ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

Vol 29, No 6 **JULY 2012**

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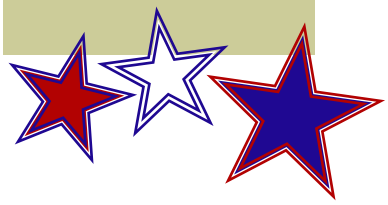
It's a Picnic...the July meeting, that is!

We're at the picnic area anyway...so let's grill some food!

PLEASE NOTE !

Because the first Wednesday in July is the 4th, we're meeting on July 11 instead.

HAVE A HAPPY 4TH OF JULY!



It's summer...and doesn't summer say **"PICNIC"** to us all?

We'll have a fun family get-together for our July meeting on Wednesday, July 11, at the Kiwanis Pavilion at the Elena Gallegos Picnic Area, where we held the meeting last month.

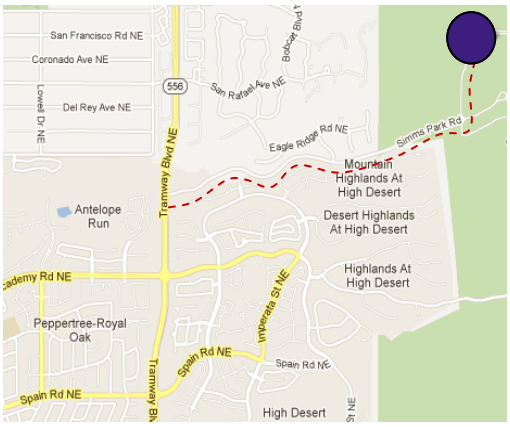
We may conduct some business, such as the usual group reports from Ian, Tim, Phil, and Wendy, and we're always happy to introduce new members and visitors. But otherwise, we'll get down to the "business" of grilling and eating!

The Club will provide burgers, hot dogs, and veggie burgers, plus soft drinks and water. Please make it a real feast by ***bringing a favorite dish to share:*** salad, appetizer, vegetable, fruit, dessert, etc.

OK, so our June meeting at Elena Gallegos included some pesky bugs. (Let's call that a lesson learned...and many thanks to member Tammy Remiker for passing around her handy spray can of *OFF*.) This time we'll be better prepared and bring some repellant to share, and maybe a few citronella candles as well.

The Pavilion is available to us starting at 6:00 pm, so you can start arriving any time after that. We'll aim for beginning the meal about 6:30.

And we can't ignore the very real possibility that use of the charcoal grills at the Pavilion may be prohibited due to fire restrictions. Please be adaptable and be ready to eat "Plan B" instead!



ABQ Open Space Rules state that ***GLASS CONTAINERS ARE NOT ALLOWED,*** *so if you choose to bring your own adult beverages, be sure to select the canned variety.*

Elena Gallegos Picnic Area
Tramway Blvd to Simms Park Rd, then east. Advise gate attendant you are going to the ARR meeting at Kiwanis Shelter...no entry fee.

PARK CLOSES AT 8:00 PM!

ARR Officers and Contacts

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

Next Meeting:
Wednesday, July 11, 2012, 6:30 pm
Elena Gallegos Picnic Area – Kiwanis Pavilion

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

Find us on Facebook

President's Corner

By Wendy Wiggins, ARR Co-President

The desert sun and Albuquerque Road Runners are turning up the heat. I may have told you about this one already, but...THE WOMEN'S DISTANCE FESTIVAL is this month!! Registration fees go up on July 2nd, so register soon on www.active.com or download the entry form from our website's race calendar and mail it in.

Have I mentioned I kinda like this race?! I've had one person comment… "it's only a 5k?!" ONLY A 5K?! It's a FESTIVAL! We are celebrating the Women of ARR!! Thank you, Eric Biedermann, for directing this year, so the former race director and ever-effervescent former Vice President, Kelley Garcia, will have the opportunity to get out on the course this year.

We will again have awards by Victor Nemudrov. Heart and Sole has generously donated shoes. Rumor has it that last year's winners, Liz Turner and Christy Dafter, will be returning to defend their titles. I've recruited a few other speedsters to keep things interesting *(evil laugh)*!

