



ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

Vol 30, No 7

DECEMBER 2013

Come to the ARR Annual Party !

**Friday, December 20 - 6:30 pm
at the home of Katie & Pat Abbott**

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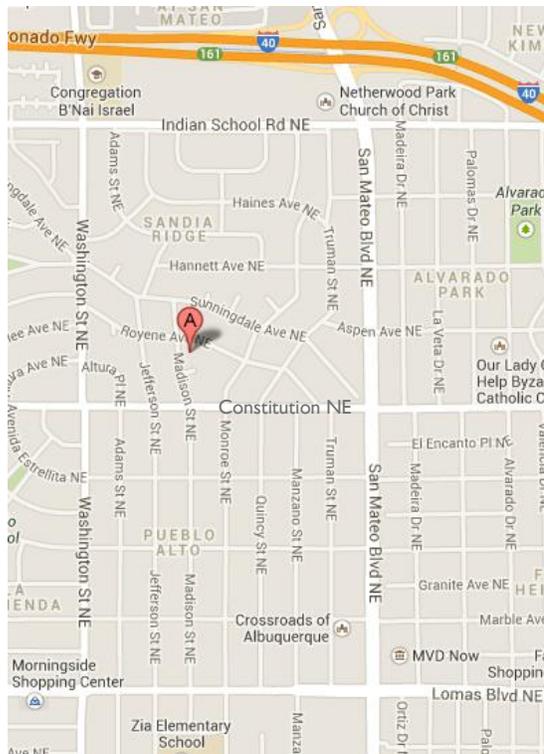
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Please join ARR and hosts Katie and Pat Abbott on Friday, December 20th, starting at 6:30 pm for our club's major social event — the Annual End-of-Year Party! We'll eat and drink, and celebrate the season, and enjoy the camaraderie of fellow members. Mark the date now on your calendars!

The Club will provide main dishes, green salad, and bread for the meal. We invite you to bring a variety salad, side dish, or dessert to help round out the meal.

We'll supply soft drinks, coffee, and water. You may provide adult beverages of your choice.

LOCATION
1024 Madison St NE
Albuquerque, NM 87110
268-7237



GIFTS!

FOOD!

DRAWINGS!

IMPORTANT !!

**We will elect 2014
Officers and Directors
at the Annual Party.**

**Please turn to page 4
for details about the
elections —
the positions, who's
running, who can run,
who can vote.**

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	aces@abqroadrunners.com	
	Rodger Sack	270-1613
ADVISORY	advisor@abqroadrunners.com	
	John Farrow	
ADVISORY	pastpres@abqroadrunners.com	
	Wendy Wiggins	

CONTACTS

VOLUNTEERS	volunteers@abqroadrunners.com	
	Nicole Buerger	299-2608
NEWSLETTER		
	Glenda Muirhead	vp@abqroadrunners.com
MARKETING COORDINATOR		
	Michael Dunn	marketing@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, December 4, 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 quarterly by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Deadlines for submissions are the 25th of February, May, August, and November.

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

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

Hi, Team!

Well, this will be my last "Letter from the President" submission. I've been procrastinating on this one because there is much to say but little space to do it in :)

When I first started my term, I was one of two co-presidents. Much changed in the course of the last two years, and I completed the term as sole president. I must say that my original goals also changed as time went on, partly because of the major task of co-chairing the 2013 RRCA National Convention last May. Wasn't that an experience?! (But it did bring in additional revenue for the Club!)

These two years have brought new policies for ARR. We expanded the board to have more voices making important decisions, allowing key volunteers, such as membership coordinator, to have a voting right on the board. We continued to add members via Women In Training and the Duke City Marathon Expo. We also started a walking program with our first-ever Walking Coordinator, Tammy Remiker. You have all helped make ARR a bigger, stronger club. Thank you. The club still has much to accomplish, and I'm sure that ARR's leadership will continue in these positive directions.

