



# ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

Vol 29, No 10

NOVEMBER 2012

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## The Handicaps Are Back!

By Shannon Zanelli, Handicap Series Coordinator

**M**ark your calendars for Sunday, November 11, at 9 am, for the first event in the six-month handicap series. November 11 is World Run Day, so what better way to celebrate than to do a 5K run in the beautiful foothills and enjoy a wonderful potluck afterwards. The run, hosted by **Brian and Misty Pilgrim**, will take off from the Copper trailhead. Their house has a back gate that opens up right to Open Space so it's easiest if people park at the Copper trailhead and walk to their house after the run. The 5K course can be described as the perfect route for both advanced and beginner trail runners, or even for road runners who are willing to give trails a try. The course is easy and non-technical enough that people new to the trails will get to do a lot of running and enjoy themselves, yet the course has enough interest, climbs, turns, and descents that experienced trail runners will get to use their skills. Come join us for the run and be sure to bring a dish to share for a yummy potluck afterwards.



For those new to the handicap series and handicap runs, we host six events (one each month from November through April) that vary in distance, terrain, and location, and are usually hosted at someone's house so we can enjoy a potluck afterwards. What makes a handicap run different from an ordinary race is that runners are started based on their pace, so that slower runners start first and faster runners start last. The idea is that everyone finishes around the same time and the fastest person isn't always the winner! At each event, participants are awarded points based on their finish place and at the end of the series, the person with the most points wins a free pair of shoes.

Hope to see a bunch of you out there on November 11 at 9 am! Email Shannon Zanelli at [handicaps@abqroadrunners.com](mailto:handicaps@abqroadrunners.com) if you have any questions.



## Adopted Trail Cleanup Saturday, November 10 - 8:30 am

By Dick Harris, Trail Clean-up Coordinator

**T**he next in our semiannual series of cleanups of this trail section will start at 8:30 am Saturday morning, November 10. This gives you the choice of ending your early-morning workout at the meeting place and using litter collection as a cooldown 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.

Contact Dick Harris 505-268-5747 (H) or 505-450-3643 (cell phone, left on the morning of the cleanup).

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.

**November Club Meeting will be at  
Flying Star Café - Downtown  
723 Silver Ave NE at 8th St  
Upstairs in the Grande Room**

## ARR Officers and Contacts

CO-PRESIDENT	president@abqroadrunners.com	
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	Wendy Wiggins	822-6340
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### Club Meetings:

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

### Next Meeting:

**Wednesday, Nov 7, 2012 at 7:00 pm**  
**Flying Star Café Downtown**  
**723 Silver Ave SW at 8th Street**  
**Upstairs in the Grande Room**

### Membership Renewal

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

## ARR NEWS

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

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

Albuquerque Road Runners Club  
 PO Box 20011  
 Albuquerque, NM 87154

Visit us at [www.abqroadrunners.com](http://www.abqroadrunners.com)



# President's Corner

By Wendy Wiggins, ARR Co-President

**This Fall as always,** ARR is a community club for all. In October and November, we have no official club races, but that does not mean the club slows down at all! This past Duke City Marathon/Deadman Peaks weekend was the perfect example of the volunteerism and diversity that characterize the club. Club member extraordinaire Jim Breyfogle directed his Deadman Peaks 50+ mile trail run in Cuba, NM, with a plethora of ARR volunteers, including our long-time treasurer Richard Knapp manning the aid stations and finish area.

Back in town, Martha and I and the lovely new walking coordinator Tammy Remiker staffed the ARR Duke City Expo booth to spread the word about our great club. Meanwhile, Glenda and Peter Falk were coordinating to make sure our wonderful Duke City pace group leaders were appropriately signed, packed and snacked. On Sunday, our pacers led their groups to success, running marathon times of 3:30 (Eric Biedermann and Phil Blong), 4:00 (Ross Klobuchar and Sarah Askey), and 4:30 (Annie Price and Mark Essenmacher). Tim Koehler once again coordinated the bag drop. Thanks to ARR, you can come to Duke City in your warm comfy clothes before you go racing in the streets. Thanks, Tim! The next weekend, we were at Day of the Tread with an Expo booth on Saturday and staffing a water stop on race day.

In November we will be giving thanks for many things. On Thanksgiving, we will show our thanks for COMMUNITY running and cooperation and club members by supporting the four-mile gathering of friends led by friend of the club, Magi Ezzard. Check the website and this newsletter for further details.

We are also thankful for shelter! November and December club meeting are set in the Grande Room at the Flying Star on 723 Silver Avenue SW. Hopefully, this will be a long-term location. Bring your running clothes and appetite, but more importantly, bring canned goods for those other "roadrunners," the RoadRunner Food Bank. While most in the club worry about Stinger or GU to fuel a long run, many families in the city have to worry about where their next meal will come from to fuel their day. Along with collecting canned goods at our monthly meeting, my co-president, Martha, will also be coordinating Holiday Food Drive volunteers for Sortin' Sunday on November 18 from 8-10 am, and for Volunteer Saturday on December 8 from 10 am-noon at the Food Bank. Contact her at [president@abqroadrunners.com](mailto:president@abqroadrunners.com) for more details.



**HAPPY THANKSGIVING**

## October Meeting Minutes

Membership Meeting — Oct 3, 2012 — UNM Business Center



Respectfully submitted by  
Jane Thompson, Secretary

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

**NEW MEMBER:** Eden Silverthorne

### ANNOUNCEMENTS / UPDATES

**Day of the Tread** - W. Wiggins reported on the upcoming event. If the club volunteers to staff a water stop for the half marathon they will give the club \$250.

**Mount Taylor Ultra** - Jim Breyfogle reported on the event. 126 people finished. The event went perfectly. At least 55 people volunteered.