The Women in Training ladies are in for a treat for their first 5K! Martha Porter has done an incredible job working with these walkers and runners to get them prepared to "smoke 'em!" Watch out for the women in blue this year!

Packet pick up will be at the new lululemon athletica store in ABQ Uptown. Come early to pick up your packet and get some healthy veggies and great (as in Harvest) bread to sustain you through the race.

La Luz is right around the corner (August 5). I want to give a special thank you to Rodger Sack and Kathleen Stabler. These two are a Road Runners' president's dream! The La Luz Race and La Luz Training Program are two of the greatest events presented by ARR.

Kathleen debated on whether she had the time to direct the training program again this year. I played phone tag with her quite a lot and bit my nails. When we finally touched base, she spewed out gory details of her training plan and cried, "This is my passion, I can't give it up!" Please, please show her your gratitude. As a club officer, I just had to say "go!" and it was done.

Thank you, Kathleen...thank you! Every time I see you I think, "there is Kewpie Ninja!" If there was ever anyone who personifies both sweetness and toughness, it's Kathleen. Those of you who are going out for this program are very lucky to have such a great trainer preparing you for this challenge.

Rodger Sack has quietly and efficiently organized the La Luz race once again. He's done this all while volunteering for Women in Training and managing the club's equipment, and volunteering to time Women's Distance Festival. He may look like a mild-mannered retiree, but he's Über Volunteer in disguise.

Come out and support our club races this fine, hot summer. If you can't race for whatever reason, then please VOLUNTEER. That's what keeps the club RUNNING!

June Meeting Minutes

Membership Meeting — June 6, 2012 — Kiwanis Pavilion

Respectfully submitted by
Jane Thompson, Secretary

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

ANNOUNCEMENTS
Carol Castillo was introduced as coordinator of **Girls on the Run**, a new program for 8-13 year old girls to complete a 5K run as well as develop other positive attributes. The council will include Bernalillo and Valencia counties. Fundraising is underway to serve two schools in the fall and gradually add teams. She explained the Soul Mates partner program as a way to help provide scholarships to participants. Volunteers are also needed.

Glenda Muirhead recognized the Palmer family for all their contributions to the club over the years as they are moving to N. Virginia. They were presented a gift card. Holly served as newsletter editor for many years and Jeremy's amazing voice was a wonderful addition singing the anthem prior to many race starts. Cake and ice cream were served.

April Taylor was introduced as the organizer of **ABQ Girlfriends on the Run**. Their website is at www.meetup.com. Concept is to have women post when and where they are running so others can join them. Currently about 90 women are involved. Social events are also planned.

David Salazar spoke on the **NM Track Club** that currently has 55 members. A variety of workouts are organized depending on the interests of members. Membership is $30 a year at Upward Motion and workouts are at the Albuquerque Academy on Tuesdays and Thursdays at 6:30 pm.

GROUP REPORTS
Ultras: Ultras results and upcoming events were reported.

Marathon/Half: Results and upcoming events were shared.

5&10K – W. Wiggins: Wendy Wiggins reported on past results and upcoming events.

The ARR July Meeting will be on July 11th at the Elena Gallegos Open Space area at the Kiwanis Shelter in the Foothills.

Meeting adjourned at 7:40 pm.

Thank You, ARR Club

from Jim Schnitzler, Race Coordinator
Wounded Warrior Project Events
May 26, 2012

On behalf of Jubilee Los Lunas, an Active Adult Community, and Main Street Muscle & Fitness Center, sponsors of the May 26 **"2nd Annual Memorial Day Run for Wounded Warrior Project"** running and walking event, we would like to thank the Albuquerque Road Runners Club, participants, and contributors for making this a very successful event. This was a non-profit event with **all entry fees and donations** going directly to the "Wounded Warrior Project."