I'm humbled and grateful that you, the membership, had the confidence to elect me as president two years ago. The person in this role serves as the main point of contact for the club, but can't possibly do everything the club needs. I feel that Glenda Muirhead (VP) is a backbone of the ARR administration. In my moments of weakness, Glenda was there to listen and to help. I would not have been able to do it without her. I realize that there are many other volunteers who make ARR the club that it is, but when it comes to club management, she is a true asset. I'm sure many would agree. Thanks, Glenda.

What's next for me? Well, I've had some major life changes in the last few months (during and after the convention) and I need to spend much more time with my wonderful husband, Don, and to focus on my new career.

Of course, I won't be able to keep myself away from volunteering. I'm already in the process of submitting an application for the first chapter of W.O.W. in the state of New Mexico. W.O.W. stands for Women On Wheels. It's a national non-profit organization whose mission is "to unite all women motorcycle enthusiasts for recreation, education, mutual support, recognition, and to promote a positive image of motorcycling." In addition, "Team Have a Heart" will be growing and continuing to help with community efforts.

Thank you, Don, for being my biggest supporter during these last two years. I love you very much. Without your support I would not have been able to make it through.

Hasta Luego, Team!!! Keep up the good work.

Martha



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

NEXT MEETING: Wednesday, December 4 7:00 pm

Please join us for our final monthly meeting of 2013. Help welcome new members and visitors and do a little socializing!

Following the vote on the Bylaws Amendment (see below), our guest speaker will be David Salazar, founding member and coach of the New Mexico Track Club, and long-time local runner *extraordinaire*. David will speak about and demonstrate dynamic stretching for pre-run warm up, and static stretching for post-run cool down. If space permits, we can practice the moves ourselves. Learn how to improve your running form!

Meet some of the candidates for the December 20th election of 2014 officers and directors.

Hope to see you there!

VOTE ON AMENDMENT ! ... at ARR's December 4 Meeting

The Board of Albuquerque Road Runners Club has proposed an amendment to the organization's Bylaws that would change the month when we elect Officers and Board Members, and change the start and end dates of their one-year terms. Our current bylaws call for elections to be held in January, with terms running from March 1 until the last day of February of the next year. *The Board proposes that we amend the language to read:*

BYLAWS OF THE ALBUQUERQUE ROAD RUNNERS CLUB

V. Management and Government

A. ...

2. Elections for **association officers and Board Members** shall be held annually **during December** with terms beginning the following **January** as specified in section (3).

3. Term of office shall be **one year from January 1 through December 31** of the same year. Offices vacated by resignation or death shall be filled as soon as practical and shall expire on the last day of **December**.

Please attend the meeting to VOTE on this AMENDMENT!

As required by our Bylaws, 14-day advance notice of this action was given via Constant Contact email on November 19 to members of record.

ELECTION TIME ! ... at ARR's Annual Party Dec 20

It's time to elect our 2014 Officers and Board Members — please attend and make your vote count! This announcement serves as your 14-day notice of scheduled electoral vote. If you cannot attend but wish to vote, you are entitled to submit an absentee ballot mailed to the Club's post office box.

At present our election slate consists of the following candidates for the designated positions:

PRESIDENT	Gwen Walker
VICE PRESIDENT	Glenda Muirhead
SECRETARY	Lisa Johnson
TREASURER	Joyce Fafard

AT LARGE DIRECTORS:

RACE DIRECTION/EQUIPMENT	Rodger Sack
MEMBERSHIP	Anna Williamson

All of these positions are open to nominations from the floor — you may nominate yourself or a willing fellow member to serve in any of these positions for one year (January-December 2014).

A third At-Large Director (Advisory—carries no vote except in case of a tie) may be selected by the Board at their first meeting following election. This position is open to all members in good standing. If you feel you possess experience useful to governing the club, please make your interest known to the new [President](#) prior to the first scheduled Board meeting in 2014. Presently, interest has been expressed by current At-Large Advisory Director Wendy Wiggins.

NOTE: To qualify for election to a position of leadership with Albuquerque Road Runners Club, you must be a "member in good standing [i.e., dues-paying] for a period of 30 days prior to election." The same stipulation applies to your right to vote in this election.

