

IT'S APRIL!

*We all know that April showers bring May flowers.
But on the ARR calendar, April also brings...*

Handicap in Edgewood

Saturday, April 4

8:30 am

5 Miles

Hosted by Kathy Kirsling at her home

Kathy is excited about hosting the ARR April Handicap Race for her seventh year at the Berta Homestead. She invites everyone to "Come to the East Side and experience this Other World!" And remember...it's hilly!

Enjoy a fun time of running, companionship, and good food. The run is free, with potluck breakfast afterward, so bring along something to share.

Some advice from Kathy:

- ***Please leave your dogs at home!***
- ***Please park on my side of the road so my neighbors can come and go freely.***
- ***As the weather is unpredictable, bring warm clothes and maybe some extra to change into -- and maybe extra shoes too, in case of mud.***

As always with our "traditional" handicap format, it is helpful if you give advance notice to **Shannon Zanelli**, our Handicaps Coordinator, that you will attend (*name and normal 5K time*).

**17 Berta Drive, Edgewood, NM
505-450-8956**

Directions from I-40 & Tramway:

Go East to Sedillo Rd - Exit #181. At stop sign turn LEFT/East. You are now on old Route 66. Go 1.5 miles and turn LEFT/North onto Mountain Valley Rd. Go 1.8 miles. You will see a "dormitory-style" house on the right. Turn RIGHT onto Berta Drive. #17 is the third house on the left. Park along the shoulder on that side.

Forever Young Race in Placitas

Sunday, April 12

9:00 am

6 Mile Run | 3 Mile Run/Walk

Alan Overmier, Race Director

The 11th Annual Forever Young Run & Walk is a celebration in memory of Charlie Young, an avid runner, cyclist and outdoorsman, and includes a 3 mile run/walk and a 6 mile run. Please join us for a fun event with a beautiful view, breakfast burritos and coffee at the base of the Sandia Mountains in Placitas.

Prizes will go to the first three finishers (male and female) in each of the following categories: Youth (1-39), Masters (40-49), Grand Masters (50-59), Seniors (60-69), Geezers (70+).

In honor of Charlie, who always raced without a shirt, participants who run shirtless (*not topless*) will receive \$2 back at the finish line.

Registration Fee for 6 Miler and 3 Miler:

\$25 with shirt | \$15 without shirt

Runners 70 and over are free!

REGISTER AT ACTIVE.COM

Race day registration is available at race site.

DIRECTIONS:

Both courses are on rolling hills along the Bernalillo Watershed Road. To get there from Albuquerque, take I-25 north from Albuquerque to exit 242, and head east for 2.1 miles on Highway 165 toward the village of Placitas. The start is approximately 1/2 mile east of the Homestead Village shopping mall, on the south side of the road. Parking is along the shoulders on Hwy 165.

President's Corner

By Gwen Walker

Greetings, Road Runners!!

Spring is officially here, and for those of you who hibernate from running during the cold winter months, I hope you're excited to join us for some events!

There were quite a few Road Runners out at the March handicap, hosted by the lovely Mandi Walker at La Cumbre Brewing Company. I hope to see many of you at our **April Handicap which is being hosted by Kathy Kirsling** out in Edgewood! KK always puts on a wonderful handicap, and I encourage you all to make the short trip out to the east mountains for a challenging course and a fun potluck!

If you can't make it to the April handicap, don't forget about our first club sponsored race of 2015, **Forever Young on April 12**. This race is also a challenging but beautiful course up in Placitas, and gets rave reviews every year from participants!

I'll miss you all at April's monthly meeting on April 1 (no, this is not an April Fool's joke!), but the bubbly, bright, and beautiful Miss **Meredith Eddy, club VP**, will be leading the meeting in my place!

Speaking of our bubbly, bright, and beautiful VP, Meredith is also in full swing organizing the 2015 **Women In Training** program. If you know of anyone interested in participating this year, please send them to Meredith!