Our event attracted close to 400 participants and raised nearly $15,000. The "Wounded Warrior Project" seeks to assist those men and women of our armed forces who have been severely injured during the conflicts in Iraq, Afghanistan, and other locations around the world. "Wounded Warrior Project" is there to meet the needs of our wounded heroes, raise awareness, and enlist public support.

The Third Annual Event will be held next May 25, 2013.

Women's Distance Festival
5K Run/Walk — July 15th

Join the Albuquerque Road Runners for the 26th running of the Women's Distance Festival, NM's premier women's race!

WHEN: Sunday, July 15 — The race starts at 7:00 am.

WHERE: The Southwest Indian Polytechnic Institute (SIPI) campus at 9169 Coors Blvd. NW in Albuquerque.

WHY: The Women's Distance Festival features a 5K Run and a 5K Walk around the lovely SIPI campus. Participants will receive a free technical t-shirt with their entry, and finishers will receive the traditional flower and chocolates. Lovely prizes will be awarded to first-place overall, first place masters, and the top three finishers in each age division in the 5K Run. Awards will also be given to the first three finishers in the 5K Walk.

Women's DISTANCE FESTIVAL
5K ~ JULY 15, 2012
26th Running
Albuquerque Road Runners

Race Director Eric Biedermann and his crew invite you to bring the whole family! After the conclusion of the 5K races, we'll have a free Kids K (no extra registration required)! Packet pickup will be on July 14th from noon to 5 pm at the brand new lululemon athletica store in ABQ Uptown.

REGISTER: Go to Active.com OR look for the lime green flyers in local running stores OR print out the entry form at the end of this newsletter.

We look forward to seeing 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.

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 moderately 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.

Master Runners Unlimited
Saturday Morning Runs

DATE	ROUTE AREA	MEET LOCATION	DISTANCE
June 30	Bike Path-Foothills Trail	near McDonald's at Tramway and Montgomery NE	6.7 miles
July 7	Bear Canyon Arroyo	near McDonald's at Tramway and Montgomery NE	6.0 miles
July 14	Albuquerque Academy	Hoffmantown Church parking lot on Ventura NE	6.7 miles
July 21	N. Albuquerque Acres	north of Academy Hills Park on Admiral Halsey NE	6.8 miles
July 28	Bosque Path	east of Rio Grande Nature Center on Candelaria	9.4 miles
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

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!

You Can Volunteer
...it'll make you feel good !

Contact Nicole Buerger, Volunteer Coordinator
volunteers@abqroadrunners.com or 505-299-2608

- **NEWSLETTER EDITOR**

We're still looking for a new editor for the Club's monthly newsletter. Please contact Nicole if you're interested.

- **CLUB PHOTOGRAPHER**

We're also still looking for someone to be the Club's designated photographer. We know you're out there...just let us know! Please contact Nicole to take this on.

- **RACE VOLUNTEERS**

Here are some opportunities for Albuquerque Road Runners members (and family and friends, too) to get out and support the running community...and our Club!

CLUB RACES

- **SUNDAY, JULY 15: Woman's Distance Festival 5K Run & Walk**
- **SUNDAY, AUGUST 5: La Luz Trail Run**

Avoid These Heat-Related Illnesses

By Ashley Crossman • Condensed from active.com

Heat Cramps

Description/Causes Heat cramps are cramps in the muscles that occur during and after exercise. They are caused by a loss of water and electrolytes and an accumulation of lactic acid in the muscles. Leg muscles, like the calves or quadriceps, are affected the most, but abdominal cramps can also occur.

Symptoms Heat cramps can start while you are running or up to several hours after you have stopped. Typically the muscles begin to cramp or spasm while the body is sweating heavily. Fatigue, nausea, and vomiting may also occur.

Prevention/Treatment
To prevent heat cramps, drink plenty of water and/or sports drink before, during, and after exercise. People who are hydrated and are acclimated to hot environments are less likely to experience heat cramps. If you do get heat cramps, stop running, drink water and/or sports drink, and massage the affected area. When the cramps are gone, you can resume running, but slow down.