ARR Member Tidbits

Ian Maddieson Honored

We know Ian Maddieson as our Club's Ultras Rep, as an Arkansas Traveller 100 participant and *aficionado*, and as our sometimes "Skinny Santa." Professionally, Ian wears another hat: he is Adjunct Professor in the Department of Linguistics at the University of New Mexico. Recently he has been named a Fellow of the American Association for the Advancement of Science (AAAS). Election as an AAAS Fellow is an honor bestowed upon members by their peers. Ian is one of 388 members who will be honored in Chicago next February during the group's annual meeting.

— Thank you to Dick Harris for this notification

Member Milestones

Ken Gordon and Margaret Ochs were married.
Tim Koehler and Thao Le welcomed their first child—a daughter.
Jackie Calguire and Stephen Malone were married.

Volunteer Awards Banquet to be held in January

In recognition and appreciation of the many ARR members who devote scores of hours volunteering, we host an annual banquet honoring their contribution to Club management, races, and events, and to community races and events also.

If you have volunteered for your Club during 2013, please watch for an invitation (via mail or email) to the 2013 ARR Volunteer Banquet in January 2014. We will welcome you to the Church Street Café in Old Town on Saturday, January 11, or Sunday, January 12 (TBD) for an evening of awards...and Mexican food!

We will induct some honored members into the ARR Volunteer Hall of Fame, and present a gift to everyone who attends. There will be drawings for prizes as well.

As it is sometimes difficult to keep track of everyone who has come out to help during the year, please let us know if you have **not** received your invitation by January 1st. (Contact [Glenda Muirhead](#) 505-293-5122.)

HANDICAPS EVENTS

RECAP

BEAR CANYON Handicap November 17, 2013

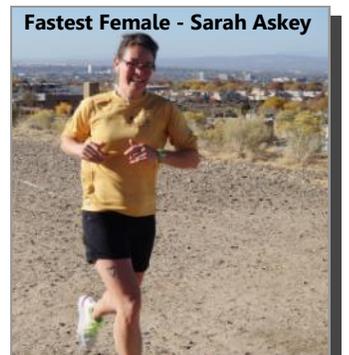
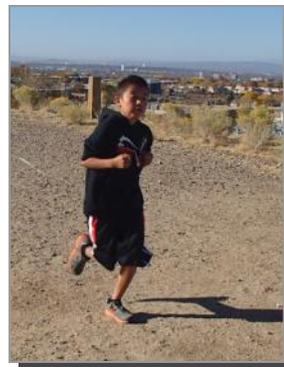
The first run of the 6-month handicap series for 2013/2014 was held on Sunday, November 17, and was hosted by Glenda and Dennis Muirhead. The run was a 3.5 mile loop around the lower part of Bear Canyon and was held almost entirely on trails. We had a good turnout for a chilly, breezy morning and there were many first time handicappers there, which was great. Melani Buchanan Farmer and her friend Kathy Goeveling were the winners of the race. They ran together the whole time and crossed the finish line together, just ahead of the rest of the competition.

After the run, we headed over to the Muirheads' house where there was a feast! It was very fitting for a Thanksgiving-time handicap. There were doughnuts, casseroles, and a wonderful soup that Dennis made that really hit the spot. We did some random drawings for prizes and visited with our fellow runners. A good time was had by all!

— Shannon Zanelli, Handicaps Coordinator

November Handicap Results

Points	Name	Notes
26	Melani Buchanan Farmer	Handicap Winner!
25	Kathy Goeveling	Handicap Winner!
24	Natasha Arnold	
23	Dave Arnold	
22	Meredith Eddy	
21	Teresa Hopkins	
20	Stephen Malone	
19	Ellen Hatch	
18	Sarah Askey	Fastest Female
17	Jackie Calguire	
16	Fred Bonnell	
15	Neil Galvez	Fastest Male
14	JoAnna Johnston	
13	Colleen Burns	
12	Chuck Fuller	
11	Danielle Frabutt	
10	Kathy Riley	
9	Kacey Bielek	
8	Andrea Schoellkopf	
7	Wendy Wiggins	
6	Chris Hopkins	
5	Kerry Houlihan	
5	Coren Anderson	
5	Jacob Hopkins	
5	Ruth Larson	
5	Thalia Hopkins	



