



ARR News

newsletter of the albuquerque road runners club

Vol 31, No 6

DECEMBER 2014

It's Party Time!

It is our annual tradition: club members gather to enjoy dinner and to celebrate the holidays and the conclusion of a productive year.

Please join us on Saturday, December 13, at the Park Plaza Condos. This is the home of our **member Bob McNeill**, who has graciously arranged for our use of their Community Room. We will begin the festivities at 6:30 pm

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Saturday, December 13
Park Plaza Community Room
6:30 pm



Downtown Albuquerque
At the intersection of 14th St SW
and Los Alamos Ave
Look for the 14-story building



Chef David Kaufman, also an ARR member, will “whip up a little something” for our culinary enjoyment—i.e., he’ll cater the entrée(s). Please bring a dish to share to round out the meal: appetizer, side, salad, dessert. The club will provide water and soft drinks.

ATTIRE: As you like — mostly casual, but you can get dressy if you want!

ELECTIONS for Officers and Board Members will also be held, so come to eat and socialize — and also TO VOTE! The Election Slate is below. *Nominations from the floor are always accepted for any position. And yes, you can nominate yourself!*

NOTE: The position of Secretary is open. We are very grateful to **Lisa Marie Johnson** for her outstanding work as Secretary; she has chosen to step down at the end of this year. *Please consider volunteering for this position.*

ELECTION SLATE

PRESIDENT	Gwen Walker
VICE PRESIDENT	Meredith Eddy
TREASURER	Joyce Fafard
SECRETARY	— OPEN —
Director—Races	Rodger Sack
Director—Membership	Anna Williamson
Advisory Director	John Farrow
Advisory Director	Wendy Wiggins

ARR Board

PRESIDENT	president@abqroadrunners.com
Gwen Walker	
VICE PRESIDENT	vp@abqroadrunners.com
Glenda Muirhead 293-5122	
SECRETARY	secretary@abqroadrunners.com
Lisa Johnson	
TREASURER	treasurer@abqroadrunners.com
Joyce Fafard	
MEMBERSHIP	membership@abqroadrunners.com
Anna Williamson	
RACE DIRECTION	racess@abqroadrunners.com
Rodger Sack 270-1613	
ADVISORY	advisor@abqroadrunners.com
John Farrow	
ADVISORY	pastpres@abqroadrunners.com
Wendy Wiggins	

CONTACTS

VOLUNTEERS	volunteers@abqroadrunners.com
Open	
NEWSLETTER	
Glenda Muirhead vp@abqroadrunners.com	
MARKETING COORDINATOR	
Michael Dunn marketing@abqroadrunners.com	
FACEBOOK COORDINATOR	
Wendy Wiggins facebook@abqroadrunners.com	

Club Meetings:

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

Next Meeting:

Wednesday, December 3, at 7:00 pm
North Domingo Baca Center
Classroom 4

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

Membership Renewal

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

ARR NEWS

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

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

Albuquerque Road Runners Club
PO Box 20011
Albuquerque, NM 87154

Visit us at www.abqroadrunners.com



President's Corner

by Gwen Walker

Greetings, ARR!

The holiday season is in full swing and I hope you're all focused on your family and your friends, buying gifts, planning surprises, and parties, and all of the other fun things that go along with this time of year. I'm not quite sure how to tell you this but I think it's important to share so, here it goes. I went for a run with my good friend Myrriah Gomez last Monday morning, November 24. While on our run, Myrriah and I found a body on the side of the Bosque path, near the river just south of the bridge on Central, west of Tingley.

We could see the stoplight at Central and Tingley from where we were standing. We passed by once and I convinced Myrriah that there was no way that the person was dead, it was just someone homeless trying to sleep and we shouldn't bother him. On the way back, though, we both wanted to go the same way to check on the person. When we got there, and had a better view, it was clear that it was actually a woman, and that she was probably beyond help.

We called 911. I stayed with the woman (and on the phone with the operator) while Myrriah went up to the corner to flag down the paramedics and firefighters. As soon as they got back to where I was standing with her, they confirmed that she had been gone for awhile. "Full rigor," they said.

