



ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

Vol 30, No 3

APRIL 2013

How to Run Your Best Without Getting **TRASHED**

By Sherry Galloway, Editor

WHAT'S INSIDE

President's Corner	2
ARR Officers and Contacts	2
March Meeting Minutes	3
Weekly Workouts	3
ARR Newslets	4
Green Dress Run	5
April Handicap	5
Handicap Series Results	
Membership Updates	6
Galloway Ad	
La Luz Run History	7
ABQ Running Shop Ad	
Sherry's Share	8
Athlete's Kitchen: Dieting Myths	
Race Calendar	10
RRCA Conv Auction Items	
Heart & Sole Sports Ad	11
Stephanie's Corner: Spring Greens	12
Forever Young Entry Form	13

The truth is that most runners will always say their goal in running a race is to run fast; to run their best race yet. We all know that without good training, we aren't going to meet our goal; what we may forget, according to Jason Fitzgerald at Active.com, is that just as important is *tapering*. Specifically, says Jason, "a taper is the reduction in running at the end of your training cycle that lets you recover and maximize your performance on race day."

Believe it or not, it takes about **two weeks for the body to completely recover** from a hard workout. There is the fatigue felt after an intense speed workout or long distance run and you may feel tired and sore. Your muscles will feel a little tight. Because of this, it's important to alternate peak workouts with adequate tapering. As stated by Mr. Fitzgerald, if you take the time to recover from the stress of hard running, your body will adapt and become stronger, more efficient and, ultimately, faster, which is what we all want, right?

Keep in mind that you want to be effective and also not get injured. Dialing down speed and/or distance during training runs needs to be judicious, so your legs don't lose their ability to run fast on race day. This means you can **reduce speed or mileage on some runs while maintaining them on others**. It seems to be best to reduce your over-all mileage by just ten to 20 percent during the two weeks prior to your race (when you want to peak).

Jason Fitzgerald suggests that about two weeks before this event, you **do a workout that mimics the event**. For instance, if you are running a 5k, this training could be done at a 5k pace, doing one mile with a 1-2 minute recovery, then the same for miles two and three. If you can sustain your 5k pace for each training mile, you're ready for your race.

It's most important that your training be event specific as you get closer to your goal race. You need to build up to this intensity, though. Don't decide today to get off the couch and begin training at race pace! If you've been training and are a week out from your event, the best way to achieve a P.R. is to include workouts of a similar intensity, but shorter in distance, so your aren't fatigued on race day. You might, for a 5k, run three 800 meter distances at the 5k pace, with 1-2 minute recoveries between, then four 400 meter distances with 1-2 minute recoveries. This will keep you fast, but not overdoing it.

Another hint is to **run strides two or three times per week during training**. Best done after a distance run, before a workout or before the race, you run 100 meters, accelerating to about 95% of your maximum speed and gradually slowing to a stop. Do three of these per session.

During tapering periods, when you are running either shorter distances at regular intensity or longer distances at reduced intensity, there are other things that will help your recovery, such as **ice baths, extra sleep, and spending a little less time on your feet than normal** – ah, rest! Remember that reducing the speed during some of your taper runs is essential to muscle recovery.



ARR Board

PRESIDENT	president@abqroadrunners.com	
	Martha Porter	350-1478
VICE PRESIDENT	vp@abqroadrunners.com	
	Glenda Muirhead	293-5122
SECRETARY	secretary@abqroadrunners.com	
	Lisa Johnson	
TREASURER	treasurer@abqroadrunners.com	
	Richard Knapp	796-0292
MEMBERSHIP	membership@abqroadrunners.com	
	Anna Williamson	
RACE DIRECTION	races@abqroadrunners.com	
	Rodger Sack	270-1613
ADVISORY	advisor@abqroadrunners.com	
	John Farrow	
PAST PRESIDENT	pastpres@abqroadrunners.com	
	Wendy Wiggins	

Contacts

MEMBERSHIP CARDS	card@abqroadrunners.com	
	Rolf Engleman	296-8605
MARKETING	marketing@abqroadrunners.com	
	vacant	
VOLUNTEERS	volunteers@abqroadrunners.com	
	Nicole Buerger	299-2608
NEWSLETTER		
	Sherry Galloway	editor@abqroadrunners.com
	Glenda Muirhead	vp@abqroadrunners.com
WEBMASTER	webmaster@abqroadrunners.com	
	Glenda Muirhead	293-5122
FACEBOOK COORDINATOR		
	Wendy Wiggins	

Club Meetings:

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

Next Meeting:

Wednesday, April 3, 2013 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



President's Corner

By Martha S. Porter, ARR President

Hi Everyone!

I'm hoping you're all beginning to enjoy spring and the many outdoor activities that come with it. The club ended March with a handicap/**Green Dress Run**, very well put on by **Shannon Zanelli** and **Ken Gordon**. As always, Ken creates a very fun-filled event and Shannon outdid herself this year by having members pre-register for the event. This really seemed to help the process and make registration more efficient. Great job!!!

This month we are looking forward to a few things. The first is **Kathy Kirsling's** ever-popular handicap in Edgewood, Saturday April 6th. The event starts at 8:30 in the morning. Please check out the ARR website for directions. As a reminder, the handicaps are free to all...ARR members and guests alike. If you have not participated in one, you are missing out. On April 7th we have one of our popular club sponsored events, the **Forever Young Race**. This race is held at 9:00 a.m. in Placitas and the proceeds help benefit the Placitas Library. Alan Overmier has put on this event for many years now and he does a terrific job. Please enjoy the beautiful course.