HANDICAP EVENTS

UPCOMING

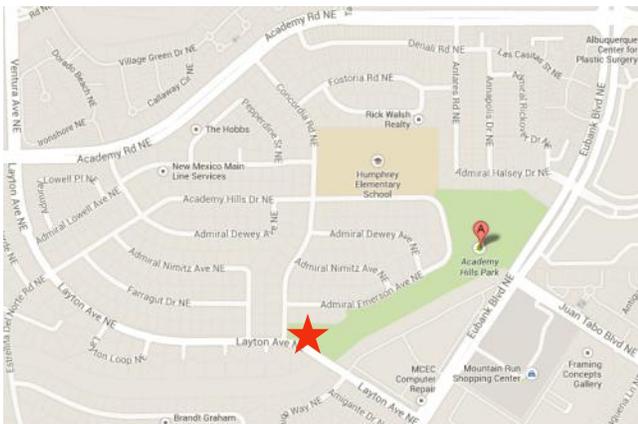
ACADEMY HILLS Handicap December 15, 2013 8:30 am

Please join us for the second run in the handicap series, coming up on Sunday, December 15, at 8:30 am at Academy Hill Park. This event will be run with a partner – each of you will run a one-mile loop around the park, alternating runners (you will do this 3 times). If you don't have a partner, we'll pair you up with someone so please don't let that stop you from coming out to participate. Bring a dish to share for a potluck at Shannon Zanelli's house afterwards.

— Shannon Zanelli, Handicaps Coordinator

DIRECTIONS:

Academy Hills Park is located where Juan Tabo Blvd and Eubank intersect. The handicap run will start at the southern end of the park, at Layton and Concordia NE (red star on map).



UPCOMING

PLACITAS Handicap Sunday, January 19, 2014 9:00 am

Once again, David and Katherine Wilson will host the January Handicap in Placitas, called "The Run and Eat Biathlon." It includes a potluck brunch at the Wilson house afterward.



The race route, as always, is dependent on the footing conditions. Last year it included a run through Placitas village; the year before it involved running up to the Tunnel Springs road and back on Route 165. The distance is always 4 miles, plus or minus, and might include some trail running. It is never flat!

After the run, the eating half of the Biathlon takes place. If you don't set a PR in the run, you can surely achieve one in the eating part! If you want to contribute, bring along some favorite dish or beverage to share.

DIRECTIONS:

To get to the start of the race, go north on I-25 and get off at exit 242 (the northern of the two Bernalillo exits). Go east (right) toward the mountains. This is Route 165. Go about 5.5 miles, and on the right look for a guardrail, some mailboxes, and a small turning lane onto Camino del Rincon Colorado. There will be some kind of sign indicating the race. Follow the signs to Camino a las Estrellas (#32). You can call us at 554-2337 at any point when you are lost.

— David Wilson, Handicap Host



REPORT

ADOPTED TRAIL CLEANUP

November 9 - 8:30 am

You all know about the Club's "other" adopted trail, right? Besides the famous and popular La Luz Trail, that is. It's a section of the bike/pedestrian trail along Unser Blvd between Western Trail and Dellyne. The Club's Adopted Trail Coordinator, Dick Harris, schedules a cleanup morning every six months so we can do our civic duty and help beautify a piece of Albuquerque!

The most recent cleanup event took place on Saturday, November 9, and the following Albuquerque Road Runners volunteers each put in an hour or two picking up litter and debris on both sides of the paved path, and even into the busy roadway where a large plastic tub had broken into many, many little pieces.

Dick Harris, Coordinator
Mike Donovan
Fred Bonnell
Glenda Muirhead
Dennis Muirhead

Eight large trash bags of litter, a pillow, a five-foot section of hard plastic molding, and a roughly 4-foot-square section of styrofoam were collected for pickup by the Solid Waste Dept.