This was someone who started out her life as an innocent six- or seven-pound bundle of joy, and when it ended on a cold dirt path, she was alone and probably scared. Or maybe not; maybe she just passed into peaceful oblivion. We could not determine if it was foul play. No blood that we could see. I will never forget the grimace on her face, though. Her lips were tightly closed and her eyes were snapped shut. Some folks end up living much harder lives than the rest of us.

I hope you are all counting your blessings during this holiday season. The next time you get impatient or irritated about someone or something, remember that a little compassion could make a big difference in their world. And yours, too. If you haven't donated anything to a food bank yet this winter, I beg of you, please take the time to do so. You can bring canned goods to our monthly meeting on December 3, or to the handicap run on December 6, or to the holiday party on December 13. Blankets and warm clothes are also greatly appreciated and will be taken to the local shelters if you would like to donate any of those items.

That being said, I will not be able to make the monthly meeting on December 3, but I truly hope that I'll see many of you out at the handicap run on December 6 (please don't forget to RSVP to Shannon Zanelli!), or at the holiday party on December 13.

Be safe, and be compassionate, my friends.

Gwen

Highlights from CLUB MEETINGS

SEPTEMBER 3, 2014

- New members in attendance: Dennis Hafford, Lawrence, and Dorota Gruca.
- **COMMUNITY GRANTS:** ARR Treasurer **Joyce Fafard** presented grant awards to three local organizations:
 - Desert Ridge Middle School – Cross Country After School Program
 - DASH – Cyclocross Program
 - Running Girls 505 – After School Running Program
- **GAME ACTIVITY** – Line up in order of your birthday without talking to one another. Winners – Team #2.

— Lisa M Johnson, Secretary

OCTOBER 1, 2014

- **ADOPTED TRAIL CLEANUP:**
 - Coordinator **Richard Harris** announced location and time. Saturday, November 22 at 8:30 am
- **MT TAYLOR 50K RECAP:**
 - ARR Race directed by **Ken & Margaret Gordon, Kurt Coonrod**
 - 165 started, 156 finished
 - Notable participant: Gordon Ainsley (first man to run 100 miles, at 1974 Western States)
 - 70 volunteers, 3/4 of whom were ARR members, including President **Gwen Walker** and Treasurer **Joyce Fafard**.
 - Kathy Kirsling** - oldest female finisher, PR 1:20
- New fitness center owned by Pamela Otero. Free workshop series.
- **John Farrow** looking for home for friend's 2 chocolate labs.
- **GUEST SPEAKER:**
 - Blue Sky Chiropractic - Dr. Emily Blair** presented assessment techniques: mobility, stability, asymmetry.
 - Margaret Gordon, Justin Wiens, and Chuck Fuller** demonstrated/participated.

— Glenda Muirhead, acting secretary

NOVEMBER 5, 2014

- **GAME ACTIVITY** – Scenario "Charades." Winners – Team #2.
- **BURQUE BREWERY TOUR:** Kelley Garcia, organizer, announced the first run is on Friday, November 28 — Black Friday Turkey Trots at Tractor Brewing in Nob Hill (3.3 mile course) starting at 11:30 a.m. The following races after this will be listed on the ARR website. Everyone is welcome to come out and have some fun.
- ARR member **Jim Schnitzler** spoke about his recent NYC Marathon run. Great advice — print your name on your shirt so spectators can cheer you on by name.
- ARR member **Ian Maddieson** gave recap of recent Javelina Jundred race where he was recognized as the oldest finisher.
- **HANDICAP RUNS:** Coordinator **Shannon Zanelli** announced upcoming Handicap Series. The first race is scheduled for November 16 at Mariposa Basin Park. Please contact Shannon via phone or email to let her know your normal 5k time so your start time can be calculated for the runs.
- **ARR HOLIDAY PARTY** is scheduled for **Saturday, December 13**.

— Lisa M Johnson, Secretary

NEXT CLUB MEETING Wednesday, December 3 7:00 pm

MEETING LOCATION:
North Domingo Baca
Multigenerational Center
7521 Carmel NE
(off Wyoming Blvd: left at first signal north of Paseo del Norte)



2014-2015 ARR HANDICAPS SEASON

RECAP

November Handicap

The first of our monthly handicaps for the 6-month series was held on November 16 at Mariposa Basin Park. Some of our January handicaps have been legendary in terms of bad weather but never have we had that happen in November. The morning of the 16th dawned with snow and ice in the mountains and a driving, bitterly cold wind on the west side.

