

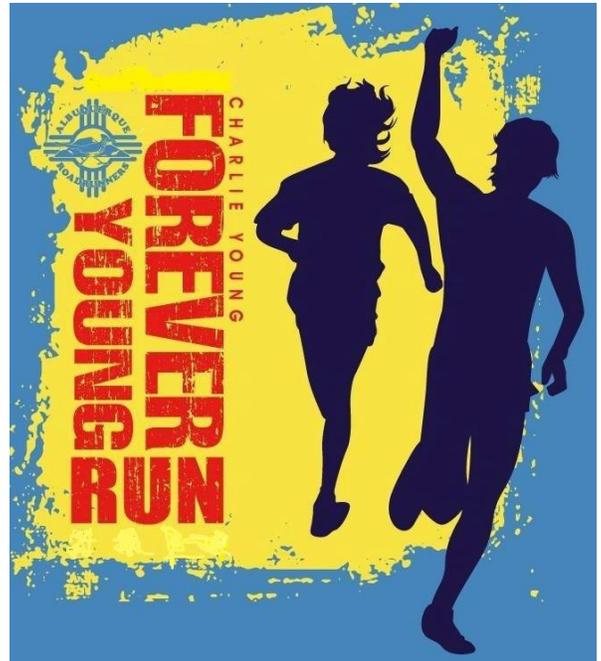
12th Annual Forever Young Run and Walk

Sunday, April 3, 2016, 9:00 am Placitas

This race is a celebration in memory of our member Charlie Young, an avid runner, cyclist and outdoorsman, who was killed in a bike accident in Colorado in August 2004. Since Charlie always ran without a shirt even in the dead of winter, **shirtless (not topless) participants are given a two dollar refund at the finish line.**

Charlie lived in Placitas, so the race is held on a dirt loop course in Placitas with rolling hills in a beautiful pinon/juniper area. Choose from a 6 mile run and a 3 mile run/walk.

A portion of proceeds benefits the Placitas Community Library.



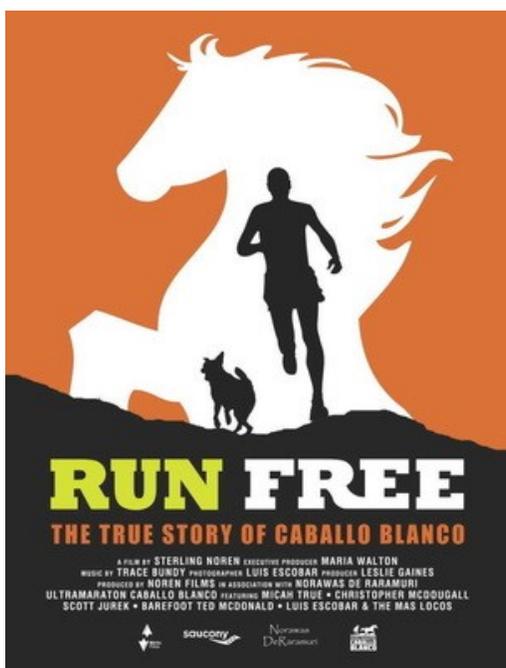
Running Legend on Silver Screen

Sunday, April 3rd, 6 pm

Movie: Run Free — The True Story of Caballo Blanco
National Hispanic Cultural Center, 1701 4th St SW

Run Free is a feature-length documentary about ultra-running legend Micah True. This screening will be the 100th stop on the film's ongoing nationwide tour, which began in New Mexico last April.

Raffles will be held for prizes, including a massage by Heidi Rothenberg, NTS, Preventative and Rehabilitative Body Work, and a hotel stay donated by Perky Garcia
More info: [Press Release](#) and [Facebook](#)
Tickets are \$12 (advance), \$15 (at door)



President's Corner

Happy Spring Road Runners!

I'm so excited and proud of our work! You're getting your newsletter a little early this month because we have so much going on that we couldn't hold it all in until April 1st! The first week in April we have the "Triple Play." Do the **Berta Handicap**, **Forever Young** and come to ARR-sponsored showing of **Run Free** (The Caballo Blanco Story) and you can pick a prize from the ARR Prize bin at the April Membership meeting. (Word to the wise: so you don't pull something running all of those hills in the handicap and Forever Young, you better warm up your booty by shaking it at the Running 505's **Runner's Ball** on Friday night, April 1.)

