compliments from attendees. Our sincere THANK YOU to all of you. We will remember you and we appreciate your great work. And RRCA will remember an outstanding convention.



Setting up the registration table.



Conventioners



Thursday reception: A Taste of New Mexico

ARR Board

PRESIDENT president@abqroadrunners.com
 Martha Porter 350-1478
 VICE PRESIDENT vp@abqroadrunners.com
 Glenda Muirhead 293-5122
 SECRETARY secretary@abqroadrunners.com
 Lisa Johnson
 TREASURER treasurer@abqroadrunners.com
 Richard Knapp 796-0292
 MEMBERSHIP membership@abqroadrunners.com
 Anna Williamson
 RACE DIRECTION races@abqroadrunners.com
 Rodger Sack 270-1613
 ADVISORY advisor@abqroadrunners.com
 John Farrow
 PAST PRESIDENT pastpres@abqroadrunners.com
 Wendy Wiggins
 Contacts
 VOLUNTEERS volunteers@abqroadrunners.com
 Nicole Buerger 299-2608
 NEWSLETTER
 Sherry Galloway editor@abqroadrunners.com
 Glenda Muirhead vp@abqroadrunners.com
 FACEBOOK COORDINATOR
 Wendy Wiggins facebook@abqroadrunners.com

Club Meetings:

Held at 7 pm on the first Wednesday of each month (*unless otherwise noted*)

Next Meeting:

Wednesday, June 5, 2013, at 7:00 pm

North Domingo Baca Center

Classroom 4

7521 Carmel NE

(off Wyoming NE north of Paseo del Norte)

Membership Renewal

Watch your email for notification if your membership is due to expire.

ARR NEWS

ARR News is published monthly (except in January) by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Deadline for submissions is the 25th of the preceding month.

The Albuquerque Road Runners Club is a non-profit corporation and is a member of Road Runners Club of America (RRCA) and USATF-NM.

Albuquerque Road Runners Club
 PO Box 20011
 Albuquerque, NM 87154

Visit us at www.abqroadrunners.com



President's Corner

By Martha S. Porter, ARR President

Happy June, everyone!!!

I have to begin by thanking everyone involved with the **CONVENTION** from start to finish, in between, and at the end. We had close to fifty volunteers help with convention planning and execution, twelve of whom were from my current employer, US Bank. As a result of their volunteering, we also have some new members. Welcome to the Club!

We received many compliments from people who attended the convention and I even heard along the way that we may have exceeded expectations since the last time we hosted the convention in 2001. Well done! The Club would not have been able to put this convention on without our great VOLUNTEERS!! It's because of you that the Albuquerque Road Runners Club is the club that it is. Check out John Farrow's column on page 5 for his take on the event.

Of course, we couldn't just stop with the Convention! Now we are celebrating 20 years of **WOMEN IN TRAINING**. Yeah!!! Currently we have just under fifty ladies registered for this year's program. Having West and East side locations seems to be working and we are looking forward to growing the program even more in the future. Some ladies who did Women In Training in 2012 are now passing on what they learned over the last year and are volunteering their time to the program that helped them get their start. Good job Lenore, Rose, Lisa, Tammy, and Kathy. We're proud of you.

There is one lady who has done Women In Training for more than half of the 20 years it has been running: Margot Glew. You go, girl! Margot is a true inspiration...eleven years and still running!!

Although May brought some positive news to the Club, it also brought some not so good news (I guess depending on how you look at it). As you can imagine, the last year and a half have been a blur for me with being club president, going to school, working full time, and helping lead the convention efforts. Although I like being busy, at times it became a bit too much. I started off the year (my second) thinking about taking on a third year as president, but in reality I need to move on and concentrate my time on family, career, and school. I've been pursuing my Bachelor's degree in Finance since September 2012, and I graduate in December 2014. At our last board meeting in May, I announced that my last day as president would be December 31, in order to allow the board sufficient time to help me find a replacement.

But I guess they didn't really need that much time, as we already have a very capable young lady interested in the position: **Gwen Walker**.

Thanks, Gwen! Since we have plenty of time to see if Gwen REALLY, REALLY, REALLY wants to become the next fearless leader, she will be shadowing me the rest of the year. You will have the opportunity in the next few months to meet Gwen and see if you wish to elect her in December. I believe Gwen will make a very good president and will keep the club on the right track.

Well, team...keep on chugg'n! Beep! Beep!

Martha





Meeting Minutes

As there was no Club meeting in May, there are no Meeting Minutes this month.

Breaking News! The ARR Newsletter is now a Quarterly Event!

Every March, June, September and December you can look forward to reading the ARR newsletter, with information about running, diet, exercise and events! You'll read the latest on our volunteer activities, member accomplishments and see ads from your favorite running stores. You are encouraged to submit your own articles at any time, as well as feedback about those you read and we'll publish "Letters to the Editor" from club members. We hope you enjoy every word, picture, photo, cartoon and graphic as presented to you every quarter.

Please note: The ARR web site is up to date for your perusal on a daily basis. Our hope is to reduce redundancy and give you a newsletter that you look forward to and want to open and read every three months! This remains a free perk of club membership, so look for your e-mail notification each quarter and have fun reading about what's up in our community of runners, walkers, and membership!

Seeking Coordinators!

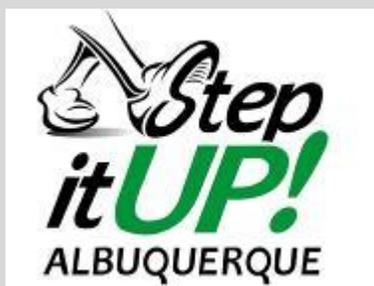
- **Volunteers**
- **Marketing**

New babies really change people's lives! That's the case with two of our members who have been filling positions for the Club. Congratulations, ladies!

