



ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

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AUGUST 2012

Women's Distance Festival 2012

Liz Turner defends her 2011 title

From the word "GO!" scores of women put their hearts into the Albuquerque Road Runners Club's 26th Annual Women's Distance Festival 5K Run and 5K Walk. Registrations had poured in via active.com and in the mail. Several more came during packet pickup and on race day, topping out at a gratifying 20% increase over last year's total. Great job, everyone who helped promote this event! And ultimately a large, inspiring group of women...of all ages... crossed the finish line on Sunday, July 15, at the SIPI campus.

First across the line was **Liz Turner**, also last year's winner, in a blistering time of 18:05. Next was **Kellie Nickerson** in 18:53, and close on her heels was **Lisa Valle** in 18:57. Lisa was also Masters winner. Racewalker **Laura Draelos** led the field of 15 walkers, with a blow-out time of 29:04. Our youngest entrant, 8-year-old **Marisa Molina**, finished with an impressive 30:21.

Age group awards were lovely bracelets (pictured below) crafted by Kennalee Nemudrov and engraved by her husband Victor. The bracelets featured a dangling charm with the race design on it, and were much prized by their recipients.

Congratulations and thanks to all! Thanks also to Heart & Sole Sports, Great Harvest Bread Company, Trader Joe's, and lululemon athletica for their generous support.

DIRECTOR: Eric Biedermann VOLUNTEERS:

Darrell Armstrong—Lead Cyclist
Natasha Arnold
Francoise Barnes
Laura Biedermann
Phil Blong
Nicole Buerger
Steve Coy—Photographer
Beth Davenport
Mark Essenmacher
Magi Ezzard—Course
Peter Falk
John Farrow
Chuck & Jane Fuller
Joaquin Garcia—Security
Frank Griggs
Fred Hintze
Tamara Howard
Liana Hussein
Steve Jett
Tim & Thao Koehler
David Lopez
Kathy McDonald
Dennis & Glenda Muirhead
Richard & Mary Overmier
Martha & Don Porter
John Reardon
Rodger Sack—Timing
Connie Sack
Wendy Wiggins
Shannon Zanelli



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Club Meetings are held at 7 pm on the first Wednesday of each month (unless otherwise noted)

Next Meeting:

Wednesday, Sept 8, 2012 at 7:00 pm
Boston's Gourmet Pizza, I-25 & Jefferson

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
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Albuquerque, NM 87154

Visit us at www.abqroadrunners.com



President's Corner

By Martha Porter, ARR Co-President

Oh my! What a month it's been! And boy! Has it been rewarding?!

Many weeks of planning went into the **26th Annual Women's Distance Festival**, held July 15th and led by our very own Eric Biedermann. Directing a race is no small feat and Eric and all the volunteers that participated did an excellent job. In addition to celebrating women runners and walkers, the Club was able to raise funds to donate to the Barrett Foundation.

The Women's Distance Festival was also the culmination of the Club's 10-week **Women In Training Program**. This year we had 40-plus participants in the program and because of demand for the program on the Eastside of town we met at Fleet Feet Sports most dates. Thanks, Fleet Feet! Next year Don and I will bring back the West Side Program, and ARR hopes to serve both East Side and West Side women. This is a truly rewarding program to volunteer for.

What's next? **La Luz**, of course!

Right now our very own La Luz Race Director Rodger Sack is working on putting this event together and it's sure to be just as much of a success as in years past. This year's race will be on Sunday, August 5th. Be sure to read Rodger's update on p. 4.

Team Have A Heart will be doing the American Cancer Society **Relay for Life** August 3rd through the 4th. All Road Runners are encouraged to come out and see what it's all about. It starts at 6:00 pm on Friday, August 3, at La Cueva High School.

Last but not least, Victor Nemudrov, Shannon Zanelli, and I will be Co-Chairing the **2013 RRCA National Convention**. We will be looking for volunteers to make this a tremendous success. If you are interested in helping lead a committee or just plain helping out where needed, please come out to our next meeting on August 11th at 2:00 pm at the Flying Star on Alameda and Corrales Road. If you can't get to the meeting and would like to help out, please contact me.

Well, I guess that's it for now. Over and out.

Keep on chugging!!!



Martha and Don Porter at the Women's Distance Festival on July 15

A little bit of running...and a lot of beer!

Adventures in racing in Missoula, MT

By Jane Thompson, ARR Secretary

Montana is well known for its Missoula Marathon (*Runner's World* magazine recognized it as the best marathon in the country in 2010) and the July 8, 2012, running was just as superb. There was beautiful weather, huge crowd support along the scenic route, and another great showing for ARR at the awards ceremony. All 50 states were represented as well as several foreign countries among the nearly 5,000 runners participating in the half or full marathon. The Missoula Airport had a huge day on Monday (the day after), with nearly 1,800 passengers expected to fly out – quite a number of people for a two-gate airport.

Dave and I flew to Montana early on July 4th, taking some extra time to visit with my sister Nancy and our father in Missoula. Dennis and Glenda Muirhead made it a road trip from Albuquerque, arriving mid-morning on Saturday in time for packet pickup.



Jane and husband Dave Belenski await the awards ceremony. Dave doesn't run any more, unfortunately, because of knee issues.

The race is now in its sixth year and organizers added a few new things for the 2012 event, including a beer run on Friday evening kicked off by Jeff Galloway. Although it was a bit warm at 6:00 PM, nearly 200 people showed up to work out the kinks along the 3 or 5 mile course through Missoula. Tamarack Brewery hosted the beer afterward and the place was jammed with runners, friends, and family tossing back a few. After all, the real race was still 36 hours away.

Daytime temperatures had been hitting the mid-90s all week and race officials were ready with extra water stops in case the 6:00 AM start was warmer than usual. We all found that a 3:45 AM wake-up call was necessary to begin catching buses to the starting lines at 4:20 AM. Runners were entertained by a fireworks display every 15 minutes before start time. The noise seemed to irritate the local horses and cows but the crowd loved it.

