

ARR News

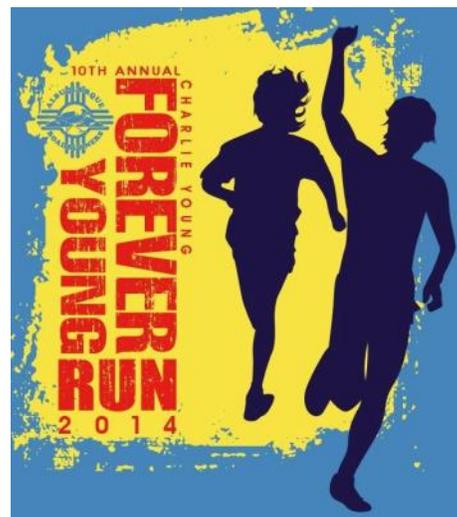
NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

Vol 31, No 2

APRIL 2014

First Club Race of the Year!

6 MILE RUN
3 MILE RUN/WALK
SUNDAY, APRIL 6, 2014
PLACITAS, NM
9:00 am
Forest Loop Road



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The 10th Annual FOREVER YOUNG Run & Walk

is a celebration in memory of ARR member Charlie Young, an avid runner, cyclist, and outdoorsman, who was killed in a bike accident in Colorado in 2004.

Race Director **Alan Overmier**, who ten years ago started this event, invites you to join him and Charlie's family at 9 am on April 6 for a fun race with a beautiful view, breakfast burritos, and coffee at the base of the Sandia Mountains in Placitas. Kids and dogs are welcome!

The course is on rolling hills along the Forest Loop Road. To get there, take I-25 north from Albuquerque to exit 242 and head east 2.1 miles on Highway 165. The start is approximately 0.5 mile east of the Homestead Village shopping mall, and is on the south side of the road. Parking is along the shoulder on Hwy 165.

The first 90 registrants will receive a t-shirt commemorating the event. Register on active.com OR complete and mail the **entry form** on the last page of this newsletter.

In honor of Charlie, who always raced without a shirt, **participants who run shirtless (not topless) will receive two dollars back** at the finish line!

Cost: \$25 in advance No-shirt option: \$15 in advance
\$30 on race day \$20 on race day

6 Mile Run Awards: To top 3 male and female finishers in these Age Groups
1-39 40-49 50-59 60-69 70+

(A portion of race proceeds benefits the Placitas Library)

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Club Meetings:

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

Next Meeting:

Wednesday, April 2, at 7:00 pm

**North Domingo Baca Center
Classroom 4**

7521 Carmel NE
(off Wyoming NE north of Paseo del Norte)

Membership Renewal

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

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
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Visit us at www.abqroadrunners.com



President's Corner

By Gwen Walker, ARR President

Talk about some amazing weather!

Haven't we been lucky so far this spring? I know I have been taking every chance I get to enjoy some miles in these awesome temps lately! I hope you all have been doing the same, and if you haven't, keep in mind that there are many opportunities to come out and join us, and bring your friends and family members! All are welcome, even if they aren't yet a member (I say "yet" because I hope that after joining us for an event or two, they'll like our club so much that they make it official!! We would love to have them!) Don't forget — we have **group trail runs on Monday and Wednesday evenings, and a regular running group that meets on Saturday mornings** as well.

We'll be having more fun activities at our **APRIL MEETING**. Come to **North Domingo Baca Center** on **Wednesday, April 2, at 7 pm** to find out what we'll be doing! As if that weren't enough, our last **HANDICAP RACE** of the season will be hosted by **Kathy Kirsling** in **Edgewood on Saturday, April 5**, and the next day is our **first club-sponsored race of the year: FOREVER YOUNG in Placitas on Sunday, April 6**. I hope to catch many of you out and about at these events! Spring has sprung, join us for some fun!

If you know of any ladies interested in starting up a new healthy habit of running or walking, or who want to get back into our favorite activity, please spread the word about our **WOMEN IN TRAINING program!** We have a **new director, Coren Anderson**, who is excited to start coaching the 11-week program this year. Keep your eyes open for flyers advertising the details, as well as start date (May 5th) and other pertinent information that we would love for you to share with anyone interested. Please contact **Coren** if you would like to help out with this program, as we are always open to more members joining in our activities!

Stay safe out there, Road Runners, and enjoy this weather before the hot days of summer get here!
Happy running, everyone!