Heat Exhaustion

Description/Causes Heat exhaustion happens when you cannot sweat enough to cool your body. It generally occurs when someone is working or exercising in hot weather, sweats a lot, and does not drink enough liquids to replace lost fluids. Heat exhaustion is caused by dehydration and/or a loss of electrolytes.

Symptoms Symptoms of heat exhaustion include fatigue, weakness, headache, dizziness, nausea, vomiting, decreased coordination, possible fainting, profuse sweating, normal or slightly elevated body temperature, and a possible drop in blood pressure (less than 90 systolic).

Prevention/Treatment
To prevent heat exhaustion, make sure you drink plenty of water and/or sports drink before, during, and after running. If you suffer some signs and symptoms of heat exhaustion, immediately get to a cool place and rest. Drink water and sports drink and if your blood pressure drops below 90 systolic, call 911. Avoid activity for at least 24 hours and refrain from running or exercising in the heat for at least one week.

Heatstroke

Description/Causes Heatstroke is a very serious medical emergency. It occurs when the body fails to regulate its own temperature and body temperature continues to rise. Heatstroke can develop when a person is working or exercising in a hot environment. They may sweat profusely, but the body still produces more heat than it can lose, which causes the body's temperature to rise to high levels. Other things that can lead to heatstroke include older age, dehydration, obesity, wearing heavy clothing, running in the heat when you have an infection or fever, not being acclimated to the heat, high blood pressure, and certain medications like amphetamines, diuretics, and beta blockers.

Symptoms Symptoms of heatstroke include a high body temperature (106 or higher), lack of sweating, red and dry skin, altered consciousness, confusion, convulsions (seizures), moderate to severe difficulty breathing, and a fast heart rate.

Prevention/Treatment
Heatstroke can cause severe dehydration and can cause body organs to stop functioning. Heatstroke is a life-threatening medical emergency and if you suffer any signs or symptoms, call 9-1-1 immediately. Rest in a cool place, remove clothing to expose your skin to the air, and apply ice packs or cool water to the groin, underarms, and neck until help arrives.

Guess What? It's Hot Out There!

Go Cold for Longer Runs

by Karen Asp • Runner's World

WHY: In a study published in 2008 in *Medicine & Science in Sports & Exercise*, cyclists who drank cold beverages before and during their workout exercised nearly 12 minutes longer than those who drank warm beverages. And in a study published this year, runners who had an ice slushy ran about 10 minutes longer than when they had a cold drink. In both cases, the drink that was colder lowered body temperature and perceived effort, allowing participants to exercise longer.

DRINK UP: Before going for a hot run, have a slushy made with crushed ice and your favorite sports drink. To keep drinks chilled while you run, fill a bottle halfway, freeze it [on its side], and top it off with fluid before starting.

News from RRCA

RRCA asks: Why did you join your local running club?

- for the structured group runs
- to meet people
- to lose or maintain weight
- for race entry fee discounts
- to increase speed or distance
- to get off the couch and get running
- other

Let RRCA know. Cast your vote on the RRCA home page

New Phone App benefits local charity

Make your miles *really* "add up" !

by Sonya Warwick, Communications Officer, Roadrunner Food Bank

Feeding America is one of 10 charities chosen to pilot Charity Miles, a free iPhone and Android app that empowers people to earn money for charity while walking, running, or biking. Participants choose one of the app's featured charities and hit the streets. The app will track the participant's distance and they'll earn money for their charity. **Bikers earn 10¢ per mile; walkers and runners earn 25¢ per mile.**

Feeding America food banks such as Roadrunner Food Bank will receive a portion of revenue generated by the Charity Miles app in New Mexico.

Charity Miles kicked off in mid June 2012.
A couple things to note about the program:
• Charity Miles won't work in a gym type atmosphere;
• All miles walked, biked or run will go directly to Roadrunner Food Bank, a member of Feeding America;
• Invite others you know to join in and download the Charity Miles app.
• Post your progress on our social media sites and let us know how it is going! Or, send an email to sonya@rrfb.org or valerie.torrez@rrfb.org to let us know your progress so we can post it on our social media sites for you.

Here are the links to the iPhone or Android app. Test it out today and try out! Visit www.charitymiles.org for additional details.