At this point, we have 38 days until the 2013 RRCA National Convention. Please check out the ARR website for meeting dates and locations. If you are interested in attending the convention, please also check out the website for day pass information. Please keep in mind that we as a club are the host of the RRCA Convention, attendance is not open to the public, and access to the expo, sessions, and events are available with either a day pass or by contacting the Co-Chairs, myself or Shannon Zanelli.

I am frequently asked what the RRCA is. For more information about the RRCA, please go to www.rrca.org. The RRCA supports running clubs and programs throughout the country. Our club is a member of the RRCA. Both the RRCA and Albuquerque Road Runners are non-profit organizations.

As a side note, we will not be having a May monthly meeting due to the convention. Come join us April 3rd for our next one, at the Flying Star on Silver. If not, we'll hope to see you Wednesday, June 5th.

Keep on chuggin' !! Beep! Beep!

Martha

**Convention UPDATE :**

Meb Keflezighi, Olympic marathoner, will be Guest Speaker at the RRCA Convention Luncheon on Saturday, May 4, at Hotel Albuquerque. Don't miss it...

Buy your DAY PASS now!

March Meeting Minutes

Membership Meeting – March 6, 2013 – Flying Star Café



Respectfully submitted by
Lisa Johnson, ARR Secretary

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

New Members:

Alfonzo "Alf", Max, Conrad and Tom Cove

SPEAKERS

- **Matt Sherwood** announced MS Society 5k event happening on May 18, 2013 [Ed. note: this event has since been postponed for now.]

- **Likhaya Dayile** announced grand opening of Bosque Running Shop and 5k Fun Run/Walk on Saturday, March 23rd @ 9:00 am.

- **Mark Rickert** announced new business, Ahhromas Mobile Pizzeria. Contact Mark if you're interested in doing a fundraiser using Ahhromas. Mark is still accepting gently worn t-shirts for First Nations. T-shirt donations will be ongoing at future ARR meetings.

- **Matt Glasier** of Heart & Sole Running Store did mini-product review of items currently available. Announced next Full Moon Run: Wednesday March 27 @ 7:30 pm. All Full Moon Runs are also announced on ARR Facebook page. Announced 4th Annual Run with the Kenyans for Global Health, Sunday, June 2 at 8:00 am.

- **Eric Biedermann**, race director of the ARR Women's Distance Festival, announced race date of Sunday, July 28, 2013. Registration is open on Active.com. Volunteers are also needed for the event; please contact Eric if you are interested in helping.

ANNOUNCEMENTS / UPDATES

Martha Porter announced that **Women in Training** starts Saturday, May 18, 2013. Looking for volunteer mentors.

RRCA Convention – Martha Porter.

Volunteers are still needed for convention for dates of May 3 and 4. Contact Martha if you are interested in volunteering.

John Farrow announced the need for donations of auction items for RRCA Convention. All proceeds from silent auction of donated items will benefit RRCA. Contact John or Martha if you are interested in donating an item for the silent auction.

GROUP REPORTS

Ultras—Ian Maddieson: Upcoming events were announced. Cedro Peak Ultra coming up on April 14.

Marathon Races—Phil Blong: Upcoming events were announced.

5K/10K Races—Jane Fuller: Upcoming events were announced.

Fun Runs—Kelley Garcia sends out weekly emails with locations for Tues and Thurs.

Contact Kelley to be added to her email list.

Trail Runs—Check website for **Tim Koehler's** updates on Monday and Wednesday evening runs.

Walkers—Tammy Remiker: No walking events scheduled for St Patrick's day weekend due to Green Dress Run. All Sunday La Luz trail hikes are temporarily postponed until further notice.

OTHER BUSINESS

2013 Fight for Air Climb results announced by Martha.

Next ARR Meeting – Wednesday, April 3, 2013. No meeting to be held in May due to RRCA National Convention. Door prize drawings held.

Meeting adjourned at 8:04 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
Mar 30	N. Albuquerque Acres
April 6	Bosque Path
Apr 13	Los Poblanos Open Space
Apr 20	Bike Path-Foothills Trail
Apr 27	Bear Canyon Arroyo
May 4	Albuquerque Academy

SATURDAY MORNING WALKS

Contact Tammy at walkers@abqroadrunners.com.

EAST SIDE – 10:00 AM. Meet near McDonald's at Tramway and Montgomery NE.

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 : Mondays at 6 pm. Meet at the Indian School trailhead for 5 miles at 8-9 minute pace.

TUESDAY & THURSDAY EVENING RELAXED RUNS : Various locations and distances. Contact Kelley for details.

WEDNESDAY EVENING – TRAIL : Wednesdays at 6 pm. Meet at the Michael Emery trailhead on the east end of Spain Road for a 5 mile run at 8-9 minute pace.

SUNDAY MORNING – LA LUZ TRAIL HIKE :
On hiatus.

ARR NEWSLETS

Club Seeking a New MARKETING COORDINATOR

As with all Club functionaries, this is a volunteer position. We prefer that the candidate be knowledgeable in all aspects of marketing.

Primary duties are to promote the Club using various forms of media, while keeping budgeting guidelines in mind. The candidate's first task will be to manage the upcoming membership drive in June 2013. The Marketing Coordinator is encouraged to work with Club race and program directors to help increase attendance at our events. A flexible schedule is a plus in order to attend selected races and expos to promote the Club in the community.

