



ARR NEWS



Running New Mexico - the Land of Enchantment!

VOL. 29, NO. 4 MAY 2012

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Los Tortugas Groupie Flashes Crowd

By: Jane Thompson

Applause and cheering followed team Los Tortugas to the stage to accept their first place major award in the Handicap Division in the 25th running of the River to River Relay in southern Illinois.

Was the acclaim in recognition of their 5th first place finish in nine years? No, it was for one of the team groupies flashing the crowd with his official Los Tortugas t-shirt!

Following a day perfect for running (not so much for spectating) Los Tortugas again bested 42 other teams (out of a total of 248 starters) to win the time-adjusted division of the River to River Relay.

Completing the 80 mile course of rolling hills from the Mississippi to Ohio Rivers in 10:08:01, this year's team of Larry Ruggles, Dennis and Glenda Muirhead, Shannon Zanelli, Kathy Kirsling,

BobMcNeill, Jane Thompson and Jean Herbert bested their predicted finish time by 33 minutes.

The final adjusted time of 7:07:46 easily beat the second place team by nearly 30 minutes – a much more comfortable lead than the 13 second margin of victory in 2010.

“It was a blast! I had so much fun!” commented first-year member Shannon Zanelli. “The time really flew by. Our energy was high and we ran like a well-oiled machine! I really enjoyed running the relay and how everyone cheered the runner as the van passed by on the way to the next exchange. I have run other events where after the first exchange, no one gets too excited.”

Of course, there were some “senior moments” such as when doing the ritual head count before leaving for the next exchange area, the driver panicked when Larry was not in the van. Well, he was running! A discovery of a senior coffee deal (27 cents) at McDonald's was a humbling experience in that no one was carded.

The 2012 event was special in that there were no major disasters with plane delays, weather, dropped batons, injuries or infections. The bad karma spell that had been cast on Kathy Kirsling in previous years was broken.

Charlie's Angels was again relegated to 4th place. The runner from one team who told Larry he was going to “put him away” on the first leg was never a factor again – it's the TEAM they needed to crush! Another team thought they were going to “catch that girl (Kathy) in the last mile” but never did. Teams asking our secret finally figured out that “lots of women” was the key and that they would “have to move to Albuquerque to find some women.”

Los Tortugas' growing cadre of groupies included the flasher and his wife who had driven 200 miles to see us finish (they are actually old friends of Bob), a student from Quito, Ecuador and our

Los Tortugas continues on pg. 13

ARR Officers & Contacts

Co-President Martha Porter 350-1478
president@abqroadrunners.com
Co-President Wendy Wiggins 822-6340
president@abqroadrunners.com
Vice President Glenda Muirhead 293-5122
vp@abqroadrunners.com
vicepresident@abqroadrunners.com
Secretary/Profiles Jane Thompson 459-0769
secretery@abqroadrunners.com
Treasurer Richard Knapp 796-0292
treasurer@abqroadrunners.com
Membership List Ed Zanelli 822-5006
membership@abqroadrunners.com
Membership Cards Rolf Engleman 296-8605
cards@abqroadrunners.com
Race Results Kelley Garcia 235-7859
results@abqroadrunners.com
Promotions
Coordinator Beth Davenport 473-4548
promotions@abqroadrunners.com
Volunteer Coordinator
Nicole Buerger 299-2608
volunteers@abqroadrunners.com
Newsletter Editor Holly Palmer 899-9551
newsletter@abqroadrunners.com
editor@abqroadrunners.com
Webmaster Greg Henneman
webmaster@abqroadrunners.com

Note: Club meetings are held on the 1st Wed.
of each month. (Unless otherwise noted.)

Next Meeting:

7:00 p.m.

Wednesday, May 2, 2012

@ Straight Up Pizza,

Corner of Wyoming/Burlison, NE;
across from ABQ Academy

Membership Renewal

Watch your mail for notification if your membership is due to expire

ARR NEWS

ARR News is published monthly (skipping only January) by the Albuquerque Road Runners. Contributions are always welcome. Deadline for articles, ads and race results is the **20th** of the preceding month. Submissions may be emailed to Holly Palmer at newsletter@abqroadrunners.com

President's Corner

By Wendy Wiggins, ARR Co-President



H

ello fellow Road Runners!

Spring has sprung and so have a bunch of races and programs.

This month we had a very successful inaugural Cedro Peak Ultramarathon. Thank you to all the volunteers who made this a tremendous success and thank you to all the people who attended. It was a sell-out crowd!

Then, last month, Kathy Kirsling hosted the very last in the six month series of handicaps. Thanks Kathy for hosting another successful handicap; and thanks Shannon for putting together another successful series.

The winner for this series was Jeremy Palmer.

Members: these handicaps are free events to the membership and one of the perks of being in the Club. If you have not tried one yet, come on out in the fall when we start our next series. I like them because slower people start first and it really feels good to be running ahead of a faster person :)

We are also getting ready to kick off the 19th annual Women In Training Program. We are very excited to be partnering with Fleet Feet and hope we will have many years of success.

On Thursday, April 26th we held a gear check night, meet and greet, pre-registration, and orientation at 6:00 pm at Fleet Feet. Then, on Saturday, April 28, it all began. We'll be varying the running routes around town. Albuquerque has many nice running routes and we want to share those with the ladies of Women In Training.

Keep on chugging!

Martha Porter
Co-President of the Albuquerque Road Runners
(505) 350-1478



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

Visit us online at www.abqroadrunners.com



The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD

Chocolate and Your Sports Diet

Chocolate—Is it a bad food for runners, an addictive drug, and the instigator of dietary disasters? Or is it a health food, dieter's weight loss aid, and effective recovery food for tired, hungry athletes?

I vote for the latter! Personally and professionally, I like to think of chocolate (in moderation, of course) as one of life's pleasures. Here is some research that might be of interest to active people who love chocolate.

Chocolate Cake—for Breakfast?