As the course wound its way through the forest into town, many residents had hoses and water sprinklers out to cool down runners although it was quite comfortable for those of us from ABQ.

The Albuquerque Road Runners half marathon contingent did well in the results. As in 2010, when the three of us plus Bob McNeill and Larry Ruggles also participated, we placed in our age groups: Dennis (70-74) was first, Glenda (60-64) was second, and I (55-59) was third. Dressed in our distinctive yellow "River to River Relay" singlets with the Zia symbol on the back, we were easy to pick out along the course and there were a lot of "Go New Mexico!" calls from spectators.

This year, the awards did not have to be eaten or drunk – two years ago, awards were bottles of wine and restaurant gift certificates, a little awkward for out-of-towners. We all took home a real pony-size horseshoe mounted on a piece of reclaimed wood. Typical Missoula.

Post-race activities included having a free team picture taken, food, beer (Blue Sky Brewery), and an encounter and picture with Big Foot. Not quite sure why a photographer was wandering around with a companion in a gorilla suit, but he asked us to join in a picture as part of a project he was doing. Again, typical Missoula.

After a shower, we decided a walk downtown to Tamarack Brewery was in order and the \$2 beers for runners were a nice touch. In addition to the marathon/half marathon activities, taste-testing the numerous breweries is a highlight of the weekend. Just within the downtown area are a number of outstanding breweries: Draughtworks, Kettle House (two outposts), Tamarack, and Flat Head. Bayern and Big Sky are a bit further away.

The Marathon Weekend is also filled with non-running events such as the Farmer's Market under the bridge, a "paint out" showcasing 20 talented artists from around the country (including my sister Nancy), craft fairs, and a concert next to the Clark Fork River. To see a town always on the move is pretty astounding and the Missoula Marathon lived up to its expectations once again.

The 2013 running of the Missoula Marathon and Half Marathon will be July 14. Check it out their website at www.runwildmissoula.org



Jane, sister Nancy, and Dennis enjoy a post-race energizer—free beer!

July Meeting Minutes

Membership Meeting — July 11, 2012 — Kiwanis Pavilion



Respectfully submitted by
Jane Thompson, Secretary

Picnic started at 6:30 PM. Meeting called to order by co-president Wendy Wiggins at 7:00.

ANNOUNCEMENTS

Packet pick up for Women's Distance Festival will be at lululemon athletica in ABQ Uptown. Check presentation to Placitas Community Library from proceeds from the Forever Young Run. The Club contributed \$1000.

Heart and Sole will present the 9/11 Heroes Run to benefit the Travis Manion Foundation. It will be a 5K on Sept. 8 at the ABQ Academy. Proceeds will also go to help families of fallen heroes, equine therapy for veterans, Paws and

Stripes, Henderson House (a home for women veterans), and Women's Veteran Association of NM. 94% of proceeds will go to the charities. All registration is on-line.

The New Mexico Magazine published an article on running in NM. Mbarak Hussein had a full page picture.

New members introduced themselves.

GROUP REPORTS

Ultras – Ian Maddison: Results included Western States, Angel Fire Endurance Run. Upcoming events were announced.

Marathon/Half – Phil Blong: Reviewed past and upcoming events.

5&10K – Jane Fuller: Reviewed upcoming events.

Trails – Curt Coonrod reported on the Valles Caldera events held in June. Several people also ran Narbona Pass.

The ARR August Meeting will be at 7:00 pm on August 1 at the Elena Gallegos Open Space area at the Kiwanis Shelter in the Foothills.

Meeting adjourned at 7:40 pm.

La Luz Trail Run Coming Up on August 5

An Update from Rodger Sack, Race Director

OUR CLUB'S SIGNATURE RACE!

Here are some last minute musings with only one week to go before the race.

Registration process (handled by Ultrasignup.com) has gone well again this year. I will be closing the entire registration process the weekend of July 28-29.



There will be only a few people on the waiting list that won't make it into the race.

Thanks again to all who have volunteered to help again this year – without all our capable volunteers, this race wouldn't happen year after year. **This will be the 47th annual running of the race.**

Most of the information regarding the race can be found on

the [La Luz Trail Run webpage](#), but there are a **FEW ADDITIONAL RESTRICTIONS** this year based on Forest Service comments following last year's race:

- The Forest Service wants the club's help to inform anyone driving to the Crest about the **\$3 RECREATION FEE required of all vehicles parking** in the Crest lot. We will have a volunteer handing out the fee envelopes: Insert the envelope with the fee in the self-pay drop boxes located in the lot and place the tear-off portion of the envelope on your dashboard.
- There is a marked **HELIPORT** (Emergency Helicopter Landing Area) near the south end of the lower level (east) parking

lot. It is the big "H" inside a painted white circle on the pavement. **No vehicles are to be parked in or near this Heliport**, to allow for any emergency rescue during the race.

- The Forest Service has also requested that we maintain clear **ACCESS TO THE METAL GATE** located on the far south end of this lower Crest Parking lot – this gate is normally kept locked, but the Forest Service doesn't want vehicles parked here blocking clear access and interfering with opening the gate – again, in the event of an unforeseen emergency. We will likely have some cones and a volunteer here to insure that Forest Service demands are met.

I have worked hard to develop and maintain a good relationship with the Forest Service and don't want to jeopardize this relationship, possibly leading to the loss of our privilege to hold the race in the Sandias. **PLEASE DO YOUR PART AND HELP US COMPLY WITH THESE FOREST SERVICE REQUIREMENTS.**

Good luck to all those entered in the race! Have a safe and enjoyable time out there. The final cutoff of the race will be 5 hours and the finish line will be dismantled at noon on race day, August 5. **Packet pickup will be on Saturday, August 4, from 11 am–5 pm** at Heart & Sole Sports on San Mateo, just north of Menaul (across the street from Big 5 Sporting Goods).