If this sounds like something you would like to do, please contact ARR President [Martha Porter](#) to discuss the position. It's important!

WOMEN IN TRAINING

ARR's 10-Week Program for Women
Runners, Run/Walkers, and Walkers

REGISTRATION IS OPEN !

With 2013 being the **20th ANNIVERSARY YEAR**, Martha and Don Porter, Program Directors, are planning to make the Program even more special. The celebration will start with the 2013 RRCA National Convention, hosted by Albuquerque Road Runners Club. Training begins on Saturday, May 18, with East Side and West Side groups. Train for ARR's Women's Distance Festival 5K Run and 5K Walk on July 28. Multiple pricing options...something for everyone!

MORE INFORMATION on the ARR website
[Register on Active.com](#)

We're looking for Club **VOLUNTEERS** to help mentor our participants during training sessions. Gentlemen, this includes you, too! Contact [Martha Porter](#) (East Side) or [Don Porter](#) (West Side) if you can help.



Jeff Galloway Summer Half Marathon Training Program

- Begins June 22nd & goes for 17 weeks
- Innovative *walk / run / walk* program
- For beginner thru experienced runners
- Group runs at 7am on Saturday mornings
- Two informal group runs weekday evenings
- Running book & official technical running shirt
- Guest speakers on shoes, injury prevention, nutrition, hydration, glycogen replacement, & more
- Cost is \$95 for new members & \$75 for alumni

Goal Races in October;
Duke City Half Marathon
and
Denver Rock & Roll Half Marathon

For More Information:

Donald K. Porter
Jeff Galloway Program Director, ABQ
(505) 366-3120

www.JeffGalloway.com (New Mexico)

REPORT

March Handicap GREEN DRESS RUN

By Shannon Zanelli, Handicaps Coordinator

The hills were alive on March 16 – not with the sound of music – but with runners donning their finest green dresses. It could only be the return of the Green Dress Run, a favorite run of club members and non-members, alike. A slightly breezy and chilly early morning gave way to sunshine and warmer temps as the runners began to gather at the east end of Indian School. The looks from unsuspecting hikers and mountain bikers who happened upon this gathering of green-clad folks was priceless, as men and women alike outdid themselves this year in hopes of winning the coveted best green dress award. For those who were too embarrassed to dress shop for themselves, there was a fine collection of wonderful frocks to choose from, all supplied by Ken Gordon.

Almost as an afterthought to the parade of dresses was the run itself, a 4-mile jaunt over hills and rocks on the foothill trails. As this handicap run was much larger than most, the handicapping was handled a little differently, with each person being responsible for their own start time, which was written on their race bibs. Additionally, much needed help was called in to assist with timing so that we could accurately determine the fastest male and female in order to

award them the wonderfully creative Spam trophies. Those awards went to Loren Woheltz and Molly Roberts, respectively.

Once all runners and walkers made it across the finish line, we commenced with voting for the best green dress, decided by applause from the crowd. Jacquie and Henry Smith, in matching outfits, were narrowly defeated by Arne Leonard, who wore a see-through dress with bright green, lacy leggings. Arne took home a \$50 gift card for O'Neill's as well as bragging rights as the best dressed of the event. Some great door prizes were also handed out, including a hand-made doll courtesy of Katherine Wilson.

A very big thank you to Ken Gordon, Jean Herbert, Andrea Feucht, Ed Heller, Josh Gordon, Glenda Muirhead, Martha Porter, Maria Ladd, Julie Lopez, Ed Zanelli, Magi Ezzard and anyone else I may have forgotten for their volunteer efforts. I couldn't have done it without you!

[Check the website for Green Dress Run Results]



Ken Gordon,
host

Loren Woheltz,
fastest male



UPCOMING

April Handicap in Edgewood Saturday, April 6 at 8:30 am Berta Drive Run

By Kathy Kirsling

This is my fifth year hosting a handicap here at my home in Edgewood. And we have had many variations on weather. Thank you, Mother Nature!

And we have had many variations on course routes. But they have all had something in common: HILLS! And they all have been roughly 5 miles. Gotta make it worth your while to come visit me! And this year's course will be different, naturally! But I try to have a plan B, C, D, and E available if Plan A isn't suited to running that day.

As mentioned, the weather can be unpredictable, so come prepared for cold, wind, snow, blizzard, rain...or do we dare think just a beautiful blue sky, lightly warm, lovely day?

Come and experience it all: the East Mountains, the course, the companionship, the food, the drink. It is pot luck, so bring whatever you'd like...or just bring yourselves as there is ALWAYS plenty of food. And this year I'll be testing out some **ultra** foods!



I know you all love your pets, but please leave them at their home...thanks.

Directions to Kathy's house : Take I-40 East to Sedillo Rd - Exit # 181. At stop sign turn east (left) onto old Route 66 (aka Hwy 333). Go ~1.5 miles, then turn north (left) onto Mountain Valley Rd. Go ~1.8 miles. After the "dormitory-like" house, turn right onto Berta Drive and proceed to #17 on the left.