Both **Nicole Buerger**, who has been keeping track of our volunteers for several years (and who is an ARR Volunteer Hall of Fame inductee!), and **Natasha Arnold**, who has been our Marketing Coordinator, have found their available time seriously curtailed by the responsibilities of motherhood.

So ... here's your opportunity to participate in the workings of your Club! Martha Porter would like to hear from you if you are interested, so you can learn what each position entails. And Nicole or Natasha would be happy to discuss with you what they've been doing for the club.

Contact **Martha Porter** for all the details!



In the spirit of the Albuquerque Road Runners Club's strategic mission of encouraging physical fitness, I've been working on partnering with the City of Albuquerque and Mayor Barry's **STEP IT UP** initiative in encouraging the citizens of Albuquerque and our members to live a healthier lifestyle through walking.

Please join us, on June 8 at 9:00 a.m. at Tingley Beach in one of Mayor Barry's Step It Up events. The Albuquerque Road Runners have been invited to put up a booth during this time. Glenda Muirhead will be there to help staff the booth. Let's show our support for this city-wide initiative!

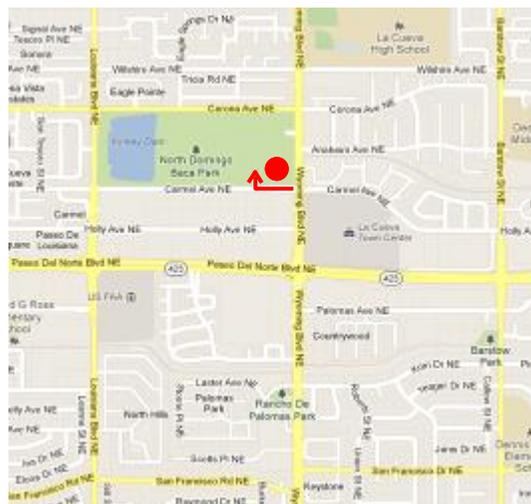
See you there 😊

Martha

JUNE MONTHLY MEETING Wednesday, June 5 - 7:00 pm NEW LOCATION

We're changing things up again!
Our June meeting will be at :

North Domingo Baca Multigenerational Center
7521 Carmel NE - Classroom 4
(off Wyoming NE north of Paseo del Norte)



ARR NEWSLETS

REPORT

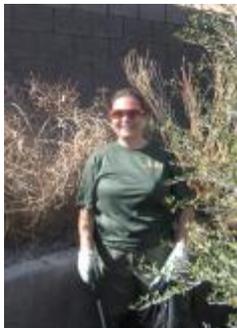
Adopted Trail Cleanup Petroglyphs Area Saturday, May 11

Fab Four Fix Trail Fast

By Richard Harris, Trail Coordinator

No, this was not a fast honoring our club's portion of trail that starts across the street from the Unser-and-Western-Trail entrance to Petroglyphs National Monument and extends north for about a mile to Dellyne. Rather, after breakfast on Saturday morning, May 11, four dedicated and efficient ARR volunteers (Glenda Muirhead, Mike Donovan, Tammy Remiker and Martha Porter) quickly eliminated the litter from this well-used stretch of bike/pedestrian trail. Collected were ten large bags of litter plus some big items -- cardboard, masonite, carpet remnant -- that had been dumped along the trail. The morning's efforts also yielded a plush toy turtle in good condition that is likely to have a second life as mascot for ARR's record-setting Tortugas. (Glenda grabbed it for the team!)

There's plenty of room on the trail and trash bags and other equipment in the club's supply box for everyone who wants to participate in the November cleanup of the trail, so keep an eye out for the Newsletter announcement of the date. And get a white ARR volunteer shirt as well!



Martha at
Tumbleweed Corner



Tammy among the tumbleweeds, too



Glenda amidst the shrubbery

OK, Team ... Let's Grow the Club!

By Martha Porter, ARR President

Come one — Come all! Do we really think that the citizens of Albuquerque know they have a running club? NOT! Do we really think that, for a city of our size, a membership of 512 members is acceptable? NOT! Let's do something about it!!

Why are you a member? What do you like about the Club? Tell a friend ... Tell a relative ... Tell *someone*, for heaven's sake!

Tell you what: for every NEW member (**not renewed member... NEW MEMBER**) that you bring into the Club, we will throw your name into a drawing to be held on December 31st for a \$100 gift card to the running store of your choice. Hmmmm? One hundred dollars? That could get me a new pair of shoes!!

Here's the goal ... We have 512 members now (including family members). We want to reach 1000 by December 31st. If we all did our part and just recruited one member, we would be at 1014. Piece of cake ... Right?!!

Let's do it, team!!! We're talking about one hundred dollars here!

Glenda will have a stack of membership forms to hand out at the next ARR meeting. You are encouraged to take the membership form, have the individual fill it out, get a check for \$15.00 for an individual or \$20.00 for a family, personally hand the membership form to Anna Williamson, Glenda Muirhead, Wendy Wiggins, or myself during the next six months, and we will take care of the rest. The key is that you give it to us so that we know to give you credit.

The more members your recruit, the better your chance of winning that \$100 gift card!

Throughout the next six months we will come up with opportunities for volunteering at expos and stuff. Just think ... You volunteer at Duke City for example, recruit some members ... You're a step ahead. Ch-ching!!!

Have at it, team! LET'S DO IT!!!

THE HALF-FAST LANE

by John Farrow, ARR Member & RRCA State Rep

ONCE MORE ... WITH FEELING

Oh, Gawd! What had we gone and done this time? There was going to be a national convention of the Road Runners Club of America in Albuquerque before we knew it and, like last time, there were lots of decisions to make.