Gwen

NEXT CLUB MEETING: Wednesday, April 2 7:00 pm

*Mix and mingle with fellow members!
Enjoy some refreshments **and fun!***

- **John Farrow** will lead an activity to help us find the perfect running partner.
- **Wendy Wiggins** will work our abs so we'll look buff when we run shirtless at Forever Young next Sunday, April 6



North Domingo Baca Multigenerational Center
7521 Carmel NE
(off Wyoming Blvd – left at 1st signal north of Paseo del Norte)

FACEBOOK CHANGES *are coming by May 1st!*

Changes to the club's Facebook presence are in the works. A new "public" information page has been created. The current Facebook group will become private (for ARR members only). ARR members already using our current Facebook group will be automatically moved to the "members only" group, where the forum will continue as before, but closed.

All ARR members are encouraged to **"LIKE" the ARR public Facebook page** to get current news feed information about the club. Please contact **Gwen Walker** if you have any questions.

ARR Newslets

New Volunteer **COORDINATOR**

Natasha Arnold will be the new keeper of volunteer statistics for the club. If you volunteer for ARR in any capacity in 2014, she'll need to know when and where so we won't forget to invite you to the Volunteer Banquet in recognition of your efforts! You'll get a meal and a gift — don't miss out!!

contact Natasha



ARR's 11-week program to train women runners, run-walkers, and walkers begins **MAY 5**.

Women's **DISTANCE FESTIVAL**

Sunday, July 20, at SIPI

ARR's women-only 5K Run and 5K Walk is coming up in July. We encourage our ladies to run and our guys to help make the race happen!

Adopted Trail **CLEANUP** **Saturday May 10**

8:30 am

The club's Adopted Trail Coordinator, **Richard Harris**, has scheduled the next semi-annual cleanup of the Unser/Western Trail to Unser/Dellyne section of adopted trail to begin at 8:30 on Saturday morning, May 10. That starting time isn't rigid: early or late help with the cleanup is greatly appreciated. Just be sure to let Richard know if you pitch in when he's not there so you will be included on the list of volunteers whom ARR would like to recognize.

details and directions

HANDICAP *Events*

RECAP

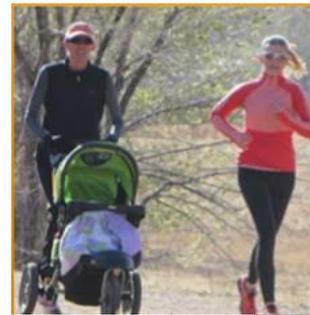
Los Poblanos Handicap Held March 22, 2014

Hosted by Fred & Susie Bonnell

“Run with the Cranes...Eat at the Project”

Maybe the cranes didn't show, but about 25 runners and walkers (and a baby carriage) came out for a 3.35 mile race around and through Los Poblanos Open Space in the North Valley. First to finish was Melani Buchanan Farmer.

Hosts Fred and Susie Bonnell graciously welcomed everyone to their nearby home for a wonderful feast afterward. (Their kitchen is a remodel “work in progress,” hence their name for the event—but the house is lovely nonetheless!)



Photos courtesy of
Melani Buchanan Farmer



UPCOMING

Berta Drive Handicap Saturday, April 5, 2014

Hosted by Kathy Kirsling
Edgewood, NM

April Handicap host **Kathy Kirsling** welcomes everyone to the **Last Stop in the ARR Handicap Tour** at her home in Edgewood. She promises yet another new course that includes parts of runs from years past but that offers some surprises, too. It will be 5 MILES...worth your coming out to visit!

As always at Kathy's April handicap event, expect some fun running/walking, a few hills, and weather that can range from blizzard (come prepared...even bring extra shoes to change into in case of mud) to NICE, and lots of delicious food and drink.. Please bring along something to share if you would like.

Kathy requests that you leave your doggie friends at home, and that you park on her side of the road to allow neighbors clear passage.



Weatherwise, expect the unexpected at Kathy Kirsling's April Handicap in Edgewood. It could be blizzard-y or balmy!

2014 Old Pueblo 50 Misery Loves Company

By Kurt Coonrod, ARR Member

"I'll sign up if you do" were Maria Ladd's words to me several months back. After an injury caused her to DNF in her first 50 mile attempt at last year's Old Pueblo, she wanted redemption. This run is held in early March in the Santa Rita Mountains southeast of Tucson. A fairly technical course with some good climb and descent make it a stiff challenge. She could have picked something a bit easier for this attempt, but she wanted payback. So along with Maria's husband Mark, dog Jay, and training partner Jean Herbert, we drove to Sonoita, AZ, on the Friday before the run. Actually, Mark drove and we rode.