HANDICAP SERIES 2012-2013 CUMULATIVE RESULTS

108	Jackie Calguire	19	Rodger Sack	10	Katherine Wilson	5	Alex Curiel
103	Stephen Malone	19	Laura Biedermann	9	John Carpenter	5	Scott Gordon
50	Steve Grossman	18	Steph Barton	9	Eric Pope	5	Andrew Goldmann
47	Christine Garves	18	Megan Fitzpatrick	8	Kellie Nickerson	5	Angela Priebe
46	Nick Juskiewicz	18	Adrian Wagner	8	Ashley Rodarte	5	Sarah Dufay
45	Isaiah Martinez	17	Scott Salzburg	7	Ian Maddieson	5	David Damm
42	Patrice Leddy	17	Roxie Carpenter	7	Steve Rodarte	5	Cecelia Castillo
38	Chuck Fuller	17	Donna Calles	7	Molly Roberts	5	Arne Leonard
36	Michael Barney	17	Danielle Frabutt	6	Joe Beman	5	Steven Silva
36	Mike Dunn	17	Richard Knapp	6	Damon Nelson	5	Leah Futey
36	Glenda Muirhead	17	Randy Silva	6	Damon Nelson	5	Curt Rademaker
36	Anna Williamson	16	Carl Jurrison	6	Myrriah Gomez	5	Chris Futey
35	Beth Davenport	16	Wendy Wiggins	6	Matthew Shike	5	David Kaufmann
34	Lori VanGoethem	16	Ken Gordon	5	Tim Koehler	5	Bridget Terry
34	John Farrow	16	Dennis Muirhead	5	David Kaufman	5	Albert Garcia
30	Charlotte Spencer	16	Erik Spoerke	5	Sherry Galloway	5	Lisa Johnson
29	Isabelle Roberts	15	David Wilson	5	Sonia Harley	5	Becky Flattley
29	Lorna Kindel	15	Rob Debuck	5	David Infante	5	Maripat Glover
28	Lisa Ragsdale	14	Kathy Kirsling	5	Hector Bezas	5	Toby Wilson
28	Haley Remiker	14	Mark Mackenzie	5	Mariah Harrison	5	Kathleen Stabler
26	Gail Leedy	13	Misty Pilgrim	5	Dave Simon	5	Amy Dorman
25	Will Bos	13	Gwen Walker	5	Miki Matsuo	5	Lee Harding
25	Ana Romero-Jurrison	13	Vicki Chavez	5	Falisha Plake	5	Nancy Halpin
24	Emily Ashbaugh	12	Jean Herbert	5	Dan Harberts	5	Kelly Bowles
23	Rachel Johansen	12	Ryan Wixom	5	Kurt Coonrod	5	Lindsey Lucero
22	Travis M.	11	Steven Chamberlain	5	Richard Iverson	5	Rondi Thornton
22	Eric Biedermann	11	Margaret Ochs	5	Tyler Curiel	5	Kristy Ott-Meyer
22	Veronica Petzold	11	Sophia Roberts	5	Steve Jett	5	Luke Futey
21	Natalie Villwock-Witte	10	Matt Shike	5	Tori Kaase	5	Jacquie Smith
19	Linda Romero	10	John Roberts	5	Steve Wright	5	Mildred Ramos
				5	Sylvia Sisneros	5	Henry Smith
				5	Loren Woheltz	5	Addie Silva
				5	Claire Shores	5	Cindy Silva
				5	Olivia Redd	5	Ruth Berggren

Membership Updates - March

NEW

R. Jeff Bierly
Suzan Bierly
Rachel Cuellar
Julio Flaminco
David Galbraith
Kelly Leshar
Brendon Galbraith
Samantha Galbraith
Joel Hapes
Robert Harvey
Victoria Harvey
Carolyn Hilton Miney
Breeasia Hong
Justin Schachtner
Bethany White

RENEWED

Gail Bastian-Montoya
Dave Belenski
Beth Davenport
Edwin Heller
Steve High
Timothy Montoya
Brigette Schimek
Marc Scudamore
Meisha Smith-Bystram
Andrea Telmo
Brian Tuffnell

Bring your extra new
or gently worn (*but clean!*)
race T-SHIRTS to Club meetings.

We will collect them for donation to
Mark and Karla Ricker's First
Nations Healthcare Youth
Mentoring Program.

Thanks!



La Luz Trail Run: A Brief History

By Tom Kirchgessner

The 48th Annual La Luz Trail Run will be held on Sunday, August 4, 2013. An ARR Club Race since 1999, La Luz has thrived under the masterful guidance of Race Director Rodger Sack. As we count down the months until the 2013 running, we will share with you installments of a history of the race, from its beginnings, written by Tom Kirchgessner, a La Luz Historian.

INSTALLMENT #2: 1977—1980

The next year [1977] Al confidently won, pushing himself with no competition. Unfortunately the timers had not even arrived when Al finished so they gave him a 60.00 flat. Too bad Al did not have his own watch on that day as he told me he was sure he had run several minutes faster.

The next year [1978] Al proved he could go under an hour and recorded the fastest time ever run!! He left his competition in the dust after following Dave Segura for a mile or so. Dave said Al had politely taken the lead even after he had set a blistering pace! Dave was near his best at the time and soon after ran a national 20 year old marathon record of 2:13:59! Al had simply thought the pace too slow, and simply took off! His time of 57:40 beat the likes of Rick Rojas by 4 minutes with Dave Segura another 24 seconds back and Lionel Ortega another minute and change behind. This race was so fast that Al's average pace for the 7.8 mile distance was 7:23 per mile. I figured he probably hit the 4.9 mile overlook in about 33:20 with the last 2.9 steep miles in somewhere around 24:20! The race was so competitive that there were 17 runners at an hour 10 or better! My own time was a 66:22 for eighth place, but this was over a minute per mile slower than Waquie's pace. La Luz was becoming a major local race and Al Waquie had become a hero and had set the standard for mountain runners!