Chocolate cake for breakfast enhances weight loss. Really? Yes, according to researcher Prof. Daniela Jacobowicz (1). The subjects were 193 obese, non-diabetic adults who ate either a 300-calorie low carbohydrate breakfast or a 600-calorie breakfast that included protein plus chocolate cake (or another sweet dessert). Both groups were instructed to eat the same amount of total calories: 1,400 for the women and 1,600 for the men. In the first 16 weeks, both groups lost an average of 33 pounds per person. But in the second half of the study, the no-cake group had poor compliance and regained an average of 22 pounds per person while the cake-eaters continued to lose another 15 pounds each. By 32-weeks, the cake eaters had lost about 40 pounds more than their peers.

Prof. Jacobowicz noticed that those who had cake for breakfast had fewer cravings for carbohydrates and sweets later in the day. By frontloading their calories, they were less hungry and less likely to stray from their food plans. They had curbed their cravings for sweets and treats, in comparison to the group that ate the smaller breakfast.

So what does this research mean for you, a hungry runner?

- 1) Eat a satisfying breakfast that leaves you content. Do not stop eating breakfast just because you think you should.
- 2) If you want a treat, such as chocolate cake, enjoy it earlier in the day, as opposed to indulging at 9:00 p.m. when you are tired, too hungry, and lack the mental energy needed to stop yourself from overeating. Think of it as having dessert after breakfast instead of after dinner.
- 3) Even on a weight reduction diet, you should eat what you truly want to eat, without deprivation of your favorite foods. Otherwise, you'll end up doing "last chance" eating. (You know, "I just blew my diet by eating cake, so I might as well keep eating it because this is my last chance before my diet starts again...")

Note: Even runners with diabetes can substitute chocolate cake for grains at a meal without creating blood glucose problems. Just eat the cake instead of—not in addition to—the grains! (2)

Dark Chocolate—a "Health Food"?

It's not a secret: a candy bar contains primarily nutrient-poor calories from sugar and fat. For example, a Hershey's Bar (43 g) contains 210 calories—of which 46% are from sugar, 55% from fat. Hence, you want to enjoy milk chocolate in moderation, not in binges....

However, less-processed dark chocolate can be considered a healthier choice. Chocolate is made from cocoa, a plant that is a rich source of health-protective phytochemicals (just like you'd get from fruits, vegetables, and whole grains). Two tablespoons natural cocoa power (the kind used in baking) offers the antioxidant power of 3/4 cup blueberries or 1.5 glasses red wine. Unfortunately, dark chocolate has a slightly bitter taste and most people prefer the sweeter milk chocolate, a poorer source of phytochemicals. (We need to raise our children on dark chocolate, so they will they learn to prefer it!)

Dark chocolate also contains flavonoids, health-protective compounds found in many plant foods including tea, apples, and onions. Epidemiological surveys of large groups of people indicate those who regularly enjoy chocolate consume more of these health-protective flavonoids than non-chocolate eaters. This reduces their risk of heart disease. For example, in the Netherlands, elderly men who routinely ate chocolate-containing products reduced their risk of heart disease by 50% and their risk of dying from other causes by 47% (3). Maybe a daily (preferably dark) chocolate fix can be a good idea?

The Athlete's Kitchen continues on pg. 13

New Members

Tammy Loewe
Tammy Remiker
Yolanda Schwarz
Helen Baker
Lisa Johnson
Allison Goodspeed
Lenore Hennie
Rose Dominguez
Tracey Poffenroth---
Sara Newman
Carol Fay
Christopher Madden
Antonio Pacheco
Annie Pacheco
Jon Pershall
Thoer Peterman
Susie Rand-Weimer
Jacqueline Vargas

Renewed Members

Steve High
Craig Jessen
Nancy Kinney
James Jett
Ron Parks
Francoise Barnes
Steve Coy
Rondi Thornton
Jane Fuller
Chuck Fuller
Cheri Mechenbier
David Marjon
Deborah Marjon



ARR Weekly Runs

Sunday Morning Meet at the Trader Joe's parking lot, corner of Paseo del Norte and Ventura NE @ 8:30 a.m. for a fairly easy 4-6 mile run. Questions? Call Jane at 459-0769

Monday Morning Join Bill Baldwin, Howard Miles and Glenda Muirhead for interval training at the Manzano High School track Monday mornings at 10:00.

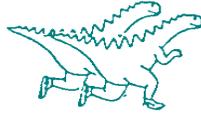
It's Back! Monday Evening Trail Run @ the Indian School Trailhead. Join Tim Koehler and others for an hour of moderately challenging trail running. This is a social trail run and all abilities are welcome! Contact Tim at 508-2995 or at trails@abqroadrunners.com

Tuesday/Thursday Evenings
An easy and relaxed running group has formed. Out & back course between 12-15 min/mile pace. Meets various places. Contact Kelley Garcia at 235-7859 for location and times.

Tuesday/Thursday Evening
Meet at 4:30 p.m. at Albuquerque Academy for a track workout. Contact Alan Overmier at 321-2171 for more information.

Wednesday Morning Walk along Tramway bike path for 1 - 1½ hours. Meet in Smith's parking lot. Please call Kadine at 291-1432 if you are planning to attend.

Wednesday Evening Trail Run—**Has returned!** Moderately challenging 4-5 mile trail run: meet @ 6 p.m. at the Michial Emery trailhead, top of Spain NE and High Desert NE. Contact Tim Koehler at 508-2995 or trails@abqroadrunners.com with any questions.



MRU's Saturday Morning Group Run Schedule

May 5	Bosque- Meet east of Rio Grande Nature Center on Candelaria
May 12	Tramway Bike Path – Meet near McDonald's at Tramway & Montgomery
May 19	Bike Path/Foothills Trail – Meet at McDonald's at Tramway & Montgomery
May 26	Bear Canyon Arroyo - Meet near McDonald's at Tramway & Montgomery
June 2	Albuquerque Academy- Meet at Hoffmantown Church parking lot
June 9	Academy Hills Park- Meet at Admiral Halsey entrance to park
June 16	Bosque- Meet east of Rio Grande Nature Center on Candelaria
June 23	Tramway Bike Path – Meet near McDonald's at Tramway & Montgomery
June 30	Bike Path/Foothills Trail – Meet at McDonald's at Tramway & Montgomery
July 7	Bear Canyon Arroyo - Meet near McDonald's at Tramway & Montgomery
July 14	Albuquerque Academy- Meet at Hoffmantown Church parking lot
July 21	Academy Hills Park- Meet at Admiral Halsey entrance to park
July 28	Bosque- Meet east of Rio Grande Nature Center on Candelaria

Runs Start at 7:30 AM

Contact Glenda Muirhead for more information, (505) 281-2925 or g.muirhead@usfamily.net
Optional breakfast after the run. Everyone welcome...all ages, non-members and visitors!