We stayed in this cool place called the Xanadu Ranch, where we met with fellow ARR member Richard Knapp who was also doing the race. We had a great dinner together before going early to bed. Forecast was for 20 MPH winds and 70% chance of rain later in the day. "Good," I thought, "let's make the challenge a bit tougher."

Our plan for the day was simple: get Maria to the finish so she never has to come back. Last year she went out a bit fast trying to keep up with Jean, and going too hard on the technical descents early in the run probably contributed to her DNF. This year the plan was for her to stay back with Kurt, *the Tortuga*.

The wind, as forecast, welcomed us at the 6 am start, but no hint of rain yet. Final drop bag decisions had to be made. As always, when unsure which drop bag to stow the rain gear in, it's best to tie it around your waist. This proved to be the correct choice. The motto for the day was "Get in, get out, nobody gets hurt."

Right at 6 am we left Kentucky camp, heading out into the darkness with 150 other runners. Jean and Richard were soon out of sight and Maria and I just shuffled along in the gloom. The unpleasantness of the nasty winds was offset somewhat by a beautiful sunrise. Eventually we learned this would be the only time we would see the sun; the sunscreen we lathered on in the morning would be a total waste.

The first couple of aid stations, Granite Mt. (3) and California Gulch (7), came and went quickly, and then we were on our first real climb of the day. Towards the top I told Maria to look for a hard right turn. I did not want to repeat my mistake of last year. Sure enough, as we made the turn, along came Jean and Richard returning from going the wrong way, a big *oops* that cost them

about 7 minutes. Richard was soon out of sight again, but Jean decided to join us turtles.

Over the next miles we continued to battle the wind, which at times took our breath away and even brought us to a sudden halt. But now there was the addition of a new challenge - vanished course markers. Apparently some jokers thought it was funny to vandalize the course and remove all the ribbons from about a 10-mile section of the route. We teamed with about a dozen or so other runners to find our way through the maze, and we were able to navigate to the Wasp Canyon aid station at mile 13.



Next up was the big climb to Gunsight Pass. The summit offered an awesome view, including that of some ominous storm clouds heading our way. Jean and I reminded Maria to be extra cautious on the descent. I then proceeded to twist my foot several times while Jean took a hard fall on her arm...we should have reminded *ourselves!*

The first drops of rain hit towards the end of the descent. We quickly pulled on our rain gear as a blast of driving rain assaulted us. Around us were many miserable runners who had failed to carry their rain gear. They would pay for it now.

The aid station at mile 19 was a mass of racers huddled under a single canopy which provided little protection from the rain and wind. The canopy was tied down, but the wind was so forceful that people were grabbing on to make sure it didn't sail away. We refueled and reentered the melee, hopping out loud that the storm would pass quickly. We should have kept quiet.

The rain and wind only got worse. I tried to get Jean and Maria to tuck into my draft, but the wind swirled around us so it wasn't much help. We pushed on with our heads down and jacket hoods pulled tight. By the time we reached Box Canyon (the aid station at mile 25), the roads and trails were saturated and muddy. After a quick stop we started the long climb up the canyon to the California Gulch aid station at mile 29. This is where Maria's husband Mark was to meet us.

The canyon protected us a bit from the wind, but not from the rain. We hooked up with some other runners and wallowed in the mud and our misery. One guy had no rain gear and said he had none in his drop bags. I offered him the trash bag I always carry for emergencies, but he declined. By now, even with the rain gear, we were all soaked. I was sure hoping Mark made it to 29 since I had stashed a heavy duty rain jacket in the car. I told jacketless guy he could have my soaked rain jacket if Mark was there. He declined again.

At mile 29, Mark, Jay, and Karen are all there. Richard had come through an hour earlier looking good. At the car, we changed out of our wet clothing. When I turned, jacketless guy was standing there looking at me. I handed him my soaked jacket, which he now gladly took. He asked me my name, promising to return it, but I told him not to bother - after 10 years of being tied around my waist, it had reached the end of its useful life.



Race Start: From left, Jean Herbert, Maria Ladd, Kurt Coonrod, and Richard Knapp

continued on next page

2014 Old Pueblo 50 Misery Loves Company

continued from previous page

Mile 29 is where Maria dropped last year. Since this was to be the last place we would see Mark until the finish, I thought to myself, "If Maria continues out of this aid station we have it in the bag." ...I really should quit thinking. Our resolve to get to the finish line was about to get severely tested.

As we climbed the ridge out of California Gulch, both the wind and rain

picked up. The trail was utter slop, with running water everywhere. We were soaking wet and getting colder. I screamed, "I'm having so much *#@%(&* fun!" On we stumbled toward Granite Mt. and the aid station at mile 33. We didn't say much; we were focused on moving and retaining as much body heat as possible, keeping hoods from blowing off, and keeping hands tucked into sleeves — looking like real turtles.