The following years were won by Al with new records for the longer 9.8 course after the officials added 2 miles to spread out the runners. In 1979 Al won in 1:14:18 with second placer Lionel Ortega at 1:18:30. Lionel had beaten his Athletic West Olympic hopeful marathoners easily and called this his best race ever. Tony Sandoval had been expected to race Al that day and give him a good race (especially since he was in excellent shape training for the Nike OTC marathon and next year's Olympics. Tony was probably the best marathon runner in the U.S. at the time as well as awesome uphill) but had not made the start. My younger brother Dave Kirchgessner also set a Junior record of 1:33:16 that has never been broken.

In 1980 Al blazed a 1:12:40 which was probably the best race ever run on the trail. Al told me he had twice dreamed of running the race in an hour 12 minutes as if this was the fastest time he could imagine. Al had trained very hard and had dedicated this race to his grandfather who had recently passed away. His time is equal to running a 58:40 on the old course with the extra two paved miles in a fast 14 minutes! I figured this race was even better than Al's earlier 57:40 if you consider the warmer weather that day and the fact that he would have to slow down about 7 or more seconds a mile (adding the brutally steep extra two miles on the road). The second mile of this pavement section climbs nearly 600 feet and always seems to take a lot out of a runner's legs. Anyway, on this day Al beat the next runner (Tim Tays) by nearly eight minutes. Tim told me they should re-name the race after Al and was amazed at how fast Al could run uphill! Tim had run 8:51 indoors for 2 miles and even specifically trained for La Luz that summer, but was far behind Al with a 1:20:16. Third place went to my friend Ron McCurley with a good 1:22:46.

Next—INSTALLMENT #3: 1981 and some course analysis



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

505.293.2RUN

www.ABQRunningShop.com



SHERRY'S SHARE

By Sherry Galloway, Editor

We just celebrated New Years...

I distinctly remember the icy cold wind at the start of our annual noon run hosted so well by Alan Overmier! Yet, somehow, it's April and spring has definitely sprung! Now we have the warm pollen-laden winds at our backs (hopefully) as we train for upcoming events or just plain run for fun.

I'm sidelined as we go into prime running season. On March 13 I had my THIRD meniscus surgery and was admonished, yet again, by my orthopedic surgeon (a runner, by the way) not to run any more! He removed quite a lot of "shredded" meniscus and damaged cartilage, shaved some bone and, when I asked, told me that, yes, they do cartilage transplant surgery, but, no, you still cannot run on it! As I rehabilitate my knee on the stationary bike, I KNOW I will run again – it's in my blood! One caveat to all of us: street running is our enemy; trail running is much easier on the joints. Consider a track if you have one handy.

On a sad note, I must let you know that the Jeremy Paster Memorial Great Prostate Cancer Challenge is not going forward. With the help of so many ARR club members, we had a stellar event for two years. However, as a fundraiser for prostate cancer awareness and research, we failed. We're looking at a golf tournament or an endurance event for the future, so if you have interest and/or input, please let me know!!! Additionally, there are ZERO runs in several states and currently I have a Team Jeremy in D.C., S.F. and L.A. and can provide links to those events, should you want to participate or donate. It has been my pleasure to host the race in memory of my son and I deeply appreciate the club's support and encouragement.

Now get out there and walk, jog, run and enjoy the robins and baby jackrabbits out there with you! May there be a *spring* in your steps!

From "The Athlete's Kitchen"

by Nancy Clark MS RD CSSD

Copyright March 2013

Why Can't I Simply LOSE A FEW POUNDS?

Dieting Myths and Gender Differences

Despite their apparent leanness, too many runners are discontent with their body fat. All too often, I hear seemingly lean marathoners express extreme frustration with their inability to lose undesired bumps and bulges:

- *Am I the only runner who has ever gained weight when training for a marathon???*
- *Why does my husband lose weight when he starts running and I don't?*
- *For all the exercise I do, I should be pencil-thin. Why can't I simply lose a few pounds?*

Clearly, weight loss is not simple and often includes debunking a few myths. Perhaps this article will offer some insights that will lead to success with your weight loss efforts.

Myth: You must exercise in order to lose body fat.

To lose body fat, you must create a calorie deficit. You can create that deficit by:

- *exercising, which improves your overall health and fitness; and*
- *eating fewer calories.*



Even injured runners can lose fat, despite a lack of exercise. The complaint "I gained weight when I was injured because I couldn't run" could more correctly be stated, "I gained weight because I mindlessly overate for comfort and fun."

Adding on exercise does not equate to losing body fat. In a 16-week study, untrained women (ages 18 to 34) worked up to 40 minutes of hard cardio or weight lifting three days a week. They were told to not change their diets and they saw no changes in body fat (1). Creating a calorie deficit by eating less food seems to be more effective than simply adding on exercise to try to lose weight.

Runners who complain that they "eat like a bird" but fail to lose body fat may simply be under-reporting their food intake. A survey of female marathoners indicated that the fatter runners under-reported their food intake more often than the leaner ones. Were they oblivious to how much they actually consumed (2) or were they too sedentary in the non-exercise hours of their day?

continued on next page

The Athlete's Kitchen

Dieting Myths and Gender Differences

continued from previous page

Myth: If you train for a marathon or triathlon, surely your body fat will melt away.