But that did not stop our runners from showing up for this beautiful, ~5 mile run. Runners huddled together and waited in their cars until the last possible minute before their start times to try to stay warm. I'm not even sure anybody warmed up running, even with the 14% grade hill in the middle of the course. The timing crew resorted to hunkering down on the side of a small hill below the bike path to shield them from the wind. It probably looked like homeless people on a cliff to passersby on the road but it was effective at blocking the wind!

A big thank you to all of the volunteers that helped that morning – Gwen and Danny Walker who hosted and helped out on the course, Danny's father who stood in the wind tunnel at the top of the hill, and Fred Bonnell who helped with timing.

Congratulations to the handicap winner, **Lauril Sachet**, and fastest runner, **Natty Plunkett**. Both of these ladies were attending their first handicaps so we hope to see them again at future ones. For their efforts, they received some great prizes donated by our local running shops. Lauril received a "Run NM" t-shirt from ABQ Running Shop and Natty's prize was a bag of Sport Beans donated by Athlete's Edge. Please keep these and our other local running stores in mind when buying your running gear!

UPCOMING

December Handicap Saturday, Dec 6 - 8:30 am

The next handicap will be held on Saturday, December 6 at 8:30am at Academy Hills Park with a potluck at the Zanelli house afterwards. Grab a partner because this is a relay-style event where team members will take turns running a 1-mile lap around the park. This will be done 3 times so that each team member runs 3 miles. If you don't have a partner, we'll pair you up with someone. Please email Shannon (handicaps@abqroadrunners.com) with your 5K time if you plan to attend. We're using a new timing system and it will be very helpful to have these entered before event day. Thank you and see you December 6!

— Shannon Zanelli, Handicap Coordinator

November Handicap Results

Place	Racer name	Finish time	
1	Natty Plunkett	32:59	-
2	Likhaya Dayile	33:10	+0:11
3	Sarah Gonzales	33:17	+0:18
4	Jean Herbert	33:22	+0:23
5	Jason Sempsrott	33:26	+0:27
6	Randy	34:49	+1:50
7	Matt Rogers	34:51	+1:52
8	Josh Gordon	34:53	+1:54
9	Ben Anderson	34:57	+1:58
10	Tom Broderick	35:49	+2:50
11	Jeff Rienstra	37:16	+4:17
12	Rachel Kinney	37:51	+4:52
13	Ana Jurisson	41:03	+8:04
14	Ellen Hatch	41:14	+8:15
15	Jessica Dennis	42:56	+9:57
16	Kathy Kirsling	42:58	+9:59
17	Wendy Wiggins	43:23	+10:24
18	David Kaufman	43:59	+11:00
19	Vange Pena-Jenks	44:00	+11:01
20	Nick Juskievicz	44:17	+11:18
21	Karen Foster	44:21	+11:22
22	Erica Luna	47:44	+14:45
23	Myrriah Gomez	49:29	+16:30
24	Tracie Laubert	49:52	+16:53
25	Bridget Guenther	52:24	+19:25
26	Mona Ramlawi	52:42	+19:43
27	Lauril Sachet	53:12	+20:13
28	JoAnna Johnston	56:44	+23:45
29	Mandi Walker	1:00:18	+27:19
30	Sam Conley	1:01:19	+28:20
31	Krista Runtz	1:14:43	+41:44
31	Melani Farmer	1:14:43	+41:44

...And here's the rest of the Season:

January 11—Supper Rock Neighborhood
Hosted by Meredith and John Eddy

February 21—Placitas
Hosted by David and Katherine Wilson

March 14—Details TBD
Hosted by Mandi Walker

April—Edgewood — Details TBD
Hosted by Kathy Kirsling

REPORT

Adopted Trail Cleanup

Saturday, November 22

Terrific Ten Tackle Trail Trash

By Richard Harris, Adopted Trail Coordinator

Many hands made light (and quick) the work as ten ARR volunteers (a refreshing mix of old hands and first-timers) eliminated the litter from the very useful stretch of paved trail the club has adopted that starts across the street from the Unser-and-Western-Trail entrance to Petroglyphs National Monument and heads north for about a mile to Dellyne. Thirteen large trash bags of litter plus some large pieces of rotting lumber were collected for Albuquerque Solid Waste pickup, leaving a trail we ARR "parents" can be proud of.

