



President's Corner

By Gwen Walker

Greetings, Road Runners!!

I don't know about all of you, but this spring was a little topsy turvy for me, and I'm not just talking about the weather! As we head into summer, my goal for the last 6 months of my term as President is to increase communication with all of you, and prepare the club for transition. We have plenty of opportunities for members to become involved so don't hesitate to contact me if you're interested in helping out!

We had a very successful Forever Young turnout this year, and RD Alan Overmier did a fantastic job organizing! We'll have a donation to the Placitas Library at the July monthly meeting!

Our handicap series also just wrapped up this past weekend, if you see Nick Juskiwicz, be sure to congratulate him on his win! I'd be remiss if I didn't mention that a big, big thank you goes out to the local running stores who supplied prizes for this series: Bosque Running Shop supplied the overall prize, and ABQ Running Shop, Athlete's Edge, and Heart and Sole all chipped in with a multitude of prizes that we used to give prizes at each race! Please remember to shop local when you're looking for new running gear — it's the local stores that make fun events (like our handicap series) possible!

Hope to see you at our June monthly meeting this Wednesday evening. We'll have pizza and snacks for you, and an opportunity to visit with your fellow Road Runners!

Gwen

Next Club Meeting

Wednesday, June 3, 2015

7:00 pm

North Domingo Baca Center

(at Carmel and Wyoming Blvd, west at the first stoplight north of Paseo del Norte)



FUNDS COMMITTEE

ARR Offers Grants to Non-Profits

For our second year, Albuquerque Road Runners is looking to help local non-profits in reaching their goals by offering grants to organizations that align with our mission statement. If you belong to or are aware of an appropriate group, please read the sidebar at right to determine whether or not the organization would qualify for an ARR grant.

Applications will be accepted through July 17, 2015.

The application process may be completed online or by means of a downloaded form.

[Click for online application](#)

[Click for downloadable application](#)

The Funds Committee, chaired by Joyce Fafard, will review all applications and contact potential candidates **by August 15**. Subsequently, an interview will be scheduled to assist in the selection process.

TO QUALIFY:

- An organization’s goals must align with Albuquerque Road Runners Mission Statement;
- Project demonstrates a need for funding;
- Project is well developed, achievable within the next year, and practical;
- Funds will not be used for day to day operations, conferences, or travel;
- The funds requested is for an event that contributes to our community;
- There is a clear plan for project evaluation;
- Results will be shared with Committee upon completion of event;
- Organization is non-profit, has separate and open books, and has a business plan or bylaws.

ARR BOARD

PRESIDENT	Gwen Walker
VICE PRESIDENT	Meredith Eddy
SECRETARY	Charrissa Lin
TREASURER	Joyce Fafard
MEMBERSHIP	Anna Williamson
RACE DIRECTION	Rodger Sack
ADVISORY	John Farrow
ADVISORY	Wendy Wiggins

CONTACTS

VOLUNTEERS	Fred Bonnell
NEWSLETTER	Glenda Muirhead
FACEBOOK	Wendy Wiggins

ARR NEWS

ARR News is published bimonthly by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Check with the **editor** for deadlines.

The Albuquerque Road Runners Club is a non-profit corporation as an affiliate member of Road Runners Club of America (RRCA).

Albuquerque Road Runners Club
PO Box 20011
Albuquerque, NM 87154

Visit us at
www.abqroadrunners.com

Thank you
...to Stephanie Barton who has agreed to take on the Club’s Newsletter, beginning with the next issue!



FULL MOON RUN
By Heart & Sole Sports
TUESDAY, JUNE 2nd – Starts at 8:30 pm
Free and open to all
Bring your kids and dogs, too!
Refreshments and drawings
Arrive early to sign in and get your name entered into drawings for cool gear.

Mark your calendars with these dates of future FULL MOON RUNS:
Wednesday, July 1st - 8:45 pm
Friday, July 31st - 8:30 pm

ADOPTED TRAIL CLEANUP: Report

Five Overcome Rain Delay to Clean Club's Adopted Trail

On Saturday morning, May 16, five ARR volunteers waited out high winds, heavy rain, and what *seemed* like freezing temperatures in order to eliminate the litter from the section of bike/pedestrian trail along Unser Blvd from Western Trail to Dellyne NW. Six large trash bags of litter were collected for pickup by the City, plus a couple of wire frames for signs (less than our usual "haul," probably thanks to high winds' having scoured the path), leaving a multi-use trail that the club can be proud of claiming.