How about, you know... maybe burritos again... or biscochitos... and then, well, Old Town and yeah, Route 66... the Museum, maybe... you know, red or green... sponsors?... volunteers?

Time passed too quickly, but plans began to take shape and things got under way. Empty spaces on the program began to fill up with honest to goodness seminars and banquets and speakers and fun runs. Red and green volunteer shirts were distributed, menus were planned, and crepe paper flower decorations were made, in readiness for the early May event.



THURSDAY

Thursday evening, May 2, the more than 200 attendees were treated to a welcome reception on the beautiful patio of the Hotel Albuquerque, featuring *"A Taste of New Mexico."*

"What's this?" Someone asked me. "It's a *chile relleno*," I replied.

"Is it hot?" "No, it's not hot," but as she took a bite, beads of sweat began forming on her forehead. She tried to smile but her eyes shot daggers.

Groups were relaxing on the courtyard grass, reconnecting, enjoying the late afternoon sunshine with local microbrews. Soon the "freebie" yellow convention jackets were being pulled on as the air quickly cooled with the setting sun and the crowd moved ever eastward to catch the last of the sun's warmth.



FRIDAY

Friday morning began with a well-attended 3-mile fun run that concluded at Golden Crown Panaderia, where coffee and biscochitos awaited participants before the short jog back to the Hotel Albuquerque. The 55th Annual RRCA Convention officially kicked off with a colorful and energetic performance of traditional Mexican folk dances by students from the local Baila! Baila! Dance Academy. The costumed little boys and girls barely reaching to their parents' waists were especially popular subjects for photographers, while around the room the sound of *maracas* accompanied the dancers. And lovable Orbit, our very own Albuquerque Isotopes mascot, made a special appearance to the delight of conventioners...and other hotel guests too.

Afterward, the general session on Insurance & Risk Management brought us back to the modern world, in which our sport must exist following the terrorist bombing at the finish line of the Boston Marathon less than a month prior. Long-time RRCA insurance broker and panelist Terry Diller discussed policies and laws that address terrorist activities.

Friday's luncheon featured a talk by Bob Julyan, well-known New Mexico author and speaker (and ARR Club member), on "a brief history of running since the beginning of time," or at least in the mountains of New Mexico. Although many attendees from around the country were already struggling with the altitude in Old Town, virtually the lowest part of the city, they were regaled with stories of running in the mountains at more than two miles above sea level. No doubt more than a few were left gasping just by contemplating Julyan's stories!

The RRCA also honored State Rep of the Year, Don Nelson, of Miami, Florida. As he was receiving his award, he also wondered out loud where the oxygen was kept.

The afternoon featured an uneventful Annual Meeting of the membership of the RRCA, a far cry from years gone by, when it seemed that every past real or perceived grievance was fair game to be aired *ad nauseam*.

Night at the Museum

Dinner was nearby at the New Mexico Museum of Natural History. Upstairs were fossils, most from New Mexico, as well as a recently opened exhibit of artifacts from the Titanic. Downstairs were buffet tables loaded with excellent food catered by Sadie's ... and the bar from which long lines extended. The topic on everyone's mind was getting back to the hotel before the nearby T. Rex skeleton came alive.



SATURDAY

Saturday dawned with virtually the entire convention heading out on a Breakfast Burrito Fun Run, Second Edition. The first edition of this run debuted at the 2001 convention and had runners climbing the West Mesa escarpment past centuries-old petroglyphs as the morning sun lit up the entire Rio Grande valley and then the Sandia Mountains, as runners returned from the vicinity of the extinct volcanoes. This year the route headed west from Old Town to the river and across the new I-40 footbridge, for another view out across the Rio Grande valley before returning to Tiguex Park for breakfast burritos from nearby Little Anita's New Mexican restaurant.

Meb Keflezighi and Chester Nez

Perhaps the highlight of the 2013 Annual Convention was the Saturday luncheon, which featured an address by the ever-popular Meb Keflezighi, silver medalist at the 2004 Athens Olympics despite being ranked 39th among world marathoners. Meb is the author of "Run To Overcome," a book about his journey from humble beginnings in Eritrea to Olympic medalist and winner of the New York City Marathon.

The packed room then had the opportunity to hear from Chester Nez, the last of the original 29 Navajo Code Talkers from World War II, as well as from Judy Avila, the author of

continued on next page

THE HALF-FAST LANE ONCE MORE, WITH FEELING

Continued from previous page

his book, *Code Talker*. Although 92 years of age, Nez still clearly remembers the first message he transmitted during the battle of Guadalcanal in the Pacific, and said it in both English and in the code based on the Navajo language that he helped develop. The applause afterward was long and heartfelt for this true unsung hero.

As the afternoon wound down, fans of the TV series "Breaking Bad" took the opportunity to view some of the locations used as sets by the popular series. Included on the tour were the Dog House hotdog stand, the Kimo Theater, and the Crossroads Motel. Others went shopping in Old Town for jewelry or souvenirs, while still others did their shopping at the Convention's silent and live auctions, which raised money for RRCA programs. Popular items were entries to closed races as well as New Mexico wine and Indian pottery.

Awards Banquet and Brian "Iron Heart" Boyle

The Convention closed with the National Running Awards Banquet on Saturday evening, presided over by ARR member Bob McNeill. When one honoree was mentioned as having run a 100% age-graded time, McNeill deadpanned, "I didn't know that was possible!"

The banquet came to a close with an address by Brian Boyle, a former swimmer and bodybuilder who willed himself to survive a horrific car crash at the age of 18. If he lived, doctors predicted he might not be able to walk again, and certainly not swim. He proved them wrong and clawed his way back to the living and, in what doctors consider one of the greatest comebacks in sports history, he crossed the finish line at the Hawaii Ironman just three years after leaving the Intensive Care Unit. His first book, *Iron Heart*, was published in 2009. "Never give up" is his simple but very moving message.