Thank you to all of these volunteers for their efforts — the trail looks great! In another six months (which would be sometime in May 2014), watch for notice about the next scheduled clean-up day — come on out and help! Dick brings the bags and tools...and snacks and water too!



Dennis Muirhead targets trash amidst the four-wing saltbush.



Mike Donovan tackles a tumbleweed morass to collect litter.



Fred Bonnell deftly demoes the first of many trash bags he filled at trail clean-up.

Member Updates

RENEWED

Benjamin Anderson
 Darrell Armstrong
 Matt Armstrong
 Chris Armstrong
 Sean Armstrong
 Lynn Armstrong
 Dave Arnold
 Natasha Arnold
 Eric Biedermann
 Laura Biedermann
 Linda DeBuck
 Rob DeBuck
 Kevin Dermody
 Christine Ford
 Danielle Frabutt
 Sherry Galloway
 John Gibbons
 Kathy Gorospe
 Bill Hensley
 Gail Leedy
 William Jewell
 Ian Maddieson
 Caroline Smith
 Michael McAllister
 Olivia Medina
 Mike Hasselbeck
 Michael Milone
 Sheri Milone
 Karen Nordquist
 Irene Nordquist
 Helen Nordquist
 Doug Nordquist
 Vange Pena-Jenks
 Tammy Remiker
 Barbara Riedl
 Rick Scott
 Roger Squires
 Barry Stone
 Monique Stone
 Nancy Thomas
 Jane Thompson
 Edward Trzcienski
 Connor Trzcienski
 Morgan Trzcienski
 Lee Ann Trzcienski
 Jim Weddell
 Jon Wegener

NEW

John Austin
 Geine Austin
 John Dorso
 John Dziak
 Laura Eby
 Mitchell Eby
 Brian Eby
 Stephen Forney
 Robert Hilmer
 JoAnna Johnson
 Martin Jones
 Charles Knight
 Matthew Liaw
 Michael McIntyre
 Mark Narvaez
 Ruby Olivas
 Keith Pinckard
 Gino Pokluda
 Linda Pokluda
 Jeff Puterbaugh
 Sandra Rendel
 Karen Rogers
 Scott Roznowski
 Erik Spoerke
 Dominic Stanley
 Maleah Montano
 Jayden Montano
 Jordin Stanley
 Alicia Garley
 Matt Stelble
 Ann Stevenson
 Derek Surka
 Charrissa Lin
 Irene Terronez
 Nadine Waslosky

THE HALF-FAST LANE

by John Farrow, ARR Board Member

The Old Square Piano

What do we do when tragedy strikes, when we have to deal with the unthinkable? When terrorists struck on September 11th, unsung heroes came forward in New York and Washington to lead others to safety while others fought back in a doomed airliner over Pennsylvania.

None of this should be at all surprising. It has always been my belief that at their core, most people are good people who can be counted on to do what needs to be done in the face of adversity.

In my grandmother's house there was an old square piano. It was not square, really, but more rectangular. It was so massive it took my father and several of my uncles to move it just a few inches for cleaning.

It had been in the family for longer than anyone knew and was moved to Texas from Louisiana when my grandmother married my grandfather in 1910. My mother learned to play on it as a young girl. By the time I took to banging on its chipped and discolored keyboard, it was badly out of tune and several of the keys would no longer play.

The old square piano had always been at the far end of the dining room. It presided over many a happy occasion during holidays and homecomings, but it had seen its share of grief, too. After I found a notebook of family stories that my grandmother had written down, its mute testimony always reminded me that out of the darkest of times, good will prevail.

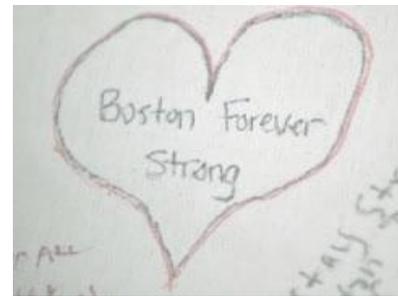
That notebook was the product of a summer my grandmother spent with her mother back in Louisiana before I was born. As they worked around her house, stories of times past came tumbling out that my grandmother knew needed to be written down.