VOLUNTEER—BE A PART OF IT!
There are still volunteer stations that could use a few extra hands. Come on out and help your Club put on our signature race, the nationally-acclaimed La Luz Trail Run! Contact **Nicole Buerger** at 505-299-2608 to sign up. See you there!

WEEKLY WORKOUTS

Several times during the week, Club members assemble for group runs and invite anyone interested to participate. Check out the schedule, and be sure to contact the person listed for details.

Master Runners Unlimited Saturday Morning Runs

DATE	ROUTE AREA	MEET LOCATION	DISTANCE
Aug 4	Tramway Bike Path	near McDonald's at Tramway and Montgomery NE	8.0 miles
Aug 11	Bike Path-Foothills Trail	near McDonald's at Tramway and Montgomery NE	6.7 miles
Aug 18	Bear Canyon Arroyo	near McDonald's at Tramway and Montgomery NE	6.0 miles
Aug 25	Albuquerque Academy	Hoffmantown Church parking lot on Ventura NE	6.7 miles
Sept 1	N. Albuquerque Acres	north of Academy Hills Park on Admiral Halsey NE	6.8 miles
Sept 8	Bosque Path	east of Rio Grande Nature Center on Candelaria	9.4 miles
Sept 15	Tramway Bike Path	near McDonald's at Tramway and Montgomery NE	8.0 miles
Sept 22	Bike Path-Foothills Trail	near McDonald's at Tramway and Montgomery NE	6.7 miles
Sept 29	Bear Canyon Arroyo	near McDonald's at Tramway and Montgomery NE	6.0 miles

The MRU runs start at 7:30 am every Saturday. For more information contact [Glenda Muirhead](#) at 505-293-5122. This group has been running together for several years, and tends to be on the "older" side, but everyone is welcome to participate...all ages and all paces, non-members and visitors. We rotate through six different routes in sequence. With many different paces, we get spread out along the route, but pause periodically to regroup. Distance can be modified to suit your needs. Breakfast at a local restaurant follows the runs...optional, but fun!

SUNDAY MORNING – RUN

Join Jane Thompson and friends for a fairly easy 4-6 mile run with rest breaks. Meet near Trader Joe's, corner of Paseo del Norte and Ventura, at the Sandia Labs Credit Union. Call Jane at 505-459-0769 for times and information.

MONDAY MORNING – TRACK

Come join Bill Baldwin, Howard Miles, and Dennis & [Glenda Muirhead](#) for a track workout at 10:00 am at Manzano High School on Lomas Blvd east of Juan Tabo (**track behind school, not Wilson Stadium**). Format varies.

MONDAY EVENING – TRAIL

Mondays at 6 pm, meet at the Indian School trailhead located at the east end of Indian School Road for an hour of moder-

ately challenging trail running in the south foothills. This is a social group run and all abilities are welcome. For more information, please contact [Tim Koehler](#) at 505-508-2995.

TUESDAY & THURSDAY EVENING RELAXED RUNS

These runs are on hiatus for the summer.

WEDNESDAY EVENING – TRAIL

Wednesdays at 6 pm, meet at the Michael Emery Trailhead located at the east end of Spain Road for an hour of moderately challenging trail running in the north foothills. This is a social group run and all abilities are welcome. For more information, please contact [Tim Koehler](#) at 505-508-2995.



MEMBERS ...let's hear from you!

Help us make your Club newsletter more personal, interesting and relevant!

Your fellow ARR members would like to learn about your experiences in the world of running (or cycling or triathlons). We want to hear from you!

We are always looking for articles about races you have run, training programs you have completed, or anything else that you think your fellow members may find intriguing and/or valuable that relates to running and overall physical fitness.

So, if you have been to a race that you loved and would suggest that others experience, write about it! If you have been to a race that you would NOT recommend, write about that too! Or if you have learned something about injury prevention, training or eating, or really ANYTHING that you would like to pass along, please write!

You could write a "Letter to the Editor," too. Got a gripe, or some praise? Tell us what you like about your Club, or what you think could be better.

Send your submissions to vp@abqroad-runners.com. Don't be shy...share your experiences and write! Oh...and photos are always a great accompaniment, too.



Half Marathon Pacing Strategies

By Jeff Gaudette • From active.com

The half marathon is a difficult balance between conserving fuel and energy while running just at the edge of your lactate threshold. Start too fast and you'll burn through your carbohydrate stores and bonk. Start too slow and you'll be too far behind in the final miles to record your best time.

You need to find the ideal half marathon pacing strategy that will ensure that you conserve enough energy early to finish strong while still pushing your limits the entire distance.

The Overall Strategy

To race your best, you should focus on running a patient and conservative race over the first 3 miles, relaxing during the middle miles, and then attacking the course for the last 2 miles. Interestingly, every world record from the 1500 meters to the marathon has been set running negative splits—running the first half of the race slightly slower than the second half.

This means that if you want to ensure that you run the fastest time possible, you don't want to run the first mile or two too fast, which is one of the most common mistakes runners make. With the

adrenaline and competition, this can be difficult and will require focus. Your normal half marathon pace will feel like you're almost walking, so it's very important you pay strict attention to your pace.

Pacing Over the First 3 Miles

You should target a pace that is 5-10 seconds per mile slower than your goal finishing pace for the first two to three miles. While this is a scary proposition for many runners, you will easily make up these seconds by being able to close the last few miles fast as opposed to fading and crawling across the finish line.

Remember that it will feel "slow" and you might be getting passed by people you want to beat. While it is mentally difficult, this is by the most effective way to run a race and you'll tear by those people during the last mile when you're fresh and they are dying.

Pacing for Miles 3 through 11

At 3 miles, begin to increase your pace and effort so you're running at goal half marathon pace. If you've practiced this pace in training, it should feel like a comfortable rhythm for you.

Be aware that you need to increase your effort to maintain the same pace or run faster as the race goes on. As you get more tired, it gets more difficult to keep running faster, so you have to try harder. Many runners make the mistake of thinking that the same effort at mile three will net them the same pace as it will in mile 11. Unfortunately, with each mile your legs will get more tired and it will get harder to remain on pace. Be conscious of this reality and maintain focus.