Just how strong were those winds?

Said Matt Glasier, ARR member: "You could have just tossed the trash in the air and made it Mexico's problem!"

The fab five consisted of ARR's **Volunteer Coordinator Fred Bonnell, Treasurer Joyce Fafard, Volunteer Hall-of-Famers Cece Niemczyk and Kelley Garcia, and Jeff Rienstra, with one "organizer" (Dick Harris)** coordinating everything. Thanks, everyone, for braving the crazy weather!

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 next cleanup of the trail, so keep an eye out for the announcement of that November date. We'll hope for better conditions.

In the meantime, the next time you're going to be running along Unser, feel free to bring a plastic bag and collect a bit of the litter that has snuck onto the trail. You can deposit your "finds" in the dumpster at The Garage (near the southern end of "our" section of trail), whose manager has given us his OK. Please also let **Dick Harris** and/or **Fred Bonnell** know how much time you spent on this contribution to the club and the running/biking communities.



Dick Harris and Cece Niemczyk — plus the new ARR feather banner!



Left to right: Fred Bonnell, Jeff Rienstra, Kelley Garcia



Joyce Fafard says: "Neither rain, nor winds, etc.etc. stop Albuquerque Road Runners from our adopted trail clean-up."

HANDICAP SERIES

May 31 Handicap Closes out 2014-15 Season

The ARR Handicap Season that started back in November has wrapped up with the final race hosted by ARR VP Meredith Eddy at her home in the Supper Rock Neighborhood on Sunday, May 31st. Over these many months, several dozens of participants have competed for points and supremacy in the standings, vying for the top spot ...and a free pair of shoes. This season, **Nicholas Juskiewicz** prevailed over all comers to win the series. Congratulations, Nick!

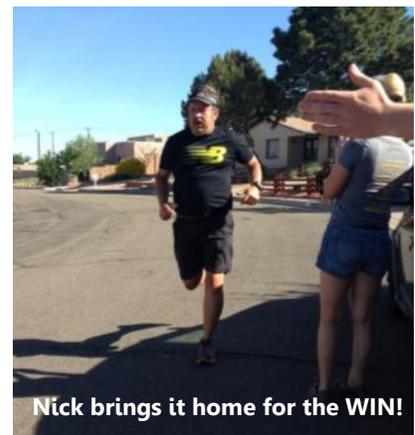
A hearty THANK YOU to Handicaps Coordinator **Shannon Zanelli** for all her efforts in securing hosts for the six events and timing and scoring the races, and to all our hosts this year:

November — Gwen Walker
December — Shannon Zanelli
February — David and Katherine Wilson
March — Mandi Walker
April — Kathy Kirsling
May — Meredith Eddy

If you think you might like to host one of next season's handicap events, please contact **Shannon Zanelli**.



THE FACES OF THE MAY HANDICAP



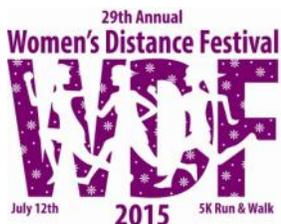
Nick brings it home for the WIN!

CLUB RACES

One Down, Three to Go

Our club puts on four great races each year. First up is **Forever Young in Placitas**, and Race Director **Alan Overmier** put on another amazing event this year on April 12. Participants were evenly divided between the 6-mile (68) and the 3 mile (69) races. Todd Nickerson (M26, 38:00) and Shawna Winnegar (F24, 40:11) were first in the challenging 6-mile event, while Noda Kazuki (M24, 15:34) and Caroline King (F24, 21:46) led the way in the rolling 3-miler.

We've got three more races on the schedule for 2015, and these are great opportunities to volunteer to help make them all spectacular! Just contact the Race Director to offer your assistance, have a ball while you're there — and then enjoy your invitation to the Volunteer Banquet in January 2016.