NE Corner of Montgomery & Tramway
505.293.2RUN or at www.ABQRunningShop.com





Albuquerque Road Runners Meeting Minutes

April 4, 2011

Straight Up Pizza



Call to order at 7:00 pm by co-president Martha Porter

New members: Jacqueline, Antonio Pacheco, Todd, Dave, Lorna and April

The members congratulated Mbarak Hussein on his birthday.

Guest speaker: Shane Cass, DO, spoke on plantar fasciitis including risk factors, diagnosis, treatment options. Q & A followed.

New Business

- W. Wiggins introduced M. Hussein and recognized his participation in the video the club made for the 2013 RRCA National Convention. He also spoke about the Run For the Kenyans event in May to benefit Global Health Partners Clinic in Kenya.
- M. Porter introduced Sherry Galloway who spoke on the Jeremy Paster Memorial Run on May 12 at 5:30 pm to raise funds to fight prostate cancer.
- E. Zanelli spoke on the club's attendance at the 2012 RRCA Convention in Memphis in preparation for the club hosting it in 2013.

Group Running Reports

- Ultra - Ian Maddieson reported on past and upcoming events. Cedro Peak is being hosted by the club this weekend and the field is completely full with 150 people including runners from Spain and Canada. This is a first time event.
- Half/Full Marathons - Several club members are competing in Boston this year.
- 5/10 K - Wendy Wiggins reported on past and upcoming events. Alan Overmier was recognized for coordinating the successful Forever Young in Placitis April 1.
- Trails - Tim Koehler - Bataan Death March Civilian Marathon was won by Ken Gordon, Jean Herbert won her age group. A number of other members also participated. A number of other events are upcoming. Trail runs are held on M (Indian School Trailhead) & W (Spain Trailhead) at 6 PM. T. Koehler also spoke on the recent death of ultra runner Micah True and the importance of making sure someone knows where you are running.
- Handicaps - S. Zanelli - Thanked Ken Gordon for organizing the very successful Green Dress Run. The last event of the 6 month series will be April 14 in Edgewood at K. Kirsling's home.
- Women in Training - Begins April 28 at Fleet Feet. The Women's Distance Festival is the culminating event.

May meeting will be at Fleet Feet. Straight Up Pizza is moving to a smaller space and will no longer have capacity to host meetings.

A drawing for prizes concluded the meeting.

Meeting adjourned at 8:12 pm.

Respectfully submitted,
Jane Thompson, Secretary

Women's Distance Festival!

A call for stories and past winners

By: Wendy Wiggins

New Mexico's premiere women's distance race will be on Sunday, July 15th this year. Chivalry is not dead! This year, the race director is the dashing Eric Biederman. For the first time in years, all of the women of ARR can run the race, instead of directing it, thanks to Eric. LET'S CELEBRATE!

The depth of this race is what makes it so special. Women of all ages and abilities have been participated in this race for 25 years. We would like to hear your stories about Women Distance Festival. Many of us who have been doing this race for years, have met long time friends or met a runner or walker who has touched us.

I know of two women who met at WDF over 20 years ago and still run together in the wee hours of the morning. Please share your stories, just a few sentences or longer, to inspire other women to enjoy the same moments.

Email me at president@abqroadrunners.com or facebook your stories on the ARR website.

We also would like recognize past winners to come this year. We invite the past winners to participate in the race and be recognized for their accomplishment.

Over the years, you've inspired me and all of the WDF participants to run try to run as gracefully and quickly as you.

Sunday, July 15th, Save The Date!

This will be a great year for WDF. See you all there!



THE HALF-FAST LANE

BY JOHN FARROW

Spring Training

*Well, beat the drum and hold the phone
The sun came out today
We're born again, there's new grass on the field.**

Ah, spring is in the air! The sun is shining with just a wisp of snow still on the mountains as a crack of the bat announces that baseball is right around the corner. Trees and flowers are in bloom and the air is filled with (*gasp, wheeze, cough*) pollen!

Take time to smell the roses, you say? Fine, but just remember - all those minute particles of pollen have the very real potential to make someone's life miserable.

*A-roundin' third and headed for home
He's a brown-eyed handsome man
Anyone can understand the way I feel.*

Try this - take a long, deep breath. Inhale slowly, until your lungs can't hold any more . . . and then let the air out gradually . . . ahhh! Breathing is so natural and relaxing that it's easy to take for granted.

Now try something different - run in place for a few minutes, or run down the street and back. Then put a straw in your mouth, close your lips tightly around it, hold your nose and try to breathe in and out only through the straw. Not so easy, is it? That's what it's like to have asthma, and here in what is fast becoming the allergy capitol of the country, allergy-induced asthma is something many runners deal with on a daily basis in the spring.

*So say hey Willie, tell Ty Cobb
And Joe DiMaggio
Don't say it ain't so you know the time is now.*

For millions of Americans, springtime also means struggling to breathe. And for runners, it can mean walking home only a mile or so into a run with nary a drop of sweat to show for it. On good days, the miles seem to click by dreamily and effortlessly, but on bad days, when the juniper and elm and grass pollen counts are off the scale, something as natural as breathing, or the inability to do so, makes it just too hard to keep going.

Sometimes bagging it is the better part of valor. I know. My grandfather died of an asthma attack.

But those who contend with New Mexico's annual pollen onslaught can take heart that we have something in common with Olympic athletes like Jackie Joyner Kersee, Alberto Salazar, Haile Gebrselassie and women's marathon world record holder Paula Radcliffe. They all have asthma, too. World-class asthmatic athletes excel in such diverse fields as track and field, swimming, diving and long distance running.