Wishful thinking. If you are an endurance athlete who complains, "For all the exercise I do, I should be pencil-thin," take a look at your 24-hour energy expenditure. Do you put most of your energy into exercising, but then tend to be quite sedentary the rest of the day as you recover from your tough workouts? Male endurance athletes who reported a seemingly low calorie intake did less spontaneous activity than their peers in the non-exercise parts of their day (4). You need to keep taking the stairs instead of elevators, no matter how much you train. Again, you should eat according to your whole day's activity level, not according to how hard you trained that day.

Myth: The more miles you run, the more fat you will lose.

Often, the more miles you run, the hungrier you get and (1) the more you will eat, or (2) the more you believe you "deserve" to eat for having survived the killer workout. Unfortunately, rewarding yourself with a 600-calorie cinnamon roll can quickly erase in a few minutes the 600-calorie deficit you generated during your workout.

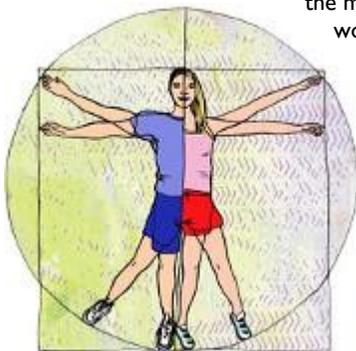
The effects of exercise on weight loss are complex and unclear—and depend on the 24-hour picture. We know among the people (ages 56-78) who participated in a vigorous walking program, their daily energy needs remained about the same despite adding an hour of exercise. How could that be? The participants napped more and were 62% less active the rest of their day (3). Be sure to pay attention to your whole day's activity level. One hour of running does not compensate for a sedentary lifestyle.

Myth: You should run six days a week to lose weight.

Research suggests exercising four times a week might be better for weight control than six times a week. A study of sedentary women (ages 60 to 74) who built up to exercising for 40 minutes of cardio and weights suggests those who did four workouts per week burned about 225 additional calories in the other parts of their day because they felt energized. The group that trained six times a week complained that the workouts not only took up too much time, but also left them feeling tired and droopy. They burned about 200 fewer calories in the non-exercise parts of their day (5). Yes, they were ages 60 to 74, but the info might also relate to you!

Myth: Couples who run together lose fat together.

Not always. In a 16-month study looking at exercise for weight loss, the men lost 11.5 pounds and the women maintained their weight, even though they did the same amount of exercise (6). In another study, men who did an 18-month marathon training program reported eating



about 500 more calories per day and losing about five pounds. The women reported eating only 60 more calories, despite having added on 50 miles per week of running. They lost only two pounds (7).

What's going on here? Well, a husband who adds on exercise will lose more weight than his wife if he's heavier and thereby burn more calories during the same workout. However, speaking in terms of evolution, nature seems protective of women's roles as child bearers, and wants women to maintain adequate body fat for nourishing healthy babies. Hence women are more energy efficient. Obesity researchers at NY's Columbia University suggest a pound of weight loss in men equates to a deficit of about 2,500 calories, while women need a 3,500-calorie deficit (8). No wonder women have a tougher time losing weight than men do....

The bottom line:

If you are running to lose weight, I encourage you to separate exercise and weight. Yes, you should run for health, fitness, stress relief and, most importantly, for enjoyment (after all, the E in exercise stands for enjoyment!). If you run primarily to burn off calories, exercise will become punishment for having excess body fat. You'll eventually quit running—and that's a bad idea. A better idea is to seek personalized help by meeting with a local sports dietitian (use the referral network at www.SCANDpg.org).

Instead of focusing just on exercise as the key to fat loss, pay more attention to your calorie intake. Knocking off 100 calories a day from your evening snacks can theoretically result in ten pounds of fat loss in a year. One less cookie a day seems simpler than hours of sweating...!

References:

1. Poehlman, J Clin Endocrinol Metab 87(3):1004-9, 2002.
2. Edwards, Med Sci Sports Exer 25:1398, 1993
3. Goran, Am J Physiol 263:E950, 1992
4. Thompson, Med Sci Sports Exerc 27:347, 1995
5. Hunter, Med Sci Sports Exerc. 2013 Jan 30. [Epub ahead of print]
6. Donnelly, Arch Intern Med 163:1343, 2003
7. Janssen, Int J Sports Med, 10:S1, 1989
8. Pietrobelli Int J Obes Relat Metab Disord 26:1339, 2002

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sports Dietetics) counsels active people at her private practice in Newton, MA (617-795-1875). For more information, read her *Sports Nutrition Guidebook* and food guides for marathoners, new runners, soccer players, and cyclists. The books are available at www.nancyclarkrd.com. Also see www.sportsnutritionworkshop.com for online CEUs.