Next up in May, **Women In Training** begins! This year was my lovely introduction to setting up an event in active.com. I've had fun seeing what our director, Jane Cudney-Black has in store for you!



It's all fun and games at the Volunteer Banquet with Wendy Wiggins (horizontal), Anna Williamson, Mariah Harrison, and Gwen Walker

Thank you to all of our volunteers. You'll be able to recognize them with their snazzy new ARR caps. (Thank our VP Ana for picking those out!) It was so rejuvenating to see you at the wonderful Volunteer Banquet last month. The beginning of the year, I went through an 'I don't wanna run' phase that we all go through sometimes. Seeing all of your lovely faces really inspired me. Last year's race directors are continuing their events. Our board is a great team this year. Gwen (former pres and Hall of Fame inductee) and last year's board put a lot of new flavor in the club. These people take time out of their busy work, family and training schedules to bring you great activities like your weekly work outs, handicap runs, brew runs, and the newsletter for FREE!

I truly think the club improves the community. Along with the fun events , you make the community a safer and more positive place just by being seen on the roads and trails. Know that when you are out, whether it's volunteering, walking or running, you've just brightened someone's day.

Thank you so much!
Happy Running!

Wendy Wiggins

ARR BOARD

PRESIDENT	Wendy Wiggins
VICE PRESIDENT	Ana Romero Jurisson
SECRETARY	Mariah Harrison
TREASURER	Joyce Fafard
MEMBERSHIP	Anna Williamson
RACE DIRECTION	Rodger Sack
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VOLUNTEERS	Fred Bonnell
NEWSLETTER	Stephanie Barton
FACEBOOK	Wendy Wiggins

ARR NEWS

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

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

Albuquerque Road Runners Club
PO Box 20011
Albuquerque, NM 87154

Visit us at www.abqroadrunners.com

February 2015 HANDICAP RECAP!

**Hosted by David and Katherine Wilson
February 27, 2016**

The February handicap was held in Placitas on a beautiful, warm Saturday. A few of us that had been around for several of the annual Placitas handicaps were reminiscing about one of the times we had temps in the teens and driving wind. And about 25 people showed up! There are always three guarantees with this run – 1) the course will be extra hilly, 2) there will be wonderful food, and 3) the weather will be unpredictable. Luckily for those timing and cheering on the runners the weather decided to go “unseasonably warm.”

In years past this has been a prediction run but we did things a little differently this year. Keeping with the couples theme of prediction runs past, we paired people up at random after finishing and the team with the combined lowest finishing place was the winner. That team turned out to be Joyce and Martin who finished first and

third overall, making it impossible for any other team to beat them. Congrats to both on strong runs and the luck of the draw!

While some things change, others stay the same and so it was with this run. As in recent years, this was the eat and run biathlon so after all runners finished the grueling 3.5 mile course, we all enjoyed a wonderful potluck. Thank you very much to our wonderful hosts, the Wilsons, for opening up their homes and once again reminding us of the beautiful trails Placitas has to offer.

Looking ahead, we’ll be wrapping up our last handicap on Saturday, April 2. Please check the website for course descriptions and locations. We have a very close race right now for the series prize of free shoes. Spencer Briggs is in the lead but has several people right on his heels. Come join us for these great events and let’s see who will get this season’s prize!—*Shannon Zanelli*

Last Handicap of the Series
Saturday, April 2, 8:30 am
hosted by Kathy Kirsling
in the East Mountains