*Got a beat-up glove, a homemade bat
And a brand new pair of shoes
You know I think it's time to give this game a ride.*

Sometimes the culprit isn't the air-borne pollen but other common substances like animal dander, dust mites or, repulsive as it may seem, cockroach waste. Whatever it is - scientists call them allergens, anything that provokes an allergic reaction - the immune system goes into high gear to fight off the intruder by releasing chemical "weapons." This causes the airways to become inflamed, constricted and flooded with mucous, leading to coughing, wheezing and difficulty in breathing -- in short, an asthma attack.

Fortunately, there are a lot of things that can be done to avoid such an attack, like running in the morning when the pollen counts are low, avoiding cold or windy days (i.e. kiss off serious springtime running) or warming up thoroughly to deliberately induce a mini-attack.

The theory behind that last one is it gives the good guys in your immune system a chance to take over and carry the day. Frankly, it has never worked for me as the symptoms just keep on keeping on. Morning runs, yes. But a supplement of some great new medications now available, those inhalers you see more and more people using, help keep the lungs open. And keeping the lungs open is what it's all about.

*Just to hit the ball and touch 'em all
A moment in the sun
It's gone and you can tell that one goodbye.*

Research has shown that as regular physical activity increases physical fitness, the result is less troublesome broncho-spasms. Unfortunately, too many people seem to think that those with asthma should not take part in sports or vigorous activities.

However, people with breathing problems often get in a vicious downward cycle. Once they feel breathless, they reduce their level of activity, leading to a greater degree of deconditioning, which leads to breathlessness at even lower levels of activity.

With proper management, there is no reason that those with respiratory problems cannot participate in a regular exercise program. This is especially critical for children who are just beginning to form life-long habits. If they learn to avoid sports and other physical activities that produce symptoms, lasting physical and psychological damage can result. So see a good allergist and get those kids outside, you with them.

*Put me in, Coach.
I'm ready to play today.
Look at me, I can be centerfield.*

*John Fogerty. *Centerfield*. ©1985. □



Running to be Thin

Stefanie Tierney MS, RD, LD

As a registered dietitian and a runner, I frequently provide individual nutrition counseling and group nutrition presentations to runners. Some of the most common questions or complaints are about weight loss and running. Whether we need to or not (I blame the media's promotion of unrealistic body images), we all want to lose weight. So here's the good, bad, and ugly when it comes to running and weight loss.

If you observe the physique of competitive runners, it doesn't take long to realize they are all thin—really thin! They must be burning thousands and thousands of calories. So the common assumption is that if one starts running, the pounds should melt away.



Unfortunately, that isn't usually the case. Weight loss requires a negative energy balance, meaning you must burn more calories than you eat. While running does burn significantly more calories than other exercises, it takes a lot of running to lose weight and even more to cancel out a poor diet.

There are numerous factors that can affect weight loss and energy balance, but it is generally assumed that a pound of fat is 3500 calories. If an average runner burns 100 calories per mile, then they would have to run 35 miles in one week to lose one pound! Of course this would be in addition to their normal physical activity patterns and eating more.

Now if you look at it from the food side, a logical hypothesis would be to eat 500 fewer calories a day to lose the same pound in one week. For many, 500 calories is a small meal and would require a significant reduction in food and fuel for running.

How do you feel when you try to run hard for an hour or more when you haven't eaten all day? Probably not well and your running performance definitely suffers. So how do you run your best and lose weight? Go slow, and be realistic. Running an extra 35 miles a week or slashing 500 calories a day probably isn't realistic or sustainable. But being a little more active and eating a little less is manageable and while

your rate of weight loss will be slower, it will feel easier, be sustainable, and will not negatively affect your running.

Stefanie Tierney MS, RD, LD is a member of ARR, a registered dietitian, certified personal trainer, and certified group fitness instructor. An avid runner and endurance athlete, Stefanie has completed several triathlons, over 20 marathons, and won the Duke City Marathon in 2006 and the New Mexico Marathon in 2005 and 2008. Her areas of specialty are sports nutrition, nutrition for endurance training, weight management, and wellness. Stefanie is the Media Coordinator of the New Mexico Academy of Nutrition and Dietetics www.eatright-nm.org.

Tips for running well and losing weight:

- **Adopt a healthy eating plan:**
Plan regular meals and snacks and focus on making the majority of food choices from fruits, vegetables, whole grains, low-fat dairy/dairy alternative, nuts/seeds, legumes, and lean meat.
- **Fuel running:**
Be sure to eat well before, during, and after runs/workouts. Saving or restricting calories will backfire later when you're depleted, tired, and incapable of making good decisions.
- **Make little cuts:**
Try to cut 100 – 200 calories from your diet several hours away from your runs. This should not affect running performance and is much easier to do than trying to skip meals or large snacks.
- **Strength train:**
Muscle is more metabolically active (burns more calories). Not only will increased muscle strength help your running, but it will increase your resting metabolism or the number of calories you need each day.
- **Move a little more:**
Increase the amount of calories you burn from non-exercise activities. Take the stairs, walk during lunch breaks, or stand/walk on the phone. All these extra movements can add up to an extra 100-200 calories burned during the day.





RACE CALENDAR



MAY

5 2012 Shiprock Marathon, Half Marathon, Marathon Relay and 10K Trail Walk, Shiprock, NM;

<http://www.active.com/running/shiprock-nm/shiprock-marathon-half-marathon-marathon-relay-and-10k-trail-walk-2012>

5 Paws for a Cause, Santa Fe, NM (10K, 5K)

<http://www.active.com/running/santa-fe-nm/paws-for-a-cause-2012>

5 Cinco de Mile Trail Run, Santa Fe, NM; 4M Run, 2M Chase the Chicken Run, 1M Family Hike;

<http://www.desertmontessori.com/>

5 International Day of the Midwife 5K Walk; Los

Ranchos, NM; <http://www.active.com/walking/los-ranchos-nm/international-day-of-the-midwife-5k-walk-2012>

6 Run for the Zoo, Albuquerque, NM (Half Marathon, 10K Run, 5K Run, 5K Walk, 1M Fun Run);

<http://www.bioparksociety.org/runforthezoo>

12 Jeremy Paster Great Prostate Cancer Challenge,

Albuquerque, NM; <http://www.active.com/10k-race/los-ranchos-de-albuquerque-nm/jeremy-paster-great-prostate-cancer-challenge---albuquerque-nm-2012>