Roadrunner Food Bank will include the app on their website and social media sites coming up later this summer, but you can help us get a head start on miles today. In the future, you can visit www.rrfb.org, www.facebook.com/roadrunner.food.bank, or www.twitter.com/roadrunnerfdbnk to see posts on Charity Miles.

Thanks for selecting your miles for Feeding America and in turn Roadrunner Food Bank!

News From Around Town

FLEET FEET SPORTS OFFERS "NO BOUNDARIES" TRAINING

Fleet Feet Sports Albuquerque is now registering participants for the Summer 2012 No Boundaries program to get you in motion. It's a fun, non-competitive beginning running program sponsored by New Balance using coached workouts and clinics to move you from the couch to a 5K or amp up your mileage for a 10K race upon completion of the program. No Boundaries will meet Mondays and Wednesdays at 6:00 pm and Saturdays at 8:00 am, at Fleet Feet Sports Albuquerque, 8204 Menaul NE at Wyoming.

The Program will begin on July 16, and will run 10 weeks. Attend an information meeting on July 12 at 6:00 pm. Call 505-299-8922 for information and registration.

ARR Featured in *ABQ Journal*

Author Peter Shoemaker highlights members, races

Way to go, Peter Shoemaker! The Club's newest best friend, who we met at the April Handicap Race in Edgewood, scored a feature article in the ***Albuquerque Journal***'s GO! section on Thursday, June 21 (page B4). Entitled "Outer Limits," the piece discusses the ultrarunning phenomenon, and many Club members are interviewed and/or pictured. Among them are Ian Maddieson, Nick Juskiewicz, Jim Breyfogle, and Kelley Garcia. [Link to pdf of "Outer Limits" on ARR website]

And mention is made of three of our Club events: the Cedro Peak Ultramarathon (inaugural event held this past April) directed by Jim Breyfogle; the Deadman Peaks Trail Run near Cuba (third running this year on October 20), also directed by Jim; and La Luz Trail Run on August 5, ably spearheaded as usual by Rodger Sack. The author also invites rugged runners to come out for the Club's La Luz Training Program led by Kathleen Stabler.

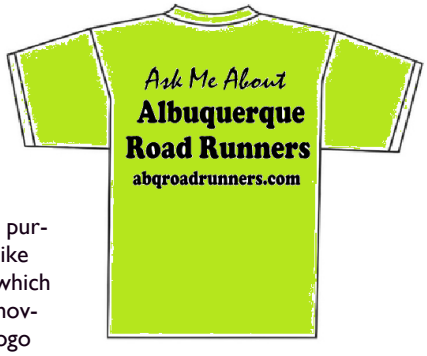
For those of you tempted by all this "ultra" talk, still upcoming on the calendar is the newest of our Club races, the Mount Taylor 50K, whose first running will be on September 29. Even if you're not intrigued enough to get your feet into the race, come out and volunteer...it's a whole different experience!

Also in the GO! Section on June 21 was an announcement of our Club's **Women's Distance Festival 5K Run and 5K Walk** coming up on July 15.

Thank you, *Albuquerque Journal,* for all the great publicity!

Saga of the Shirts

By Glenda Muirhead, ARR Vice President



Way back in April, I wrote an item in the newsletter about starting up an ARR "Ambassador" program, to promote our Club at races and elsewhere...kind of "ARR Racing Team Redux." Enthusiastic responses came from Fred Hintze, Ruth Larson, and Gwen Walker. I thank them for their enormous patience, because I've gone basically nowhere with it since then, though Ruth was good enough to represent ARR at a race in May, carrying a pile of Club brochures to distribute.

At a health fair for the US Forest Service also in May, Fred and I staffed an ARR table and got to talking about all kinds of things. One of those things is that he likes to design t-shirts. Being not entirely foolish, I recruited him to think about a motif for the Ambassador Program.

And Fred, being not entirely by-the-book, came up with a shirt front that's slightly off-kilter, top right. It's kooky but cool. Below the club logo is "The Other Mile High Club." His pretty drawing reflects the fact that he works with a nicely high-end graphics program that produces, with the right operator, quality output.