After 3 miles or so, start looking around and engage the competitors around you. Find a group that is running your pace or a little faster and latch on. Try to relax and keep your focus on staying with the group, not your splits. Use the group and the people around you to help you relax and take your mind off the distance ahead.

When you run within your limits, every workout can be a pleasure. But start even a few seconds per mile too fast, and misery awaits: excess fatigue, loss of motivation, or even injury. That's why it's so important to know what pace is right for you. Happily, by doing a simple "magic mile" time trial, you can find the best speed for your runs, then set realistic goals and keep running—enjoyably—forever.

ARR Newslets

ARR DONATES \$1000 TO PLACITAS LIBRARY AT JULY MEETING

As in past years, ABQ Road Runners made a contribution to the Placitas Library in memory of Charlie Young, namesake of the Club's "Forever Young" Race. At our July 11th meeting, Race Director Alan Overmier and Club co-presidents Martha Porter and Wendy Wiggins presented a check

for \$1000 to a Library representative, who expressed their appreciation for the donation.



TAMMY REMIKER IS CLUB'S NEW WALKING COORDINATOR

ARR is pleased to announce that Tammy Remiker, new Club member and recent graduate of Women in Training, has agreed to be our Walking Coordinator. Tammy, shown here with Martha Porter at the WIT Banquet, is now listed on the ARR website on the "Contact Us" page.

She'll be happy to let you know what's happening on the local walking scene.



Women in Training Program 2012

by Martha Porter, WIT Program Director

Well, another year of Women In Training has gone by and although attendance was down with our move to the North-east side of town, there was a good turnout during the week with ladies taking advantage of the Monday and Wednesday runs at Fleet Feet (our 2012 Sponsor).

Thank you, Fleet Feet, for the great weekly raffle prizes you provided, the facilities, and the super-cold water for our workouts. We appreciate all the assistance and participation from owner Todd Pfeiffer, manager Jackson Woodard, No-Boundaries graduate Vanessa Power, and the young guys who also helped in our training sessions: Joey, Adam, and Colin.

I would also like to thank all the volunteers who donated time this year to help make the program a success: Wendy Wiggins, Glenda Muirhead, Rodger and Connie Sack, Phil

Blong, Don Porter, John Farrow, and Cece Niemczyk. Without them it would be extremely difficult to provide individualized attention to more than 40 participants.

Ladies who participated in the practice race and who kept their workouts consistent were able to shave minutes off their 5K practice race time during the Women's Distance Festival events. Great job, ladies!

Now stay tuned for next year's program. Don and I will have an East Side and West Side group. We are very excited about this opportunity for expansion; and with 2013 being the 20th year of Women In Training, we hope to provide the participants with many cool surprises during the 10 week session. Stay tuned!



News From Around Town

JEFF GALLOWAY RUN/WALK 5K PROGRAM

Co-President Martha Porter is offering a training program for beginning run/walkers: **the Albuquerque Jeff Galloway "Getting Started" Program**. Participants receive a schedule which will include informal runs during the week and formal long sessions on the weekend, as well as a Jeff Galloway T-shirt and a 5K book. This is a 15-week program culminating in a goal race, the Great Pumpkin Chase on October 28th. Cost for Galloway Program alumni \$69, for new members \$89. It started July 23, but you can still get in! [Contact Martha](#) for more information and to register.

THE HALF-FAST LANE

Einstein's Boogie

Ruminations on racing and rock 'n roll

by John Farrow

It was a dreary, wet day in the Big Apple, chilly and with light rain all around. Not the ideal weather for a 10-miler in Central Park, but I figured that if things didn't work out, there were several places along the route to bag it and grab a cappuccino.

The Tavern on the Green was one such place. It was in what turned out to be the fourth mile of the race, and by then I was seriously considering all options. But off to the right was Lincoln Center. Just that little realization was enough to bring a smile to my face recalling the previous evening. Immediately, my load was lightened. Perhaps even the sky lightened ever so slightly, too.

It had been the last night of the summer Mozart Series in Philharmonic Hall, but that was not where I had been. While walking past on my way to the nearby bandshell and the Roots of American Music Festival, I did a double-take as the spitting image of Albert Einstein ambled up to the box office to check the evening's Mozart offerings.

The dress was right: rumpled tweed jacket with red slacks, tie askew and blown back over his left shoulder, and frizzed hair as if his finger were permanently in an electric socket. Fitting, I thought. The real Albert Einstein loved classical music and played Mozart pieces on the violin.

But I hurried on past to catch the soothing harmonies of Dar Williams and her current band Cry, Cry, Cry with their beautiful renditions of classic bluegrass tunes and soulful, four-part harmonies. The name of the group had come from an old song by the same name written by Johnny Cash. Towards the end of the set, however, who should come shuffling down the aisle but Einstein. He took a seat a few rows away and remained motionless for the

duration of the set, even though all around people were swaying with the soothing harmonies and easy rhythms.

After the break, the evening's headliner, the Rock & Roll Trio was introduced. Einstein was nowhere to be seen. It figured.

The original Rock & Roll Trio was made up of brothers Johnny and Dorsey Burnette along with guitarist Paul Burlison. They had such early hits as "You're Sixteen," "Honey Hush" and "Train Kept a' Comin'," the latter two covered by the Beatles and Yardbirds in the 1960s. The Burnettes have since been replaced in the band by their sons, but Burlison is still playing.

They were all originally from Memphis, where Dorsey Burnette had been an electrician at Crown Electric Company. In 1953, Crown Electric also employed a young truck driver by the name of Elvis Presley. In the early years, the Burnettes, Burlison and Presley would all jam together in local night spots.

Their set probably has not changed a bit since 1956 when Burlison created the fuzz-tone for his guitar after he inadvertently dropped his amplifier while setting up before a gig. The impact had loosened a tube, causing the output to be distorted. Ever since, guitarists from Chuck Berry to Keith Richards to Bruce Springsteen have had a new sound distinctive to rock and roll.