If you've been wondering how you can get more involved with the club, we are looking for someone to take over the newsletter later this year. Please contact **Glenda Muirhead** if you are interested – we'd love to have your input!

Hope to see your smiling faces very soon!

Gwen



Next Club Meeting

Wednesday, April 1, 2015

7:00 pm

North Domingo Baca Center

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

Member Spotlight

Charrissa Lin

By Wendy Wiggins, ARR Board Member

Charrissa is the Club's Secretary for 2015.

How long have you lived in New Mexico?

Since January 2014, just a little over a year

When did you start running?

I dabbled a little in running when I was in grad school – doing the occasional 5k, never really doing much more than maybe 3 miles, 3 times a week. Derek [Surka] and I did decide to sign up for and train for a marathon, but we did a very low mileage plan...just to finish. That was back in 1998. I didn't really run in the intervening years but started my "real" running in 2010. Disney announced a half marathon in conjunction with their Food & Wine Festival and it just felt like something that I needed to do! It was a great motivator to get in shape.

What other sports have you been involved in?

I did a little swimming when I was very young, I was on the crew team in college for 2 years (I was a coxswain), and after I married Derek, I picked up curling and curled for the better part of 13 years.

What is your favorite local race?

I've only been here a year, so I haven't had a chance to run as many of the local races as I'd like to – but I probably have two favorites: **Forever Young** I loved because the views were so beautiful (even as I was buckled over trying to catch my breath); The Safari Run or **Run with the Kenyans** (or as I like to call it, Run Far Behind the Kenyans) I loved because of the safari animal race premiums instead of shirts and because the whole atmosphere of that race is just so much fun – great energy, very communal, very upbeat.

What's your favorite ARR activity?

I really do enjoy the Saturday master's runs. It's a great crowd, breakfast is always fun, and it's helped me to get to see several different running routes.

What's your favorite distance to race?

Sometimes it feels like one mile shorter than whatever race distance I'm actually racing...but truthfully, my favorite distance is the half marathon. I don't seem to have good short distance speed and I find the half marathon pace more comfortable (at least for ten of the miles). It's not as hard on you as a marathon, but still a significant distance. There's not enough of a food reward at the end of a 5k...you just don't burn that many calories. That's probably why the marathon distance is growing on me...the free-for-all food frenzy that happens after!



ARR BOARD

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ARR NEWS

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

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

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Visit us at
www.abqroadrunners.com

Should runners avoid

JUNK FOOD?



Excerpts from an article by Nancy Clark, MS, RD

While eliminating “bad” and “dirty” foods is a noble attempt to put premium nutrition into your body’s engine, the questions arise:

- ★ Do you really need to eat a “perfect diet” to have an “excellent diet”? *No*
- ★ Does enjoying a hot dog or a candy bar once in a blue moon negate all of the “good stuff” you generally eat? *No*
- ★ Do have to “cheat” on your birthday so you can partake in cake with your family and friends?
Heavens no!

While foods with little nutritional value fail to invest in a runner’s well-being and ability to withstand the demands of rigorous training, occasional “junk food” does not ruin health when eaten in moderation. You can indeed have an excellent diet without having a “perfect” diet.

Rather than categorize a food as being “bad,” look at your whole diet to see if it is balanced. Differentiate between a diet filled with Fluffernutters for breakfast,

PopTarts for lunch, candy bars for snacks, and sweet & sour chicken for dinner *vs.* the occasional PopTart tossed into a gym bag for a pre-exercise energy booster when traveling to an event. Fifty calories from refined sugar in eight ounces of sports drink will not ruin your health. But consuming 400 calories from a half-gallon of sports drink will displace a significant number of nutrient-dense foods from your overall eating plan.

Can you eat too healthfully?

Yes. Eating too many healthy foods can actually be bad for you. For example, fruits and veggies are healthy foods, but eating only fruits and veggies creates a bad diet. Eliminating all unhealthy foods is also needless. Occasionally enjoying birthday cake can be good for the soul!

While not trendy, choosing a balanced sports diet based on moderate portions offers a sustainable, effective path that can help you eat well, run well, and feel great.

