



ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

Vol 29, No 11

DECEMBER 2012

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Club Holiday Party Coming Up!

**Friday, December 14, at 6:00 PM
at the home of Dennis & Glenda Muirhead**

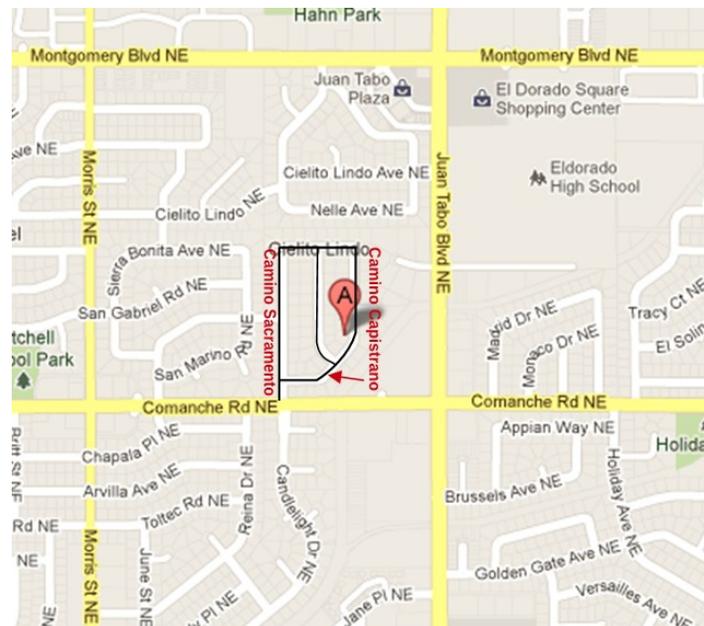
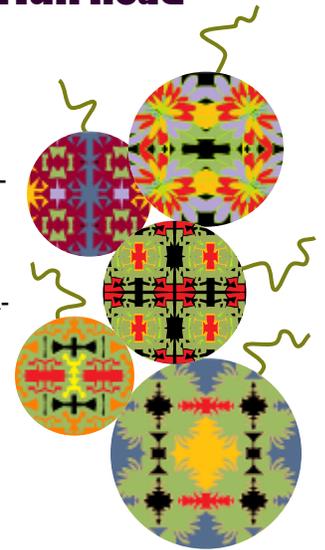
Mark the date now on your calendars. It's ARR's social event of the year — the Annual Holiday Party! We'll eat and drink, and celebrate the season and the Club's accomplishments in 2012.

The Club will provide main dishes for the meal (barbecue, enchiladas, and pasta with sauce), and we encourage you to help round out the meal by bringing a dish to share, to make it a varied and delicious potluck dinner. Suggestion: those whose last names begin with A-H may bring appetizers, I-R salads or vegetable dishes, and the rest desserts. Note that this is a guideline only...just bring along something you like to eat!

We'll supply soft drinks, coffee, and water. You may provide adult beverages of your choice.

To help us plan, please let us know that you will attend!

Contact Glenda at vp@abqroadrunners.com or 505-293-5122 by Tuesday, Dec 11th. Thank you...and see you there!



Dennis & Glenda Muirhead
3805 Camino Capistrano NE
293-5122

Off Comanche NE between
Juan Tabo and Morris. North
on Camino Sacramento,
then immediate right onto
Camino Capistrano.

December 5 Club Meeting will be at Flying Star Downtown

ARR Officers and Contacts

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Glenda Muirhead		293-5122

Club Meetings:

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

Next Meeting:

Wednesday, Dec 5, 2012 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 Wendy Wiggins, ARR Co-President

Albuquerque Road Runners is packing in a lot in December. Come warm up at our **monthly meeting on Wednesday, December 5 at the downtown Flying Star** to get the REAL scoop on upcoming races and events (we don't put everything we think in print, you know!). Feel free to come early if you would like to do an impromptu Christmas light run! Most important, please **bring food items for our Road Runner Food Bank drive**, led by the unflappable Martha Porter.

While you're contemplating which tights best squeeze in the consequences of Thanksgiving, there are families contemplating where their next meal will come from. Please contact Martha if you would also like to **volunteer at the food bank on the 8th**.

On **Sunday the 9th, the Zanellis are hosting the ever-popular Academy Hills Park mile interval relay Handicap Race**. Bring a partner or not! I met one of my best friends by showing up as a lone wolf. It should be interesting to see what unfolds this year. [See *Dec Handicap article on page 6.*] Shannon has been gracious enough to provide coffee at the park so you can stay warm and wired while cheering on your partner. November's handicap had the frigid temps that are usually reserved for the December handicap.

Last but not least, **Holiday Party at Dennis & Glenda's house Friday the 14th!** See what your fellow runners look like without tights and sunglasses and enjoy some great food and fun!

Final note: It is with mixed feelings of relief and melancholy that I tell you that I'm stepping down as Co-President for the next year. As many of you know, my husband Ken has had a longer than usual, somewhat scary relapse with CFS/ME** that's made him house-bound for the past nine months. In the next year, I need to reset my priorities. I don't feel that I will be able to give the Club the focus that it deserves. Please support Martha and Glenda and the rest of the board by doing all you can to volunteer. During the first year of her two-year term, Martha has gone from Co-president to Convention Co-Chair/Women-in-Training-Director/President (and I'm probably missing some things)! She needs your support!

I will still be helping Martha and the board wherever I'm needed, and will remain an active volunteer. The more active in the Club I have become, the more I realize what an incredible community ARR creates. The Club has fed my soul over the years and has especially helped me in the past year. You are an amazing group of generous people!

**CFS/ME is a crappy syndrome that gets in the way of long-term planning by throwing seemingly random relapses.

November Meeting Minutes

Membership Meeting — Nov 7, 2012 — Flying Star Café



Respectfully submitted by
Glenda Muirhead, substituting for
Jane Thompson, ARR Secretary

Call to order at 7:00 pm by co-president Wendy Wiggins.

NEW MEMBER: Michael Barney

ANNOUNCEMENTS / UPDATES

Dick Harris spoke about the upcoming adopted trail cleanup at Unser and Western Trail on Saturday, Nov 10. Scheduled for 8:30 am start, but volunteers can arrive early or later as needed.