The RRCA convention in Albuquerque was concluded and the many months of planning and effort and ongoing momentum resulted in something our club and our city can be very proud of! Whew! We did it!



Here's John Farrow enjoying the food and drink at A Taste of New Mexico, the opening reception at the RRCA 2013 National Convention.

[John's article was edited by Glenda Muirhead]

NEWS FROM AROUND TOWN

THE BRITISH ARE COMING ... and they want you to run for Boston!

ONE RUN FOR
BOSTON

**"3000 MILES,
300 STAGES,
1000 RUNNERS,
ONE CAUSE"**

One Run For Boston is a 3000-mile continuous running relay starting in LA on June 7 and ending in Boston on June 30, organized by two keen runners from the UK who like taking on big challenges. The relay will set off from Santa Monica on June 15, two months after the bombings.

This epic event will give runners from all backgrounds the opportunity to come together and show their solidarity and support for Boston, the victims and their families, while demonstrating the strength of human spirit. Proceeds will go to The One Fund Boston.

The relay will pass through New Mexico between June 12 and June 15. Take a look at the legs available in New Mexico and [SIGN UP NOW](#) !



onerunforboston.org/run.asp

ARR CLUB RACES

Did you know? ...ARR donates locally

UPDATE

COMING UP

FOREVER YOUNG

Club Donates to Placitas Library

As a result of the very successful Club race this April, led by Alan Overmier, ABQ Road Runners have donated \$500 to the Placitas Library in memory of Charlie Young, a well-known local runner and Placitas resident. Thank you, Alan, for your capable race-directing, and thanks to all who participated...it was great, as always!



Photos by Dennis Muirhead

WOMEN'S DISTANCE FESTIVAL 5K Run & Walk

SUNDAY, JULY 28, 2013



A portion of proceeds benefits The Barrett Foundation

LA LUZ RACE

SUNDAY, AUGUST 4, 2013



A portion of proceeds benefits Friends of the Sandia Mountains

MT TAYLOR 50K

SATURDAY, SEPTEMBER 28, 2013



A portion of proceeds benefits Nideiltihi Native Elite Runners

LOCAL RACES

U
P
C
O
M
I
N
G

Operation Smile



Miles for Smiles Fun Run and Walk
Bosque School Track
Saturday, June 1 at 8:00 am



4th Annual Kenyan Run

Sunday, June 2
Midtown Sports and Wellness at 8:00 am

Walk Like MADD & MADD DASH 5K
National Hispanic Cultural Center

WALK Like MADD DASH

June 8th, 2013
505-255-2955
walklikemadd.org
Runner \$25, Adult Walker \$20
Youth Walker \$15



JCC Fathers' Day 5K Run

Gardenswartz Jewish Community Center
Sunday, June 16
8:00 am



6th Annual Jim Thorpe
NATIVE AMERICAN
5k
CHAMPIONSHIPS & Open Community Run
Saturday - June 29, 2013
Albuquerque, New Mexico



2013 RIOGRANDE
Half Marathon and 5K Run/Walk

National Hispanic Cultural Center
Sunday, August 11 at 6:30 am

PHOTOS
World's Toughest 10K
May 12

And they're off



PHOTO BY BILL WEST



...and Kathy Kirsling finishes up

PHOTO BY BILL WEST



Nick Jusciewicz climbs...



...so does John Ricciardelli



Happy it's over: Dennis Muirhead, Bill Baldwin, and Kathy Kirsling

PHOTO BY BILL WEST

SIDELINED...AGAIN

By Sherry Galloway
Editor

The very first year I ran I lost ten pounds and a couple of toenails. I became addicted to the sport, wearing my Brooks' shoes and short shorts, attacking the California streets with gusto. Eventually I subscribed to running magazines and learned, in reverse, how to "start" running. I would, through the years, run in Nike, New Balance, Mizuno, Saucony. I would run at the beach, in the woods, and on the streets of my neighborhoods. I would take anti-inflammatories. I would end up in orthotics after developing plantar fasciitis. I would have surgery on my knee for a meniscus tear in the '90s and would resume running soon after. After more than 40 years of running and an equal number of years as a registered nurse, I know a few things. I'd like to share them with you BEFORE you end up where I am: *not running*.

It seems simple enough: you crawl, walk and then run. Children do it all the time! Serious running, though, has risks and should be faced with as much understanding and knowledge as any serious endeavor. Every year there are "new" articles with the same information about how to race, how to train for your first 5K, 10K, half marathon, marathon, ultra....how often have we read recycled information? How often have we gone on to over-train? Karen Janos, a contributor to Active.com, agrees that we all must begin walking before we begin running, even as adults facing our first race. She goes further, encouraging the new runner to walk MORE, adding short periods of running into walks, gradually increasing the running intervals. GRADUALLY is the key word and *mild* muscle soreness is to be expected in the beginning.

Good running shoes – comfortable and made for YOUR feet and body mass and gait is the basic #1. Get fitted at a running store by someone who knows how to fit you for best running performance. Since you're also walking, this needs to be factored into the equation. Second, you need to warm up before a run and stretch after. Most experts recommend that if you have limited time, give up the run before you give up the stretching. Stretch correctly – there are plenty of articles available on line in print with simple, effective stretches for runners. If you notice that your soreness moves from mild to *moderate*, consider using a foam roller on those sore muscles – they are available on line and at many running stores and even come with instructions! If your pain moves into the *severe* realm, consult a physician, preferably one who works with athletes. DO NOT RUN WITH SEVERE PAIN!