Towards the end of the set, they launched into their signature piece, "Rockabilly Boogie," the song that secured a place for Johnny Burnette and his band in the history of popular music. It was impossible to keep still as perhaps the purest form of early rock and roll surged forth. All around, there was some of the most spontaneous and uninhibited dancing I had seen since a 1969 Grateful Dead concert. And right up front, there was Einstein, boogieing with the best of them, arms waving skyward, electric hair bobbing frantically this way and that. That cat could flat get down and dance.

Just recalling the scene was enough of a lift to send me on down the course and past several groups of runners, eliciting a few sideways glances and no doubt thoughts of "Why is that guy smiling in the middle of a chilly, rainy 10-miler?" There will always be Einstein.



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STEPHANIE'S CORNER

LONDON CALLING:**Sports Dietitians Help Prepare World-Class Athletes for the Olympics**

From the Academy of Nutrition and Dietetics

Submitted by Stefanie Tierney MS, RD, LD

As more than 10,500 of the world's most elite athletes prepare to compete in the 2012 Summer Olympic Games, Registered Dietitians are helping ensure Team USA athletes have the nutritional support they need to compete and win. In fact, the United State Olympic Committee (USOC) is sending more sports dietitians to London than any previous Olympics, according to a recent article in the Academy of Nutrition and Dietetic's *Food & Nutrition* magazine <http://foodandnutritionmag.org/london-calling-sports-dietitians>.

"For athletes, nutrition has been described as one leg of a three-legged stool. Genetic endowment coupled with sport-specific training and coaching cannot stand on their own without proper food and fluid intake," says registered dietitian Christine Rosenbloom, author of the article and editor-in-chief of *Sports Nutrition: A Manual for Professionals* 5th ed. "In recent years a shift has taken place in nutrition tactics in fueling athletes. Athletes seek every edge they can get, and proper nutrition can help provide it.

"Registered dietitians have the ability to show athletes how to tweak their diets to get the most out of the training without giving up all of their favorite foods. We provide real world solutions for the busy, competitive athlete," says Rosenbloom. Registered dietitians are finding creative ways to feed athletes to help them get the most out of their training. Shawn Dolan, senior USOC sport dietitian, provides nutrition coaching for team sports including volleyball, beach volleyball, water polo, field hockey, rugby, and archery. Many of her athletes focus on achieving and maintaining lean body mass to have the endurance, agility, and skill they need.

"I find that blanket nutrition recommendations are not always helpful, as different

athletes on the same team have different nutritional needs," says Dolan. "The field hockey goalie is different from a midfielder who might run several miles during a match, so altering dietary intake based on physiological demands of the position is important."

"Athletes and their nutrition needs can differ significantly from the general public's," says Rosenbloom. "Michael Phelps was eating a 8,000 to 10,000-calorie-per-day diet while in training for the 2008 Olympics, while most moderately active males need between 2,000 and 2,800 per day. Carbohydrate and protein-rich diets are needed for athletes to help maximize muscle glycogen stores and promote muscle protein synthesis."

Jennifer Gibson, USOC's sport dietitian for acrobat and combat sports, works with athletes who compete in weight class sports like judo, taekwondo, boxing and wrestling. Working with each athlete, she develops a "body weight code of conduct" to identify the competition weight weeks before the event, so weight loss can be done in a healthful way.

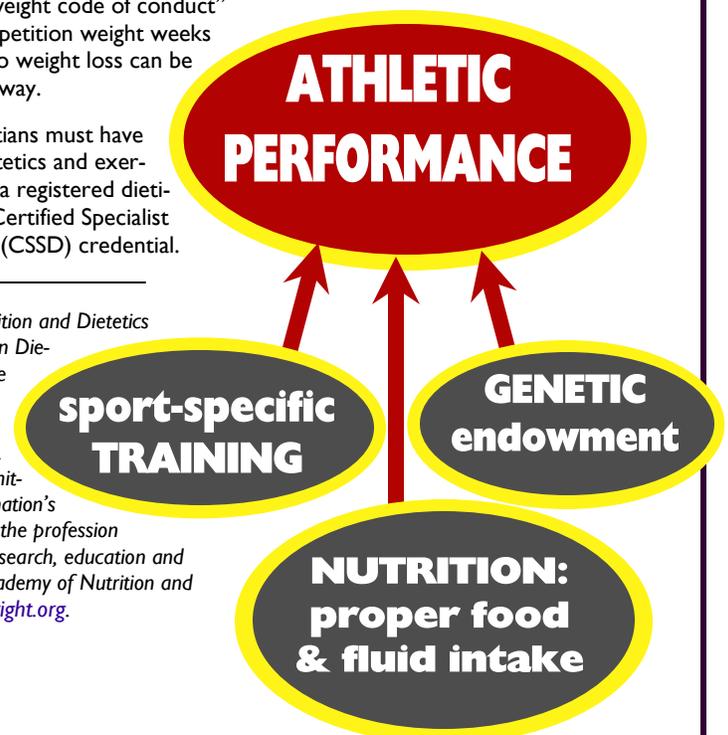
USOC sports dietitians must have dual degrees in dietetics and exercise physiology, be a registered dietitian, and hold the Certified Specialist in Sports Dietetics (CSSD) credential.

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy of Nutrition and Dietetics at www.eatright.org.

ABOUT THE AUTHOR

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 completed 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.

"Registered dietitians show athletes how to tweak their diets to get the most out of training without giving up their favorite foods."