Run from Malaria on Saturday, November 10, put on by member Greg Henneman. Route is around Albuquerque Academy.

GUEST SPEAKER

Maya Ramsey and Tait from ICWA (Institute of Community Wellness and Athletics) icwanm.org. New non-profit group. Facility opened in February at 4110 Ellison. Staff includes many from SWSI. Focused on integrated athletics and wellness, building community partnerships. Offer yoga, injury preven-

tion, soft tissue active release, rehab (corrective exercises). They hope to develop run series in 2013 - trail races. Demo of some devices that target trouble spots with precision. ICWA has teamed up with Hotel Albuquerque and Matt from Heart & Sole for Saturday morning runs at 8 am around Old Town or Bosque, open to ARR members, community, hotel guests.

RRCA CONVENTION – Shannon

Zanelli. Registration about to go live, per Fred Hintze. Finalizing speakers for breakout sessions. Next meeting is Saturday, November 17, at 2 pm at Flying Star Downtown.

GROUP REPORTS

Ultras—Ian Maddieson: Deadman Peaks was held the 20th of October. Jim Breyfogle will step down as director, and Kim King and Nick Juskiwicz will take over. On Oct 27 several ARR members ran the Javelina Jundred and 100K. Registration for many 2013 races

coming up soon. Fat Ass 50 Nov 11 on White Mesa bike trails (www.fa50k)

Marathons—Phil Blong: Reported on Duke City pace groups. Course was a smidge short. Day of the Tread had running and biking options. Marine Corps Marathon was end of October. Upcoming: Dec 2 Las Cruces; PF Chang Jan 20; Yuma Jan 26 full and half; El Paso full and half; Big Bend 50k.

OTHER BUSINESS

David Lopez reported that Junior Olympics cross country championships will be held at Balloon Fiesta Park on Dec 8. Still looking for volunteers - packet pickup, opening ceremony, race on Saturday, closing ceremony. [See Page 8 of this newsletter for information.]

Alan Overmier reported that he has taken over the Egg Nog Jog from Gil Duran. The run/walk will be held at noon on January 1.

Meeting adjourned at 7:45 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
Dec 1	Bosque Path
Dec 8	Tramway Bike Path
Dec 15	Bike Path-Foothills Trail
Dec 22	Bear Canyon Arroyo
Dec 29	Albuquerque Academy
Jan 5	N. Albuquerque Acres

SATURDAY MORNING WALKS

Contact Tammy at walkers@abqroadrunners.com.

EAST SIDE – 7:30 AM. Meet near McDonald's at Tramway and Montgomery NE. Twice monthly.

WEST SIDE – 7:30 AM. Meet at Mariposa Basin Park at the basketball court. Twice monthly.

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 : Meet behind CVS at the intersection of Tramway and Indian School at 6 PM. The route will follow the bike trail path for a 5-6 mile loop.

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

WEDNESDAY EVENING – TRAIL : Discontinued through the winter — will resume with the clock change in the spring.

SUNDAY MORNING – LA LUZ TRAIL HIKE :

Join Tammy and friends as they progress up La Luz. Meet at 10 am at Albertson's parking lot, Paseo del Norte at Ventura, to

ARR NEWSLETS

WEEKLY WORKOUTS

Tuesday and Thursday Evening Runs are Back!

Kelley Garcia, the Club's Casual Runs Coordinator, has started up the Tuesday and Thursday evening outings again. Location and distance varies. If you're not already on her email list to get the schedule each week, let her know that you'd like to be notified

about upcoming runs/walks. With evening dark coming so early, it's a good idea to wear reflective clothing and bring along a headlamp, because some of the routes may be along city streets. Contact Kelley at casual@abqroadrunners.com.

ARR Walks

Contact ARR's Walking Coordinator, Tammy Remiker, for more info: walkers@abqroadrunners.com



West-Side Saturday Morning Walk

Mariposa Basin Park at 7:30 am. The walk will be 45 minutes to one hour. Meet at the basketball court.

DATES December 8 & 22
January 12 & 26
February 9 & 23

East-Side Saturday Morning Walk

Meet near McDonald's at **Tramway and Montgomery NE at 7:30 am.** The walk will be along the paved bike path for 45 minutes to one hour.

DATES December 1 & 15
January 5
February 2 & 16

NEWS FROM RRCA

Race Director Certification Course

The RRCA has partnered with [Road Race Management](#) and [leading event directors](#) from around the country to provide an affordable education opportunity for anyone interested in putting on a distance running event. Completing the Race Director Certification course shows that an event director is mindful of best practices and in turn should produce quality events. While this course is not required for all race directors, event participants should expect a safe race, quality event from an RRCA: Certified Race Director. [Learn more about the course and register soon.](#)



Discounted Option for Volunteer Race Directors Serving Nonprofit Member Clubs Only. Contact Alyssa Evinger, program coordinator, at programs@rrca.org for more details.

Road Runners Club of America
1501 Lee Hwy, Ste 140
Arlington, VA 22209
703.525.3890

Fab Five Fight Flurries* to Freshen Adopted Trail

On the Saturday before the Saturday before Thanksgiving, i.e. November 10, the club-officer-heavy Fabulous Five Roadrunners - **Martha Porter, Tammy Remiker, Joaquin and Kelley Garcia, and Cece Niemczyk** gave the club's adopted section of trail along Unser Blvd (from Western Trail to Dellyne, alongside the Petroglyph National Monument) a thorough cleaning. This was accomplished despite wind gusts that had the litter bags going horizontal until weighted down. Dick Harris, the Club's Trail Cleanup Coordinator, collected signatures on the City's liability-waiver form and watched all this activity admiringly. The club has committed to clearing the trail of litter twice a year, so watch the website and newsletter for the date of the May 2013 cleanup.