Below Fred's drawing is my offering for the back of the shirt, developed on low-end software that basically gives you the idea, drawing quality optional.

My question here is, if we get Ambassador shirts with this design in a tech fabric and a nice bright color (I'm partial to neon green, but it's open for discussion), would anyone else like to have one? So far I haven't investigated pricing or availability.

The Club is also planning to have shirts made for sale with the Club logo on the front (and possibly a running store logo on the back, if an "accommodation" is made). These are likely to be a tech fabric in white, either short-sleeved or singlet style.

If you have an interest in purchasing Club gear, we'd like to hear who would like which design, so we can start moving on getting the Club logo out there. Contact me at vp@abqroadrunners.com.

Thanks!

STEPHANIE'S CORNER

Will Run for Coffee

by Stefanie Tierney MS, RD, LD

Beep, beep, beep... the alarm goes off! It is 5 am and time for your morning run. If you've gone to bed early and feel rested, you might be able to get up without a little stimulus. But the fact is, the majority of us are sleep-deprived and the only way to get going in the morning is with a cup of coffee. It warms you up and the caffeine wakes you up.

Caffeine is a central nervous system stimulant that increases alertness, decreases perceived effort, and temporarily postpones drowsiness. It is this mechanism that supports caffeine's role as an ergogenic aid in improving performance and delaying fatigue. Numerous studies suggest that caffeine consumption of 5-6 milligram (mg)/kilogram (kg) body weight is effective for increasing endurance in athletes. For a 150-pound (68kg) runner, the recommended dose would be 340 to 400 mg of caffeine, or about 3 to 4 cups (8-ounce) of strong coffee.

Unfortunately, caffeine at these levels can have adverse effects which include elevated blood pressure and heart rate, intestinal discomfort, and insomnia. Habitual caffeine consumers are less likely to experience adverse effects than individuals who are not regular consumers. The best advice for someone interested in using caffeine to enhance performance is to experiment with amounts and timing during training *before* your big race.

Most studies look at caffeine's role before and during exercise, but a new study[1] suggests that caffeine might also be beneficial for recovery *after* exercise. In the study, trained cyclists who were not habitual caffeine users completed a cycling session designed to deplete glycogen stores causing them to "hit the wall." Muscle glycogen is the storage form of carbohydrates used to fuel exercise. These stores are limited and if you do not consume carbohydrates during exercise they will become depleted. After exercise, it is important to consume carbohydrates to replenish glycogen stores so you have fuel for your next run.

Scientists wanted to determine if consuming carbohydrates and caffeine immediately following a glycogen-depleting bout of exercise increased the rate of glycogen synthesis over consuming carbohydrates alone. After completing the exercise session, participants were given 4 g/kg body weight of carbohydrate and 8 mg/kg body weight of caffeine 5 minutes and 2 hours post exercise. A 150-pound (68kg) subject would receive 272 g of carbohydrate and 544 mg of caffeine. This equates to 3 extra large pancakes topped with fruit and plenty of syrup, juice, and 5+ cups of strong coffee! Results showed glycogen resynthesis was 66% higher when study subjects consumed both carbohydrates and caffeine compared to only carbohydrates. Unfortunately, the authors did not mention if any of the subjects had any adverse reactions to such a large amount of caffeine – like they didn't sleep for the next week!

It is important to note that the study had fewer than 10 subjects and they were cyclists, so it's possible that their results may not extend to larger populations and/or runners. But the prospect that caffeine could positively increase glycogen synthesis and speed recovery is worthy of future studies and personal experimentation.

You may find benefits from less extreme intakes. A post-run latte or frappuccino provides carbohydrates and caffeine to start the recovery process and can hold you over until you can consume a larger meal or snack (high in carbohydrates, moderate in protein and fat).

You've probably heard that chocolate milk is a great recovery beverage and it's true, but maybe a large mochaccino is even better!

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.