The Terrific Ten consisted of ARR President Gwen Walker, VP Glenda Muirhead, Club Treasurer Joyce Fafard, Past President and current Advisory Director Wendy Wiggins, Marketing Coordinator Mike Dunn, and volunteers extraordinaire Cece Niemczyk, Dennis Muirhead, Dennis Hafford, Sarah Askey, and William West. Dick Harris brought the bags and gloves and enjoyed watching all that dedicated work. Thanks, all!

Some credit for the fast work also goes to the City of Albuquerque, who had recently scraped the sides of the trail, eliminating much of the brush and tumbleweeds that have in the past clung so tenaciously to litter.

There's plenty of room on the trail and trash bags and other equipment in the club's supply box for everyone who wants to participate in the May cleanup of the trail, which will take place May 16, 2015.



L to R: Dennis Hafford, Gwen Walker, Joyce Fafard, Wendy Wiggins, Bill West, Glenda Muirhead, Dennis Muirhead, Sarah Askey, Michael Dunn. Not pictured: Cece Niemczyk



Michael Dunn
& Gwen Walker



Dennis Hafford



Dennis Muirhead

Membership Update

NEW MEMBERS

Karl Behrens
Emily Blair
Suzette Brooks
Karin Brown + Kaylee
Katie Espat + Jaxon,
Mariana, Robbie, &
Robert
Robert Eytalis
Jami Gonzales
Joy Hocker
Tana Kaskalla + Dylan,
Darien, & Duran
Linda Romero

RENEWED MEMBERS

Benjamin Anderson
Darrell Armstrong + Family
Colleen Burns
Rick & Jean Garlie
Christine Hajek
Gail Leedy
Arne Leonard
Charrissa Lin & Derek Surka
Chris McElveny + Stacie
and Karen
Dennis & Glenda Muirhead
Maria Osornio
Vange Pena-Jenks
Christina Rosado + Family
Rick Scott
Roger Squires
Amanda Talley
Andrea Telmo
Carl & Marilyn Weik

Member Spotlight Kathy Kirsling



A Thanksgiving Tale about the Birthday Girl By Wendy Wiggins, ARR Board Member

Running this Thanksgiving break was special for me...thanks to a very special birthday girl. At the Turkey Trot 5K at Kit Carson Park, I was working my way forward in the race. Around mile two, I saw someone's very familiar back that I don't see all that often anymore, since she spends a lot of her time in the mountains. I somehow managed to catch up to her. "Huff puff....Hello. Huff puff," I said. "Kathy, bring me in. I'm hanging on."

This reminded me of a track workout in the late 90s. Kathy always wore a bunch of jangling metal bracelets back then. Apparently, she didn't base her winning on surprising someone from behind. She ran directly behind me during the whole workout that day (by choice, not by necessity). The quick, steady jangling of the bracelets kept me on pace. In the race following that workout, I ran better than I had before. I think I may even have beat Kathy that day. I'm not sure...I may have just gotten closer to her than usual. I ran well, and I was elated with my effort. I was 28 years old back then. Kathy was 20 years my senior. That day, I good-naturedly chuckled to myself, *"When she's 60 and I'm 40, things will be different."*

Fifteen or more years later, I'm 45 and today (December 1), Kathy's 66. On Thanksgiving, I was groaning to keep up with her towards the end of the race. The effort was worth the celebration and hugs from Kathy at the end of the chute. On the Black Friday brewery tour run, I was planning on taking a leisurely jaunt. I ran with Kathy. She picked up the pace during the last mile. I began to drop, and Kathy said, *"Come on, Wendy! This is where you started dropping yesterday. You need to work on that!"* She gave a final kick, and I grudgingly kicked it in with her.

Kathy, thank you for being wonderful racing company for the last 17 years. I'm older and wiser now. Now, when I am on occasion able to keep with your pace, I chuckle to myself, *"When I am 60 and you're 80, you'll still be pulling me in."*



Kathy Kirsling at the Turkey Trot 5K
Photo by Shannon Sempstrott

Favorite local race?