NEXT CLUB MEETING

Wednesday, April 6, 7:00 pm

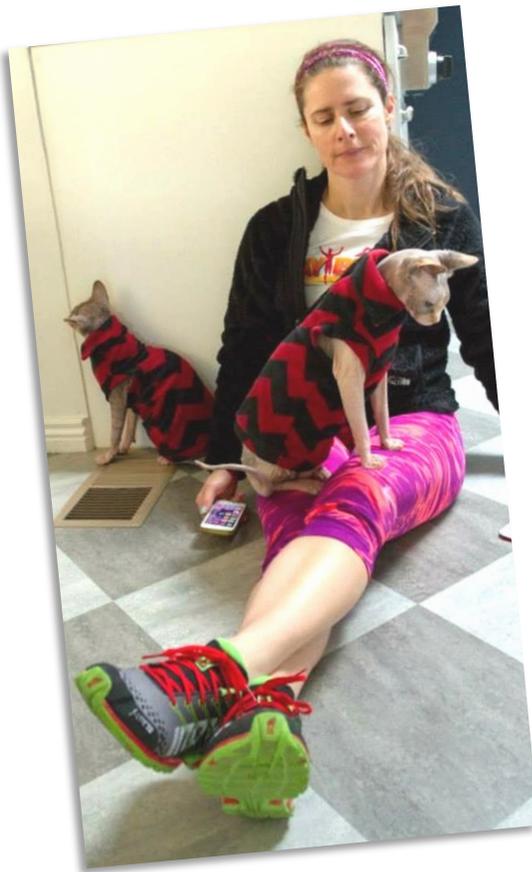
North Domingo Baca Center/
Classroom 4
at Carmel and Wyoming Blvd, west
at first stoplight north of
Paseo del Norte

SEMI-ANNUAL TRAIL CLEANUP

Our next (semi-annual) cleanup of "our" section of adopted trail along **Unser Blvd from Western Trail to Dellyne** is 8:30-10:30 am Saturday, May 21. Bags of litter will be stacked around a utility pole at the southern end of the vest-pocket Story Rock NA park at the "intersection" of Atrisco and Legends, ready for pickup by Solid Waste or Parks Management at any time after noon. For more info, contact Dick Harris, Adopted Trail Cleanup Coordinator

Road Runner Awarded Leadership Scholarship

Mariah Harrison, the new Secretary of Albuquerque Road Runners, is the recipient of a Leadership Development Scholarship from the Road Runners Club of America. The purpose of the Leadership Development Scholarship is to provide annual funding for up to four individuals per year (one per region) to attend the RRCA Convention on behalf of their running club. By attending the RRCA Convention, new club leaders gain a better understanding of their roles and responsibilities, and have valuable networking time with running club and event members from across the country. Congratulations, Mariah!



NEW DIRECTOR FOR WOMEN IN TRAINING

Jane Cudney-Black will lead this season's Women in Training program, which begins in May. WIT is a nine-week program to prepare beginning women runners, run-walkers, and walkers for their first 5K race, the Albuquerque Road Runner's **Women's Distance Festival** in July.

Jane is a certified trainer with many years of training and endurance racing experience. She has completed Gym Jones Fundamentals seminar, and is a Crossfit Level 1 Trainer. Jane has been coaching and training athletes in the gym and outside for over two years. "As a mother of two teenagers I understand the need for commitment to work/life/hobby balance, along with the desire to kick ass at your chosen endurance hobby."

Many thanks to Meredith Eddy, who coached last season's WIT program. We wish her great success in her new endeavor: Foothills Fitness.

To sign up for Women in Training, contact wit@abqroadrunners.com

The Longest Walk 5: War on Drugs

Northern New Mexico, especially Rio Arriba County, is known as the heroin capital of the U.S. Dennis Banks, AIM co-founder and activist, is leading another walk across America to raise awareness about the issue. 70 runners left La Jolla, CA, on Feb. 13 for a 3600-mile trek to Washington DC, making stops to hold forums and gather information.

Runners and walkers of all ages can join in for as far as they wish to go, whether you're pushing strollers, using canes, or can go only a few blocks. This is a unified effort to declare a War on Drugs. More info on Facebook: [facebook.com/THE-LONGEST-WALK-5-WAR-on-DRUGS-Santa-Fe-NM-438643686321170/](https://www.facebook.com/THE-LONGEST-WALK-5-WAR-on-DRUGS-Santa-Fe-NM-438643686321170/)

Shake Your Booty at First Annual Runner's Ball

Running505 is an amazing nonprofit program run by ARR member Melani Buchanan Farmer (featured in our October newsletter). **Runner's Ball 2016** on **Friday, April 1** is the first annual gala fundraiser for Running 505, a youth wellness program.