**Deadman Peaks** - Volunteers needed for the October 28th event held outside of Cuba.

**Handicap Series** - Shannon Zanelli is coordinating again this year and needs hosts for some of the months. Contact her if interested. The event will run November thru April/May.

**Duke City** - The club will again staff the bag drop on October 21 and volunteers are needed. The club will also provide pace group leaders for finishes from 3:30 - 4:30 (the legs can be split if desired).

**Run for the Beans** - October 13 in McIntosh hosted by Colleen Burns.

**Run from Malaria** - November 10 at ABQ Academy. It is sponsored by Central United Methodist Church and led by ARR member Greg Henneman.

**Monsters on the Mesa** to be held day before Duke City.

**RRCA Convention Update** - The next planning committee meeting is October 13 at the Muirhead's home. Speakers are still being researched. Vendors and sponsors are needed for the Expo. Day passes for the convention will be available.

**Trail Cleanup** - The next date will be November 10 at 8:30 AM at Atrisco/Legends. Contact Richard Harris for information at rharris@UNM.edu

**RoadRunner Food Bank** donations will be accepted at the November and December meetings. Make a Difference Day will be held Oct. 27 and Team Have a Heart will be participating. Contact Martha Porter if interested. Ten people are needed.

### GROUP REPORTS

**Ultras—Ian Maddieson:** Reported on past events including that Bryan Pilgrim completed the Grand Slam. Run Rabbit Run in Steamboat

CO and Javelina Night Run were held. Upcoming events include Arkansas 100 and the Javalina Jundred.

**Fun Run** - Saturday October 6 at Chama River Brewing to Balloon Fiesta Park via bike trail.

**5K / 10K:** Wendy Wiggins reported on some upcoming events.

**Walking Coordinator** Tammy Remiker will host walk at Mariposa Basin Park at 5 PM the first Saturday of the month. The route will change each month.

### OTHER BUSINESS

Alan Overmier reported that the Turkey Trot will be held in a different location than in past years due to a conflicting race being held at Kit Carson Park.

Richard Harris is putting together historical information on winners of Duke City so if anyone has past information on results contact him.

Wendy Wiggins thanked the club for all they do to promote running in NM.

Club shirts available to members for \$15.

Meeting adjourned at 8:00 pm.

## WEEKLY WORKOUTS

Additional information about **WEEKLY WORKOUTS** is available on the ARR website under **CLUB ACTIVITIES**.

### Master Runners Unlimited Saturday Morning Runs

MRU Runs start at 7:30 am every Saturday.

DATE	ROUTE AREA
Nov 10	Bear Canyon Arroyo
Nov 17	Albuquerque Academy
Nov 24	N. Albuquerque Acres
Dec 1	Bosque Path
Dec 8	Tramway Bike Path
Dec 15	Bike Path-Foothills Trail

### SATURDAY MORNING WALKS

Contact Tammy at [walkers@abqroadrunners.com](mailto:walkers@abqroadrunners.com).

**EAST SIDE – 7:30 AM.** Meet near McDonald's at Tramway and Montgomery NE.

**WEST SIDE – 7:30 AM.** Meet at Mariposa Basin Park at the basketball court.

### REST OF THE WEEK

**SUNDAY MORNING – RUN :** Meet near Trader Joe's, corner of Paseo del Norte and Ventura. Call Jane at 505-459-0769.

**MONDAY MORNING – TRACK :** Manzano High School on Lomas Blvd east of Juan Tabo at 10:00 am Format varies.

**MONDAY EVENING – TRAIL :** Meet behind CVS at the intersection of Tramway and Indian School at 6 PM. The route will follow the bike trail path for a 5-6 mile loop.

**TUESDAY & THURSDAY EVENING RELAXED RUNS :** These runs have been on hiatus through the summer.

**WEDNESDAY EVENING – TRAIL :** Discontinued through the winter — will resume with the clock change in the spring.

### SUNDAY MORNING – LA LUZ TRAIL HIKE :

Join Tammy and friends as they progress up La Luz. Meet at 10 am at Albertson's parking lot, Paseo del Norte, to carpool.

## ARR Walks, Too!

Did you know that your Club has a new **Walking Coordinator**? Did you also know that the Club welcomes walkers and runners alike? The mission of the Albuquerque Road Runners is to promote physical fitness, and what better way to get started than by walking?



**Tammy Remiker** is our new Walking Coordinator and actually volunteered for the position after completing the Women In Training Program this year—she's been out walking on a regular basis ever since. Tammy says, "Hi, everyone! I'm really looking forward to meeting you. In the spirit of accommodating everyone in Albuquerque, I've decided to

have East Side and West Side walking locations. We have the official walking schedule on the Albuquerque Road Runner website (under Weekly Workouts), but I've included it here for your convenience."

If you have questions or need to contact Tammy, you can reach her via the website through the Walking Coordinator link. Tammy will also include a blurb in our newsletter each month.

### West-Side Saturday Morning Walk

**Mariposa Basin Park at 7:30 am.** The walk will be 45 minutes to one hour. Meet at the basketball court.

**DATES** November 10 & 24  
December 8 & 22  
January 12 & 26  
February 9 & 23

### East-Side Saturday Morning Walk

Meet near McDonald's at **Tramway and Montgomery NE at 7:30 am.** The walk will be along the paved bike path for 45 minutes to one hour.

**DATES** November 3 & 17  
December 1 & 15  
January 5  
February 2 & 16

*Tammy is looking forward to seeing you out there!*

## Never Hiked La Luz?

### Walk your way to the top with me!

By Tammy Remiker, Walking Coordinator

Come and join my friends and me on the La Luz Trail. We are new to the trail and we are looking for people to come along with us. We are planning to go up the trail little by little until we reach the top. We will start at the base of the trail with 15 minutes up and 15 minutes back. Each Sunday, we will add five more minutes going each way. Once we have reached the top, we will then start the hike at the bottom of the road and work back up. (Since the Club's La Luz Trail Run starts at the bottom of the road, I would like to add the road section on after we have hit the top of the mountain.)