**Not snow, but wind. First definition of "flurry" is "gust of wind."*



RRCA 2013 CONVENTION COMMITTEE MEETING

**Saturday, December 15
2:00 pm
Flying Star Café
723 Silver Ave NW
at 8th Street
Upstairs - Grande Room**

Contact Co-chairs Martha Porter
or Shannon Zanelli with any questions.

convention@abqroadrunners.com

November Handicap Was First in the Series

By Shannon Zanelli, Handicap Coordinator

November 11 was World Run Day, and what better day to kick off our annual Handicap Series?! Even better, the event was hosted by the Pilgrims – Brian and Misty – which couldn't have been more fitting for the time of the year. After several weeks of above-average temperatures, the weekend of our handicap was our first brush with winter. We awoke Sunday the 11th to a fresh dusting of snow on parts of the foothills and some blustery winds, but this didn't stop 20+ people from coming out to enjoy a 5K run in the non-snowy section of foothills. The course offered a little something for everyone – flat sections, hills, rocks, and wonderful views – and the run was enjoyed by 5K runners/walkers and ultra-marathon folks alike.

Jackie Calguire, running her first event since tearing a calf muscle five weeks ago, was our handicap winner. She surprised herself with a better-than-expected time and reported no problems on the injured calf. Stephen Malone, who had knee surgery earlier in the year, ran his first timed event since and came in second. It's great to see both of these folks back out on the trails! Newcomer Michael Barney was the fastest male, running a smoking 6:40 pace on a difficult course; and Michael just moved here from Houston, so he's not yet completely adjusted to altitude. Great job, Michael! On the women's side, Christine Garves was the fastest female with some stiff competition from Margaret Ochs.

One of the best parts of the handicaps is the chance to socialize afterwards, usually with a potluck at someone's house. Brian and Misty's house is right off the trail and they welcomed us with a warm fire and lots of potluck goodies. We gave away a couple of \$10 gift certificates as random prizes to add to the fun.

The next handicap is going to be December 9, that's a Sunday, at 8:30 am at Academy Hills Park (the park at Eubank and Juan Tabo). Read all about it on the next page, then be there for the running, the food, and the fun!

December Handicap

Sunday, Dec 9, 2012

8:30 AM

Academy Hills Park

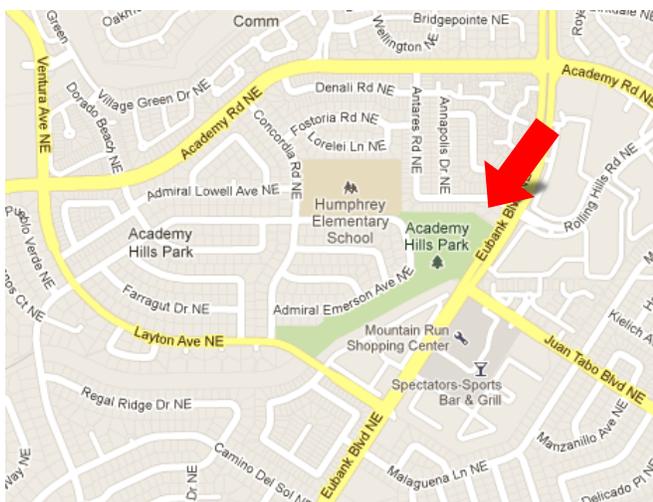
The December Handicap will be a two-person relay at Academy Hills Park. Teams will be handicapped by the sum of the projected 5K times of the team members. The course is fairly well-known and easy to follow, but we'll clarify any confusing spots with flour. The loop is just under one mile. Each leg will start and finish at the southwest corner of the park, near the intersection of Layton and Concordia. Each runner will run three legs, alternating with their partner, for a total of six miles per team.

From Albuquerque Academy or Hoffmantown Church, head south on Ventura. Ventura becomes Layton at Academy. Academy Hills Park is on the left hand side after approximately 1/2 mile (uphill toward Eubank). If you turn left on Concordia Rd, there should be ample parking and a short walk to the race start. Look for Old Glory flying 20 feet high.

Afterwards, there will be a potluck at Shannon and Ed Zanelli's house at **7409 Torin Dr. NE** (H: 505-822-5006)

Directions from Academy Hills Park:

- North on Layton — Layton becomes Ventura
- Pass lights at Academy, Harper and Freedom
- Right at light on San Francisco
- Thru Stop at Holbrook
- San Francisco becomes Coronado
- Right on Wadi Musa
- Left on Noor
- Right on Torin



ACADEMY HILLS PARK



Co-President Wendy Wiggins enjoyed the uphill climb at last January's Placitas Handicap. In close pursuit was Anna Williamson.

January Handicap

Saturday, Jan 19, 2013

8:30 AM

Placitas, NM

Some of you probably remember the January handicaps hosted by Al Enciso and his wife, Katrina. The most notable features of these handicaps were always the harsh weather and the back-breaking hills. Having had enough of New Mexico's cold winters, Al and Katrina left for the warmer climes of Tucson...and left us without a January handicap host. Fortunately, last year in stepped David and Katherine Wilson! These Placitas residents are well aware of the diabolical courses of the past and were the perfect people to host this very popular handicap.

As with January's past, this event is a prediction run, but with a twist. Participants pair up so that the winner of the handicap will be the pair of runners who most closely predict their total finish times for the race. Predicting a finish time is difficult due to the up-and-down nature of the course and the fact that most of it is run on trails.

The official name of this handicap, as coined by the Wilsons, is the **Tunnel Springs Two-fer Run and Eat Biathlon**. So, having completed the first leg of the biathlon – running – we will all retire to the Wilson's lovely home for stage two – eating. Bring a homemade dish and other yummy breakfast items for refueling.

We're looking for a couple of volunteers to help time this event. Shannon Zanelli is going to be out of town and unable to time but she will be glad to do the write-up and enter the times into Excel if someone is able to do the event timing. Please email Shannon at handicaps@abqroadrunners.com if you can help out.

News From Around Town

Egg Nog Jog January 1, 2013 Fun Run/Walk 12:00 noon



In 1984, Alan Overmier started the now-legendary Egg Nog Jog. Gil Duran and his wife Carolyn took over running this event in 1990 and, through January of 2012, maintained this New Year's Day Albuquerque tradition. Now they are retiring from race directing, and Alan has accepted the challenge of carrying it on. The 2013 event will honor the Durans for their many years as dedicated members of Albuquerque's running community.

For the upcoming New Year, the Eggnog Jog will have a new course. Beginning close to the original start at Guadalupe and 4th, the run will be on dirt following ditch paths to Anderson Field and returning to the finish. Official start is at the ditch intersection with Grecian Ave NW. This is a casual, untimed fun run with post-race drawings and, of course, eggnog!