Most running injuries are a result of impatience and carelessness, says Jason Fitzgerald, another Active.com contributor. He has learned, as I have, that *injury prevention* is much easier than treatment; a no brainer – illness prevention is much easier and less painful than treatment after the fact! Why wouldn't injury follow the same common sense rule? From my own experience I will tell you that not only are good shoes key, but the running surface you choose is equally important. Running on asphalt and concrete for most of my running years has destroyed the surfaces of both my right and left tibia and femur, where they meet at the knees. This means that there is no cartilage where there should be, so if I run, the bones rub against each other, creating pain and further damage. Run on trails and running tracks as much as possible, or even on sand if you're lucky enough to live near the beach. You will preserve your necessary and very valuable joints! Jason, in his article, adds to Karen's admonition to train *gradually*. Be the turtle instead of the rabbit and you'll run better, longer and faster over time. Keep in mind that in order to maximize your running potential and minimize energy, you have to look at the big picture and view your whole body as part of the process. Cross training is everything. You'll need to find a good core training routine so that your legs aren't doing all the work. Engage your brain, folks – there are no shortcuts here, just good sense!

I used to be proud that I ran through pain. I learned the hard way that this didn't make me so much a hard body as a fool. My most recent meniscus tear revealed a knee so trashed by years of abuse that I have been advised not to run again. While I recovered quickly from my first two meniscus repairs, two months after surgery, I'm still unable to bend my knee freely, let alone go out for a jog. I'm sidelined, maybe permanently, from the sport I love, am indeed addicted to. Learn from a veteran – pay your dues early on and go slowly and steadily forward; no matter how frustrated and impatient you become, take the steps and you won't have to pay the price later. Your running career will last longer and yield better results! Simple: crawl, walk, run! Supple, lightweight shoes fit to your specific needs, comfortable weather-appropriate clothing, sun block and water, and a forgiving road surface are all you need ... along with patience, fortitude, cross training and rest!

Happy running!

Member Updates

NEW

Ayesha Athar
Kimberly Bamburg
Andrea Barkoczi
Yendry Bruce
Tracy George
Chris Schaeffer
Grace Gomez
Michael Hoeferkamp
Sunah Hoeferkamp
Shelby Hoeferkamp
Hannah Hoeferkamp
Daniel Hudak
Lisa Jahn
Robin LeDoux
Rebecca Lutz
Chris Martin
Breana Martin
Veronica Martin
Jessica McParlin
Samantha Menard
Lillian Padilla
Gaurav Rajen
Randy Silva
Cindy Silva
William Smith
Debbie Tate

RENEWED

Richard Danforth
Patty Danforth
Michael Dunn
Jim Fordice
Lenore Hennie
Larry Jones
Timothy Koehler
Thao Le
Ron Parks
Natalie Villwock-Witte
Kevin Witte
Ethan Witte
Allison Coe
Tom Coe
Alison Webster



ABQ
Running
Shop™

visit us at our
NEW LOCATION!

6550 Holly Ave NE
Suite D-2
Albuquerque, NM 87113

505.293.2RUN

www.ABQRunningShop.com



Jeff Galloway Summer Half Marathon Training Program

- Begins June 22nd & goes for 17 weeks
- Innovative *walk/run/walk* program
- For beginner thru experienced runners
- Group runs at 7am on Saturday mornings
- Two informal group runs weekday evenings
- Running book & official technical running shirt
- Guest speakers on shoes, injury prevention, nutrition, hydration, glycogen replacement, & more
- Cost is \$95 for new members & \$75 for alumni

Goal Races in October;
Duke City Half Marathon
and
Denver Rock & Roll Half Marathon

For More Information:
Donald K. Porter
Jeff Galloway Program Director, ABQ
(505) 366-3120
www.JeffGalloway.com (New Mexico)



SHERRY'S SHARE

By Sherry Galloway, Editor

This month ... a poem.

Summer Heat 0 – Runner 1

I'm hot and I'm sweaty,
feet wet in my socks.
The trail's so slippery
I might fall on the rocks.
I was tired this morning-
needed caffeine to rise;
now my heart keeps pounding-
there's a twitch in my eyes!
I've a rash at my bra line,
my thighs rub too much.
Three toes start to blister
and there's sweat in my crotch!
Summer runs make me cranky
The heat makes me whine
Yet here I am running
And the victory is mine!

**I never run
with scissors.**

**Those last
two words
were
unnecessary.**

From “The Athlete’s Kitchen”

Copyright May 2013

by Nancy Clark MS RD CSSD

Weight Management Update

As a runner, you are unlikely obese, but you may have concerns about your weight or have relatives who struggle with their weight. To address the complexities of how to deal with undesired body fat, the Weight Management Group of the Academy of Nutrition & Dietetics held a conference (Indianapolis, April 2013). Here are some highlights.