We will meet at Albertson's parking lot on Paseo del Norte every Sunday at 10 am to carpool to the trail. There is limited parking at the trail including a \$3 parking fee. I look forward to seeing you there to hike the trail with me!

*Note: The La Luz Trail does close down during unsafe weather conditions, so please send me an email (walkers@abqroadrunners.com) if you are wondering if we are canceling that day.*

## ARR NEWSLETS

### WEEKLY WORKOUTS

## Updates to Monday & Wednesday Trail Runs

By Tim Koehler, Trails Coordinator

With the end of Daylight Saving Time, the club's weekly trail runs will move to the pavement. Beginning November 5, **Monday evening group runs** will meet behind CVS at the intersection of Tramway and Indian School at 6 PM. The route will follow the bike trail paths for a 5-6 mile loop with one long climb. Bring your reflective gear and head lamps and come enjoy the crisp Albuquerque winter evening air. The **Wednesday evening group runs will be discontinued** through the winter and will resume with the clock change in the spring. Please contact me at trails@abqroadrunners.com or 505-508-2995 for more information.

## The Black Friday Turkey Trot is ON!!

By Kel Garcia, Casual Runs Coordinator

This race has "traditionally" been the first stop on the **BURQUE BREWERY TOUR** and will be held on Friday, November 23, the day after Thanksgiving (hence "Black Friday") at Tractor Brewing in Nob Hill at 11:30 am. This will be a fun run with no prizes, no timing, and adult beverages. I'll draw a FANTASTIC chalk map of the course and we'll start at the red tractor, run to the Chevy on a Stick, then back to the red tractor. It's about four miles.

Feel free to bring out-of-town guests, in-town guests, and any people you just happen to meet the day before! This is a perfect way to burn off the calories from the extra pie and erase some of the stress caused by early-morning shopping (or heavy-duty sleeping).



## AT THE RACES



### RUN FOR THE BEANS

McIntosh, NM

**Race Reporter:**  
Wendy Wiggins

*I committed to do at least one locally organized race a month during 2012. In October, my pick was the Run for the Beans on Saturday, the 13th.*

**ENTRY FEE:** The fee was \$25 for the 5/10K, and \$15 for the 1.5 mile walk. Proceeds benefitted **Veterans of Foreign Wars Post #3370**. The short-sleeved shirts were cotton with gender-specific sizes...woohoo! — bright orange, festive and fun. You will definitely see them around.

**THE DRIVE:** ...is some of the fun! It was about 40 minutes. I carpooled and sleepily gazed out the window. Ask my driver of the day, Dennis Muirhead, if you want a more accurate time.

**REGISTRATION:** Homey and efficient in the dining room of Ms. Colleen Burns, Race Director. There were a lot of warm greetings among old friends.

**PARTICIPANTS:** 50-60 runners. 80ish were registered.

**ORGANIZATION:** The race started on time. The course was well marked. The volunteers were helpful and friendly.

**THE COURSE:** Good. Both 5k and 10k were cold, flat, and beautiful. This race is always the first introduction of the Fall to cold for the Albuquerqueans who venture out. The course went through farm roads/trails, with a gorgeous view of the east side of the Sandia and Manzano Mountains.

**AWARDS:** Great! Top three age-group winners received a one-pound burlap sack of pinto beans with a blue ribbon, chile, or potatoes. Display these awards in the kitchen!

**POST RACE:** Great! The post-race breakfast and awards ceremony with hot coffee and cider were conducted on Colleen's porch as the sun began to warm up the day. There were lots of laughter and stories shared. It was a perfect ending to a cold run. The awards ceremony included the Peter Collins Award, in memory of an ARR member whom I unfortunately never had the pleasure to meet. Last year's winner, Bill Baldwin, named Glenda Muirhead the recipient this year for her community spirit and work for the running community. Well deserved!

## Searching for History: Duke City Marathon Results...the early years

By Dick Harris, ARR Member

Help is needed from runners who participated in any of the first three (1984, 1985, or 1986) Duke City Marathons or Half Marathons or 5Ks and who have held on to a copy of the results of any of those races. Please email me or call 505-268-5747 if you have any of those listings and would be willing to share it or them with the running community at large.

I'm helping put together a master list of the top three finishers (overall and for each age/gender group) and first masters finisher in each of the runs and walks constituting the annual Duke City Races since the initial running in 1984. I have been able to put together a nearly complete list of those results, using a mix of Albuquerque *Journal/Tribune* microfilms and online listings — except for the first three years. However, I have been unable to find any newspaper article on the 1984 results; in 1985 a list of the top 3 finishers in each age group for the marathon and half marathon was published — but omitted the runners' finishing times; and in 1986 a complete list of results (including times) was published — except for a very incomplete listing of 5K results.

So, if you participated in any of the first three years of the Duke City Races (or have a friend or relative who did), please scour your collection of running memorabilia for any listing of results for the 1984 or 1985 races or for the 1986 5K. Thanks very much!



## RRCA 2013 CONVENTION COMMITTEE MEETING

**Saturday, November 17  
2:00 pm  
Flying Star Café  
723 Silver Ave NW  
at 8th Street  
Upstairs - Grande Room**

Contact co-chairs Martha Porter  
or Shannon Zanelli with any questions.

[convention@abqroadrunners.com](mailto:convention@abqroadrunners.com)

# USA Track & Field Level I Coaching Education School

## December 7-9, 2012

### MCM Elegante Hotel - Albuquerque, NM

**Coaches of Track and Cross Country** at High School, Youth, College, and Masters levels will be interested in this program.