12 Race for the Zoo, Roswell, NM;

<http://www.active.com/running/roswell-nm/race-for-the-zoo-2012>

12 Turquoise Trail Fun Run, Santa Fe, NM;

<http://www.active.com/running/santa-fe-nm/turquoise-trail-fun-run-2012>

13 Jay Benson Triathlon, Albuquerque, NM;

<http://www.active.com/triathlon/albuquerque-nm/jay-benson-triathlon-2012>

19 Armed Forces Day Run, Albuquerque, NM (Half Marathon, 5K Run, 5K Walk, Kids 1M);

<http://www.active.com/running/albuquerque-nm/armed-forces-day-run-2012>

19 2nd Annual High Mountain Half Marathon & 5K, Red River, NM; <http://www.active.com/running/red-river-nm/2nd-annual-high-mountain-half-marathon-and-5k-2012>

<http://www.active.com/running/red-river-nm/2nd-annual-high-mountain-half-marathon-and-5k-2012>

19 Jemez Mountain ½ Marathon, Los Alamos, NM;

<http://ultrasignup.com/register.aspx?did=14312>

19 2nd Annual Dixon 5K, Dixon, NM; [download entry form](#)

20 3rd Annual Run with Kenyans for Global Health, Albuquerque, NM;

<http://www.active.com/running/albuquerque-nm/3rd-annual-run-with-kenyans-for-global-health-2012>

26 Ft. Bayard Wilderness Run, Santa Clara, NM;

<http://www.active.com/running/santa-clara-nm/ft-bayard-wilderness-run-2012>

26 Wounded Warrior Project Run, Los Lunas, NM;

<http://www.active.com/running/los-lunas-nm/wounded-warrior-project-run-2012>

26 Santa Fe Run Around, Santa Fe, NM; (10K, 5K,

Kids K); <http://www.active.com/10k-race/santa-fe-nm/santa-fe-run-around-2012>





RACE CALENDAR



JUNE

3 Polly's Run, Albuquerque, NM (10K, 5K, Kids K); <http://www.active.com/running/albuquerque-nm/pollys-run-2012>**9** Ruidoso Sprint & Kids Triathlons, Ruidoso, NM (3.2M Run, 11M Bike, 400Y Swim); <http://www.active.com/triathlon/ruidoso-nm/ruidoso-sprint-and-kids-triathlons-2012>

10 Run the Caldera Marathon, Valles Caldera National Preserve, NM (Marathon, Half Marathon, 10K); http://www.vallescaldera.gov/comevisit/run/run_viewall.aspx?cat=44

10 Taos Marathon, Taos, NM (Marathon, Marathon Relay, Half Marathon, 5K Run, 5K Walk); <http://www.active.com/running/taos-nm/taos-marathon-2012>

14 Hershey's Youth Track & Field Games, Albuquerque, NM (Milne Stadium); [download entry form](#)

16 5th Annual Community 5K Run & Jim Thorpe Native American 5K National Championship, Albuquerque, NM (USATF New Mexico 5K State Championships); <http://www.active.com/running/albuquerque-nm/jim-thorpe-native-american-5k-national-championship-open-comm-5k-run-and-usatf-nm-state-championship-2012>

17 JCC Father's Day 5K Run, Albuquerque, NM; <http://www.active.com/running/>

[albuquerque-nm/jcc-fathers-day-5k-run-2012](http://www.active.com/running/albuquerque-nm/jcc-fathers-day-5k-run-2012)

23 2nd Annual Kyler Beaty Memorial 5K, Farmington, NM (5K Run/Walk); [download entry form](#)

24 Cherry Garcia Run, (10K, 5K, Kids K), <http://www.active.com/running/albuquerque-nm/cherry-garcia-run-2012>

30 Angel Fire Endurance Run, Angel Fire, NM (50K, 100K, 100M); <http://ultrasignup.com/register.aspx?did=16240>

30 Alien Chase, Roswell, NM (10K Run & Walk, 5K Run & Walk); <http://www.active.com/running/roswell-nm/alien-chase-10k-5k-run-walk-2012>

JULY

1 Firework Frenzy, Albuquerque, NM (8K); [flyer](#)

6 Hoof It To Happy Hour, Albuquerque, NM (5K Run/Walk); <http://www.active.com/running/albuquerque-nm/hoof-it-to-happy-hour-2012>

15 Women's Distance Festival, Albuquerque, NM (5K Women Only Race); <http://www.active.com/running/albuquerque-nm/womens-distance-festival-2012>

17 Chunky Monkey Run, Albuquerque, NM (10K, 5K, Kids K); <http://www.active.com/running/albuquerque-nm/chunky-monkey-run-2012?int=29-6>





News from Around the Town



ARR Volunteer Opportunities April 2012

Please contact our volunteer coordinator, Nicole Neault Buerger at volunteers@abqroadrunners.com or @ 299-2608 to help out with any of these great events!

Current volunteer opportunities include:

Jeremy Paster Memorial 5K & 10K- We will need volunteers for various assignments during this race on Sunday, May 12. Please contact Nicole Neault for more information at volunteers@abqroadrunners.com

3rd Annual Run with Kenyans for Global Health - May 20 – You don't want to miss this unique and fun race that supports health projects in Kenya and features many elite Kenyan runners who have made Albuquerque their home. Volunteers are needed both on the course and at the start/finish line. If you are not planning to run, please volunteer to help make this race a success.

- **Club Photographer** – Our club is in need of a photographer! How else could we capture images of 100+ runners racing through the foothills in green dresses? No special skills are needed, just an interest and willingness to photograph club events and share the photos with the webmaster and newsletter editor.

- **Adopted Trail Clean-up - May 26:** Our club has adopted a very useful stretch of bike/pedestrian trail on Albuquerque's West Side. Club members gather twice each year to clean-up this section of trail. It is always a fun morning and a great way to meet other club members.

- **AOC Track Club Meet – June 3:** Volunteers (6-8) are needed to help the AOC Track Club during their meet on June 3 at Milne Stadium. Last year our club provided a terrific group of volunteers for this event and all had a great time.

Petroglyphs-Area Adopted Trail Cleanup Saturday Morning, May 26 @ 8:30 a.m.