The aid station was scary. Ten runners were huddled in blankets, shivering around a propane heater. The conversation was full of fear and defeat. One vehicle was evacuating runners two at a time. I was pretty dang cold by now, and Jean and Maria looked on the edge. I bet if any of us had suggested bailing out loud, we would have. It was 7 miles to the next aid station at Cave Canyon and 19 miles to complete the race, but I knew we were actually only 3 miles away from the start/finish. If we wanted to end our misery and end the race, this was the place to bail. I kept my mouth shut.

Jean and Maria pulled out their emergency ponchos, hoping one more layer would help. The next 7 miles were on a jeep road that was alternately rocky, muddy, or submerged. Stream crossings became more frequent...at times the race course *was* the stream. I knew Maria really wanted to finish but this was ridiculous. I told myself that Jean could take Maria the last 12 miles and I would just pack it in at mile 40.

We made it to Cave Canyon. I headed for the drop bags buried under a tarp to add another layer, knowing it would be cold waiting for a ride out. Jean found her drop bag but just sat in the bag pile shivering, too cold to pull off the poncho and rain jacket to add another layer underneath. I pulled an extra rain jacket from my bag, which she gladly took. Little Jean looked a bit funny wearing an extra-large. Then Maria showed up wearing an extra-large garbage bag. A couple of real *fashionistas!* What was I to do? I grabbed my flashlight from my bag, thinking, "Maria never wants to come back. None of us wants to come back." So...next stop, Gardner Canyon at mile 46.

Now the water crossings became a real concern, getting deeper, wider and faster. I know what can happen in the desert mountains after an all-day rain. On we sloggged just to stay warm. I dropped back a bit on a climb, and then through the wind and rain I heard a crazy person yelling at the top of his lungs. Hurrying to the top of the hill, I found Bob Bachani giving Jean and Maria a hug while asking about our buddy Dennis back in Albuquerque. He offered shots of whiskey to combat the cold. The ladies declined, but you know me. After I downed the shot, he let out his patented "Now that's what I'm talking about!"



Hanging in there at Mile 29

After more miles we turned off the road onto single track, which is normally a lot of fun to run. Not today. For two more miles we were in ankle-deep mud and water. The Gardner Canyon aid station was a repeat of the previous two: runners huddled together looking miserable, most of them obviously waiting for a ride out. We were now only about five and half miles from the finish. "We've got this." Maria sipped hot coffee, and I had hot chocolate. But suddenly we realized Jean was gone: she had to keep moving to stay warm or quit. In the failing light we headed out fast after her.

We caught up to Jean, and then Julie Arter, a friend from Tucson. We three plus Julie and another guy banded together for the final miles. Coming off one of the last ridges I heard a roar that was not the wind. Jean uttered, "I sure hope we don't have to cross that!" Then we reached the bottom of the ravine and saw a churning black cauldron of muddy water. Jean took a few steps in and stopped, unable to move on. I hurried in just downstream to help her across. Maria, right behind, grabbed my hand to follow. Next was the guy, then Julie. After she crossed, Julie reached back to help me up and out of the stream. Almost there.

...We finish just after dark in a time of 12 hours and 50 minutes. Thank God Maria doesn't *ever* have to come back to Old Pueblo. Mark tells us that Richard was unable to finish because of severe hypothermia, and was taken to a Tucson hospital. We warm up a bit but leave in a hurry before the roads become impassable. On our walk to our car we pass a vehicle that has slid off the road in the mud. A 4x4 truck is trying to help. Mark has beer waiting for me, yeah!

POSTSCRIPT: We were very happy to see Richard in the morning. After a scary night, he was doing much better. In the days to come we learned that, of 200 runners who signed up for Old Pueblo 50, about 160 started and only 60 finished. Race night, search and rescue from two counties were called to look for and evacuate runners. Thank goodness we all made it out safely. I'm sure that if Maria or Jean or I had been out on the trail alone, we wouldn't have finished. I guess misery truly *does* love company.

Just got a package in the mail...my old rain jacket. It made it to the finish on the back of Scott Davidson, who finished his first 50 miler.

Next up? Zoo Run 5K. Unless, of course, it's raining.

Monday Morning Blues

By John Farrow, ARR Board

Reprinted from *ARR News*, September 2001

(winner of RRCA's best medium-sized club newsletter award)

*I woke up this morning
I woke up this morning
with the Monday morning blues.*¹

It was Monday with a vengeance and all of the week-end's race was hitting home. My body was wracked with some kind of pain just about everywhere and this muscle or that was either sore or stiff and my energy level was at rock bottom. All this and my head was a mess, too. Yes, it was time to see my shrink.