**Coaches of Adult Running Clubs and Triathlon Coaches** (worth 10 USAT CEUs for USAT Certified Coaches) will also find this course of value.

The National Council for Accreditation of Coaching has awarded this course NCACE Level 3 accreditation which generally makes it eligible for Continuing Education Credit for Strength and Conditioning Coaches as well as medical (sports medicine specialists, trainers, massage therapists etc.) and educational professionals.

**This school is being held in conjunction with the USATF Junior Olympic Cross Country Meet in Albuquerque December 8**, but you do not have to participate in meet to attend the Level I School. The MCM Elegante host hotel has a \$65.00 rate (with breakfast) for those attending the Level I School and/or the JO meet. Just call and ask for the USATF Coaches Education Rate.

#### SCHOOL DIRECTOR

**Andrew Alden** - aacoaching@aol.com or 919-619-3426

For more information log on to:  
[www.usatf.org/groups/Coaches/education/](http://www.usatf.org/groups/Coaches/education/)

#### REGISTRATION

Online at [www.usatf.org/groups/Coaches/education/schools/](http://www.usatf.org/groups/Coaches/education/schools/) click "school details" link.

**Early Registration:** \$150 (if received by November 23, 2012)

**Late on-line and on-site registration:** \$200 (space is limited)  
Fee includes a Level I Curriculum.

#### You must be a member of USATF to register.

[www.usatf.org/membership/](http://www.usatf.org/membership/). If you have any difficulties with the online registration process, please contact the School Director Andrew Alden [aacoaching@aol.com](mailto:aacoaching@aol.com) or 919-619-3426.

#### REFUND POLICY

Half of the registration fee (\$75.00) will be refunded after the early registration deadline and no refund will be given after the class start date.

#### SCHEDULE

Please note this Level I School has a non-standard schedule with a full day of instruction on Friday and a partial day on Saturday to accommodate those who want to attend the competition portion of the JO Cross Country Meet.

- **Friday, December 7, 2012** 9:00 AM - 10:00 PM
- **Saturday, December 8, 2012** 6:00 PM - 10:00 PM
- **Sunday, December 9, 2012** 8:00 AM - 4:00 PM

#### LODGING

**MCM Elegante**, 2020 Menaul NE, Albuquerque, NM 87107  
[www.mcmelegante.com](http://www.mcmelegante.com) / Phone 866-650-4900

Ask for the USATF Coaches Education Rate of \$65 + tax.

Includes Breakfast. Class is being held in the Hotel Ballroom.

Anyone attending the meet (parents, coaches and athletes) can get this rate by asking for the USATF Coaches Education Rate, until the room block is full.

#### INSTRUCTORS

- **Andrew Alden** is the School Director and Endurance Instructor. He is a Level 1 and 2 Endurance Instructor and has 18 years experience as Division I Coach. He was selected as the 2003 Southeast Men's Coach of the Year and coached the 2001 Division I Men's 800m Champion. He is the East Coast Coordinator for USATF Level I Coaching Education and the Director of Coaching for AAEliteCoaching.com
- **Dr. Matt Lydum** is for Instructor Throws & Jumps. He is a Fred Wilt Coaching Education Award Winner. Dr. Lydum is and Assistant Track Coach and Professor at Defiance College. He was the lead writer for Coaching Youth Track and Field
- **Dr. Wendy Truvillion** is Instructor Sprints and Jumps. Dr. Truvillion is the Asst. Principal for Athletics at Maryvale HS. She served as the Head Coach US 2012 World JR Team. She has served on 15 USATF International Coaching Staffs. She is the Former Head Coach Georgia Tech and Asst Coach Penn State University. She has served as a Level 2 Sprints Instructor.

#### LEVEL I INFORMATION

USATF Coaching Education Level I program is a starting point for all track and field coaches. One of the objectives is to put all coaches on a common platform (i.e., speaking the same language). The Level I program covers all events in a foundational manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level I prepares individuals to coach junior high school, high school, club, and age group athletes.

- Level I Schools are two-and-a-half-day courses (21-24 hours), including both classroom instruction and hands-on training. Attendance at all sessions is required to earn a certificate.
- After the school, participants must complete an online exam that covers event-related and sport science subjects.
- Upon attending the School and passing the exam, participants will be issued a Level I Certificate of Completion.

#### BENEFITS

- Recognition as a USATF Level I Coach
- Curriculum book covering sport science and individual events
- Eligible to attend Level 2 School

#### REQUIREMENTS TO ATTEND

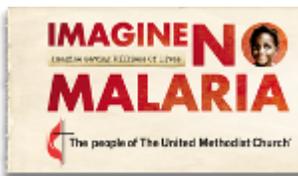
Be at least 18 years of age.

Be a USATF Member - You can join online to register for the class.

## News From Around Town

### Run from Malaria Saturday, Nov 10 9:00 AM 5K Run/Walk \$25

ARR member Greg Henneman is Race Director again this year for this event to benefit IMAGINE NO MALARIA. Every 45 seconds, a child in Africa dies of malaria. Millions of lives, needlessly lost each year. A continent. Entire nations... slipping away. IMAGINE NO MALARIA is more than just a campaign against a disease that kills children and destroys families. It's a movement, to make real change in the world, to work with families in Africa to end millions of needless deaths from this disease.



#### PARKING / START

Hoffmantown Church  
8888 Harper Dr NE  
Albuquerque, NM

#### COURSE

One loop of Albuquerque Academy

#### AID

Water/snack at the halfway point

#### REGISTRATION - \$25

- Register online at [active.com](http://active.com)
- Register in person at:  
Central United Methodist Church  
201 University Ave NE  
Albuquerque, NM 87106
- Register in person at the event

#### PACKET PICKUP

November 8-9, 10 am to 6 pm  
Athlete's Edge  
7120 Wyoming Blvd NE at Harper  
(505) 856-9377

## La Luz Proceeds Benefit Local Group



Rodger Sack, Director of ARR's La Luz Trail Run, attended the Friends of the Sandia Mountains (FOSM) meeting on October 2 and presented them with a \$1,500 check as beneficiary of the Club's largest annual race. The donation was received by Bob Lowder, FOSM President, who followed up with a thank-you letter, below. Your Club is proud to continue its tradition of supporting local organizations with cash contributions, made possible by our outstanding race directors and volunteers, and by the many who participate in our races every year.