The next in our semiannual series of cleanups of this trail section starts at 8:30 AM Saturday morning, May 26, 12 (Memorial Day weekend). We'll meet at the bend where Atrisco headed north becomes Legends headed east, which seems to be a convenient place for parking our cars (for those of us who don't walk, jog, or bike over) while we walk the trail, transferring accumulated litter to trash bags.

La Luz it ain't, but ARR's "other" adopted trail offers easy access to petroglyphs, radio-controlled model airplanes, and (extinct) volcanoes. This stretch of bike/jogging trail starts across the street from the Unser-and-Western-Trails entrance to Petroglyphs National Monument and heads north for about a mile to Dellyne.

This gives you the choice of ending your early-morning workout at the meeting place and using litter collection as a cool down activity or starting your late-morning jog in the pleasant Petroglyphs area after having contributed your efforts on behalf of the environment and your club. Water, gloves, hats, a few "grabbers", and (naturally) trash bags provided.

See y'all Saturday the 26th of May.

Dick Harris, 268-5747 (H) or 450-3643 (cell phone, left on the morning of the cleanup)
rharris@unm.edu

Directions: To reach the meeting place take Coors Blvd. to just before (if headed south) or just after (if headed north) St. Pius X High School, turn west on Western Trails, then north on Atrisco Drive NW until it begins to turn to the east. (This is also the point at which it comes very close to Unser Blvd.) Park along the street close to the bend.



Berta (April) Handicap Results

By Shannon Zanelli

Top 30 Name	Points
Jeremy Palmer	150
Kevin Witte	124
Victoria Horton	118
Jacqueline Pacheco	117
Sonia Harley	116
Megan Conner	116
Rick Seaborn	115
Kelley Garcia	115
Nicole Highfill	114
Sierra Stout	113
Jeff Edgar	112
David Wilson	110
Andrea O'Connor	110
Mark Dickinson	109
Melissa Ramirez	108
Kathy Kirsling	107
James Westmoreland	105
Dallas Pottinger	104
Carla Wilson	103
Brian Pilgrim	102
Nancy Fisher	101
Kyle Green	100
Daniel Hayer	99
Peter Falk	98
Michael Lober	98

The final handicap event of the 6-month series took place on a chilly, windy day and was hosted by Kathy Kirsling.

Despite the prediction of really high winds and chilly temperatures, 21 participants came out to run a beautiful 5.1 mile course in Edgewood.

Each year, Kathy puts in a lot of time and effort to find a slightly different course than the year before. This year was no exception and, despite the hilly terrain, I don't think I heard one complaint – only compliments!

While runners waited, plastered against the one wall of Kathy's house that provided both protection from the wind and warmth from the sun, we began the handicap run into the wind.

Mary Kirsling and Bob Julyan kicked off the run and others followed over the course of the next 30 minutes.

First to finish and win the handicap was Nick Juskiewicz.

The fastest female, Jean Herbert, was next, only a couple of minutes behind.

In addition to those two, Jeremy Palmer was the fastest male, narrowly beating Eric Biedermann by only a couple of seconds. Both Eric and Laura Biedermann showed up early to the handicap to get in extra miles for their marathon training so kudos to them for their great showing in the handicap after already running 5+ miles that day.

Susan Mikecz and Kurt Coonrod ran the entire course together but they didn't run alone. Susan, visiting from Portland, Oregon, was almost 6 months pregnant and this was Baby's first race! Kurt also ran with his "babies" – his two dogs.

The fun didn't end with the finish of the run. Afterwards, we enjoyed a wonderful potluck feast (most of the food was made by Kathy!) and Kathy gave out some great prizes for placing in a certain position in the run and answering trivia-type questions about her course.

We also crowned the winner of the handicap series, who received a gift certificate for a free pair of shoes. The shoes are awarded to the person who accumulates the most points during the 6-month series. The honor this time went to Jeremy Palmer. Congrats, Jeremy!

The next handicap event will be in November so watch the newsletter and website for more information!

Help Save the Males!

Jeremy Paster Memorial Great Prostate Cancer Challenge to be held Sunday, May 12

By: Sherry Galloway

Come out and run, walk, volunteer and play with us at the 2nd Annual Jeremy Paster Memorial Great Prostate Cancer Challenge on May 12, 5:30 p.m. at Los Ranchos de Albuquerque!

Joe Diaz will emcee our event again this year and Active.com has made us one of the top events to attend in Albuquerque.

There will be food, music and a family atmosphere as we celebrate the memory of Jeremy Paster, a young environmental activist who died of prostate cancer at only 36 years of age. His mom, Sherry Galloway, a board member of ZERO-The Project to End Prostate Cancer and an Albuquerque Road Runners Club member, hopes to bring awareness to the community about prostate cancer, which currently attacks one in every six men in the U.S. (breast cancer attacks one in eight women) and kills more men than any other disease except lung cancer.

In the time it takes to run a 10K, three men will die of prostate cancer in the U.S. Sherry has chosen the Mother's Day weekend for her race to honor the mothers and women who have the influence and power to get their sons, husbands, brothers and fathers screened regularly and early enough so that they do not have to lose their loved ones as she has.

Did you know that there are over 25 different sub-types of prostate cancer? Jeremy's cancer was extremely rare and aggressive. Because of his youth and overall good health, his bone pain from metastasis was misdiagnosed as muscular pain from all of his physical activities.

Youth is no longer a reason to delay being screened for prostate cancer. The youngest known patient to date was six years old and although this was not in the U.S., it points out once more how little we know about the disease that has become an equal opportunity killer among men of any age.

Mrs. Galloway hopes that this race becomes a great fundraiser for the research needed into better, earlier screening, diagnosis, treatment and cure.

All of the proceeds from this race will go to that end, so please join us! Register to run and even create your own team by going to

GreatProstateCancerChallenge.com/races/Albuquerque. You can also donate to Sherry's fundraising page at <https://fundraising.active.com/fundraiser/Jersmom>

You can register in person and pick up your race shirt and bib at the Albuquerque Running Shop, 12611 Montgomery NE on Friday, May 11 or on race day at Village Hall-Los Ranchos de Albuquerque, 6718 Rio Grande NW, starting at 4:30.