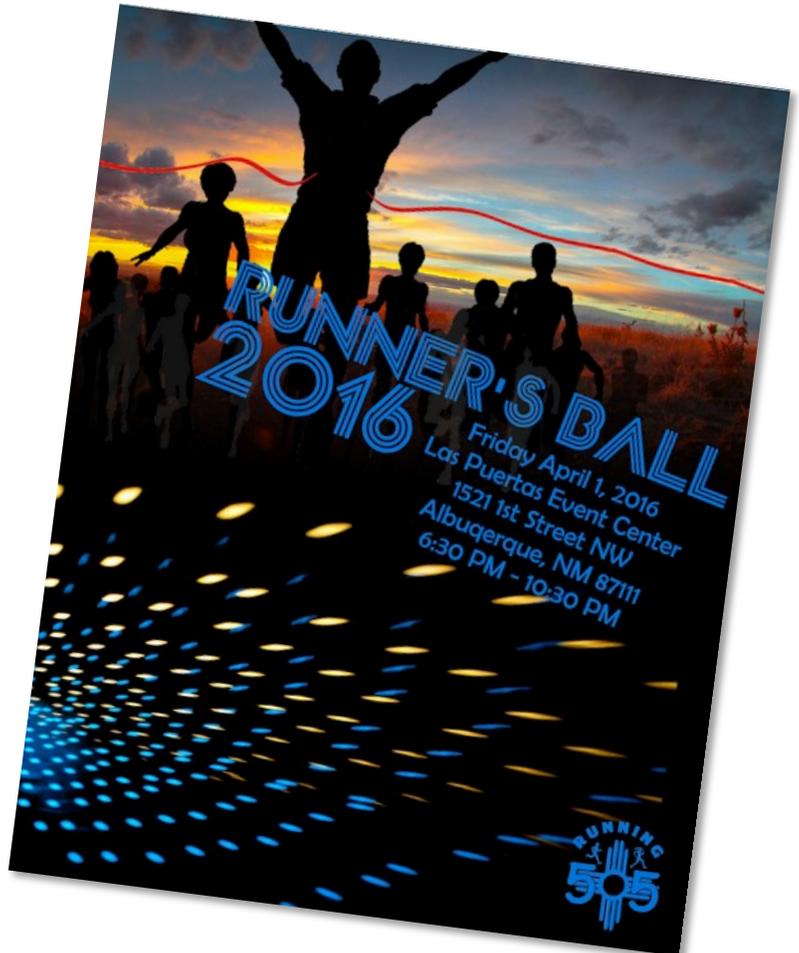
Middle school is a time of transition for kids, when they most need peer and adult support to help guide them towards healthy decisions. At Running 505, each week middle-school kids hear experts speak on nutrition, stress, and other health topics then adult mentors talk and work out with the kids, discussing the day's presentation, as well as issues at school and at home while training for local races, from 5Ks to half-marathons.

The program is free for the kids: Running505 receives its funding from individuals like you and from the community. To learn more about Running 505, check out their site: www.running505.com

Runner's Ball 2016 will be at Las Puertas Event Center. Dance in sneakers and formal wear or running gear and party shoes, enter raffles to win gear from local running shops, and bid on items in the silent auction.

Tickets available at:
www.active.com/albuquerque-nm/running/distance-running-races/runner-s-ball-2016?int=

Your ticket includes your first adult beverage and food from Zinc, Zacatecas, and Scalo! ALL proceeds go to Running 505. Please "like" our Facebook page to stay updated: www.facebook.com/events/1007741549287068/



Trail Running Camp in Alaska

Gnome Running, a nonprofit out of Juneau, Alaska is hosting two trail running camps in Juneau this summer, May 13th through the 20th and June 17th through the 24th. Registration is limited to 20 participants per session. Tuition is \$1600 USD per participant and includes local transportation, lodging, and food for seven days. In addition to seven days of incredible trail running in Juneau we also are offering classes that include the fundamentals of training, running and its role in sustainability, basics of trail building, and leadership 201. For more information please visit www.gnome-running.org