Get fit in 2013. Share the day celebrating a new year with other runners and walkers! **The last page of this Newsletter is an entry form for the Egg Nog Jog.**

THANK YOU, ROAD RUNNERS!

Runners belong to a special family who enjoy life, don't whine too much at adverse weather, but most of all want to maintain a healthy lifestyle.

Your support allows "The Run for the Beans" to be an avenue for local, out-of-town, and out-of-State participants to be an example of staying active and growing old gracefully.

This must be my millionth thank you, yet I am compelled to say a few more. The hundred entries I envision having for my race are elusive, but would make me feel that I've accomplished my job as race director. When I think of the support I receive and see the smiles on your faces I know my job is done.

Thanks, Barry Field, for organizing my mailing file. Thanks, Glenda, you helped me oversee the creation of a new race entry form and added it to the RoadRunner monthly newsletter. You and Kathy promoted the run at your meetings with so many positive comments. Thanks to Wendy Wiggins for the beautiful post race article. Thanks to Magi Ezzard for being my right hand and to the Road Runners for your loyalty and encouragement. You are a most awesome group of athletes. See you down the road in 2013.

Until next year!
Colleen Burns
Race Director
"Run For the Beans" #14

All proceeds were donated to the local VFW Post 3370 to support their efforts in promoting patriotism and our democratic way of life. We thank them for their service.

Thanksgiving Day "Gathering of Friends" aka the Annual Turkey Trot

It was the "traditional" turkey run at Kit Carson Park. It was the run that has been happening for 33 years — a streak that just couldn't be broken. Unfortunately, a race production company usurped the course this year, but Magi Ezzard invited us all to come and run anyway! So it was a FREE "Run with Friends." Sport Systems donated very cool prizes that were given away, and participants brought cash and food to give to the event's traditional beneficiary, the Salvation Army. [See Wendy's "Race Report" on page 8.]

Magi says:

Thank you, thank you! It was an incredible day for walking and running. The contributions to the Salvation Army filled the back of my car and cash donations totaled \$508! For those who came out and those there in spirit, again, THANK YOU!

Next Thanksgiving, Magi plans to be back on her traditional course, up and running and keeping the streak alive!



SAGEBRUSH SHUFFLE

El Vado, NM
9 Hour Ultra
Saturday, December 8
7:30 am

13th Annual Sagebrush Shuffle 9-Hour Ultra Run in Vado, NM (between Las Cruces and El Paso) put on by Mark Dorion. There is no entry fee (but donations probably accepted). Anyone interested can get further details from Mark at markgd55@gmail.com or (915) 581-9541. Dick Harris can provide a ride for up to two fellow runners that morning and back to Albuquerque afterwards. Contact Dick at cleanup@abqroadrunners.com or (505) 505-268-5747.

AT THE RACES



THANKSGIVING DAY "GATHERING OF FRIENDS"

Albuquerque, NM

Race Reporter:
Wendy Wiggins

I committed to do at least one locally organized race a month during 2012 and in November, my pick was going to be the Turkey Trot Thanksgiving Day Run, starting at Kit Carson Park. Unfortunately the race was cancelled due to permitting conflicts with another race. In order not to not break the 30-year tradition, Race Director Magi Ezzard invited everyone for an informal run on the old course.

PRICE: Free. Donations to the Salvation Army were collected. The event raised over \$500 in cash, plus many food items for the Salvation Army. You can't beat that. There were no shirts, but sponsors gave door prizes.

THE DRIVE: In town. My drive home from Kit Carson Park to the freeway took me past the Salvation Army. There were people lined up around the block. Anything I try to express about that seems trite.

REGISTRATION: Voluntary donations were collected throughout the morning. A lot of us agreed that it was a nice change to not be worried about race numbers and parking. However, this race will revive next year and we will be there, all revved up again!

NUMBERS: 50-60 runners.

ORGANIZATION: Great! Magi is an energetic and enthusiastic race director. She can cheer and direct at the same time. She directs for the love of the event and the community, and it shows.

AWARDS: Since there was no formal race, there were no awards. There were some great door prizes from Sport Systems and Golden Tiger.

COURSE/RACE SITE: The course ran along the Country Club neighborhood. It is a gorgeous area and there was more of an opportunity to enjoy the area, since we were not restricted by formal permitting. There was also a rare spotting of Charlie Otero!

POST RACE: Great! Door prizes were handed out with great cheer. It was a beautiful day. Magi provided hot cider and home-baked banana bread (yum), which capped off a perfect Fall day!

2012 USATF

National Junior Olympic Cross Country Championships Saturday, December 8

STILL LOOKING FOR VOLUNTEERS!



On December 8, 2012, close to 3,000 youth athletes will journey to Albuquerque, NM for the 2012 USATF National Junior Olympic Cross Country Championships at the International Balloon Fiesta Park. The scenic Sandia Mountains will provide a beautiful backdrop for the Championships. Competition takes place among six two-year age divisions, ranging between the ages of seven to 18. The first race begins at 9 am.

There are many areas where you can help:

Balloon Fiesta Park, Convention Center, Pre-Event set-up (select hours Wednesday, Dec 5, Thursday Dec 6 and/or Friday Dec 7), Opening Ceremony, Awards Ceremony, On-course, Starting area, Finish line, Hospitality, Packet Pickup (Thursday, Friday, and/or Saturday)

VOLUNTEER APPLICATION ONLINE (You can ignore the submission deadline date!)

Winter Run

By Sherry S. Galloway

*The subtle light of autumn
plays tricks on my energies.*

*I think to sleep,
so cold out there among
the drying trees,
like my skin.*

*And as I pull on tights,
stretch calves and aching thighs,
I am amazed to realize
I'm going out to run!*



SHERRY'S SHARE

By Sherry Galloway, Newsletter Editor

December brings with it so many mixed blessings and seems to come around faster every year! Family: the good, bad and ugly comes together around the dinner table, in the chaos of getting the house ready for guests and, in general, getting along! We all have experienced the love/hate relationships among family members, have we not? Then there's the shopping: what to get for whom, whether or not to buy on line or in person, whether to buy at all. Do we donate to charities? Which ones? How much? Should we serve at the local rescue mission? Regardless of race or religion (or lack thereof), we all have the holiday activities, parties, and decisions to make! There's food to be cooked, baked, consumed and there's an excitement in the air, regardless of how we choose to celebrate the season.