DIETING AND WEIGHT

- An estimated 35% of all US adults are not only over-fat but also pre-diabetic, including 50% of adults over 65 years of age. Relatives who have watched a loved one needlessly die from diabetes see first-hand the need to prevent themselves from going down the same road. There are clear benefits from eating wisely and exercising regularly! Losing just 5% of body weight can reduce health risks attributed to diabetes.
- Most runners who diet want to lose weight quickly. The problem is that plan tends to backfire. You can lose weight fast or lose weight forever—but not lose weight fast and forever.
- Most dieters regain about two-thirds of their weight loss within a year and all of it within 3 to 5 years. Tips to maintain weight loss include: exercise regularly, eat fewer fatty foods, watch less TV (Sherry adds – any prolonged sedentary activity, including sitting at the computer), have strong social support, and sleep more than 5 hours a day.
- Chewing gum can help lean people consume fewer calories, but that is not the case for obese gum-chewers (possibly the act of chewing increases their desire to eat).
- To stay on track, successful dieters should plan ahead by predicting everything that could possibly go wrong with their eating plan and develop strategies to deal with the unexpected. For example, if the waiter serves the salad soaked with dressing (not *on the side*, as requested), the dieter knows he can send it back, not eat it, or eat less of it.
- If you “blow your diet,” please don't hate yourself. Just acknowledge that you over-ate and learn from the experience. You learned to overeat for a reason (for example, overindulging in birthday cake may have been your “last chance” to eat cake before your diet started again the next meal). The better plan can be to enjoy a reasonable slice of cake for several days. You'll feel less need to overindulge when you know you can have more cake the next day (just fit it into your calorie budget).
- Other success-promoting dietary habits include portion control and keeping food and weight records. High-tech diet aids include: tracking steps by wearing a pedometer (goal: 10,000 steps a day) and wearing an armband or other body-activity monitor that detects changes in activity over time. Some popu-

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From “The Athlete’s Kitchen” Weight Management Update

Continued from previous page

lar high-tech tools include New Lifestyles-1000 pedometer, FitBit Zip, and Nike Fuel Band (note: accuracy of the high-tech tool is less important than day-to-day reproducibility).

- Websites or apps like FatSecret.com, CalorieKing.com, Loselt.com, and MealLogger.com can also be helpful. In the near future, you’ll be able to take a photo of your meal and an app will then calculate the calories. This info will be very helpful when eating in restaurant with super-sized meals!

FOOD AND WEIGHT

- An estimated 80% of weight loss happens by eating fewer calories; 20% relates to exercise. You need to change your diet to lose weight and change your exercise to keep weight off.
- Overweight people tend to eat by time cues. Noon is lunch-time, regardless if the clock is significantly wrong!
- Adults may eat more of a food if it is deemed healthy. That is, subjects ate more oatmeal cookies when they were described as *high fiber*, *high protein* as compared to *high sugar*, *high butter*. And yes, even healthy high fiber and high protein calories count!
- By contrast, adolescents (who are heavily influenced by their peers) tend to eat less of a food labeled “healthy.” For teens, eating carrots is just not as acceptable as eating chips.
- People who eat a high protein diet (25% of calories) tend to eat fewer calories per day. A protein-rich breakfast with 25 to 35 g protein helps manage appetite for the rest of the day.
- The decline in hearty breakfasts mirrors the rise in obesity. Try eating an 800-calorie protein-rich breakfast and see what that does to your appetite for the rest of the day! You’ll undoubtedly notice you feel less need to “reward” yourself with evening treats.
- A 100-calorie portion of natural whole almonds actually has only 80 available calories due to digestibility. The same likely holds true for other high fiber, high fat “hard” foods, such as other kinds of nuts. People who frequently eat nuts are actu-

ally leaner than folks who avoid nuts; hence, you need not fear them as being “fattening” (in moderation, as with all foods).

EXERCISE AND WEIGHT

- Weight loss is about quality of life; exercise is about health. However, exercise strongly predicts who will be able to maintain their weight loss. While the reason for this is unknown, some researchers suggest that purposeful exercise allows the reduced obese person to eat more calories (you know—the more you exercise, the more you can eat). It may be that exercise is a marker of discipline and dedication to maintain a healthier eating style and lifestyle!
- Weight lifting is a good entry point for unfit people who want to start exercising. First they get strong, and then they can add on the walking, jogging, and aerobic activities.
- Lifting weights reduces the loss of muscle that occurs with diet-only reducing plans and creates the same health benefits of slimming the waist-line and improving blood glucose levels (hence reducing the risk of diabetes).
- Because weight loss without exercise contributes to loss of muscles and bone-density, some health professionals advise against weight loss for older people. Instead they recommend that people over 60 years focus on adding on exercise rather than subtracting food. You are never too old to lift weights!
- An effective exercise program includes 110 minutes per week of moderate to vigorous physical activity and two times a week of lifting weights for about 20 minutes.
- Men who maintain a stable weight tend to be active about 70 minutes a day. By comparison, obese men are less active and likely to be frail. Do obese people become frail—or do frail people become obese? *[Sherry suggests that maintaining muscle mass via exercise reduces the propensity toward frailty].*

The bottom line: Keep active, enjoy whole foods that are minimally processed, live lean and be well!



A HEARTY BREAKFAST

photo courtesy of health-sourcing.com

Nancy Clark MS RD CSSD (Board Certified Specialist in Sports Dietetics) counsels both fitness exercisers and competitive athletes in her private practice in the Boston-area (617-795-1875). Her *Sports Nutrition Guidebook*, *Food Guide for Marathoners* and *Cyclist's Food Guide* all offer additional weight management information. The books are available via www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com.

Heart & Sole

S P O R T S

WANNA RACE?
4TH ANNUAL RUN WITH THE KENYANS
SUNDAY, JUNE 2, 8:00AM

RACE THE 8K WITH THE KENYANS
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RACE CALENDAR

[See [ARR website RACE CALENDAR](#) for registration details]