[1] **Pedersen DJ, Lessard SJ, Coffey VG et al. High rates of muscle glycogen resynthesis after exhaustive exercise when carbohydrate is co-ingested with caffeine. *J Appl Phsiol.* 2008;105:7-13.**

"...glycogen resynthesis was 66% higher when study subjects consumed both carbohydrates and caffeine..."

Race Calendar

July

1 Narbona Pass Classic 2012, Tohatchi, NM (10K Run, 5K Run, 5K Fitness Walk); active.com/running/tohatchi-nm/narbona-pass-classic-2012

4 16th Annual Freedom Run, Albuquerque, NM (5K Run, 5K Fitness Walk, Kids K); runningguru.com/EventInformation.asp?eID=3647

4 Independence Day Firecracker Fun Run, Los Alamos, NM (5K Run, Children's Parade); laymca.org/onlinereg.shtml

6 Hoof It To Happy Hour, Albuquerque, NM (5K Run/Walk); active.com/running/albuquerque-nm/hoof-it-to-happy-hour-2012

7 Run for Los Ninos, Santa Fe, NM -- Rancho Viejo (5K); active.com/running/santa-fe-nm/run-for-los-ninos-2012

7 Firecracker 5K, Rio Rancho, NM (5K Run/Walk, Kids Dash'n Splash 1K); active.com/running/rio-rancho-nm/firecracker-5k-run-walk-and-kids-dashn-splash-1k-2012-zj628

7 Black Dog Kids Mini Tri, Sandia Park, NM (Swim-Bike-Run Kids Only); active.com/triathlon/sandia-park-nm/black-dog-kids-mini-tri---2012

8 Las Vegas Fiesta Memorial Run, Las Vegas, NM (10K Run, 5K Run, 5K Walk, Children's Run); active.com/10k-race/las-vegas-nm/las-vegas-fiesta-memorial-run-2012

15 Women's Distance Festival, Albuquerque, NM (5K Run and Walk Women Only Race); active.com/running/albuquerque-nm/womens-distance-festival-2012

15 Chunky Monkey Run, Albuquerque, NM (10K, 5K, Kids K); active.com/running/albuquerque-nm/chunky-monkey-run-2012?int=29-6

28 Grand Mesa Ultra, Grand Mesa, CO (100M, 50M, 37.5M); ultrasignup.com/register.aspx?did=14367

29 Santa Clara Pueblo Runs (10K, 5K)

29 Cochiti Lake Triathlon, Cochiti Lake, NM; active.com/triathlon/cochiti-lake-nm/cochiti-lake-triathlon-2012

August

5 La Luz Trail Run, Albuquerque, NM (9 Mile Trail Run); *Registration closed; add your name to Wait List at* ultrasignup.com/register.aspx?did=16326

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

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)

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/

Club Race

The Athlete's Kitchen

by Nancy Clark MS RD CSSD

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For Athletes Who Struggle with Food and Weight...

Too many athletes (males and females alike) struggle with food and weight. Their common belief is "the lighter I am, the better I'll perform." Not true, if the cost of attaining the perfect body is poorly fueled muscles, overuse injuries, and a dysfunctional relationship with food.

If you are an athlete who struggles with losing those last few pounds, take note. Weight issues may have little to do with body fat and more to do with "I'm not good enough." Haven't we all, as athletes, had that thought? And certainly, some athletes struggle with the "I'm not good enough" belief far more than others. They are the ones who can easily cross the line into having an eating disorder.

An eating disorder distracts the athlete from the feelings that come with being "not good enough." After all, if you are always thinking about whether or not to eat, and how much to exercise, you are not thinking about feeling imperfect or inadequate. Unfortunately, using food to distract from those feelings can end up hurting your performance.

The following information, presented at a conference in Boston organized by the Multiservice Eating Disorders Association (MEDA), offers food for thought for athletes who struggle with finding the right balance of food, weight, and exercise. For additional information, check out MEDA's website, www. MEDAinc.org. It's filled with helpful resources for teammates, friends and family members, as well as athletes with anorexia, bulimia, and food obsessions.