Let's make this the event of the year in Albuquerque and save the males!!





News from the RRCA



RRCA Highlights Outstanding Volunteer During National Volunteer Month

ARLINGTON, Virginia – April 18, 2012 – With April being National Volunteer Month, the Road Runners Club of America (RRCA), the oldest and largest distance running organization in the United States, is pleased to highlight Mary Zemansky, our 2011 [Outstanding Volunteer of the Year Award](#) recipient.

This award is given in memory of Rod Steele, who served as DC Road Runners Club President in 1974. The award memorializes his contributions to the sport of running as a volunteer and a supporter of the RRCA.

Zemansky, of Michigan City, Indiana, received the award at the 54th Annual RRCA Convention this past March in Memphis, Tennessee. She is the outgoing Competitive Race Series Chair and Board Member of the [Calumet Region Striders](#).

In 2011, she was involved with over 30 Gold Cup Races and over 15 sponsored race events. Zemansky's involvement includes establishing the selections process for the events, monitoring the event schedule, maintaining communications and mentoring race directors, preparing evaluations and [surveys](#), and coordinating and presiding over annual race director meetings.

"Her integrity as a board member is like no other," said Sue Brown-Nickerson, nominator and Indiana State Representative. "She routinely attends [board meetings](#) and provides valuable information; she has become a valuable resource and mentor for event directors."

Learn more about the National Running Awards, including detailed information on submitting a deserving volunteer in your club at <http://www.rrca.org/services/national-running-awards/>.

About RRCA: The mission of the RRCA is to promote the development and growth of running clubs and running events throughout the country and to support the common interests of runners of all abilities during all stages in life. Through the RRCA, we provide a national infrastructure for the development of adult and youth running clubs and events that have boomed into a robust sporting activity.

Wesley Korir wins Boston Marathon

BOSTON (AP) - Kenyan Wesley Korir overcame soaring temperatures Monday to win the 116th Boston Marathon with an official time of 2:12:40.

Kenyan runners took the top three spots in both the men's and women's races, with Levy Matebo and Bernard Kipyego finishing second and third, respectively for the men.

American Jason Hartman came in fourth with an official time of 2:14:31.

Last year's winner and race record holder Geoffrey Mutai dropped out just before the 19-mile mark of the 26.2-mile race because of cramping.

Sharon Cherop took the women's title with an official time of 2:31:50, edging out compatriot Jemima Jelagat Sumgong, who crossed the finish line with a time of 2:31:52. Monday's forecast, with temperatures in the mid-80s, prompted race officials to issue warnings to the 27,000 registered participants ahead of the race.

Korir, 29, admitted to cramping up at about mile 13, but told WBZ-TV after the race, "I just kept praying and singing and asking God for the energy."

More than 4,000 runners opted to skip the historic event, while several others dropped out as temperatures soared, according to WBZ-TV.

The heat stalled the pace of this year's race, with Korir's winning time almost 10 minutes slower than Mutai's record set last year.



The Athlete's Kitchen, continued from pg. 3

Chocolate Milk—for Recovery?

If you've just had a killer workout and want to rapidly refuel and repair your muscles, boost your blood sugar, and replace sweat losses—as well as reward yourself with a tasty treat—reach for some low fat chocolate milk! Research indicates refueling with chocolate (or any flavored) milk enhances recovery of both fluids and muscles better than the standard carb-only, sugar-based sports drink (4).

Anyone responsible for stocking the recovery food table for tired, thirsty runners who want to rapidly refuel after a hard workout will tell you chocolate milk is an all-time favorite. Weight-conscious female runners, in particular, let themselves enjoy this treat “guilt-free” and meanwhile boost their intake of nutrient commonly missing in their diet, such as high quality protein, riboflavin, calcium, and vitamin D. What a positive change from their embattled relationship with chocolate! This is good.

But shouldn't we be staying away from sugary foods? The World Health Organization recommends a limit of 10% of calories from refined sugar per day; that's about 200 to 300 sugar-calories for most athletes. Getting sugar from chocolate milk is nutritionally preferable than from sports drinks. Milk's high quality protein, calcium, vitamin D, riboflavin and a host of other important nutrients is far better than sugar water with a dash of salt!

For those of you who happen to read the Boston Globe (3/13/12), you might have caught my answer to a healthwriter's criticism of USA Swimming for choosing chocolate milk as a sponsor. My response: “Kudos to USA Swimming for choosing to be sponsored by a whole food as opposed to an engineered sports food. To have role-model athletes touting low fat chocolate milk is preferable to the alternative of them touting sports drinks. I only wish more “real food” companies would do the research needed to counter the influential engineered sports food industry.”

The bottom line

By no means is chocolate the key to a healthy sports diet, nor is eating lots of dark chocolate preferable to snacking on apples and bananas. We all need to eat chocolate in moderation so it does not crowd-out other nutrient dense foods. But chocolate can be balanced into an overall wholesome sports diet and add pleasure to the day—even if you are dieting to lose weight. For chocolate lovers, deprivation of chocolate may create more problems than it solves.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners and marathoners offer additional information. They are available at www.nancyclarkrd.com and sportsnutritionworkshop.com.

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Los Tortugas, continued from page 1

spaghetti dinner host and local team supporter from Carbondale, IL. Kathy sent a team picture on her Facebook page and received lots of Likes! Wendy Wiggins Liked back: “I didn't think I'd see the day when Los Tortugas would use social media!”

Post-race day included breakfast at Harbaugh's in Carbondale and driving back to St. Louis to catch the plane to Albuquerque. This year, there was time to stop and enjoy the Earth Day Festival in Forest Park. Plans are already in place for 2013 – Los Tortugas' 10th year. Hopefully, the red bud and dogwood trees will be in full bloom, the only thing missing from this most successful year.