- World's Toughest 10K, because it is tough and so challenging!
- I loved the Deadman Peaks Marathon this year (first year for me)
- Favorite out of state — Bolder Boulder 10K

Favorite distance?

Marathon and Beyond (oh cool — that's the name of a magazine!) Trail is best!!

When did you start running?

In 1980 — I had to run bases for softball and I hated being sooo sore! So that started my running life. In 1981 I ran my first race, 2 miles. Second race was a 5K; my time was 25:28 and I was 32 years old.

What are your times now?

Better than that! Amazing...way better with age!

- 1985 — First Marathon, Duke City 3:50:54 (age 36)
- 2013 — First time Boston Qualifier 3:54:13 (age 64) (Just as good!!)

How long have you been in ABQ?

Since 1989, the second time. First time was 1958.

Championships?

- 2011 — Colorado Cross Country Championship. Female Senior Grand Master
- 2011 — Jim Thorpe 5K USATFNM Masters Champion
- 2013 — Bootlegger 50K in Boulder City, Nevada USATF NATIONAL Championship

MBARAK HUSSEIN

Masters Champion, ARR Member

...and New Dad!

If you followed the Twin Cities Marathon, you may already know that ARR's very own Mbarak Hussein became the USATF National Masters Marathon Champion (for the fifth time) on October 5th, in 2:22:27. We are very honored to have arguably the nicest, most humble National Champion as a member of our club.

While we are very impressed with Mbarak's spectacular pace, we noticed that the other members of his family, wife Liana and baby Keegan, are also very adept at "pacing" themselves.

Liana describes the whole family's great timing here:

"We were on the phone the night before his race and Mbarak didn't know why I kept telling him to hold on a minute. I later told him I was breathing through contractions....We welcomed our sweet baby boy, Nabil Keegan, into the world on October 6th and are enamored, consumed, and filled with wonderment for our little guy....Mbarak was in Minneapolis winning his 5th USA Track & Field Masters Marathon Championship...and rushed back to Albuquerque to coach me through the last seven hours of labor and be the first to announce the gender of our baby.... I was convinced we were having a girl."

Congratulations to the whole family
...and nice job on the legendary "Hussein
spacing" that brought everyone together
at the important moment!

Liana adds, *"Mbarak's current goal is to qualify for the 2016 Olympic Trials at the age of 49. In order to qualify, he would need to run a marathon in under 2:18:00. He qualified in 2008 and 2012. He was the only men's master to run the Olympic Trials in 2012, compared to a handful of masters women who ran the Olympic Trials that year. It's impressive that there are a number of women competing at the master's level."*

— Wendy Wiggins, ARR Board Member



Baby boy
Nabil
Keegan
with proud
parents
Mbarak
and Liana
Hussein



For more articles on Mbarak's running and coaching, check out these links:

[Master's champion celebrates wife's due date](#)
[...Still the Master and Soon to be a Father](#)
[Sandia coach still running at the age of 49](#)

HALF-FAST LANE

By John Farrow
ARR Board Member

Now What?

It's fall, the days are getting short and cold, there's never enough time to do what needs to be done, let alone what I want to do and even though my doctor tells me I'm one of his healthiest patients, I'm feeling old and fat and slow. In fact, **I feel like, well, like nothing. Nothing? What's going on here?**

The past few years have included marathons in Boston, Chicago, and New York. I had been looking forward to running the nearby trails with my dogs and the occasional track workout to get the leg quickness back. I was also looking forward to the shorter Spring races over familiar courses with old friends.

I was, **but that was then. This is now.**

For months I had wondered what it would be like to run across the Verrazano Narrows Bridge, through all five boroughs of the Big Apple and then turn off Fifth Avenue into Central Park, or stride down Heartbreak Hill and then make that final turn onto Bolyston Street to see the blue and gold finish line for the first time.

For months I had approached each day knowing exactly what I needed to do to prepare.

Then one day I didn't know what to do.

That day the euphoria had faded and was replaced by something else: the post-marathon blues. **"Be patient and it'll work out,"** was the advice from a friend. Like time wounds all heels, I thought.

There seem to be more distractions these days, more excuses not only for not running, but for not working out at all, especially with a new job in a new firm. After the exhilaration of running all the major U.S. marathons, what next? What could possibly be next?