The end of the year brings reflection with it. Has it been successful? Have I stayed fit? Have I been kind? Have I done enough, run enough, given enough, taken enough... been enough? I remember losses, too, at this time of year. For me, there are the many pets through the years, my mom, my grandparents, even some good friends are gone, now, and, of course, my son, Jeremy. The table is set for new family members; twin nephews, my talented niece home from college, and my sister's fiancé. Those absent are still missed, their spirits hovering somewhere in the room.

The indomitable spirit of the human race allows us to sustain incredible loss and pain, while at the same time continuing to grow and embrace what comes next. There are runners with no legs, running on incredible new devices that allow them to move forward, regardless of what is gone. This time of year is the perfect time to acknowledge all that is good in our lives and to let go of all that isn't.

One thing I have always taught my (massage and nursing) students is to remember that, when on an airplane, you are always instructed to get the oxygen on yourself **FIRST**, then on the person you are responsible for, whether a child or a somehow disabled person. If you run out of air and are unconscious, you cannot rescue them.

Going forward into 2013, remember that you cannot do anything for anyone if you do not fuel your own body and soul. As we make our new year resolutions, hoping to run off those extra holiday pounds, planning to work



harder, to spend less money, to do more for our planet and for other people, it seems like the perfect time for me to share the following excerpt from a wonderful article by Lubna Salah, "The Power of Vulnerability," dated March 3, 2012:

1. Honor yourself first and above all. You are no good to anyone if you are no good to yourself.
2. You are the reason why you are not happy with your life. *Period.* Your life is based on a series of your own choices, no one else's. You are not a victim; you are an empowered creator.
3. The definition of insanity is "doing the same thing, over and over and expecting a different outcome." If you want your life to be different, make different choices.
4. If you want to attract "better things" into your life, work on becoming a better person. You attract what you are.
5. There is a delicate balance to the Universe. It always provides everything you need. Note that "need" and "want" are two very different things.
6. Be kind, but don't be a pushover. If it doesn't feel true for you, chances are, it's not. Then refer to lesson #1.
7. Your body is your vessel and a gift; it doesn't deserve your abuse. There is a fine line between indulging a desire, and depending on it.
8. Forgive, forgive, forgive, but don't forget. Start with yourself first.
9. Choose friends who share your enthusiasm for life and appreciate your strengths and weaknesses. Which brings me to one of my most important lessons...
10. Our strength lies in our vulnerability and our willingness to keep our hearts open in spite of all the painful blows that life throws at us. By allowing your heart to remain open you will not only learn faster and heal faster, but all those delicate and beautiful parts of yourself will begin to flourish.

Sensitivity is not a weakness. It could perhaps be your greatest unrealized strength. In my case, allowing myself to be vulnerable and honoring my sensitivity allowed me to start coming out of hibernation.

"You live like this, sheltered, in a delicate world, and you believe you are living. Then you read a book... or you take a trip, or you talk with Richard, and you discover that you are not living, that you are hibernating. The symptoms of hibernating are easily detectable: first, restlessness. The second symptom (when hibernating becomes dangerous and might degenerate into death): absence of pleasure. That is all. It appears like an innocuous illness. Monotony, boredom, death. Millions live like this (or die like this) without knowing it. They work in offices. They drive a car. They picnic with their families. They raise children. And then some shock treatment takes place, a person, a book, a song, and it awakens them and saves them from death."

~ Anais Nin



THE HALF-FAST LANE

Twinkies Redux

by John Farrow, ARR Member

The end times have clearly begun. Somehow we made it past the Y2K Millennium, then it was May 21, 2011, aka "Judgment Day," whatever the hell **that** was, which received a reprieve to March 2, 2012. But: now it's double-dog dare you to wave off December 21, 2012, the end of time prophesied by the Mayan calendar. To underscore the point, TWINKIES ARE NO MORE! Imagine, pot is now legal and Twinkies are dead before the Zombie Apocalypse.

This, of course, is terrible news for runners. At 150 calories, half again as much as today's packet of GU, Twinkies were perhaps the first energy bar. None other than Olympic marathon gold medalist Frank Shorter was known to carbo-load on Twinkies and beer before races. Then there was former RRCA President and Olympic marathoner, Don "Ding-Dong" Kardong, who used to buy his namesake confectionery by the crate! Maybe if he had stuck to Twinkies, he would have medaled in Montreal. At least he would have had a defense for his 4th place finish, the "Twinkie Defense," as it were, ahead of its time.

Those of you fortunate enough to have been a reader of this column since the beginning (no, it was not mimeographed) will no doubt remember a prescient article from 1996 on the Twinkies Project. Students at Rice University (motto: *A Change From Potatoes*) subjected Twinkies to a series of tests to measure resistivity, oxidation, solubility, maximum density, and radiation in an effort to determine their essential properties. While perhaps undertaken with just a bit of levity, the study did elicit a query from NASA as to the compatibility of Twinkies with Tang. I am not making this up.

The first finding of the Rice University study was that Twinkies will not burn unless first doused... with... alcohol. This, thankfully, will lay to rest once and for all those silly stories about spontaneous Twinkie combustion. Still to come, assuming stomachs stuffed with Twinkies eventually settle down, is an investigation of Spontaneous Combustion Hot Sauce. Of

course, dousing anything in alcohol is a good way to improve combustion, as a college friend discovered one night at a woody's, after he poured vodka on himself in the hopes that his date would lick it off. Unfortunately, he staggered too close to the fire. Suffice it to say that after things calmed down, he was awarded an extra beer for best impromptu triple-time solo dance performance by a white guy.

In the resistivity test, an electrical current was run through a Twinkie with no discernible results, much like the brain of a distance runner. Twinkies simply do not conduct electricity. Therefore, Twinkies could well have a future as an insulating material, the study concluded. Problems with durability given, the eating habits of critters that hang around electrical wiring were left for a later study.