Race Calendar

August

4 NM-CAPP 5K, Albuquerque, NM (K Run, 5K Walk, 1M Fun Run, 50 Yard Trike Dash); nm-capt.health.unm.edu/summer_5k.shtml

 **5** La Luz Trail Run, Albuquerque, NM (9 Mile Trail Race); *Registration closed.*

11 Rail Runner Run & 25-mile Bike Tour, Albuquerque, NM (5K Run and Fitness Walk, 25M Bike); runningguru.com/EventRegister1.asp?elD=3856&SourceCode=Link
entry form

11 Inter-Tribal Indian Ceremonial Half Marathon, Gallup, NM; *download entry form*; theceremonial.com/2012-gallup-inter-tribal-indian-ceremonial-half-marathon-entry-form/

12 Rio Grande Half Marathon & 5K Run/Walk, Albuquerque, NM (Half Marathon, 5K Run & Walk, Kids K); active.com/running/albuquerque-nm/rio-grande-half-marathon-and-5k-run-walk-2012/;
entry form

18 Juliette Jog for Vision and Vision Walk 2012, Rio Rancho, NM (5K Run & 5K Walk); juliettefoundation.org/site/events.htm

18 38th Annual Los Alamos Triathlon, Los Alamos, NM; active.com/triathlon/los-alamos-nm/38th-annual-los-alamos-triathlon-2012

25 Live.Love.Tri--Ladies Only Triathlon, Rio Rancho, NM (5K Run, 10 Mile Bike, 400m Swim); active.com/triathlon/rio-rancho-nm/live-love-tri-triathlon-2012?int=29-12

25 The Color Run, Albuquerque, NM (Individual & Team 5K); active.com/5k-race/albuquerque-nm/the-color-run-albuquerque-2012?int=29-12

September

2 Dam to Dam Run 2012, Albuquerque, NM (10K, 5K, Kids K); active.com/running/albuquerque-nm/dam-to-dam-run-2012

3 Turtle Marathon and Labor Day 5K, Roswell, NM (Marathon, Half Marathon, 5K Run & Walk); active.com/running/roswell-nm/turtle-marathon-and-labor-day-5k-2012

3 6th Annual Hearts for Honduras Run, Santa Fe, NM (10K, 5K); active.com/running/santa-fe-nm/6th-annual-hearts-for-honduras-run-2012

8 9-11 Heroes Run, Albuquerque, NM (5K Run, 1M Fun Run); 911heroesrun.com/runs/locations/New%20Mexico/Albuquerque

8 The Dirty Dash Mud Run, Edgewood, NM; thedirtydash.com/races/new-mexico.html

9 Dirty Half Marathon and Dirty Lil' 10K, Albuquerque, NM (Half Marathon, 10K Trail Run); active.com/running/albuquerque-nm/dirty-half-marathon-and-dirty-lil-10k-2012

16 Chips and Salsa Half Marathon 2012, Albuquerque, NM (Half Marathon, 10K Run, 5K Run, 5K Walk); active.com/running/albuquerque-nm/nm-chips-and-salsa-half-marathon-2012

16 Santa Fe to Buffalo Thunder Half Marathon, Santa Fe, NM (Half Marathon, 5K Run, 1.6M Walk); newmexicosportsonline.com/events/details.aspx?id=353

22 Sandia Scoot, Albuquerque, NM (5K Run); active.com/5k-race/albuquerque-nm/sandia-scoot-5k-2012

22 Chama Jog, Walk & Wag, Chama, NM (5K Run, 2M Walk); newmexicosportsonline.com/events/details.aspx?id=389

 **29** Mount Taylor 50K, Grants, NM; ultrasignup.com/register.aspx?did=15055

29 Born to Run 2012, Albuquerque, NM (10K Run, 5K Run/Walk, 1M + Stroller Strut, Free Toddler Trot); active.com/running/albuquerque-nm/born-to-run-2012

30 Hot Chocolate 15K/5K, Albuquerque, NM (15K Run, 5K Run); hotchocolate15k.com/albuquerque/register/

October

6 Big Tesuque Trail Run, Santa Fe, NM (12M Run on Aspen Vista Trail); active.com/running/santa-fe-nm/big-tesuque-trail-run-2012/; *entry form*

6 2nd Annual Spooktacular 5K, Albuquerque, NM (5K Run/Walk); *view flyer*

13 Run for the Beans, McIntosh, NM (10K Run/Walk, 5K Run/Walk) — **SAVE THE DATE!**

20 Deadman Peaks Trail Run, Cuba, NM (50M); ultrasignup.com/register.aspx?did=14764

21 29th Annual Duke City Marathon, Albuquerque, NM (Marathon, Half Marathon, 10K, 5K Run, 5K Walk); affinityusa.com/dcm/home.php?cat=263; *entry form*

27 Ski Run Road Challenge, Ruidoso, NM (3M Fun Run, 12M Solo Run, 12M Relay); active.com/running/ruidoso-nm/ski-run-road-challenge-12m-and-3m-runs-2012/; *entry form*



Club Race

The Athlete's Kitchen

by Nancy Clark MS RD CSSD

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Sports Nutrition News from The American College of Sports Medicine

The American College of Sports Medicine (www.ACSM.org) is the world's largest organization of sports medicine and exercise science professionals. At ACSM's annual meeting in San Francisco, May 30-June 3, 2012, over 6,000 exercise scientists, sports dietitians, physicians and other health professionals gathered to share their research. Here are a few of the nutrition highlights.

Food for Thought

- During a 46-mile (75-km) race, cyclists performed just as well when they fueled with **banana** as compared to sports drink. They drank about 8 ounces of sports drink or ate half a medium banana + water every 15 minutes during the 2.3-hour event. Time to start taping bananas to your helmet?

- **Tart cherry juice** contains numerous antioxidant and anti-inflammatory agents that can reduce pain and inflammation associated with osteoarthritis. When arthritic women (ages 40-70) drank a 10.5-ounce bottle of tart cherry juice or a placebo twice a day for three weeks, some of the inflammatory markers in their blood decreased. Women with the highest amount of inflammation noticed the most benefits. This is just one example of how food is a powerful medicine.

- **Pomegranate juice** is another rich source of bioactive compounds that reduce muscle soreness. Healthy men who drank PomWonderful juice for eight days before muscle-damaging exercise experienced less muscle soreness.