*I couldn't hide inside
I couldn't hide inside
my Monday morning blues.*²

My shrink wasn't hard to find – you just had to know where to look. He went by the name of Blind Melon Fillmore and he usually hung out somewhere around Fat Boy's Snooker & BBQ over on the East Side. A chat with him usually put things in their proper place.

John Boy! How you been, son? You look a bit rode hard and put up wet!

Hey, Fillmore. Good to see you, man. Cool song. How come so many blues songs seem to start with "Woke up this morning?"

Don't rightly know, but lots of 'em do. Guess if'n you cain't start out that way, like if'n you didn't wake up this mornin', then maybe you got worse problems than th' blues. Like maybe you is dead. So tell me — what you been up to?

Man, I went up to this race in Kansas City and had no idea they had hills up there. I thought I was going to die in the last couple of miles. Even had to walk a bit on the hills.

Well, that do sound like th' blues to me. Walkin' play a big part in th' blues. So does fixin' to die. Plus, Kansas City a good place fo' th' blues. Same as St. Louie or N'awlins or Chicago. Tucson or Des Moines, now that just be depression.

*I woke up this morning
Felt around for my shoes.
I woke up this morning
Had them ol' walkin' blues.*²

Now if'n you coulda caught yo'self a ride on a Greyhound bus or a south-bound train, we'd have ourselves th' makin's of a good ol' song. Yes-sir, th' blues don't travel in no Volvo or SUV.

So if I had died, you'd write a song about me?

Naw, that ain't th' blues, son. It ain't th' blues you die running like that 'cept if th' police is after you. Same for playin' tennis or gettin' liposuction or somethin'. You got to die lonely on a broke-down cot in a cheap motel or get stabbed by a jealous lover. You get th' chair after six long years in jail, you got a right to sing th' blues, too.

You never have told me about your early career. How'd you get started?

Used to run all th' time -- we wuz good, too. Black folks been runnin' a long time, you know. Used to be we'd get chased by white folks wearin' sheets. That hep' you get good real quick. Now we're chased by white folks wearin' shorts and singlets.

But how'd you get into singing the blues? Have you always been into music?

Son, th' blues ain't about choice. You stuck in a ditch, you stuck in a ditch. Ain't no way out. Same with me. It's all I know.

*My pay goes down and my tax goes up
I drink my tea from a broken cup.
Between my woman and Uncle Sam,
I cain't figure out just what I am.
Oh Lord, it's so hard.*³

Say, what's that ol' low-life roommate a' yours doin' these days?

He busted a leg running up in the mountains last week. Cramped his style big time. Guess he's got a right to sing the blues, too.

That's too bad, but that ain't th' blues. Th' blues is about hard times. Break your leg 'cause a ol' gator be chewing on it, that's th' blues. Break your leg fallin' off a mountain, that's just tough.

Tell me about your name. Where does it come from? I know you're not really blind.

Well, it's kinda traditional to take a stage name, you know. First, you gotta have a physical infirmity, like be blind or cripple or somethin'. Me, I don't see too good outa one eye, so I kin use 'blind.' You runners got problems with that part, though. You too healthy. Then you add your favorite fruit in there like orange or lemon or melon. Kiwi don't work too good, if you ask me. Finally, add a respected Pres'dent. Jefferson and Washington are popular. Fillmore less so, but I thought it'd add a little mystery. But that's all there is to it.

Hey, you look a little dry. You want something to drink? I got some Gatorade and some bottled water out in the car.

C'mon now, John Boy. That stuff may be good for yo' runnin' but them ain't no good for a bluesman. Gotta have me some black coffee or straight whiskey or cheap wine. And if yo' woman slip some gasoline or Red Devil lye in yo' coffee, you know you got a right to sing th' blues.

*Oh, I asked her for water,
she brought me gasoline
That's the troublingest woman,
that I ever seen.*⁴

Listen, Fillmore, always good to talk with you. It doesn't sound like I have the kind of problems I thought I had. There's another race this weekend and I want to try and get it right.

Now you just do that, John Boy. Got just th' song for you, too.

*I got the key to the highway
Yes, I'm billed out and bound to go.
Gonna leave here runnin'
'Cause walkin's just too slow.*⁵

1. Mississippi John Hurt, "Monday Morning Blues."

2. Robert Johnson, "Walkin' Blues."

3. Bobby 'Blue' Bland, "Poverty."

4. Chester Burnett a/k/a Howlin' Wolf, "I Asked For Water."

5. Big Bill Broonzy, "Key to the Highway."

MEMBER Spotlight



Gwen Walker

Name of high school and where located: Lima Central Catholic High School, Lima, Ohio

If you attended college, where and what was your major?