As for determining the effects of radiation on a Twinkie, after 20 seconds in a microwave, the rich, characteristic aroma of artificial butter began wafting throughout the room. A minute later, this was replaced by pungent black smoke and the acrid smell of burning rubber, as the Twinkie soon began leaking molten white filling. When cooled, it was found that the epoxy-like substance had permanently bonded to the plate, which had to be thrown away. In short, do not try this at home. This is for professionals only!

What is presently known about Twinkies is that they were created 82 years ago (hopefully not the ones you last ate, although they are rumored to have a 100-year shelf life) and are made from some 40 different ingredients, including five shortenings (not including axle grease), a secret combination

of three leavening agents and several chemicals used in embalming fluid. Twinkies certainly can help build strong bodies; just look at New Jersey Governor Chris Christie, who at 300-plus pounds refuses to answer questions about his Twinkie consumption.

Unfortunately, if you still have a craving for Twinkies, you are out of luck. They are nowhere to be found in stores. On eBay, however, an assortment of ten individually wrapped Twinkies can be had for a cool \$8,000 plus \$2.49 for shipping (the seller promises to give half the proceeds to charity). As of this writing there have been no takers.



Balance Training for Endurance Athletes

By Sherry Galloway, adapted from articles for Active.com

We are the movers and shakers, right? We walk, we run, we climb and cycle throughout the year, ignoring the couch potato inclination! As we move along down the road, one element essential to this process is the ability to move efficiently. For this purpose, we need good postural alignment. According to the American Running Association, in an article written for Active.com, we commonly think of fitness in terms of efficiency, strength and flexibility. To this we must add balance training.

The article describes “proprioception” as the “ability of your body to interpret and use information about your position in space.” We get cues from the bottoms of our feet, our inner ears in relation to gravity, body senses and visual cues. If the brain can’t process all the cues, we lose balance. If you’ve ever had an inner ear infection, you understand how the body cannot balance correctly and the world around you seems to be swimming. According to Dr. Ron Lawrence, from 25 to 75 years of age, we can lose up to 75% of our balance ability! Needless to say, balance training is important to athletes and non-athletes alike, in order to reduce this loss over time. It is in our favor that practice can improve balance.

The article offers a simple test for runners to evaluate their balance baseline: Stand with your feet in line, heel to toe and close your eyes. If you can maintain your balance for 30 seconds, you’re doing pretty well. If you’re wobbling from side to side as soon as you close your eyes, your baseline balance ability is poor. Fortunately, you can immediately begin to incorporate about 10 minutes of balance exercises to your workout. It can be as simple as practicing the heel to toe, standing on one foot for 30 seconds, then the other, while your eyes are closed, or walking on a low beam. Practice is the key!

In another article for Active.com, Leila Harper states: “...balance helps you run harder, bike longer and swim stronger.” She goes on to say that there are two types of balance: **static**, which refers to the ability to maintain a body’s center of gravity within its “base of support,” and **dynamic**, which refers to the body’s ability to “move outside of [its] base of support, while maintaining postural control.” Think of standing upright as static and running as dynamic.

Our body’s weight is evenly distributed around its center of gravity. It’s usually measured as about two inches in front of the spine, but is affected by gender, body shape, and size, and even age. It tends to be a bit higher in men than in women because males typically have more upper body musculature. It’s important to remember that our center of gravity is continually shifting when we move or add external resistance, like when we lift weights. Of course, pregnancy also shifts the center of gravity.



Ms. Harper describes our base of support as the “two-dimensional distance between the body’s points of contact with a surface.” It’s like when you stand with your feet about 12 inches apart – the base of support is that 12 inches. If you move your feet closer together, you have a much smaller base of support, hence less balance. Balance exercises can help you prevent injuries.

Amy Rutherford-Close offers seven exercises to improve balance, also for Active.com. She gives two reasons why balance exercises are so good for your workout: 1) a controlled “wobble” activates deep core muscles that help tighten the abdominals, and 2) it prepares the athlete for quick turns or lunges. She says to be sure to tighten your abdominals while doing the following balance exercises, in order to activate the core muscles around your spine, to tone your abdominals, and also to prevent injury while lifting.

1. **One-Legged Balance:** Stand with feet together, pick up one foot with the knee facing forward or to the side and hold the position with your eyes open, then closed. Switch feet and then do four reps on each foot. Keep a chair or wall close by when starting out to prevent a fall.
2. **Leg Swings:** Stand on one leg and raise the other three to six inches off the floor. Keep your arms at your sides and swing the raised leg forward and back, while standing erect. When you first do this, touch the floor for balance with your swinging foot, then repeat without touching the floor. Second, swing the raised leg to the side while holding the opposite arm out to its side. Then switch legs and repeat.
3. **One-Legged Clock With Arms:** Balance on one leg, torso straight, head up, hands on hips. Visualize a clock and point your arm straight overhead to 12, then to the side (three), then circle low around to nine without losing your balance. Switch to the opposite arm and leg and repeat.
4. **Clock on Unstable Surface:** Once you can master #3 on solid ground, try the exercise on an unstable surface, like a “BOSU” platform. Stand near a wall or chair for safety. Begin in the middle of the board on two feet at first; when comfortable, carefully begin the one-legged clocks. This is not easy!
5. **One-Legged Squat:** Stand with feet hip-width apart and point one foot forward, barely touching the floor for balance, and push your hips back and down into this one-legged squat position. Your back knee is bent, chest upright, eyes forward and your arms out front. Slowly push up to return to starting position and switch feet. Be sure your knee doesn’t push in front of the toes.
6. **Single-Leg Dead Lift:** Balance on left foot, engage your abs and bend forward at the hips while reaching toward the ground with the right hand. Hold onto a five-10 pound weight and raise your right leg behind you for counterbalance. Tighten the buttocks as you return to the starting position and switch legs. Remember to keep your knees relaxed and your back flat during this movement.
7. **Tools & Toys for Balance:** For added challenge and fun, include balance boards, balance cushions or sturdy foam rollers. Remember to remove objects around you that you could fall on and stand near a wall or sturdy chair in case you lose your balance.