- Nitrates in foods such as spinach (and beets) reduce the oxygen cost of exercise and enhance efficiency. Healthy young men who consumed half a liter of **spinach juice** for 6 days

were able to perform better anaerobically. Maybe this is why Popeye was strong to the finish?

- Dietary nitrates in the form of **beet juice** (called beetroot juice in the UK) have been shown to improve 2.5 mile (4 km) and 9.5 mile (16 km) time trial performance by almost 3% in racing cyclists. During a longer, 50-mile time trial, cyclists who consumed a half-liter of beet juice 2.5 hours pre-ride rode almost 1% faster. This small improvement was not statistically significant, but to a cyclist, the improvement would likely be meaningful.

- Elite rowers who consumed beet juice for 6 days performed better on an erg test. This was particularly noticeable in the later stages of exercise. Pre-exercise beets or borscht, anyone?

- Both **beta-alanine and sodium bicarbonate** can reduce the negative effects of lactic acid in athletes who do very high intensity exercise. In an intense five-minute cycling test, beta-alanine enhanced performance. When combined with sodium bicarbonate, the improvements were even better.

- Most research with caffeine is done with pure caffeine supplements. Does **coffee** offer the same ergogenic effect? Yes. In research with cyclists and triathletes, the time trial results were very similar with pure caffeine (39.4 minutes) and coffee (39.5 minutes). Instant decaffeinated coffee (41.4 minutes) gave the slowest time. The researchers suggest the small improvement was related to caffeine's ability to stimulate the central nervous system. This makes exercise seem easier so the athlete can work harder.

- An extensive review of the literature indicates **caffeine does not have a dehydrating effect** nor impair heat tolerance. Hence, a 150-lb (68 kg) athlete need not worry about consuming about 200 to 600 mg caffeine (3-9 mg caffeine/kg body weight) when exercising in the heat. That's 1 to 3 large cups of Joe.

- While commonly consumed **intakes of caffeine do not have a diuretic effect** over the course of the 24-hour day,

Membership Updates

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RRCA 2013 CONVENTION MEETING

Get ready to help put on an outstanding event for RRCA members...right here in Albuquerque!

ARR is hosting the Road Runners Club of America National Convention in May 2013. It'll take a lot of volunteers to make this special!

Come to a meeting at 2:00 pm on Saturday, August 11, at the Flying Star at Alameda and Corrales Road.

Anyone willing to lead a sub-committee or volunteer your skills is encouraged to attend. Also, if you are interested but can't get to this meeting, please contact [Martha Porter](#), co-chair of the committee along with Victor Nemudrov and Shannon Zanelli.

(Continued on next page)

The Athlete's Kitchen - Nancy Clark Sports Nutrition News from ACSM

(Continued from previous page)

what happens in the short term? In three hours, habitual coffee drinkers who consumed 7 ounces (200 mL) coffee (with 250 mg caffeine) voided 11.3 ounces (316 mL) urine, very similar to the group that consumed plain water and voided 10.4 ounces (290 mL) urine.

- When cyclists were given 1.5 or 3 mg caffeine/lb body weight (3 -6 mg/kg) one hour prior to a 24-mile (40-km) time trial, they performed equally well, regardless of the dose. However, the athletes who responded best to pre-exercise caffeine had a specific gene that was missing in the non-responders. That is, when compared according to genotypes, the AA homozygote group was 4.6% faster at 6 mg caffeine/kg as compared to 2.6% improvement in the C allele carriers. **Genetic differences** influence caffeine's ability to enhance exercise performance.

- **Is Red Bull better than coffee?** Doubtful. In a cycling time trial, Red Bull enhanced performance similarly to caffeine. Red Bull's added ingredients offered no additional benefits.

- Female cyclists who trained about 10 hours a week had low **spine bone density** in the osteopenic range—even though they were only 26 years old! Whether you are male or female, if you spend most of your exercise-time cycling, think about cross training with weight bearing exercise to improve your bone health.

- When getting your **body fat measured with a Bod Pod**, be sure to follow the instructions to not eat, drink, or exercise for two hours before the measurement. Athletes who did 30 minutes of treadmill exercise prior to Bod Pod testing were 21.3% body fat pre-exercise and 19.6% post-exercise. That 2% drop was not due to a loss of body fat, but rather to inaccuracy related to having an elevated body-temperature!

- When getting your body fat measured, take note: Different methods of **body fat measurement give different results**. In collegiate gymnasts, the body fat results were:

Omron HBF-510W	26.1% fat	(\$55 on amazon.com)
Tanita BF-350	21.7%	(\$899 at Walmart)
Tanita BF-522	21.7%	(\$366 at amazon.com)
DXA	21.06%	(research-based; the "gold standard")
Calipers	19.5%	
Omron HBF-306C	18.4%	(\$30 on amazon.com)

- Trained runners **lost twice as much sweat** during a one-hour summer race than they had predicted. As a group, they predicted losing about 750 mL sweat in hot, humid conditions but they actually lost about 1,500 ml. Weigh yourself pre/post exercise to learn your sweat rate!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for cyclists, new runners, and marathoners offer additional information. They are available at: www.nancyclarkrd.com and www.sportsnutritionworkshop.com



Ryan Hall's Olympic Marathon Preparation

Sabrina Grotewold • Active.com

Ryan Hall, 30, who will compete in the second Olympic marathon of his career this August, plays by his own rules. The free-spirited, sometimes wild-haired running rebel left the Mammoth Track Club, an elite training group in Mammoth Lakes, California, in 2010 to train on his own terms. The move paid off, as the half marathon American record-holder ran the fastest marathon ever by an American at the 2011 Boston Marathon (2:04:58).

How are you preparing mentally for the Olympic marathon?

I am preparing mentally by doing 23- to 26-mile runs. I find that the best way to prepare mentally is to practice what I want to be thinking while I'm training. When I hit those long, boring miles, I put myself—in my mind's eye—in the London Marathon, and think about what I want to be thinking about in London.

What did you learn from the Beijing Olympic marathon that you'll use to improve in London?