Dear Ms. Wiggins & Ms. Porter:

On behalf of the Officers and Board of the Friends of the Sandia Mountains, I would like to express to you and your organization, our sincere thanks and appreciation for your most generous donation of \$1500.00 to our group. Be assured that these funds will be applied to conservation, preservation and maintenance activities on the Sandia Ranger District.

As you may be aware, on-going funding challenges often prevent the Forest Service from being able to provide tools, equipment or other supplies needed by their volunteer groups. It is only through the generosity of individuals or groups such as yours that makes much of the needed work possible.

Best wishes to you all for continued success with your popular annual La Luz trail run.

Sincerely,

Bob Lowder, President  
Friends of the Sandia Mountains

## SAGEBRUSH SHUFFLE

### El Vado, NM

### 9 Hour Ultra

### Saturday, December 8 at 7:30 am

ARR member Dick Harris announces the 13th Annual Sagebrush Shuffle 9-Hour Ultra Run in Vado, NM (between Las Cruces and El Paso) put on by Mark Dorion. There is no entry fee (but donations probably accepted). Anyone interested can get further details from Mark at [markgd55@gmail.com](mailto:markgd55@gmail.com) or (915)581-9541. Dick can provide a ride for up to two fellow runners that morning and back to Albuquerque afterwards.

Director Mark Dorion writes, "The course has remained quite consistent in recent years, starting with an easy warmup 2.8 miles on a twisty, narrow paved road before a long 11.8 mile out-and-back on single-track trail through rolling canyons and wooded arroyos, passing giant yuccas and barrel cactus, scraggly mesquite trees, and lush balsam firs. There are many small, steepish 10-20' climbs and drops, but nothing severe.

"Many national class ultrarunners have come out for this pre-holiday long run. The beauty of a time run on an out-and-back course is that everyone from Olympians to old back-of-the-pack sloggers like yours truly can chat with each other a bit and offer verbal and nutritional encouragement.

"Picnic afterwards, abundant snacks and drinks along the way. Come chase the cotton-tails, jackrabbits, and coyotes through the lovely high desert."

# Help for First-Time Marathoners

Adapted and edited by Sherry Galloway from an article by Patrick McCrann on Active.com

**Autumn is a great time to train** here in Albuquerque, where leaves are turning and the weather is cooler, yet cooperative with our needs. Once warmed up, it's almost impossible to get overheated and long runs feel less tedious in the cool air. Even though this year we're having above-normal temperatures, an early morning or evening run takes advantage of the cool down. For new distance runners, this is the perfect time to gradually increase your mileage and accomplish that daunting distance of 26.2 miles! Keep in mind that you don't need to kill yourself to get there – you can have fun along the way, as long as you structure your training properly. Patrick McCrann offers us three tips that will get you to your first marathon without undue stress. The information is good for all runners at any distances, too!

**Be Consistent.** Everyone considers “long distance” based on their own experience, so that what is long for you might be different for someone else. McCrann says the key is to “**run well and run often.**” There are lots of plans out there for increasing mileage and you just need to keep it simple, so that it fits into your regular running schedule. Run with friends to keep it in the fun zone or run with a group – convenient when you're a member of ARR!

You can also look for training races along the way – half marathons and even 10K races can keep you focused. You need to vary your distances and the difficulty of your daily runs, so that you get some easy runs and some harder runs, maybe on hills or trails. You want short distances most of the week, with **one good long run.** You can also vary the distance of your long runs, so that one week your long run might be 12 miles, the next 16, the next 12 again, then up to 18 miles the subsequent week, gradually increasing mileage. You want to take recovery days off, particularly after the long and hard run days, to ensure proper rest and muscle recovery.

**Manage Your Recovery.** The time you are not running is at least as important as when you are. The new runner may be over enthusiastic and inadvertently get hurt. For every gain in distance and difficulty, you need to remember that to make those gains permanent, **rest is an essential part of the program.** Take frequent days off and remember to schedule them after those harder runs. Recovery means more than time off; it means taking in fluids, carbs and proteins (McCrann recommends 4:1 ratio of carbs to protein) after hard workouts.



**You need proper sleep,** in order to recover fully. At least seven hours a night is optimal and getting into a regular ritual of going to bed and rising at a scheduled time will help your recovery incredibly.

Keep in mind that **cross training** is a great recovery tool. You can – and should do something other than pounding the ground to keep your muscles in top running condition. You can



walk, cycle, swim or even roller blade alternately with your runs. Do NOT forget to **adequately hydrate and fuel your runs.** Proper nutrition and hydration can keep you healthy so that you don't overextend yourself and cause undue setbacks. Muscles need fuel and recovery as much as they require exercise! McCrann also recommends elevating your legs after your runs and even considering wearing compression stockings during this rest period.

## Improve Your Body Composition.

If you begin running with a few extra pounds on you, McCrann says to keep in mind that every pound lost is worth approximately three seconds per mile. **You can actually get faster by losing weight!** 10 lb. = 30 seconds faster.

Not all of us need to lose weight, obviously, and at the same time, we want to be lean and strong. Gradually change your diet, eliminating one unhealthy choice at a time and replacing it with something healthy. This may mean replacing a bowl of chips with fruit or veggies or replacing cake for dessert with yogurt and granola. Keep it simple. Most white foods are not good for you (except plain Greek yogurt and the occasional potato). Exchange that sourdough for rye or wheat bread. Use whole-wheat pastas or other grains like quinoa, instead of regular spaghetti.