ADVERTISEMENT

Two More Handicap Runs This Season

Because our January Handicap was cancelled due to illness, this year’s season runs through May. Check the website for details about date, time, and location as May approaches!

APRIL HANDICAP

Saturday, April 4
Edgewood, NM - 8:30 am
Hosted by Kathy Kirsling

MAY HANDICAP

Date TBD
Supper Rock Park
Hosted by Meredith and John Eddy



They’re coming ...

Kaleidoscope Brooks: Ghost and Adrenaline

Only at Heart & Sole — both locations
Follow Heart & Sole Sports on Facebook
to see when they will arrive.

Available in men’s and women’s colors.

We’re the only store in NM that will have them — and it’s a “one time only get ‘em while you can” deal (no orders).



MEN’S GHOST



MEN’S ADRENALINE

Bill Dodson Master Runner Extraordinaire

Many of us, especially those of a "masters" persuasion, remember Bill Dodson, formerly of Albuquerque. Bill was a long-time member of Master Runners Unlimited, which merged with ABQ Road Runners. Several years ago he moved to the Bay Area in California where he continues his ultrarunning career as part of the Stevens Creek Striders.

Bill ranks second in the world in the Men's AG75 12-Hour Run for 2014, having completed 80.555km in the allotted time (which converts to an age-graded distance of 126.282km).

As a challenge to himself for his 80th birthday on February 28, 2015, Bill attempted to break the world record for AG M80 at the 50K championship at Caumsett Park on Long Island on March 1. Unfortunately it wasn't to be, as the dry pavement became snow-covered and miserable, with large flakes swirling and accumulating underfoot (see finish line photo at right). He did, however, complete the course's 10 laps in 5:55:06.4, winning his age group (as usual). Congratulations to Bill — good luck on his next attempt at the record!

— Thank you to Bob McNeill for this information



ABOVE Bill Dodson, #1338, begins his attempt to break the M80 world record in the 50K, on March 1st on Long Island.



Unfortunately, the weather took a turn for the worse.



KEEP CALM AND KEEP YOUR MEMBERSHIP CURRENT



FULL MOON RUN

By Heart & Sole Sports

FRIDAY, APRIL 3rd – Starts at 7:30 pm

Free and open to all

Bring your kids and dogs, too!

Refreshments and drawings

Arrive early to sign in and get your name entered into drawings for cool gear. Adidas rep will be there with demo shoes.

Mark your calendars with these dates of future

FULL MOON RUNS:

Monday, May 4th - 8 pm - Saucony demo

Tuesday, June 2nd - 8:15 pm

Wednesday, July 1st - 8:45 pm

Friday, July 31st - 8:30 pm



RACE CALENDAR

APRIL

- 4 Run Nerds Run! | ABQ, NM - UNM Campus | 5K & Kids K Runs | runsignup.com | *benefits UNM School of Engineering*
- 4 Run for Refugees | ABQ, NM - Hispanic Cultural Ctr | 5K Run, 1M Walk | active.com | *benefits Forgotten Foundation*
- 11 Cedro Peak Ultra | Tijeras, NM | 45M, 45K | [ultrasignup](https://ultrasignup.com) | [facebook](https://facebook.com)
- 11 The Super Run | ABQ, NM - Balloon Fiesta Park | 5K Run/Walk, Fundraising 1K Walk | active.com | [download flyer](#)
- 11 Amanda Lynne Byrne Memorial Run/Walk | Pecos, NM | 10K Run, 5K Run/Walk, Kids Run | [registration info](#) | [entry form](#)
- 11 Blacklight Bubble Party | ABQ, NM - Expo NM | 5K Fun Run | [register online](#)
- 12 **Forever Young Race** | **Placitas, NM - Forest Loop Road** | **6M Run, 3M Walk** | active.com | **CLUB RACE**
- 18 Albuquerque Half Marathon | ABQ, NM | Half Marathon, 10K, 5K, Kids K | active.com
- 18 Mighty Mujer Triathlon | El Paso, TX - Memorial Park Pool | All-Female Events: Super Sprint, Sprint | [register online](#)
- 18 New Mexico/Texas Challenge | Lovington, NM | Half Marathon, 10K, 5K | [register online](#)
- 18 It's Time for a Beer Run | Santa Fe, NM - Downs | 12K Team/Indiv, 1M Run | active.com | [nmsportsonline](https://nmsportsonline.com)
- 19 5th Annual Run For Her Life | Los Alamos, NM | 10K Run/Walk, 5K Run/Walk | [download entry form](#)
- 25 Hula Hustle 2015 | ABQ, NM - ABQ Academy | 5K Fun Run & Walk | active.com | *benefits Wounded Warriors*
- 25 Valles Caldera Runs | Valles Caldera National Preserve, NM | Marathon, Half Marathon, 10K
- 25 Climax Canyon 5K Trail Run | Raton, NM | 5K Trail Run/Hike | [register online](#) | [entry form](#)
- 26 6th Annual Safari Run & Run with Kenyans | ABQ, NM-UNM N. Golf Course | 8K Run, 5K Run/Walk, Kids K | active.com