Most poignant was of an incident that occurred at that house during the last winter of the Civil War, when my great-grandmother was ten years old. It seems there were both Union and Confederate troops around the house and her mother, my great-great-grandmother, was giving what food they had to Union soldiers out one door and to Confederates from another door on the other side of the house. The war was still in progress but by then there was no fighting in that part of Louisiana as everyone was simply trying to survive as they waited for the war's end.

One Confederate soldier did not have a shirt, let alone a coat. Even in Louisiana, winters can be cold and he was shivering as he sat in the snow. Without a thought, the cover came off the old square piano and, in the words of my great-grandmother, "Mama made that boy a shirt." But everyone got a laugh, too – the cloth was imprinted with large, bright red flowers.



And so it has been in times of crisis, good people have come forward. They do what they can in the face of natural disasters and in times of civil unrest. At the Boston Marathon finish line earlier this year, they came streaming out of the stands to aid the injured and rush them to the medical tent.



How does the running community get past the terror and tragedy at the Boston Marathon? Certainly there will be an exhaustive investigation, a lengthy trial for the surviving accused, and more years as the case winds through the appellate courts. But focusing on the past in this way offers little for those whose lives have been unalterably transformed, who now must learn to walk again on artificial legs.

Rabbi Harold Kushner of Natick, through which the Boston Marathon passes in its tenth mile, is the author of *When Bad Things Happen to Good People*. He has suggested moving from focusing only on the past with its pain and sorrow and blame, of trying to make sense of something that makes no sense. Better instead to look to the future and what can yet be done. Only in the future, he says, can we hope to impart some meaning to the senselessness over which we have no control.

Runners are a breed unto themselves, able to endure much towards a greater goal. But we should not lose sight of the fact that life is for the living and for life to go on purposefully is what we most want – and need – more than anything.

The old square piano — shelter from the cold, shelter for the soul.

ARR Newsletter Evolution Results of the Newsletter Survey

by Glenda Muirhead, ARR VP

This summer, we changed the Club's Newsletter to a quarterly publication instead of monthly, and some members have voiced dissatisfaction with that. The decision to go quarterly was made because not even half of our members look at the newsletter. We know this because Constant Contact provides statistics about how many **open the email** containing the link to the newsletter, and how many then **click through to actually read the newsletter**. Here are data from the three most recent issues:

May Newsletter	emailed on April 29	to 339 addresses	opened by 198	clicked by 112
June Newsletter	emailed on May 31	to 372 addresses	opened by 223	clicked by 122
Sept Newsletter	emailed on August 30	to 362 addresses	opened by 200	clicked by 87

It is disheartening to realize that only 112 of 339 ARR members looked at the May publication, and only 87 of 362 at the September issue. We asked ourselves, "**Why are we doing this** if so few people read it?" ...and "**What are we doing wrong that so few people read it?**" So at the end of September, we asked ARR members to complete a survey about the Club's Newsletter. There were 46 replies. Names were optional: 32 offered their names and 14 chose not to identify themselves.

- 9 did not know the newsletter was a member benefit and not available to the public
- 32 always read it
- 10 usually read it ~ 3 sometimes read it (of these, 5 don't have time, 3 don't find it interesting, 1 says it's too long.)
- 22 would prefer to have it emailed as a pdf ~ 16 via email with link to pdf on website ~ 2 prefer an all-digital version
- 3 would prefer to have it printed and mailed to them
- 23 think it should be published every month ~ 13 every other month ~ 9 quarterly
- 25 would like to see race results included ~ 11 don't care ~ 7 say don't include them
- 24 would like to see "member profiles" added to the newsletter

Most popular items: photos, club race information, president's message, race calendar, member articles. About half of respondents look at meeting minutes and membership updates. A few people submitted comments outside the scope of the survey, about the Club in general and Club leadership in particular. Some were complimentary, and some were far from it...it was enlightening.