Also, don't forget to begin the day with one of the most important meals you'll eat during the day. Consider **steak for breakfast** instead of dinner, so you utilize

that good protein when you're active rather than when you're winding down for sleep. Your biggest, most calorie-packed meal should be breakfast and most of us bypass it altogether. When in training, it's particularly important to do this! If you can't “do” big meals, then have several small calorie-dense meals throughout the day, interspersed with fruits and veggies. When training, McCrann also recommends not going more than three hours (while awake) without eating something. If you wait too long to eat, you're more likely to grab an unhealthy snack.

Finally, **don't forget to track your mileage.** You'll have an ongoing record of your progress and this will keep up your momentum. It's positive thinking, basically: beat last week's distance, speed, and/or difficulty. Remember, your only real competitor is YOU!

Now, get out there and have a great time!



## THE HALF-FAST LANE

# You Can Look It Up

by John Farrow

*With inspiration from Casey Stengel and Will Rogers, now that the World Series and 2012 elections are upon us.*

**The Ol' Perfessor was holding** court, waxing eloquently as was his wont. He may have cut his teeth on the baseball diamond but he was never at a loss for words, no matter what the subject.

"Been around the better part of a hunnert years and most people my age are dead. You could look it up.

Back in my day, most ball games were lost, not won. People keep a-worryin' 'bout what they don't want to happen rather than what they do want. Worry 'bout hittin' a golf ball in the lake, you're gonna go into the lake. Likely you're gonna hit what ya aim at.

They used to get on me 'cause my players were out drinkin' and chasin' women. So what if some of my stars drank whiskey? The ones that drank milkshakes didn't win many ball games. And bein' with a woman all night never hurt no professional baseball player. It was the stayin' up all night lookin' fer a woman that did him in.

Had to keep myself in shape back then and people would ask me to go out and run with 'em all the time. Ain't that I don't like runnin' with folks, I jus' like bein' with my dog more. He's always happy to see me, he don't care where we're goin' and he don't talk my ear off.

Went broke once. But I figger ya gotta go broke a few times to learn how to make a living.

The trick is growin' up without growin' old. Ain't too hard, unless your yesterdays take up too much of your todays. Ya gotta get rid of the stuff that weighs ya down if ya wanna fly. Take that dame in Boston, Ruiz it was. Took the Green Line out to Kenmore Square, thinkin'

she'd win a race the easy way. Ain't what I mean. And it never ends. Shame 'bout that Armstrong boy. Beat cancer. Had a beautiful wife and family. Did great work helpin' other folks with his foundation. Shoulda been grateful fer what he had. Can't start a new beginnin' but anyone can make a new ending.

Now we got another'un, a Kip Litton, 48 years old and he runs a marathon a month in under three hours, flyin' over the timin' mats like they wasn't even there. At least one of 'em wasn't there. Hardly anyone ever seen him, neither. Amazing. Runs races but spends more time figgerin' how to avoid runnin' than anything.

Even the politicians are gettin' into the act. Now I enjoy a political joke as much as anyone but the trouble is they tend to get elected. You know, politics is a lot like managin' a ball club when ya get right down to it. Ya gotta get votes from the poor folks while takin' money from the rich folks and promisin' to keep 'em both apart. Jus' like I had to keep the players who hated me away from the others who were undecided. But I've come to the conclusion that politics is too important to be left to the politicians. Might be better if instead of givin' 'em the keys to the city, we just changed the locks.

Some people never learn that it's better to have more than you show and speak less than you know. But good judgment comes from experience, and a lot of that comes from bad judgment. Take this Paul Ryan, f'rinstance. Young fella, good lookin' and keeps himself, in shape, elected to Congress seven times. Ran a 2:50 marathon, he says. Trouble is, it was 4:01. At that rate, he'll be a world champion before you know it. You could, too."

You could ... look it up!  
<http://www.paulryantimecalculator.com/>



*The name Rosie Ruiz is synonymous with marathon scandal. At the 1980 Boston Marathon, a relatively unknown Ruiz crossed the finish line at 2 hours, 31 minutes and 56 seconds, making her the winning woman. But her lack of any sweat stains immediately raised suspicions. When male winner Bill Rodgers asked her about her splits, she had no idea what splits were. Then, two Harvard students came forward claiming to have witnessed her run out of the spectator section into the race only half a mile from the finish.*

*Read about other less-than-honest marathoners at <http://runningiseasy.com/2012/03/26/cheatingthemarathon/>*

## SHERRY'S SHARE

# Cool Weather Running

**This month's note** is about running in cooler weather, but first I have a bit of a personal agenda, so please bear with me. You see, November in certain social circles is "Movember," the month when prostate cancer awareness is



brought to people's attention by the sporting of mustaches among the usually clean-shaven. November 23rd will be the fifth anniversary of my son Jeremy's death from this terrible disease. The "Movember" ritual began in Australia and has now gone viral around

the globe, just as prostate cancer has taken on epidemic status, particularly among African American and Native American men. In addition, younger men are getting the disease in higher numbers and they are far less likely to survive. One in EVERY SIX MEN currently gets diagnosed with this kind of cancer and only lung cancer kills more men. AND there is currently no test that can tell if you have the aggressive or nonaggressive form, which means we need newer, better tests!

So, wear mustaches to races, wear your Jeremy Paster Memorial GPCC shirt if you have one, donate to prostate cancer research, and inform people you know! You can Google

"Movember" or go to ZERO – The End of Prostate Cancer to find out more. There are no good cancers and we need better testing and earlier screening for all of them; for me, this is my cause and at the same time that I ask for club support, I also support all of you in your own causes. We give thanks for what we have this month, and while I cry for what I have lost, I am thankful for what I have gained in friendship from ARR!