MAY

- 1 and 2 Shiprock Marathon | Shiprock, NM | Marathon, Relay, Half Marathon, Kids Marathon, 5K Trail Run, and 10K Race | active.com
- 2 Cactus to Cloud Trail Run | Cloudcroft, NM | 50K Trail Run | ultrasignup.com
- 3 Run for the Zoo | ABQ, NM | Half Marathon, 10K, 5K, 5K Fitness Run/Walk, 1M Fun Run/Walk | [register online](#)
- 5 Cinco de Mayo Run | ABQ, NM - Bosque Running Shop | 5K | [register online](#)
- 9 ABQ Brew Dash | ABQ, NM - Balloon Fiesta Park | 5K Run, 1M Run | [register online](#) | *benefits ABBA Fund*
- 10 Mother's Day 5K | ABQ, NM - ABQ Academy | 5K Run & Fitness Walk, Kids K | active.com
- 16 No Boundaries Spring 5K | ABQ, NM - Hoffmantown Church | 5K, Kids K | active.com | *benefits Locker #505 Clothing Bank*
- 16 Santa Fe Run Around | Santa Fe, NM | 5K Run, Kids Run | [nmsportsonline](https://nmsportsonline.com) | active.com
- 16 Mancos Cowboy Half Marathon | Mancos, CO - Boyle Park | Half Marathon | runsignup.com
- 16 Red River High Mountain Half Marathon | Red River, NM | Half Marathon, 5K | active.com
- 17 Catch Me if You Can | Bernalillo, NM - Sandia Lakes | 5K Run/Walk, 5K Team, Kids K | active.com
- 24 Narrow Gauge 10 Mile Run | Durango, CO | 10M Run, 4M Run, Kids 1M | [runsignup](https://runsignup.com) | *benefits Marc Witkes Memorial Fund and Ocular Melanoma Foundation*
- 23 Jemez Mountain Trail Runs | Los Alamos, NM | 50M, 50K, Half Marathon | [register online](#)
- 30 Polly's Run | ABQ, NM | 10K, 5K, Kids K

JUNE

- 6 Lickety Split | Rio Rancho, NM - Cabezon Park | 10K, 5K, Kids K | active.com
- 7 Run To Break The Silence | ABQ, NM | 20K, 10K, 5K, Kids Run | active.com
- 13 For the Health of It! | Taos, NM | 10K Run, 5K Run, Walk, Fun Run | [register online](#) | [event info](#) | *benefits Holy Cross Hospital's Cancer Support Services*
- 21 Mission Valley Duathlon | El Paso, TX - Tigua Recreation & Wellness Center | 5K run – 20K bike – 5K run
- 21 JCC Father's Day Run | ABQ, NM | 5K Run | active.com
- 21 Cherry Garcia Run | ABQ, NM | 10K, 5K, Kids K | active.com