WOMEN'S DISTANCE FESTIVAL

Sunday, July 12
Director: **Eric Biedermann**
7:00 am at SIPI
(ladies only)
Benefits Barrett Foundation



LA LUZ TRAIL RUN (50th Anniversary)

Sunday, August 2
Director: **Rodger Sack**
7:00 am
Benefits Friends of the Sandia Mtns



MT. TAYLOR 50K

Saturday, September 26
Directors: **Ken Gordon**
Margaret Gordon
Kurt Coonrod
6:30 am
Benefits Nideilthi Native Elite Runners

Protein, Supplements & Building Muscles

Excerpts from an article by Nancy Clark, MS RD CSSD

So you want to get buff, eh, and have nicely defined muscles and compliments galore about "looking great"?

Ads in magazines can lead wanna-be-buff athletes to believe that anyone can look like a hulk by simply taking an assortment of protein powders, muscle builders, and such. While the primary key to being buff is actually *not* nutritional supplements but rather hard work, eating optimally is indeed important for optimal workouts.

Want to build some muscles...?

When it comes to building muscles, prevailing beliefs are: 1) the more protein you eat, the more muscle you build; and 2) protein supplements are more effective than food.

However, research says:

- The amount of protein needed to build muscles ranges between 0.6 to 0.8 grams protein/lb body weight.
- Dieting runners need more protein, about 1 gram per pound body weight when limiting calorie intake.
- Consuming more than recommended protein is not better. Your body can use just so much protein to build and repair muscles. Excess protein gets burned for fuel, and excess calories from unused protein get stored as body fat.
- Evenly distributing your protein intake throughout the day is important. Consume about 25-30 grams of protein at each meal and 10 to 15 grams at afternoon and evening snacks.
- Protein-rich breakfast foods that add 20 to 30 g protein include: 1-cup cottage cheese with banana and whole wheat toast, a 3-egg omelet with a handful of shredded lowfat cheese, or 2 hard-boiled eggs.
- Leucine, an essential amino acid, triggers muscles to grow bigger and stronger. The recommended post-exercise dose of leucine is about 2 to 3 grams (the amount in a scoop of most whey protein powders). But you don't have to buy whey protein to get leucine. Leucine is all protein-rich foods, with animal proteins offering more than plant proteins. Drinking 16 ounces of chocolate milk gives a hefty leucine dose.

Summary

By eating a protein-rich food at each meal and snack, you will get the protein, essential amino acids, and leucine needed to support your muscle-building training program. Be sure to also consume some grains, fruits, and vegetables (carbohydrates) along with the protein to fuel your muscles so they can perform hard lifting sessions. The goal is three times more calories from carbs than from protein, such as bagel + eggs; dried fruit + nuts; milk + chocolate flavoring; rice + chicken.

With hard work and optimal fueling, you should see changes in your physique. *But take note:* those amazingly buff bodies in muscle magazines can be deceptively "retouched." Muscles do have a genetic limit and you cannot completely redesign your body.



RACE CALENDAR

JUNE

- 6 [Lickety Split](#) | Rio Rancho, NM - Cabezon Park | 10K, 5K, Kids K | [active.com](#)
- 6 [Run Through the Clouds](#) | Cloudcroft, NM - Zenith Park | 10K, Kids Dash | [register online](#)
- 7 [Run To Break The Silence](#) | ABQ, NM | 20K, 10K, 5K, Kids Run | [active.com](#)
- 13 [Billy Mills 50th Anniversary 10K Gold Run](#) | ABQ, NM - SIPI | 10K Run, 3K Run, 1K, Toddler Dash
[active.com](#) [entry form](#) [contact Race Director](#)
- 13 [For the Health of It!](#) | Taos, NM | 10K Run, 5K Run, Walk, Fun Run | [register online](#)
- 20 [Heart Health 5K Run](#) | ABQ, NM | 5K Run, 1M Fun Run/Walk | [register online](#) [entry form](#) [flyer](#)
- 20 [Angel Fire Endurance Races](#) | Angel Fire, NM | 25K, 50K, 50 Mile, 100K, 100M trail races | [register online](#)
- 21 [Mission Valley Duathlon](#) | El Paso, TX - Tigua Recreation & Wellness Center | 5K run – 20K bike – 5K run
- 21 [JCC Father's Day Run](#) | ABQ, NM | 5K Run | [active.com](#)
- 21 [Cherry Garcia Run](#) | ABQ, NM | 10K, 5K, Kids K | [active.com](#)
- 21 [Butterfly Run](#) | Pueblo of Pojoaque, NM | 10K Run, 5K Run, 1M | [register](#)
- 27 [Tooth Fairy 5K](#) | ABQ, NM - Sagebrush Church | [active.com](#)