### As for running in cooler weather:

When the temps begin to cool down, we begin to go into hibernation mode. Long ago I learned to put my running first and then do the rest of my life. Now that I have more "free time," I find myself doing a whole lot before getting my run, walk, or elliptical time in. How is it that every autumn, there is such a slow down, rapidly accelerating toward the end of the year, kind of like running downhill?!

A friend of mine recently put off an early morning run because it was in the 40s outside and that was just too cold! I know that I run faster when it's cooler, yet does that get me out there early? Not so much! Every day we lose two minutes of daylight and pretty soon it will be dark at six, then five o'clock, and some of those evening runs may go by the wayside, too. Think about running with friends, so darkness isn't a factor. Think about how much overeating you're likely to participate in from now through the new year and get those gloves, jackets, and sweats on—get out there and run and feel your power, your speed, and all of those delicious endorphins. You won't be sorry and, sunshine or not, you'll be reminded of why you run.

Oh, yeah, and don't forget to wear a mustache! Thanks!

**LOOKING FOR A MUSTACHE FOR MOVEMBER? CHECK OUT THIS WEBSITE...ANY OF THEM WILL WORK!**

<http://www.madlyodd.com/2011/05/10-weirdest-mustaches/>



**MORE 'STACHE STYLES FOR MOVEMBER  
... LOOKIN' GOOD!**



# Fartlek Workouts for the Fall Season

Adapted and edited by Sherry Galloway from Pete Rea's Active.com article

According to Pete Rea, in his article, “**6 Fartlek Workouts for 3 Training Phases,**” Fall is the time when runners typically begin intensive training for late autumn, winter or spring races with some healthy aerobic runs and general conditioning. This kind of training, he says, develops connective tissue strength and enhances the body's ability to transport oxygen efficiently, thus reducing the chances for injury.

In simple terms, “fartlek” means “speed play” in Swedish. This is a training method that blends continuous and interval training, thereby varying the speed and intensity of exercise within one session. This allows for balance between both aerobic and anaerobic exercise in one exercise experience. We think of fartlek as exclusive to runners, but it can apply to almost any kind of exercise and most fartlek sessions last for about 45 minutes and include changes in speed and intensity. For example, you might balance walking or your basic running pace with interval sprints. In this way, our body learns to change gears and use different muscle fibers as well as increasing our ability to utilize oxygen and not get out of breath when we race.

Rea recommends that in beginning the training season, you add some fartlek into each week. He gives as an example a workout designed by coach Bill Squires:

During your longest run of the week, run a 1:00 minute surge every six or seven minutes. You may only increase your speed by 15-20 seconds per mile faster than normal, so the surge isn't too hard and shouldn't cause undue pain or breathlessness. At the end of a surge, return to your regular long-distance speed. If you have difficulty returning to your “normal” rhythm, then you may be running your surges (fartlek) too quickly.

Another way to do your fartlek workout is to add random “pick ups” throughout your long runs. Probably a quarter of your run time should be at a faster pace (the pick up pace) and it can be as long or short of a spurt as you feel able to do and recover quickly from. This is basically the same as the Bill Squires fartlek workout, except that you pick and choose when and for how long your speed runs are.

It will take about six to 14 weeks of standard base building using the above technique. Rea says that after this, you transition to a more “overtly strength-based” fitness regimen,

designed for your specific race goal. Pete Rea offers the following two kinds of fartlek training, designed by ZAP Fitness, founded by the late Andy Palmer.

## Descending Tempo Fartlek

- Begin with a six-minute piece at roughly your anaerobic threshold, or close to half marathon pace.
- The recovery time is half, so three minutes.
- Run a five-minute piece slightly faster than the six, with the rest now being 2:30
- Run a four-minute piece even faster, with a 2-minute recovery, then a three-minute pick up with a 1:30 recovery, a two-minute pick up with a one minute recovery.
- Finish with a one-minute piece. The final two pieces (two, then one minutes respectively) of this fartlek should be working into the current 5K fitness range.
- For more advanced, higher-mileage athletes, begin with a seven-mile piece and go all the way down to one minute.

## Downcycle Fartlek:

- After warming up, run a 2:30 pick up, beginning with the first 30 seconds being only 5 – 10 seconds faster than your normal running pace. Each subsequent 30 second block should be a touch quicker, so that the final 30 seconds is at or slightly faster than your 10K race pace.
- Recover with 90 seconds of easy jogging.
- Repeat the 2:30.

Pete goes on to recommend two sets of the above two fartlek sessions, for a total of sixteen minutes, including recovery periods.

Fartlek is a great way to transition from base training to more race-specific training and there are many options out there that can work for you. When used properly, fartlek training can take you to speeds you never thought to achieve. The key is “used properly,” so that you increase intensity and then are able to recover fully before your next intense block. The idea is to gradually, then more quickly, increase speed and strength without getting hurt!

Enjoy.



## STEFANIE'S CORNER

by Stefanie Tierney MS RD LD

# Pumpkin Mania

**The leaves have turned,** Halloween candy is consumed, and

Thanksgiving is only a few weeks away. Fall is here and with it comes Fall food favorites like corn, squash, sweet potatoes, apples, and the very popular pumpkin. 'Tis the season for pumpkin-flavored everything. Starbucks started selling their seasonal pumpkin latte in early September and in the most recent Trader Joe's ad, everything is pumpkin, including pumpkin ice cream and ravioli. Obviously, pumpkin bread, pie, cookies, donuts, shakes, and cream cheese contain significant amounts of fat and added sugar, and should be consumed moderately or only on those really long run days.