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STEFANIE'S CORNER

by Stefanie Tierney MS RD LD

Holiday Eating Game Plan

How To Avoid Extra Holiday Pounds

Holidays are for spending time

with family and enjoying delicious food. We look forward to annual treats like roasted turkey with all the trimmings, tamales, posole, biscochitos, pies and cookies. Unfortunately, extra eating and less time for running can contribute to unwanted holiday pounds. However, having a holiday eating game plan can help you make healthful choices, indulge a little, and still get through the holidays without extra weight. Use these tips to develop your personal holiday eating plan.

So what's the best way to cash in on pumpkin's nutritional punch without all the added fat and sugar – or having to run lots of extra miles? By incorporating it into your regular meals and snacks. Here are some ideas for “pumpkining” – up your diet!:

Ring in the season with nutrient rich foods

Focus on foods like colorful fruits and vegetables, whole grains, lean meats, beans, nuts and seeds, and low fat dairy and dairy alternatives. Make 80% of your food choices nutrient rich and then allow 20% for the “sometimes foods” like desserts, fried food, rich sauces, and non-lean meats. Remember to keep portion sizes of “sometimes foods” small. Make over your favorite recipes to lower fat, sugar, and include more fruits and vegetables. A few simple modifications can bump up the nutritional quality of your holiday menu without sacrificing taste.

Small sweet treats

It's nearly impossible to dodge all of those tempting holiday desserts. But treats can fit into a healthful diet. Try making bite size versions of biscochitos, pies, and other desserts. You'll get all the flavor of regular sized desserts for a fraction of the calories. Other nutrient rich ideas for the dessert include fruit salad, Jell-O made with real fruit, and lightly salted nuts.

Smart sips

An 8 oz glass of eggnog made with rum can be 370 calories, almost as many as a small slice of pie! A standard alcoholic drink is considered 12 fluid ounces of regular beer (1 can of beer), 5 fluid ounces of wine (small glass), or 1.5 fluid ounces of 80 proof spirits (shot glass). Each standard drink provides between 100 – 150 calories. Keep calories in check by alternating calorie-free beverages with each alcoholic drink.

Water flavored with fresh lemons and oranges, unsweetened tea, diet drinks and spritzers (small amount of juice with soda water) are great calorie-free or low calorie beverage options. You can search the Internet (e.g. www.SippinSmart.wordpress.com) for lighter versions of your favorite beverages and experiment with “mocktails” – nonalcoholic versions of cocktails made with fresh juices.

Party playbook

Plan to eat a small nutrient rich snack before attending a party or gathering. This keeps your hunger in control and can help prevent overeating and drinking. Scan the available food options before getting a plate. Choose a small plate and try to fill at least half the plate with vegetables, if available. Veggie trays are ideal, but salads

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It's the Holiday Season....

Don't forget to set your scales back 10 lbs at midnight tonight!



STEFANIE'S CORNER

Holiday Eating Game Plan

continued from previous page

without heavy dressings are okay too. It's fine to try other favorite foods, but keep tastes to 1-2 tablespoons, savor the taste and really enjoy them. If at all possible, avoid second helpings. Once you're done eating, toss your plate, grab a calorie-free beverage, move away from the food table, and start socializing.

Remember, the holidays are supposed to be a celebration, but not a license to throw out all sensible eating and exercise habits. Have a plan and try to stick to it. Eat some of your favorite foods, but eat less of them. If you can't squeeze in a run, suggest a family walk or hike. Having a plan is your best defense against unwanted holiday pounds.

Lightened Up Eggnog from Sippin Smart

sippinmart.wordpress.com/ Leslie Schilling, MA, RD, LDN

Makes 4 servings.

Omit the bourbon for a nonalcoholic version and fewer calories.

1.5 cup store-bought low-fat Eggnog
1.5 cup skim milk
3 oz Bourbon of choice
Dash of cinnamon—to taste

Mix milk and nog together in measuring cup or pitcher. Add ice to four 8-10 oz rocks or holiday glasses. Pour mixture evenly into glasses and top with a little whipped cream and fresh ground nutmeg. Approximately 140 calories per serving.

Suggestion from Sherry Galloway: Try Silk Nog instead of real dairy; this delicious alternative uses soy milk and is low in fat and calories.)

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.



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From “The Athlete’s Kitchen”

by Nancy Clark MS RD CSSD

Copyright November 2012

2012 Sports Nutrition News from The Academy of Nutrition & Dietetics

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association, the nation's largest group of food and nutrition professionals) recently convened in Philadelphia (Oct., 2012). The following highlights from that convention may shed new light on ways for you to optimize your sports diet and manage your weight

Protein: How much is enough?

Many athletes believe more protein is better. Not necessarily true, according to exercise physiologist Doug Paddon-Jones from the University of Texas Medical Branch. Re-



search subjects who ate a 30-gram dose of protein (about 4 ounces of meat) had similar rates of protein synthesis as those who ate a 90-gram dose (~12 ounces of meat, i.e., a big steak). Because the body does not temporarily store extra protein as muscle, about 60 grams of the protein got “wasted” (or rather, burned for energy or stored as fat). Yet, if you eat only 10 grams of protein at breakfast (1

egg + 1 white), you may not have eaten enough to maximally stimulate muscle synthesis. Paddon-Jones recommends athletes target about 30 grams of protein at three meals per day. That means, cut your hefty dinner steak into thirds and enjoy two-thirds of it the next day at breakfast and lunch!

Although 30 grams is the number often mentioned by researchers, Paddon-Jones reminds us this is not an exact science. Protein research is incredibly expensive; few researchers are able to do dose-response studies to precisely determine the number of grams of protein needed per pound of body weight. Hence, Paddon-Jones suggests athletes simply enjoy a moderate portion of protein-rich foods at each meal. He also recommends that you eat protein after you exercise, so your muscles will have the tools they need to do the building and repairing that peaks in the next 3 to 5 hours. “Mind you, following this strategy will not make a massive difference in your musculature, but it may optimize muscle maintenance. This could make a meaningful difference over the course of a year, particularly for athletes over 30 years old who slowly lose muscle as a normal part of the aging process.”