JULY

- 4 [Run for Orphans](#) | ABQ, NM - ABQ Academy XC | 5K Run/Walk, Kids M | [nmsportsonline](#) [active.com](#)
- 4 [4 Miler on the 4th](#) | ABQ, NM - Mariposa Basin Park | 4M Run/Walk | [racesonline](#)
- 4 [UFO Museum Alien Chase](#) | Roswell, NM | 10K Run/Walk, 5K Run/Walk | [active.com](#)
- 5 [Narbona Pass Classic](#) | Tohatchi, NM - Chuska Mtns | 10K Run, 5K Run, 5K Fitness Walk, Kids Run
[active.com](#) [download entry form](#)
- 5 [Las Vegas Fiesta Memorial Run](#) | Las Vegas, NM | 10K run, 5K run/walk, Kids Run
- 11 [Run for Los Ninos](#) | Santa Fe, NM - Tancho Viejo Plaza | 10K Run, 5K Run | [active.com](#) [download entry form](#)
- 12 [Women's Distance Festival](#) | ABQ, NM - SIPI | 5K Run, 5K Walk, Kids K | [active.com](#) ***** CLUB RACE *****
- 12 [Chunky Monkey](#) | ABQ, NM | 10K, 5K, Kids K | [active.com](#)
- 19 [Live, Love, Tri](#) | Rio Rancho, NM | Women-only triathlon | [racesonline](#)
- 25 [Ruidoso Grindstone Trail Runs](#) | Ruidoso, NM | 8.5M, 4M | [register online](#)
- 25 [Color Vibe Run](#) | Santa Fe, NM - Santa Fe Downs | 5K color run | [register online](#)
- 25 [Sun City Splash & Dash](#) | El Paso, TX - Ascarate Park | For kids 7-15 years old: Swim + Run
[NM State Parks Series](#)
- #3 25 [Sugarite Canyon State Park](#) | Raton, NM | Marathon, Half Marathon, 5K | [active.com](#) [download entry form](#)
- #4 26 [Eagle Nest State Park](#) | Eagle Nest, NM | Marathon, Half Marathon, 5K | [active.com](#) [download entry form](#)

AUGUST

- 1 [NMAA Foundation Fun Run](#) | ABQ, NM - ABQ Academy | 5K Fun Run/Walk, Kids K | [register online](#) [download form](#)
- 1 [Taos Ski Valley Up & Over Trail Run](#) | Taos, NM | 10K Trail Run | [active.com](#)
- 1 [Kennebec Mountain Run](#) | Durango, CO | 15M Trail Run | [runsignup](#)
- 2 [La Luz Trail Run - 50th Annual](#) | ABQ, NM - Sandia Mtns | 9 Mile Uphill Trail Run | ***** CLUB RACE *****
- 8 [Resilience Run](#) | ABQ, NM - | 10K Run (Indiv/Team), 5K Run (Indiv/Team), 5K Fun Walk, Kids K | [entry form](#)
- 9 [Rio Grande Half Marathon](#) | ABQ, NM | Half Marathon, 5K Run/Walk | [active.com](#)
- 15 [Run for Vision 2015](#) | Rio Rancho, NM - Rust Medical Ctr | 5K Run/Walk, Kids Run, Car Show | [active.com](#)
- 15 [ClimAXS Challenge Adventure Run](#) | Glorieta, NM | 5-10 K Trail Run with Obstacles | [register](#)
- 22 [To Catch a Crook Fun Run](#) | ABQ, NM - Balloon Fiesta Park | 5K Fun Run/Walk | [runsignup](#)
- 22 [Sacramento Survivor Challenge](#) | Sacramento, NM | Obstacle Course, 10K Trail Run, 5K Trail Run | [active.com](#)
- 23 [Hero's Run for All Faiths](#) | ABQ, NM - Mesa del Sol | 15K, 5K, 1M Fun Run/Walk | [register online](#)
- 23 [Run By The Rio](#) | ABQ, NM - Hispanic Cultural Ctr | 10K Run, 5K Run | [register online](#)
- 28 [Hoof It To Happy Hour 5K](#) | ABQ, NM - Balloon Fiesta Park | 5K Run/Walk | [active.com](#)
- 30 [NM Dam to Dam Run](#) | ABQ, NM | 10K, 5K, Kids K | [active.com](#)