Plain pumpkin has a great nutrition profile. One cup of canned pumpkin has only 80 calories, 20g carbohydrate, 3g protein, and 6g of filling fiber. Pumpkin is also a very good source of beta carotene (vitamin A), vitamins C and potassium, as well as rich in flavonoids like lutein and zeaxanthin, which are associated with promoting eye health. Pumpkin is also a source of folate, niacin, vitamin B6, thiamine, pantothenic acid, copper, calcium, and phosphorus.

So what's the best way to cash in on pumpkin's nutritional punch without all the added fat and sugar – or having to run lots of extra miles? By incorporating it into your regular meals and snacks. Here are some ideas for “pumpkining” – up your diet!:

### Pumpkin at Breakfast

Try mixing plain canned pumpkin with oatmeal and top with fat free milk or nonfat Greek vanilla yogurt. Top with cinnamon, nutmeg and a few slivered almonds for a satisfying and nutrient-packed breakfast.



### Pumpkin at Lunch

Try pumpkin soup. Check the labels of store-bought soups and choose a variety low in fat and sodium. Make your own by blending canned pumpkin with sautéed garlic and onion, cumin, pepper, low sodium broth, and cooked white beans for a thick, hearty soup.

### Pumpkin at Dinner

Try making pumpkin risotto. Add canned pumpkin or fresh, roasted and mashed pumpkin to simmering rice. As the rice cooks, gradually add broth to the mixture until rice softens and risotto becomes thick and smooth. Serve with your favorite lean meat and a side of steamed or sautéed vegetables.



### Pumpkin for Snacks

Try pumpkin seeds. They are a good source of heart-healthy fats and fiber, which helps control hunger. Make your own to control the amount of added salt.

*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 complete 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](http://www.eatright-nm.org).*

# RACE CALENDAR

## November



**10** 2nd Annual Run from Malaria, Albuquerque, NM (5K Fun Run); [active.com/running/albuquerque-nm/2nd-annual-run-from-malaria-2012](http://active.com/running/albuquerque-nm/2nd-annual-run-from-malaria-2012)

**10** Marine Corps League Toys for Tots Run and Birthday Celebration, Albuquerque, NM (5K Run); [active.com/running/albuquerque-nm/marine-corps-league-toys-for-tots-5k-run-and-birthday-celebration-2012](http://active.com/running/albuquerque-nm/marine-corps-league-toys-for-tots-5k-run-and-birthday-celebration-2012)

**11** Bosque Bolt for Cottonwood School, Albuquerque, NM (5K Run, Kids 1 Mile); [active.com/running/corrales-nm/bosque-bolt-for-cottonwood-school-2012](http://active.com/running/corrales-nm/bosque-bolt-for-cottonwood-school-2012)

**17** Taos Turkey Trot, Taos, NM (5K Run and Fun Run/Walk); [holdmyticket.com/event/118669](http://holdmyticket.com/event/118669)

**22** Hobbler Gobbler, Rio Rancho, NM (10K Run, 5K Run, Pilgrim Promenade 5K Walk, Gobbler Chase Kids K); [active.com/running/rio-rancho-nm/hobbler-gobbler-vi-10k-5k-and-kids-k-2012](http://active.com/running/rio-rancho-nm/hobbler-gobbler-vi-10k-5k-and-kids-k-2012)

**22** Atalaya RoadRunner Turkey Trot, Santa Fe, NM (5K Run, Kids K); [newmexicosportsonline.com/events/details.aspx?id=467](http://newmexicosportsonline.com/events/details.aspx?id=467) **entry form**

## December



**1** Kringle Jingle, Albuquerque, NM (12K Run, 6K Run/Walk, Kids K); [active.com/running/albuquerque-nm/kringle-jingle-12k-2012](http://active.com/running/albuquerque-nm/kringle-jingle-12k-2012)

**1** Reindeer Run, Roswell, NM (10K Run & Walk, 2 Mile Run & Walk); [active.com/running/roswell-nm/reindeer-run-10k-and-2-mile-2012](http://active.com/running/roswell-nm/reindeer-run-10k-and-2-mile-2012)

**2** Cross Country Courage Classic, Albuquerque, NM (5K Run); [active.com/running/albuquerque-nm/cross-country-courage-classic-2012](http://active.com/running/albuquerque-nm/cross-country-courage-classic-2012)

**8** Sagebrush Shuffle 9-Hour Ultra, El Vado, NM; email Mark Dorion [markgd55@gmail.com](mailto:markgd55@gmail.com)

**9** Nutcracker Triathlon & 5K Run, Rio Rancho, NM (Triathlon-5k Run/20k Bike/400 yd Swim, 5K Run, Kids 1K, Kids 2K); [active.com/running/rio-rancho-nm/nutcracker-triathlon-and-5k-run-2012](http://active.com/running/rio-rancho-nm/nutcracker-triathlon-and-5k-run-2012)

**16** Farolito Trail of Lights, Albuquerque, NM (5K Run/Walk, Kids K); [active.com/running/albuquerque-nm/nm-farolito-trail-of-lights-5k-and-kids-k-2012](http://active.com/running/albuquerque-nm/nm-farolito-trail-of-lights-5k-and-kids-k-2012)

## Membership Updates

### NEW MEMBERS

Louella Buchanan	Deborah Hoffman
Royce Farmer	Richard Hoffman
Rick Buchanan	Nila Judd
Melani Page	Jeremy Provenzano
Danielle Davies	Stephanie Provenzano
Cliff Deeds	Eden Silverthorne
Osvelia Deeds	Richard Smith
Alex Deeds	Krista Sorra
Veronica Deeds	Endel Sorra
Joseph Faas	Aleks Sorra
Jean Faas	Christine Sorra
Kathy Gorospe	

### RENEWED MEMBERS

James Brooks	Rachel Moulton
David Chacon	Dennis Muirhead
Brittany Chacon	Glenda Muirhead
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