University of Notre Dame, Marketing

What do you now wish you studied? I'd say I'm happy with the major and career path I chose... but it would be nice to know a second language so I should have taken more language classes after high school!

How long have you been in Albuquerque and what brought you here? I moved to Albuquerque in 2005 for the job I took after college.

Occupation? I'm a Sales Representative for Whirlpool Corporation. (Lots of talking about appliances, lots of driving, lots of loud singing in the car.)

Passion? Appliances, reading books, running with my two favorite running clubs - the Road Runners and my Sole Sisters!!

Besides running, what are your other interests and/or sports? I was on the swim team in High School and I was on the Women's Rowing Team (aka: crew) at ND. Seat 7, Starboard.

Tell us about your favorite "running" moments or events?

My favorite running moments are those shared with fellow runners. Whether it's out on a run or stories shared over a meal or a beverage, the camaraderie is my favorite part of our sport. My favorite events are long distance relay races. I cannot get enough of those!

What is your running regimen? I am kind of a "fly by the seat of my pants" runner. When I'm not "in training," as long as I log around 25 miles a week, I'm happy. If I'm "in training" I like to keep it around 40. I have also found that my weekly hour long yoga session taught by my favorite instructor, Anntonette, (which is NOT hot yoga, just regular yoga) has done wonders for keeping me injury free, and I always make sure to log some weekly miles with some of my Sole Sisters!

Jack Lynch, long-time club member, has devised a set of intriguing — perhaps even provocative — questions for this new feature in ARR News. Read this edition's answers from our new Club President.

Who are your heroes and why? My mom and my grandma. They are the strongest women I know. Any time I need to overcome an obstacle, I know that a conversation with one of them will guide me in the right direction!

Green or red? Green all the way!!!

Shorts or skorts? Depends on the event! Do I love beating the boys while wearing a skirt? Maybe..... ;)

Longest race? Marathon, but the longest distance I have logged in a day has been about 40 miles. (I run lots of long distance relays... the miles aren't all at once with these type of races - this particular race was broken up into 3 "legs" over the course of the 29 hours or so that our team was out on the course, for a total of 39.4 miles by yours truly!)

Longest training run? Ever? Well, if I count my full marathons as "training" for long distance relays, then 26.2!

CNN or Fox News? Dateline NBC! I'm obsessed!

Beer or wine? Both!!

Dream lover? Dreams, yes...but I hate nightmares, they are the worst!...Wait... I think I read this wrong. Is this the "celebrity crush" question? OKI will answer that, too, but I'm terrible at the "celebrity crush" thing. I always lose interest in my celebrity crushes way too fast... It's my fickle Gemini nature. If I had to pick one right now it would be the new Maytag man. His name is Colin Ferguson and he is a total hottie! Plus, he's the kind of guy who can fix things. Reminds me a lot of my husband. I have a crush on him, and he can fix things too. Thankfully, I never lose interest in THAT crush! :D

What made you want to be ARR's 2014 President? I wanted to be more involved with the running community here in town and I felt like ARR was full of great people, so why not?!

Favorite artist? It's a tie. Radiohead or Third Eye Blind.

Single, attached, or married? I proudly sport the world's tiniest handcuff! (Married!)

continued on next page

MEMBER Spotlight

continued from previous page

Dark chocolate or milk chocolate? Dark! (It's healthy, right?)

Best meal ever? I make this cheesy pasta dish that is pretty much the definition of "amazing." It's my mom's recipe.

Last book read? Can't remember the title but it was a good one! I was on a plane...that's the only time I can get any reading squeezed in these days! One of my favorite books is *Marathon Woman* by Kathrine Switzer. If you want an inspirational read, you'd better pick up that book!

Tablet or iPad? iPad!

Person who influenced your life the most and how or why? Well, this is similar to the "hero" question but since I haven't talked about my dad at all, I'll list him here. He has been super influential in my life by providing me with the quote I use most often: "It's all about choices.".... It's so true. If you want to be happy, choose to be happy. If you want to do something, make the choices, big or small, to get yourself there. You are in control of your own destiny!

San Francisco or New York? I have never been to San Fran so I guess I will answer New York? I grew up closer to the east coast anyway, let's go with that!



Fastest you've ever driven an automobile? I plead the fifth. Coincidentally, that is the exact number of tickets I have "almost" been handed.