In Beijing, I learned to go into every race with an open mind. Everyone was hyping up how slow the winning time would be in Beijing because of the heat and humidity. No one thought a 2:06 was possible. I won't go into London with a pre-conceived notion of how fast or slow the winning time will be in London.

What's the most valuable lesson you've learned about the marathon?

It's always 26.2 miles. No matter what kind of shape I'm in or who I'm racing, or even if I'm running in the Olympic marathon, it's still the same challenge every time: run 26.2 miles as fast as I can. Sometimes it's easy to make running a marathon more complicated than it actually is.



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JUNE

Member Race Results

RACE	LAST	FIRST	TIME	Age Group	Overall	
Angel Fire Endurance Run 50k	Grossman	Steven	6:30:11	9	10	
	Matthews	Clifford	7:34:45	13	15	
	Pilgrim	Misty	11:16:51	9	25	
	Pope	Eric	5:18:47	2	2	
	Squires	Roger	6:41:35	10	11	
	Tierney	Stefanie	6:13:26	1	8	
Angel Fire Endurance Run 50mi	Breyfogle	James	9:17:00	2	2	
Cherry Garcia 10k	Davenport	Beth	1:10:35	1	119	
	Dunn	Michael	1:06:19	7	110	
	Fordice	Jim	52:18	1	40	
	Leonard	Arne	50:56	4	33	
	Pacheco	Annie	1:02:47	11	91	
	Pacheco	Antonio	44:59	2	19	
	Rosado-Maher	Christina	1:02:43	7	89	
	Walker	Gwen	48:26	2	26	
	Cherry Garcia 5k	Askey	Sarah	21:54	1	28
		Banning	Ronald	25:58	1	78
Fuller		Charles	25:18	1	68	
Fyfe		Paul	21:01	1	19	
Kelic		Angie	33:34	25	227	
Maher		Patrick	46:29	8	382	
Morrison		Taylor	22:39	2	35	
Patterson		Jessica	54:47	51	411	
Patterson		Linda	54:47	2	412	
Peterson		Nanci	49:33	26	403	
Porter		Donald	28:58	4	127	
Porter		Martha	42:11	18	355	
Roenfranz		Earl	44:08	4	371	
Patterson		Scott	54:46	29	410	
Smith		Caroline	44:29	20	375	
Jim Thorpe Community 5k	Davenport	Beth	30:49	3	68	
	Felipe	Esther	46:34	1	95	
	Fleg	Anthony	17:17	1	1	
	Fuller	Charles	23:51	1	30	
	Kirsling	Mary	1:06:10	2	96	
	Leddy	Patrice	26:30	2	47	
	Roenfranz	Earl	40:58	3	91	
	Steinberg	Will	25:10	5	38	
	Wiggins	Wendy	27:27	3	50	
	Wilson	David	27:02	5	48	
Jim Thorpe Native Amer 5k Championship	Dodge	Lauri	28:17	9	86	
	Louis	Gilbert	37:45	6	119	
Jim Thorpe Open 5k Championship	Burns	Colleen	22:01	2	20	
	Dodge	Lauri	28:17	1	30	
	Fleg	Anthony	17:17	2	2	
	Garrett	David	21:37	1	17	
	Kirsling	Mary	1:06:10	1	34	

results continued on next page

RACE	LAST	FIRST	TIME	Age Group	Overall
Leadville Trail Heavy Half	Kirsling	Kathy	4:08:34.92	3	260
Leadville Trail Marathon	Garcia	Kelley	7:37:37.69	31	451
	Juskiewicz	Nick	5:42:34.19	15	154
	Koehler	Kelley	6:53:53.07	25	367
	Moore	Gerald	6:22:26.90	25	273
Marathon De Taos	Pilgrim	Brian	3:47:29	1	4
	Pilgrim	Misty	5:45:00		23
Memorial Day Marathon	Pilgrim	Misty	6:19:04	14	133
Miles for Smiles 5k	Davenport	Beth	35:28.5	32	55
Miles for Smiles 10k	Anderson	Jennifer	55:37.6	4	8
	Grossman	Steven	20:38.6	2	3
	Kirsling	Kathy	54:08.5	3	7
Pojoaque Butterfly Run 5k	Davenport	Beth	33:52	6	81
Pojoaque Butterfly Run 10k	Otero	Daniel	44:33	1	17
Polly's Run 5k	Elkins	Hollis	44:28.1	88	3
	Roenfranz	Earl	41.:15.4	82	3
Polly's Run 10k	Dunn	Michael	1:06:44.3	6	43
	Parks	Ronald	1:0:33.8	4	34
	Stone	Jan	56:06.2	1	24
	Walker	Gwen	46:53.2	3	8
	Williamson	Anna	57:18.0	3	27
	Wilson	David	59:07.0	3	30
Run the Caldera Half Marathon	Dunn	Patrick	2:51:53	15	154
	Leonard	Arne	2:14:34	7	48
	Prill	Amberly	3:29:59	23	202
	Rosado-Maher	Christina	3:07:29	16	178
	Tallon	Dan	2:03:08	1	30
	Walker	Gwen	2:31:58	8	95
Run the Caldera Marathon	Breyfogle	James	4:04:46	2	8
	Essenmacher	Mark	5:22:49	13	51
	Falk	Peter	4:13:46	3	10
	Garcia	Kelley	6:11:04	7	77
	Grossman	Steven	5:09:38	7	39
	Kinlaw	Kenneth	5:33:46	17	56
	Kirsling	Kathy	6:08:00	1	76
	MacKenzie	Mark	4:28:49	5	16
	Matthews	Clifford	5:14:22	13	42
	Squires	Roger	4:45:28	3	27
Sehguhunda Trail Marathon	Pilgrim	Misty	7:14:01	13	133
	Pilgrim	Brian	4:41:38	2	21
Turkey Track Trail Marathon	Taylor	Jason	3:34:59.2	1	1
	Tierney	Stefanie	4:13:41.9	1	7
Western States 100	Pilgrim	Brian	26:33:43	56	184