RACE CALENDAR

[See ARR website RACE CALENDAR for registration details]

April

- 6** **ABQ Road Runners Berta Drive Handicap Run** | Edgewood, NM | Free 5M timed handicap race
- 6** Small Steps 5K | Albuquerque, NM | 5K Team & Individual, 1M Fun Run
- 6** Ellen Reavis Race for Autism | Albuquerque, NM | 5K Run, 5K Walk, Kids 1K
- 6** Pace for Peace Race | Albuquerque Academy at 2 pm | 10K, 5K *women empowerment worldwide*
- 7** **Forever Young** | Placitas, NM | 6M, 3M Run/Walk |
- 13** Cedro Peak Ultramarathon | Tijeras, NM | 45M, 45K
- 13** Run Against Traffick | Albuquerque, NM | 5K Run/Walk, Kids K *to fight human trafficking*
- 13** Amanda Lynne Byrne 3rd Annual Memorial Run | Pecos, NM | 10K Run, 5K Run/Walk, Kids Run
- 13** Hula Hustle | Clovis, NM | 10K Run, 5K Run/Walk | Afternoon event. Includes Hula, Limbo, and Costume Contests
- 14** 3rd Annual Run For Her Life Race | Los Alamos, NM | 10K Run/Walk, 5K Run/Walk
- 20** Albuquerque Half Marathon | Albuquerque, NM | Half Marathon, 10K, 5K, Kids K
- 20** Wine Glass Dash | Blanco, NM | 10K Run, 5K Run *benefit trail run through desert and vineyard landscapes*
- 20** 3rd Annual New Mexico/Texas Challenge | Hobbs/Lovington, NM | Marathon, Half Marathon, 10K, 5K
- 21** Color Me Rad 5K | Albuquerque, NM | 5K Fun Run, Family Run
- 21** Spring Fling Triathlon & 5K Run | Rio Rancho Aquatic Center | Teams, Solo, Juniors, Kids; 5K
- 27** 2nd Annual 5K River Run - Engineers Without Borders | Albuquerque, NM | 5K Run
- 27** 3rd Annual "Sassy" Tortoise & Hare Run | Farmington, NM | 10K Run, 5K Run/Walk, Kids 1M Run/Walk
- 27** Warrior Dash | Edgewood, NM | 5K obstacle course event

May

- 4** Shiprock Marathon | Red Valley, AZ-Shiprock, NM | Marathon, Marathon Relay, Half Marathon Run, 10K Trail Walk
- 4** Turquoise Trail Fun Run | Santa Fe, NM | 5K Run, 1M Fun Run
- 5** 27th Annual Run for the Zoo | Albuquerque, NM | Half Marathon, 10K Run, 5K Run, 5K Fitness Walk, 1M Fun Run
- 11** Spring River Race for the Zoo | Roswell, NM
- 12** Mother's Day Run | Albuquerque, NM | 5K Run, Kids K
- 18** Santa Fe Run Around | Santa Fe, NM | 10K Run, 5K Run/Walk, 5K Racewalk, 1K Kids Race
- 18** 2nd Annual Walk Roll Stroll | ABQ, NM - Tiguex Park | Relay Team Walk *benefits Ability Connection NM*
- 19** World's Toughest 10K | Albuquerque, NM - Sandia Casino to Tram
- 25** NM Half Marathon & 5K | Albuquerque, NM | Half Marathon, 5K, Kids 1M
- 25** Jemez Mountain Trail Runs | Los Alamos, NM | 50M, 50K, Half Marathon
- 25** Girls on the Run Inaugural Race | Belen, NM | 5K Run

RRCA Convention Looking for Auction Items



The live and silent auctions at the RRCA Convention benefit RRCA programs including Roads Scholar, Kids Run the Nation, and State Reps program. Sought-after items include:

- Themed gift baskets (do not have to be running related)

- Race entries to longer events (ten miles and up) that are MORE THAN six months after the convention
- Original art (paintings, ceramics, or any item that would draw bids)

Please contact [John Farrow](#) if you can help.

Heart & Sole

S P O R T S



FULL MOON RUN

“PINK” MOON

THURSDAY, APRIL 25, 8:00 PM — LOCATION TBD

BRING YOUR FRIENDS!

LIKE US ON FACEBOOK:
HEART & SOLE SPORTS, ALBUQUERQUE

TRACK SEASON IS UPON US

SCHOOL RUNNERS GET 10% OFF SPIKES OR TRAINING SHOES
BUY BOTH AT THE SAME TIME AND TAKE 20% OFF THE TOTAL PRICE
(REGULAR PRICE SHOES ONLY)

***Altra* “Zero Drop” Shoes – Coming in April**
New NATHAN Hydration System just arrived

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

2007



2008



2009



2010



2011



2012



ARR MEMBERS RECEIVE 10% OFF THEIR SHOE PURCHASES

2817 SAN MATEO BLVD NE 87110
(505) 884-SOLE
OPEN 10:00 AM ‘TIL 6:00 PM
MONDAY THROUGH SATURDAY



STEFANIE'S CORNER

by Stefanie Tierney MS RD LD

Spring Greens to put an extra SpRiNg in your Step!

Springtime brings us warmer weather, longer days and hopefully more running. After eating hot cereal, hearty stews, and spicy chile all winter, it's time to lighten up your diet with seasonal fruits and vegetables. Greens are leafy vegetables with bright, vivid colors, like collard greens, spinach and romaine lettuce. While April is still early in the growing season, greens are at their peak because they are planted during cold winter months.

Collectively greens are nutrition powerhouses. They are nutrient rich, providing only a few calories and an abundance of vitamins, minerals, antioxidants, flavonoids and fiber. Their dark green hue makes them a great source of Vitamin A and carotenoids. Adequate vitamin A is essential for proper vision, reproduction, bone and tooth development and immune function. Carotenoids are precursors to vitamin A and act as free radical quelling antioxidants.

Greens also contain plentiful amounts of vitamin C (antioxidant), vitamin K (important for blood clotting and bone health) and folate (essential for red blood cell formation). Greens are plant sources of iron (component of oxygen carrying hemoglobin) and calcium (bone mineralization). Be prepared to eat a lot of greens (e.g., 5 cups of spinach equals the amount of calcium contained in 1 cup of milk), because absorption is less efficient. However, cooking greens reduces their volume significantly, making it easier to eat large amounts.