Best movie ever? Tommy Boy. "Richard, what'd you DO?!"

Your favorite joke (we can edit it to make it family friendly, if need be, so give it to us straight up)? I don't know any jokes...and can never remember the ones I do hear! :(

The last time you had a PB&J sandwich?

Wild West Relay with my WHORS (Women Hooked On Running to Steamboat - it's our team name), August 2013!

Favorite race in New Mexico that you have done?

Probably the beer run that Mark Atencio, Natasha Arnold, and I host every year. Yes, it is every bit as fun as it sounds!

Race in New Mexico you hope to do soon? I'd love to run Shiprock some day! (Maybe just the half, not the full...)

Race anywhere in the world you hope to do one day? Any race through wine country.

Any plans for ARR you hope to achieve this year? I would love to try to get more of our members actively involved in our club events! I love meeting new people and I think Albuquerque has an amazing running community. It would be awesome if one of the things that people just "knew" about Albuquerque is that our Road Runners are the most bad ass and fun to hang out with! (Pardon my french!) I mean, what if LOTS of people took trips to Albuquerque specifically for the RUNNING and to RUN WITH THE ALBUQUERQUE ROAD RUNNERS?! OK I'm a little crazy, I know, but don't you think that would be pretty cool?!

Number of hours per week you waste in front of a TV? Too many! Did you catch that last episode of "The Good Wife"?! Unbelievable!

Who in New Mexico would you like to go on a long slow training run with? Marcie Flack, my long lost RBFF (Running Best Friend Forever). Between our work schedules and family lives, we haven't had time to go on a run in months! It's crazy! Marce, if you read this, I love ya, girl!!!

Who do you think would be a good next interview subject and why? I vote for Coren Anderson, the new Director of our Women In Training program! 😊

ADVERTISEMENT



FULL MOON RUN
Wednesday, April 16th
7:45 pm

(arrive early to sign in and get a drawing ticket!)

Kit Carson Park

It's a PINK MOON this month!
 Enjoy a run or walk under the evening sky — 40 minutes total or a time/distance of your choosing!



Enjoy snacks and drawings afterward.

**ANNOUNCING
 A SECOND
 H & S STORE
 COMING SOON!
 Eubank & Montgomery NE**



NEWS FROM RRCA

As a member of Albuquerque Road Runners Club, you receive a complimentary copy of the RRCA publication **ClubRunning**.

Didn't get yours in the mail? Here is a message from RRCA to affiliate clubs and members to explain why:

"We are going digital-only for this first issue of the year to help highlight the importance of member-events advertising in our print publication to promote community-owned events. Advertising support is the lifeblood of your membership magazine, and we will continue to deliver print editions later in 2014."



[Click to read Club Running](#)

IN THIS ISSUE:

- RRCA Launches Mobile App
- Preventing ACL Injuries
- Runner Friendly Communities
- 2013-2014 RRCA Roads Scholars
- 2014 Spring Shoe Review
- And much more!

Membership Update

NEW

- Joseph Davis & Family
- Griffin, Logan, & Carrie
- Ellen Hatch
- Julia Jacobi
- Raquel Vigil
- Nicole Wait
- Coren Anderson
- Melanie Buchanan Farmer
- Louella Buchanan
- Darrell Charles
- Jay Grill
- Brigid Smith
- Doug Smith
- Robert Smith
- Rose Diaz & Family
- British Brooks, Mia Cota, & Blanca Cota
- Jeffrey Rienstra
- Aubrey Sloan

RENEWED

- Margot Glew
- Anna Williamson
- Fred Bonnell & Family
- Susan & Molly
- Nicole Buerger & Family
- Steve & Naomi
- Yvonne Finnegan
- David Joseph Serkes
- Richard Overmier
- Mary Overmier