Thank you to all who took the time to complete the survey. We are still weighing the results (small sample though it was) to determine where to go from here. **We still welcome your feedback.** We want the newsletter to be relevant and interesting to you, our members, because you are our target audience...actually, you're our only audience!

(Ken Gordon won a \$25 gift card to Sport Systems in a random drawing of survey respondents.)

ADVERTISEMENT



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

505.293.2RUN

www.ABQRunningShop.com

Heart & Sole

S P O R T S

NEW STUFF !

COMING IN DECEMBER

- Adidas Glide Boost
- Hoka Rapa Nui and Kailua
- New RUN New Mexico shirts
- We're stocked on cold weather gear as well.

COMING IN FEBRUARY

- Brooks Transcend

Planning an event? Contact Matt for race/event support.

Don't forget our casual shoes like Keen, Born, and Sperry !

FULL MOON RUNS

- Held every month at the height of the FULL MOON
- "ALL LEVELS" run and walk that lasts for 40 minutes (20 minutes out then back)
- Bring your kids and dogs!
- SNACKS AND PRIZES, TOO

COLD MOON

Monday, December 16 - 7 pm

Brooks rep bringing try-on shoes.

WOLF MOON

Wednesday, January 15 - 7 pm

We'll find something fun to do.

SNOW MOON

Friday, February 14

Valentine's Day and Heart & Sole's 14th Birthday Party!



check our facebook page for details!

LIKE US ON FACEBOOK: *Heart & Sole Sports, Albuquerque*

"WE SPECIALIZE IN YOU"

SELECTED AS A TOP 50 RUNNING SHOP
IN AMERICA FOR 6 YEARS



ARR Members receive 10% off shoe purchases

2817 San Mateo Blvd NE, Albuquerque, NM 87110 | (505) 884-SOLE

Open 10:00 am 'til 6:00 pm Monday through Saturday



RACE CALENDAR

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

December

- 1 Cross Country Courage Classic** | ABQ, NM - *ABQ Academy* | 5K Run/Walk, Kids K
- 7 Posole Ole 5K** | ABQ, NM - *Balloon Fiesta Museum* | 5K Run, 5K Walk
- 7 Kringle Jingle** | ABQ, NM - *Singing Arrow Comm. Center* | 12K Run, 6K Run/Walk, Kids K
- 7 Reindeer Run** | Roswell, NM | 10K Run & Walk, 2M Run & Walk
- 8 Nutcracker Run** | Rio Rancho, NM - *Aquatic Center* | 5K Run, Kids 1K, Kids 2K
- 8 Nutcracker Triathlon** | Rio Rancho, NM - *Aquatic Center* | Sprint Triathlon - Ind + Team
- 12 Jingle Bell Run** | ABQ, NM - *Old Town Plaza* | 5K Run & Walk - solo or team **[NO RACE-DAY REGISTRATION]**
- 14 Festivus 5K for the Rest of Us!** | ABQ, NM - *ABQ Academy* | 5K Run
- 14 HITS Endurance Festival** | Austin, TX | Sprint Duathlon; Marathon, Half Marathon, 10K Run, 5K Run, 1M
- 15 Sagebrush Shuffle Ultra** | Vado, NM | 9 Hour Run
- 21 Faralito Trail of Lights 5K** | ABQ, NM - *SIFI* | 5K Run/Walk, Kids K

January

- 1 Egg Nog Jog** | ABQ, NM - *Los Poblanos Open Space/Anderson Field* | 5K Fun Run/Walk (untimed)
- 18 The Pajama People Pizza Run** | ABQ, NM - *ABQ Academy* | 5K Fun Run
- 18 Sandia Mountain Snowshoe Race** | ABQ, NM - *Sandia Crest* | 5K Snowshoe Trek | **register at REI Dec 1, 2013**
- 18-19 Chama Chile Ski Classic - 41st Annual** | Chama, NM | Freestyle & Classic Style Races, Snowshoe Race
- 25 Polar Bear Winter Dash** | ABQ, NM - *ABQ Academy* | 5K Run - Individual + Team
- 26 Biggest Loser Half Marathon & 5K** | Las Cruces, NM | Half Marathon, 5K, Kids 1M