The victorious Los Tortugas strike a pose. From L-R are: Larry Ruggles, Glenda Muirhead, Kathy Kirsling, Jean Herbert, Jane Thompson, Bob McNeil, Shannon Zanelli and Dennis Muirhead





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ARR Member Race Results



First	Last	Race	Time	AG	OA
Beth	Davenport	Andrew Jackson Marathon	5:37:56	2	123
Beth	Davenport	B & A Trail Marathon	4:54:32	9	260
Ron	Banning	Bataan Memorial Death March – Honorary	2:17:22	3	43
Kelly	Bowles	Bataan Memorial Death March – Honorary	3:59:45	36	409
Kurt	Coonrod	Bataan Memorial Death March – Honorary	4:00:28	39	412
Sophia	Matthews	Bataan Memorial Death March – Honorary	3:36:30	21	299
Alan	Overmier	Bataan Memorial Death March – Honorary	4:15:33	19	478
Richard	Overmier	Bataan Memorial Death March – Honorary	2:43:19	11	127
Jim	Schnitzler	Bataan Memorial Death March – Honorary	3:12:59	2	215
Rondi	Thornton	Bataan Memorial Death March – Honorary	4:12:38	6	466
Nancy	White	Bataan Memorial Death March – Honorary	3:12:42	39	213
Beth	Davenport	Bataan Memorial Death March- Marathon Civilian Light	6:13:59	18	430
Jeff	Edgar	Bataan Memorial Death March- Marathon Civilian Light	4:21:37	15	58
Ken	Gordon	Bataan Memorial Death March- Marathon Civilian Light	3:18:57	1	1
Stephen	Jett	Bataan Memorial Death March- Marathon Civilian Light	4:22:13	19	64
Nicholas	Juskiewicz	Bataan Memorial Death March- Marathon Civilian Light	4:33:48	15	99
Kathy	Kirsling	Bataan Memorial Death March- Marathon Civilian Light	5:07:08	1	181
Gerald	Moore	Bataan Memorial Death March- Marathon Civilian Light	3:50:30	2	19
Jeremy	Palmer	Bataan Memorial Death March- Marathon Civilian Light	4:22:11	18	62
Brian	Pilgrim	Bataan Memorial Death March- Marathon Civilian Light	3:49:01	5	16
Misty	Pilgrim	Bataan Memorial Death March- Marathon Civilian Light	6:26:17	38	479
Clifford	Matthews	Bataan Memorial Death March- Marathon Civilian Heavy	5:21:45	1	2
Davinia	Rizzo	Bataan Memorial Death March- Marathon Civilian Heavy	10:12:52	9	214
James	Breyfogle	Big Island Marathon	3:17:22	4	12
Jane	Farris	Canyon Lands Half Marathon	2:11:33	14	1597
Renee	Magnan	Canyon Lands Half Marathon	2:02:13	104	1062
Diane	Verner	Canyon Lands Half Marathon	2:11:38	27	1601
Christiane	Aleman	Gate River 15k Run	1:08:13	26	118
Laura	Bowerman	Gate River 15k Run	59:15	14	40
David	Garrett	Gate River 15k Run	1:04:03	24	357
Beth	Davenport	Georgia Marathon	5:32:35	21	1510
John	Farrow	Germantown Half Marathon	1:53:29	6	307
Shannon	Zanelli	Germantown Half Marathon	1:36:08	2	75
John	Ricciardelli	LA Marathon	4:27:01	274	5246
Stephanie	Ward	Mountain to Fountain 15k	1:06:33	6	128
Kelley	Garcia	Old Pueblo 50 Mile	13:49:06	6	122



ARR Member Race Results



Steven	Grossman	Old Pueblo 50 Mile	11:39:27	10	74
Nicholas	Juskiewicz	Old Pueblo 50 Mile	10:40:07	6	43
Ian	Maddieson	Old Pueblo 50 Mile	13:31:57	5	107
Wayne	Chick	Run For Her Life 10k	40:22	1	
Beth	Davenport	Run For Her Life 10k	1:06:43	4	
Charles	Thorn	Run For Her Life 10k	46:56	4	
Ted	Williams	Run For Her Life 10k	1:13:16	2	
Charles	Fuller	Shamrock Shuffle 5k	26:45	1	34
Dale	Goering	Shamrock Shuffle 5k	37:36	2	148
Jessica	Patterson	Shamrock Shuffle 5k	58:54	32	240
Linda	Patterson	Shamrock Shuffle 5k	58:53	2	239
Nanci	Peterson	Shamrock Shuffle 5k	53:23	13	226
Earl	Roenfranz	Shamrock Shuffle 5k	47:32	3	211
Scott	Patterson	Shamrock Shuffle 5k	58:53	14	238
Will	Steinberg	Shamrock Shuffle 5k	30:15	2	56
Wendy	Wiggins	Shamrock Shuffle 5k	28:22	1	39
Megan	Duffy	Shamrock Shuffle 10k	54:59	3	26
Lindsay	Ennis	Shamrock Shuffle 10k	1:04:30	3	74
Nicole	Murillo	Shamrock Shuffle 10k	1:02:01	14	57
David	Wilson	Shamrock Shuffle 10k	1:04:44	4	76
Carlos	Murillo	Shamrock Shuffle 10 mile	1:16:10	4	23
Ronald	Parks	Shamrock Shuffle 10 mile	1:46:05	4	95
Jane	Pilger	Shamrock Shuffle 10 mile	1:25:00	4	42
Todd	Pilger	Shamrock Shuffle 10 mile	1:20:41	8	29
Amberly	Prill	Shamrock Shuffle 10 mile	2:04:10	8	118
Jim	Schnitzler	Shamrock Shuffle 10 mile	2:02:32	2	116
Andrea	Schoellkopf	Shamrock Shuffle 10 mile	1:30:33	2	51
Ian	Maddieson	Trail des Cabornis 40km	6:17:07		171

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About ZERO — The Project to End Prostate Cancer: We commit ourselves not only to reduce prostate cancer and alleviate the pain from the disease, but to end it. We see a future where all men who have been diagnosed with prostate cancer will be cured or can manage their illness with high quality of life, with the support they need to minimize physical and emotional suffering, and to cope effectively throughout their cancer journey. For more information go to ZeroCancer.org.

About Albuquerque Urology Associates, P.A: Albuquerque Urology Associates treats hundreds of patients affected by prostate cancer each year. We help patients make informed decisions about their screening and treatment options including surgical and non-surgical alternatives. We have seen first-hand the effects of advanced prostate cancer and are proud to support ZERO in their efforts to end the disease. For more information about Albuquerque Urology Associates go to AUANM.com.