RACE CALENDAR

See ARR website RACE CALENDAR for registration details

April

- 5 Run Against Traffick** | ABQ, NM - *Phil Chacon Park* | 5K Run/Walk, Kids K
- 5 Ellen Reavis Race for Autism** | ABQ, NM - *Balloon Fiesta Park* | 5K Run and Walk, Kids Run
- 6 Forever Young Run** | Placitas, NM - *Forest Loop Road* | 6M Run, 3 M Run/Walk **** CLUB RACE ****
- 12 4th Annual Amanda Lynne Byrne Memorial** | Pecos, NM | 5K Run/Walk, 10K Run, Kids Run
- 12 Cedro Peak Ultra** | Tijeras, NM | 45M, 45K (28M)
- 19 Albuquerque Half Marathon** | ABQ, NM - *Alvarado Elem School* | Half Marathon, 10K, 5K, Kids K
- 19 New Mexico Texas Challenge Marathon** | Lovington, NM | Marathon/Relay, Half Marathon, 10K Run, 5K Run
- 19 Mighty Mujer Triathlon** | El Paso, TX | all-female "super sprint": 300yd Swim-15K Bike-2M Run
- 26 Ability Walk** | ABQ, NM - *Tiguex Park* | Walk - roll - stroll
- 26 Girls On The Run Rio Grande 5K** | ABQ, NM - *Mesa del Sol* | 5K Run
- 26 Hula Hustle** | ABQ, NM - *ABQ Academy* | 5K Run/Walk
- 26 10th Annual Wood Gormley Panther Run** | Santa Fe, NM | 5K Run
- 26 Rio Grande RETRO Triathlon** | ABQ, NM - *Rio Grande Pool* | Reverse Sprint Solo/Team/Clydesdale/Athena

May

- 3 Valles Caldera Runs** | *Valles Caldera National Preserve - Banco Bonita Staging Area* | Marathon, Half Marathon, 10K
- 3 Shiprock Marathon & Relays** | Shiprock, NM | Marathon, Half Marathon, 5-person Relay, Shiprock Double, 10K, 5K
- 4 Run for the Zoo** | ABQ, NM | Half Marathon, 10K, 5K Run, 5K Fitness Run/Walk, 1M Fun Run/Walk
- New Mexico State Parks Series 2014 - Marathon, Half Marathon, 5K**
- 8** Sugarite State Park | **9** Eagle Nest Lake State Park | **10** Ute Lake State Park | **11** Conchas Lake State Park
- 10 Spring River Race for the Zoo** | Roswell, NM | 10K Run/Walk, 5K Run, 2M Walk
- 11 Mothers' Day 5K** | ABQ, NM - *ABQ Academy* | 5K Run, 5K Walk, Kids K
- 17 Santa Fe Run Around** | Santa Fe, NM - *Santa Fe Plaza* | 10K Run, 5K Run
- 17 Mancos Cowboy Half Marathon** | Mancos, CO - *Wayside Park* | Half Marathon
- 17 Armed Forces Day Half Marathon** | ABQ, NM - *Kirtland AFB* | Half Marathon, 5K Run
- 17-18 Black Mountain Monster Ultra** | Black Mountain, NC | 5k/6hr/12hr (day & night)/24hr Individual & Team Relay
- 18 5th Annual Race with Kenyans for Global Health** | ABQ, NM | 8K Timed Race, 5K Safari Fun Run/Walk, Kids K
- 18 World's Toughest 10K** | ABQ, NM | 10K Uphill Run
- 24 Run for the Heels 5K** | ABQ, NM - *ABQ Academy* | 5K Run/Walk
- 24 Jemez Mountain Trail Races** | Los Alamos, NM | 50M, 50K, Half Marathon on challenging mountain trails
- 25 Narrow Gauge 10 Mile & 4 Mile Run** | Durango, CO - *Santa Rita Park* | 10M Run, 4M Run
- 31 Polly's Run 2014** | ABQ, NM - *ABQ Academy* | 10K Run, 5K Run, 5K Walk, 1K Run

June

- 14 MADD Dash & Walk Like MADD** | ABQ, NM - *Hispanic Cultural Ctr* | 5K Timed Run, 5K Fun Walk
- 14 Ruidoso Sprint Triathlon** | Ruidoso, NM | Run (3.2Mi); Bike (16.9Mi); Swim (400Y)
- 15 16th Annual Butterfly Run** | Pueblo of Pojoaque, NM | 10K Run, 5K Run, 1M Run
- 22 Mission Valley Duathlon** | El Paso, TX | 5K Run - 20K Bike - 5K Run
- 28 Mud 'n Color 5K** | Moriarty, NM - *Sandia MX* | 5K obstacle run - with bubbles
- 28 Jim Thorpe Native American 5K** | ABQ, NM - *SIP* | 5K Runs, 1&2M Fitness Walk, 1K Youth Run, Toddler Dash

"Forever Young"

2014

10th Anniversary

6 Mile Run & 3 Mile Run/Walk
in memory of Charlie Young
Sunday April 6th
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 topless).
To be given at the finish line.

Entry Fees:

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

First 90 entries
will receive a long-sleeved T-shirt

.... 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, 2014
Active.com deadline is April 4, 2014

Name _____

Address _____

Phone _____

Age on race day: _____ Sex: _____

6 Mile _____ 3 Mile _____

Shirt size: _____

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 6, 2014. 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.