RACE CALENDAR

APRIL

- 1 **Runner's Ball** | ABQ, NM | a night of dancing | [info](#) | benefits Runners 505 | Not an April Fool's joke —this is a dance on the race calendar.
- 2 **Run Against Traffic** | ABQ, NM - *Mesa Del Sol* | 5K run | [active.com](#) | supports Spoken For, which identifies sex trafficking
- 3 **Forever Young** | Placitas, NM | 6M run, 3M run/walk | [registration form](#) | **||| CLUB RACE |||**
- 9 **The Super Run** | ABQ, NM - *Balloon Fiesta Park* | 5K Run/Walk, Fundraising 1KWalk | [active.com](#) | benefits Small Steps Int'l
- 9 **Amanda Lynne Byrne Memorial Run** | Pecos, NM | 10K Run, 5K Run/Walk, Kids Run | [flyer](#) | benefits Amanda Lynne Byrne Memorial Scholarship
- 9 **Color Dash Fun Run** | Las Cruces, NM | 5K Run/Walk | [flyer](#) | [register online](#)
- 10 **6th Annual Run for Her Life 10K/5K** | Los Alamos, NM | 10K Run, 5K Run, | [flyer](#) | benefits breast cancer research
- 10 **Lobo Triathlon** | ABQ, NM - *UNM* | Sprint tri | [register online](#)
- 16 **Albuquerque Half Marathon** | ABQ, NM | Half Marathon, 10K, 5K, Kids K | [active.com](#)
- 16 **Color Vibe 5K** | Santa Fe, NM | 5K run | [register online](#) | benefits 4-H
- 17 **HIV Walk NM and 5K Fun Run** | ABQ, NM - *UNM North Golf Course* | 5K Run/Walk | [register online](#) | benefits local health services
- 23 **Cedro Peak Ultra** | Tijeras, NM | 45M, 45K | [register online](#)
- 23 **Valles Caldera Runs** | Jemez, NM -- Valles Caldera | 26.2M, 13.1M, 10 K | [check website for registration info](#)
- 23 **Rio Grande Retro Triathlon** | ABQ, NM | Sprint tri | [register online](#)
- 23 **Mighty Mujer Triathlon** | El Paso, TX - *Memorial Park Pool* | All-Female Events: Super Sprint, Sprint | [register online](#)
- 24 **OKC Memorial Marathon** | Oklahoma City, OK | 26.2M, 13.1M, 5K | [register online](#)
- 30 **Wood Gormley Panther Run** | Santa Fe, NM | 5K run, 2M walk, 1K kids' run | [facebook site](#) (sorry, no flyer or website)

MAY

- 1 **Run for the Zoo** | ABQ, NM | Half Marathon, 10K, 5K Timed, 5K Fitness Run/Walk, 1M Fun Run/Walk |
- 6 & 7 **Shiprock Marathon** | Shiprock, NM | Marathon, Relay, Half Marathon, Kids Marathon, 5K Trail Run, and 10K Race | [active.com](#)
- 7 **Cactus to Cloud Trail Run** | Cloudcroft, NM | 50 K |
- 8 **Mother's Day 5K** | ABQ, NM - *ABQ Academy* | 5K run/walk, Kids' K | [check website for registration](#)
- 21 **Red River High Mountain Half Marathon** | Red River, NM | Half Marathon, 5K | [register online](#)
- 21 **Jemez Mountain Trail Runs** | Los Alamos, NM | 50M, 50K, Half Marathon | [registration information](#)
- 22 **World's Toughest 10 K** | ABQ, NM | 10K Run uphill | [check back for registration info and website link](#)
- 22 **Catch Me if You Can** | Bernalillo, NM | 5K, **5K Parent/Kid team**, Kids' K | [register online](#)
- 28 **5th Believe In Heroes Memorial Day Run** | Los Lunas, NM | 10K Run, 5K Run/Walk, Kids' K | [active.com](#)
- 29 **Narrow Gauge 10 Mile Run** | Durango, CO | 10M Run, 4M Run, Kids 1M | [runsignup](#) | benefits [Marc Witkes Memorial Fund](#) and [Ocular Melanoma Foundation](#)

JUNE

- 5 **Taos Marathon** | Taos, NM | Marathon, Half Marathon, 5K Run/Walk, Kids' run | [register online](#)
- 11 **Angel Fire Endurance Races** | Angel Fire, NM | 100M, 100K, 50M, 50K, 25K trail races | [register online](#)
- 18 **Mission Valley Duathlon** | El Paso, TX - *Tigua Recreation & Wellness Center* | 5K run – 20K bike – 5K run
- 25 **Mancos Cowboy Half Marathon** | Mancos, CO - *Boyle Park* | Half Marathon | [benefits Mancos Library](#)
- 26 **Ruidoso Marathon** | Ruidoso, NM | 26.2M, 13.1 M | [check website for registration info](#)