Enjoying an even distribution of protein throughout the day has another benefit: you'll feel less hungry all day. For yet-unknown reasons, eating protein-rich foods for breakfast contributes to greater satiety than protein eaten at other

times of the day. Research suggests a higher protein breakfast can result in consuming 200 fewer calories at dinner. Theoretically, that's enough to lose 20 pounds of fat in a year! How about boosting your breakfast with more Greek yogurt, cottage cheese, and omelets?

Weight Management: How much exercise is enough?

If you want to lose weight temporarily, you don't have to exercise; you “simply” need to create an energy deficit by eating less food (think about people in the hospital who lose weight without exercise). However, if you have already lost a lot of weight and want to maintain that fat-loss (and help minimize fat-regain), you need to be active for about one hour a day. According to obesity researcher Dr. Jim Hill, “Unfortunately, that's the price a person who has lost 70 pounds needs to pay for having been obese.” Dr. Hill suggests there is a yet undefined “sweet spot” where just the right amount of exercise (not too much, not too little) enhances fat loss.



As many frustrated runners have learned, too much exercise forces the body into starvation mode and the traditional weight loss rule—to knock off 500 calories per day to lose one pound of fat per week—is a myth. The less you eat (or the more you run), the more your body down-regulates to conserve energy and your metabolic system adapts. The body has a very complex system that makes weight reduction difficult.

While any type of exercise is good for weight management, lifting weights and doing other forms of strength training help maintain muscle mass. Dr. Brendon Gurd of Ontario suggests high intensity interval training can contribute to fat loss, particularly abdominal fat. Plus, you'll effectively improve your fitness in less time!



Weight and taste buds

Weight gain is related not only to too little exercise, but also to eating too much food. Why do some runners routinely overeat? According to Dr. Beverly Tepper of Rutgers University, the answer might be related to their taste buds. About 30% of the population has a

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The Athlete's Kitchen Sports Nutrition News

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genetic variation in bitter taste that results in a preference for the taste and texture of high fat foods, such as creamy salad dressings, cheese, and ice cream—as well as spicy hot foods. Combine this with our enticing food environment—voila, overeating! When compared by body mass index (BMI, a ratio of weight and height), fat-preferring women have a higher BMI (30 vs. 24; obese vs. average physique) compared to women with a different version of this gene.

When presented with a buffet lunch (that encourages overeating), genetic “fat lovers” need to muster more dietary restraint to consciously choose foods that are lower in fat. Otherwise, they may eat 88% more calories than usual, while those without the gene will consume “only” about 38% more calories (buffets can be dangerous)!

In a three-day food experiment during which women ate a standard breakfast (OJ, yogurt, toast) and then selected their lunch and dinner, the genetically predisposed “fat lovers” chose more added fats (butter, salad dressing), cakes, and pies, while the others preferred more fruits and vegetables. Perhaps obesity prevention programs could include genetic screening so these people can be taught to better manage our food environment.

Cooking tip

Mushrooms have an “umami” (meaty, savory) flavor that allow them to easily substitute for meat. Taster-testers equally enjoyed tacos made with 100% beef, 50% beef with 50% mushrooms, or 20% beef with 80% mushrooms. How about adding more mushrooms to your next beef stew, spaghetti sauce, or meatballs to save calories and saturated fat—as well as help save the environment? According to the Center for Science in the Public Interest, for every two pounds (1 kg) less beef we eat, we spare the environment about 60 pounds (27 kg) of greenhouse gasses. This adds up...we don't need more superstorms like Hurricane Sandy.

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 new runners, marathoners, and soccer players offer additional information. They are available at www.nancyclarkrd.com. Also see www.sportsnutritionworkshop.com.

Membership Updates

NEW MEMBERS

Virginia Coindreau	Shannon Martin
Max Carriveau	Lori VanGoethem
Peter Gineris	Doug VanGoethem
Katie Johnson	Allison VanGoethem
Jeffrey Johnson	Nathan VanGoethem

RENEWED MEMBERS

Ana Romero Jurisson	Arne Leonard
David Kaufman	Ellis McMath
Johnnie Kaufman	Linda Romero
Lorna Kindel	

RACE CALENDAR

December

- 1** Kringle Jingle, Albuquerque, NM (12K Run, 6K Run/Walk, Kids K); active.com/running/albuquerque-nm/kringle-jingle-12k-2012
- 1** Reindeer Run, Roswell, NM (10K Run & Walk, 2 Mile Run & Walk); active.com/running/roswell-nm/reindeer-run-10k-and-2-mile-2012
- 2** Cross Country Courage Classic, Albuquerque, NM (5K Run); active.com/running/albuquerque-nm/cross-country-courage-classic-2012
- 8** Jingle Bell Run/Walk for Arthritis, Albuquerque, NM (5K Run/Walk); kintera.org/faf/home/default.asp?ievent=1026789
- 8** Sagebrush Shuffle 9-Hour Ultra, El Vado, NM; email Mark Dorion markgd55@gmail.com
- 9** Nutcracker Triathlon & 5K Run, Rio Rancho, NM (Triathlon-5k Run/20k Bike/400 yd Swim, 5K Run, Kids 1K, Kids 2K); active.com/running/rio-rancho-nm/nutcracker-triathlon-and-5k-run-2012
- 16** Farolito Trail of Lights, Albuquerque, NM (5K Run/Walk, Kids K); active.com/running/albuquerque-nm/nm-farolito-trail-of-lights-5k-and-kids-k-2012

January

- 1** Egg Nog Jog, Albuquerque, NM (5K Run, 2M Fitness Walk); active.com/running/albuquerque-nm/running-event---eggnog-jog-2013

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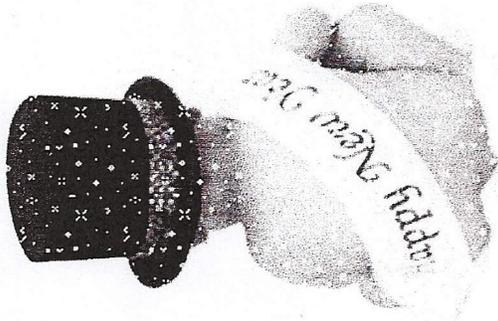
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Vintage T-Shirt Challenge

Bring me an old Egg Nog Jog t-shirt (that I don't have) and you could get 10 Bucks for it!!

hint: pre 2000 is best

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