June

- 1** Miles for Smiles Fun Run & Walk | Albuquerque - Bosque School | 10K Run/Walk, 5K Run/Walk, Kids Mile
- 2** Run for Global Health | ABQ - Midtown Sports & Wellness | 8K Run With Kenyans, 5K Safari Fun Run/Walk, Children's K
- 2** Polly's Run 2013 | Albuquerque, NM - ABQ Academy | 10K Run, 5K Run/Walk, Kids K
- 8** Ruidoso Sprint Triathlon | Ruidoso, NM | Run (3.8M), Bike (16.8M), Swim (400Y), Youth Splash & Dash
- 8** Walk Like MADD & MADD Dash | Albuquerque, NM | 5K Walk or Run - Team or Solo
- 8** Run for the Valley | Albuquerque, NM | 10K Run, 5K Run/Walk, Kids K | *fund-raiser for Valley Football Booster Club*
- 8** Run the Caldera Half Marathon | Valles Caldera National Preserve, NM | Half Marathon, 10K
- 9** 8th Annual Run the Caldera Marathon | Valles Caldera National Preserve, NM | Marathon
- 16** JCC Father's Day Run | Albuquerque, NM | 5K Run
- 16** Pueblo of Pojoaque Butterfly Run | Santa Fe, NM
- 23** Cherry Garcia Run | Albuquerque, NM | 10K Run, 5K Run, Kids K
- 29** 6th Annual Jim Thorpe 5K Race | Albuquerque, NM | Native American 5K National Championship, Community 5K Run, NM USATF 5K Road State Championship, Kids K, 1 & 2 Mile Fitness Walks, Toddler Dash

July

- 7** Las Vegas Fiesta Memorial Run | Las Vegas, NM | 10K Run, 5K Run/Walk, Kids 1 Mile, Little Ones Run
- 7** 34th Annual Narbona Pass Classic | Chuska Mtns (north of Gallup, NM) | 10K Run, 5K Run, 5K Fitness Walk
- 14** Lavender Festival Fun Run/Walk | Los Ranchos deAlbuquerque, NM | 5K Fun Run/Walk
- 14** Chunky Monkey | Albuquerque, NM | 10K Run, 5K Run, Kids K
- 19** Hoof It To Happy Hour | Albuquerque, NM - Balloon Fiesta Park | 5K Run, Kids Fun Run | *benefits New Day Shelter*
- 27** Ski Run Road Challenge | Ruidoso, NM | 12M Run solo or relay, 3M Run | *benefits Ski Apache Disabled Skiers*
- 28** **Women's Distance Festival | Albuquerque, NM - SIPI | Women Only Race: 5K Run, 5K Walk, Kids K**

August

- 4** **La Luz Trail Run | Albuquerque, NM | 9 Mile Trail Run | *benefits Friends of Sandia Mountains***
- 11** Rio Grande Half Marathon | Albuquerque, NM | Half Marathon, 5K Run/Walk
- 31** The Dirty Dash | Edgewood, NM - Wildlife West Park | 5K Mud Fun Run | *benefits NM Xtreme Sports*

September

- 1** Dam to Dam Run | Albuquerque, NM | 10K Run, 5K Run, Kids K
- 2** 7th Annual Hearts for Honduras Run | Santa Fe, NM | 10K Run, 5K Run/Walk, Kids K
- 2** The Color Run | Albuquerque, NM | 5K Run
- 11** Santa Fe to Buffalo Thunder Half Marathon | Santa Fe, NM | Half Marathon, 5K Run, 1M Fitness Walk
- 15** 10th Annual Chips & Salsa Half Marathon | Albuquerque, NM | Half Marathon, 10K Run, 5K Run/Walk, Kids K
- 21** Sandia Scoot | Albuquerque - Eclipse Aerospace/Sunport | 10K Run, 5K Run/Walk |
- 28** **Mt Taylor 50K | Grants, NM | 50K in Cibola National Forest | *benefits Nideiltihi Native Elite Runners***
- 29** Run to Break the Silence | Albuquerque, NM - Sandia Resort & Casino | *benefits Presbyterian Ear Institute*
- 29** Corrida de Corrales | Corrales Recreation Center | 10K Run, 5K Run

Races noted in red are ARR Club Events

La Luz Trail Run: A Brief History

By Tom Kirchgessner

The 48th Annual La Luz Trail Run will be held on Sunday, August 4, 2013. An ARR Club Race since 1999, La Luz has thrived under the masterful guidance of Race Director Rodger Sack. This installment concludes the series detailing the history of the race, from its beginnings, written by Tom Kirchgessner, a La Luz Historian.

INSTALLMENT #4 - CONCLUSION: 1986 On + Women of the Trail

In 1986 the race was won by Colorado's Pablo Vigil in a new non-Waquie record of 1:14:20, breaking Ron McCurley's previous time. The following year saw another new winner, Charles England, post a good 1:18:40 then again in 1988 he did a 1:16:54. Next was Bill Reifsnider with a fast 1:16:30. Bill was so good he could run a near national record 61 minute half marathon but he could not approach Al's times. Then came Dan Maas who was a fast Olympic 1500 meter hopeful. Dan won several more years with his best of 1:14:49 in 1990. In 1993 John Bednarski won with a 1:21:01. John had been a top runner in his prime and was still one of the best in Albuquerque even in his 40's. Then Eddy Hellebuyck ran a super fast 1:15:35 as he tried his best to break Waquie's record. Eddy was a world-class marathoner and holder of several world records for 40 year old runners! He was small and light like Waquie, well suited to running La Luz.

The next years were dominated by Simon Gutierrez who had been a high school state champion and later international runner for the US. Simon was very strong uphill and he later began running for the US mountain running team specializing in uphill races like La Luz, Pikes Peak and Mount Washington. Simon has won 11 times with a best of 1:15:09 in 1999. This kind of time was very fast considering the erosion on the rock slide and other lower parts of the trail. Today the course is undoubtedly even worse and could be around 3-4 minutes slower than the early days. Winning times are now only around 1:20 at best. In 2009 Paul Howarth won in a 1:28:32, followed by Kris Houghton in 2010 and 2011 with 1:24:22 and 1:25:16. And last year (2012) Simon was back blazing another record for the 45-49 division and first overall! He beat the young guys pretty easily with his 1:21:48! [See the results pages.](#)

It is unlikely anyone will ever break the legendary Al Waquie's records. Maybe runners need to rename the race after this man who trained and raced with a driving energy, often running twice a day even after working on trails all day long for the Forest Service! I believe Al deserves to be considered the best mountain

runner of all time! Other champions have come to win La Luz as you can see from the results pages, but no one will ever forget Al Waquie.