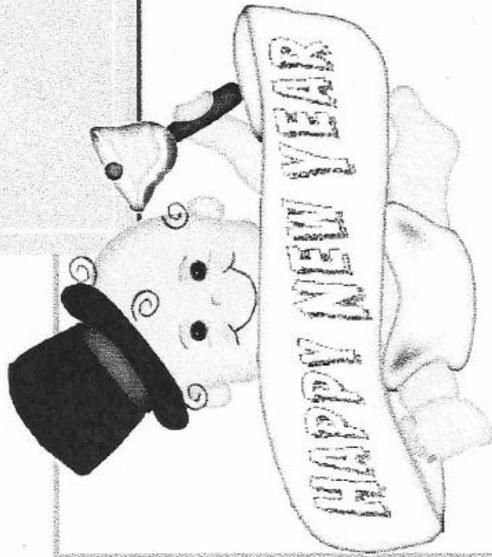
February

- 2 Superbowl Touchdown For the Homeless** | ABQ, NM - *Valley High School* | 10K, 5K, Kids K
- 8 Cupid's Chase** | ABQ, NM - *Balloon Fiesta Park* | 5K Run/Walk - Solo, Team
- 8 Cupid's Chase** | Santa Fe, NM | 5K Run/Walk - Solo, Team
- 9 NM Sweetheart Run** | ABQ, NM - *Bosque School* | 10K Run, 5K Run, 5K Mixed Couples, Kids K
- 15 31st Annual Mt. Taylor Winter Quadrathlon** | Grants, NM | Solo, Teams, Pairs, Kids

March

- 1 Albuquerque Zombie Run** | ABQ, NM | 5K Run
- 15 Blacklight Run** | ABQ, NM - *Balloon Fiesta Park* | 5K Run
- 16 Shamrock Shuffle** | Rio Rancho, NM | 10 Mile, 10K, 5K, Kids K
- 29 Run or Dye 5K** | Farmington, NM | Solo 5K, Team 5K
- 29 Small Steps Spring Sizzler** | ABQ, NM - *ABQ Academy* | 10K Run, 5K Run, 1K Run
- 30 The Color Dash** | Rio Rancho, NM - *Santa Ana Star Center* | 5K - Individual/Team/Family

HAPPY NEW YEAR!



Egg Nog Jog

2014

Wednesday January 1, 2014
at High Noon (12:00pm)
on Grecian just West of 4th St

For more information call
Alan Overmier 321-2171

This event is dedicated to

Gil & Carolyn Duran

Bring a Vintage EggNogJog
t-shirt that I don't have and you
could get 10 bucks for it!

hint: pre 2000 is best

Mail in registration to Alan Overmier
309 14th Street SW 87102

or register on-line at www.Active.com

Checks payable to Alan Overmier

Mail-in deadline Dec 26th

Name: _____

Address: _____

Phone: _____

Shirt size: _____ small _____ medium

_____ large _____ X-large

Waiver: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against "Egg Nog Jog" and/or AlanOvermier and/or any other organizers or volunteers or sponsors, their representatives, successors, and/or assigns, of the "Egg Nog Jog", for any injuries or damages I may sustain as a race participant on January 1, 2014. I give race officials, organizers, or volunteers permission to obtain medical aid for me should I, in their judgement require it. I understand that volunteer first aid assistance may or may not be available at the "Egg Nog Jog", and I agree that such volunteer medical assistance may be rendered to me.

signature _____ date _____

signature of parent or guardian if under 18 years date _____

**This run was started by
Alan in 1984! Gil Duran
took over from 1990 to
2012. Alan now has the
honor of carrying on this
great Albuquerque tradition!**

Start your New Year right!

Run or Walk the 5 K course