But **post-marathon blues** seem to be more common than I would have thought. Runners tend to be very goal-oriented people and right now a goal of "staying healthy" just doesn't cut it any more for me.

I've found that runners and non-runners alike tend to view the marathon as the ultimate running accomplishment, something to aspire to. Tell someone that you are training for a 5K and you are likely to get a blank stare followed by, "That's nice." Even win a medal in your age group and the reaction won't change.

But tell someone that you are training for a marathon and they can relate to that as **something out of the ordinary** even if they might not know the distance. They are also likely to become very concerned and say something like, "Isn't that where that guy died?"

Yes, the story is that Pheidippides ran from Marathon to Athens to announce a great victory over the Persians and then died. They know that but little else about distance running.

However, **simply finishing a marathon does have cachet.** As Fred Lebow once said, "Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon."

Lately, I have even found myself thinking more and more about my first love. **They say you never really forget your first love.** Maybe it's just as well, because at least in your mind your first love is always blissfully perfect. A fling perhaps? But this was getting serious – I went out and bought a new set of golf clubs: golf was my first love.

Finishing a marathon provides such a phenomenal sense of accomplishment that it is truly a worthwhile goal, but I honestly never felt it was something I had to do in this life. **And now, it seems that I need another goal.** Hence the golf clubs. Plus a guidebook to Scotland.





RACE CALENDAR

See ARR website RACE CALENDAR for registration details

December

- 6 Kringle Jingle** | ABQ, NM | 10K, 5K, Kids K | active.com
- 6 Posole Ole 5K** | ABQ, NM - *Balloon Fiesta Museum* | 5K Run/Walk, Kids Fun Run | *benefits Special Olympics NM*
- 6 Jingle Bell Run for Girls on the Run** | Santa Fe, NM | 5K Run
- 6 Reindeer Run** | Roswell, NM - *Civic Center* | 10K Run & Walk, 2-Mile Run & Walk | active.com
- 13 Festivus 5K for the Rest of Us** | ABQ, NM - *ABQ Academy* | 5K Run | active.com | *benefits UNM Cancer Center*
- 13 Jingle Bell Run/Walk for Arthritis** | ABQ, NM - *Old Town* | 5K Run or Walk | *benefits Arthritis Foundation*
- 13 Lady of the Mountain Half Marathon** | Alamogordo, NM | Half Marathon + Relay, 10K, 5K | active.com [facebook](https://www.facebook.com/)
- 14 Nutcracker 5K** | ABQ, NM - *Academy XC* | 5K Run/Walk, Kids 1K + 2K | *benefits Roadrunner Food Bank + others*
- 20 Farolito Trail of Lights** | ABQ, NM - *SIPJ* | 5K Run/Walk, Kids K

January

- 1 Egg Nog Jog** | ABQ, NM - *Los Poblanos Fields* | 5K Run or Walk
- 11 5K Fun Run/Walk** | ABQ, NM - *BABQ Academy/Hoffmantown Church* | 5K Run | *benefits Allstar Cheerleaders*
- 17 Pajama People Pizza Run** | ABQ, NM - *Hoffmantown Church* | 5K Run + Aahromas Pizza!
- 18 The Biggest Loser RunWalk** | Las Cruces, NM | Half Marathon RunWalk, 5K RunWalk, Kids Fit 1M | active.com

February

- 2 Super Bowl "Touchdown for the Homeless" Run** | ABQ, NM - *Valley High School* | 5K Run or Walk
- 14 Cupid's Chase** | ABQ, NM - *Balloon Fiesta Park* | 5K Run - Individual/Team | *benefits Community Options Inc*
- 14 Cupid's Chase** | Santa Fe, NM | 5K Run - Individual/Team | *benefits Community Options Inc*
- 14 Sweetheart Run** | ABQ, NM - *Bosque School* | 10K Run, 5K Run, Kids K

FULL MOON RUN



Saturday, December 6

Meet at Kit Carson Park — 7:00 pm start
Arrive early to sign in, and get entered for
drawings for cool stuff!

FREE "ALL LEVELS" run and walk that lasts
for 40 minutes. Bring your kids and dogs!
Snacks, giveaways, & fun!