WOMEN OF THE TRAIL

The La Luz run has seen many outstanding women runners over the years, competing for the title of "La Luz Champ." Lilly Rendt won the first women's trophy in 1967. Then came Lynn Bjorklund who was a threat to most men and also recorded times fast enough to be world ranked in the 3000 meters. She also holds a national high school 3000 meter record of 9:08 set in 1975 that has lasted longer than 33 years! Lynn also won the national cross country title in '74 and '75 and the A.A.U. 2-mile those same years.

On La Luz, Lynn competed against top men and beat many of them over the years she raced. Lynn won the 1974 race and finished 12th overall. David Segura told me he had looked down the trail and saw Lynn only one switchback below him and was worried she would catch him. Dave was a high school champion himself at the time. In 75 Lynn won again with a record of 69:15 which was 10th overall! In 1976 she won again with a 1:13:51. I still remember trying to catch Lynn and sprinting past her in the last 50 yards as an eighteen year old. I was really proud of myself, but I knew Lynn had not run her best race that year.

Lynn has also won the Pikes Peak marathon and has the present record for women at 4:15! She did the ascent that day in 1981 in 2:33, which is also the fastest ever run. She has even come back at the age of 51 in 2008 to do a new age group ascent record of 3:20:39! Go Lynn! Lynn has to be the most amazing mountain runner from the late 70's to today!

In 1977, Moo Thorpe won with a 1:23:47, followed by Odette Bonnet. Odette won '79 thru '80 on the longer course and ran a great time of 1:36:55 in 1980. Odette had been severely pushed by Janine Hill that year who finished only a short distance behind. In the following years Janine did even better and recorded a 1:37:26 and then a 1:33:17 in '85 for a then course record. Janine had the experience and talent from running internationally, and was hard to beat. She had begun as a 10k and marathon runner in Canada.

The next winner was a new and tough runner named Kate Washburn. Kate ran an outstanding new record of 1:28:29 in 86. She also won again with a 1:31:10 the next year.

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La Luz Trail Run: A Brief History

Continued from previous page

The next winners were Lynn Brown, from Durango, Colorado in '88 with a 1:34:03, Judy Amer in '89 with a 1:39:12 and Maggi Ezzard with a 1:38:47 in '90.

Elise Rainbowstar won in '91 with a 1:39:46 and Ann Bockman won in '92 with a fast 1:34:31. In 1993 Elise Rainbowstar won for her second time with a 1:41:21.

In the next three years Marie Boyd won consecutively, doing fast times of 1:33:49; 1:33:41; and then a 1:34:41. Marie was a national class marathoner.

Next year's winner was Cathy Pierce from Socorro who ran a 1:36:31.

The following year saw a new record by a runner who has beaten the best hill runners in the world! Her name was Magdalena Thorsell. The time she recorded was a completely unbelievable 1 hour twenty two minutes and 38 seconds! I believe she placed second or third overall! This kind of time is even better than Lynn Bjorklund's 69:15 on the old course. She basically ran a sub 69 minute old course and kept this pace for nearly 14 more minutes on the extra road section. Magdalena also won the Mount Washington road race in 1998 with a course record of 1:10:08, never beaten till 2010, beating world class runners from around the world.

The last winners were Janice Posey in 1999 with a 1:38:52 then Cathy Pierce with a 1:34:47. Kathy won again in 2001 with a 1:42:32.

The only woman to have won more years than Lynn Bjorklund was Rachel Cuellar. Rachel did six performances winning the race between 2002 and 2008. She

won again in 2011 with her new P.R. of 1:34:31! Rachel is a member of the U.S. women's mountain running team that won gold in the 2006 event. The only woman to break her string was Erica Larson, who did an awesome 1:30:23 in 2003. Erica's time was the third fastest ever on the present course! Anita Ortiz also beat Rachel that day doing a fast 1:35:27. Anita was a five-time US women's team member, four time US champion and the world master's champion in 2004.

In 2009 the great Erica Bowen "Larson" defeated a new runner (Magdalena Donahue) by about a minute and a half, with a good 1:36:13. Defending champ Rachel Cuellar was third, about six more minutes behind at 1:43:47. Then in 2010 Erica won again with 1:39:45 in a close duel with Rachel Early who was just seconds back! Rachel won again in 2011 with a new 1:34:31 P.R. and Erica again in 2012 with a sizzling 1:34:59! Erica also competes at Pikes Peak and her results over the last several years are very impressive. She has won the marathon many times with a personal best and close to Lynn Bjorklund's course record with a time of 4 hours and 22 minutes. You can go to the Pikes Peak website (pikespeakmarathon.org) to see all the results over the years back to the earliest races!

I hope these results inspire runners everywhere to keep up their running dreams and to remember that, no matter how fast or how slow, everyone that challenges the mountain is a true champion!

Happy Running!

— Tom Kirchgessner

Our LA LUZ RACE Makes the List !

Snowshoe Magazine rates ARR's 9-mile La Luz Trail Run as one of New Mexico's Best Summer Races. Also on the list are:

- **Jemez Mountain Trail Runs**
Los Alamos - May 25 - 50 Mile, 50K, Half Marathon
- **Run the Caldera**
Valles Caldera - June 8-9 - Marathon, Half Marathon, 10K
- **Angel Fire Endurance Run**
Angel Fire - June 22 - 100 Mile, 50 Mile, 50K
- **Taos Up and Over**
Taos - August 3 - 10K

[Read the article](#)