While you may regularly enjoy spinach in your salad, there are hundreds of other types of greens that can add nutrition and new flavors to your diet. Next time you're at the store or farmer's market, add some arugula, dandelion greens and kale to your basket. Spring into Spring with more greens, better health, and faster running!

Arugula

Arugula is similar to spinach but has smaller, more angular "tree-looking" leaves. It is characterized by a peppery taste. It is extremely low in calories (5 cups have only 25 calories) and high in vitamins and minerals. You can substitute arugula for spinach in dishes or salads for a stronger flavor. Try topping cooked pizza with arugula and a drizzle of extra virgin olive oil or make a filling salad by mixing white beans (drained), diced tomatoes, chopped green peppers, shredded carrots, arugula and balsamic dressing. For breakfast, try green eggs! After scrambling eggs, add arugula during the last minute of cooking. Pair with some whole grain toast or an English muffin and a side of fruit for a healthy and satisfying breakfast.



Dandelion Greens

Dandelion greens are the green leaves of the yellow dandelion flower. Slightly bitter, they taste better cooked or mixed with other foods. One cup is only 25 calories and provides over a day's requirement of vitamins A and K. For a quick weeknight side dish, sauté dandelion greens with olive oil, lemon juice, and garlic. Add even more nutrition to your pre- or post-run smoothie by blending dandelion greens with a banana, berries, cranberry juice and non fat Greek yogurt. The natural sugar in the fruit completely masks the bitterness of the raw greens.



Kale

Kale is a form of cabbage and in the same family as broccoli. Kale has thick, large, curly leaves that do not form a head in the center. One cup has only 36 calories and 5 grams of filling fiber. It is also a good source of lutein and zeaxanthin, carotenoids associated with eye health. Packaged kale chips are a popular snack for those looking to save fat and calories, but can cost a premium. You can easily make your own by drizzling kale with a little olive oil and a pinch of salt and baking at 350F for 10-15 minutes. Kale can also be used in salads and pairs well with fruit and nuts. To decrease the bitterness of raw kale, remove the leafy portion from the center stem and massage with your hands for a few minutes.



Try this recipe for a **Kale Waldorf Salad**: <http://www.wholefoodsmarket.com/recipe/kale-waldorf-salad>.

It includes apples and walnuts and the dressing contains no mayo. Top with a grilled chicken breast for a complete post-run recovery meal!

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.

"Forever Young"

2013

6Mile Run & 3Mile Run/Walk
in memory of Charlie Young
Sunday April 7th
9:00am

This event is for *FUN!*
(it will not be timed)

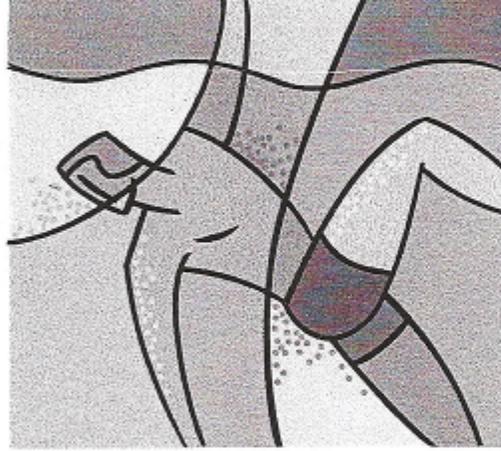
Prizes will go to the first
three finishers Male /
Female in the following
categories for each event:

- Youth: 1-39
- Masters: 40-49
- Grand-Masters: 50-59
- Seniors: 60-69
- Geezers: 70+

This is a loop course, cross country on hills. Take I-25 north to Exit 242, go 2.1 miles East on Hwy 165. Start is approximately 1/2 mile East of Homestead Village shopping mall (which is on the north side of the road). Start area is on the South side of the road. OK to park on shoulder.

Sponsored by: Albuquerque Road Runners
For more information, contact:

Alan Overmier 345-3261 or 254-2218 or 321-2171



In honor of Charlie, who ran shirtless, \$2.00 (2 bucks!) will be given to those who run shirtless (not toplless).
To be given at the finish line.

Entry Fees:

Pre-registered: \$25.00
No-hat Option: \$15.00
Race Day: add \$ 5.00

First 90 entries
will receive a Cool Cargo Hat

.... Join us afterwards for a burrito
and a cup o' Jo!

Mail this form and entry fee to:
Alan Overmier 309 14th Street SW
Albuquerque, NM 87102
or www.Active.com

Checks to: Albuquerque Road Runner:

Mail-in deadline is April 3, 2013
Active.com deadline is April 5, 2013

Name _____

Address _____

Phone _____

Age on race day: _____ Sex: _____

6Mile _____ 3Mile _____

Waiver: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the Albuquerque Road Runners, the National Forest Service, and any other organizers and sponsors, their representatives, successors, and/or assigns, of Forever Young, for any injuries or damages I may sustain as a race participant on April 7, 2013. I give race officials permission to obtain medical aid for me should I, in their judgment, require it. I understand that volunteer first aid assistance may or may not be available at "Forever Young", and I agree that such volunteer medical assistance may be rendered to me.

Signature _____ Date _____

Signature of Parent or guardian _____ Date _____
if under 18 years of age.