Food for Thought

- Anorexia has the highest mortality rate of any mental illness. Whether death is from heart arrhythmias or suicide, we need to pay attention when athletes struggle with food.
- Just as athletes with anorexia lose the arm and leg muscle that helps them be strong athletes, they simultaneously lose heart muscle. The heart gets smaller and cannot respond to stress. The resulting arrhythmias can be a cause of death.
- The purging associated with bulimia takes its toll in terms of not only electrolyte imbalance associated with vomiting, but also gray teeth (due to erosion of tooth enamel on the inside of the mouth), and dental caries. The person may also suffer from acid reflux, difficulty swallowing, and chronic constipation (if purging includes laxative abuse).
- Thankfully, many medical issues are reversible but two "biggies" can remain problematic: 1) cognitive dysfunction due to the brain shrinking, and 2) bone health. The bones (particularly in the spine, hip, and wrist) lose density. This increases the risk of stress fractures today and osteoporosis in later years. A shocking one-fourth of young women (<20 years) who suffer from anorexia have early osteoporosis. Some end up in severe pain for their lifetime, others in wheelchairs. Teens need to be fully aware they are not only losing bone density but also are not gaining it, as should happen during teenage years. Surprisingly, men with anorexia end up with worse osteoporosis than women.
- Any female athlete with amenorrhea (loss of her menstrual period for more than 3 months) should get her bone density measured for a baseline. Should she also take a birth control pill to force the return of menses? Current research suggests not. The pill offers a false sense of recovery, plus does not enhance bone density. The better path is to eat enough food to restore the body to an appropriate weight.
- Be aware that a very high fiber intake can interfere with calcium absorption. No need for more than 25 to 35 grams of fiber per day!
- People with eating disorders commonly have high cholesterol levels. The solution is not to limit red meat and eggs; rather, the athletes need to normalize their entire diet.

(Continued on next page)

Exercise is healthy, but does it make you live longer?

The answer appears to be "YES." *Getting off the couch may help you sidestep age-related diseases and disabilities.*

Those who exercise regularly will generally see a drop in their risk for many of the diseases and disabilities tied to aging.

- Arthritis
- Dementia
- Osteoporosis
- Type 2 diabetes
- Heart disease
- Stroke
- Depression
- Premature death

Read the complete article from US News and World Report on the RRCA website.

Then get out there and put some miles on your legs to keep aging at bay. And admit it...you know you'll look and feel better, too!

The Athlete's Kitchen - Nancy Clark

Athletes Who Struggle with Food and Weight

(Continued from page 10)

- Medical symptoms that raise red flags include: heart rate less than 40 beats per minute, body temperature less than 95°F (35°C), blood pressure less than 70/40, and low blood glucose (<60 mg/dL) between meals. These numbers are sometimes seen in highly trained athletes; hence to identify those with eating disorders can be tricky. Other red flags include noticeable "fur" on arms and face (lanugo hair, for warmth), brittle fingernails, blue fingertips, itchy dry skin, and a yellow skin tone due to overindulging in carrots and orange vegetables.

- Athletes with anorexia may complain about "feeling full" despite a small food intake, and food that just "sits in the stomach." The solution is to force themselves to gradually increase their intake. Even though they may not feel hungry, their body is starving and needs fuel.

Do people recover?

Yes, usually with help from a therapist, registered dietitian (RD), and medical team. Some people get tired of the eating disorder and learn to accept their perceived body flaws. Others get scared when they vomit blood. Some find hope in a new personal relationship — Maybe I am good enough to be loved! — or choose to eat better so they can get pregnant.

One pathway for recovery is to see the eating disorder as being just one part of you. It is the part that tries to protect your other parts that don't like feeling lonely, rejected, or imperfect. For example, perhaps you had traumatic experiences in middle school. Your eating disordered part can distract and numb feelings of pain, terror, and fear. It keeps you feeling more in control of life.

Try talking to your eating disorder and ask, "Please tell me why you are here? What are you trying to do for me?" The ED part might answer, "I'm trying to distract you and protect you from painful feelings—you know, the shame you felt as a kid in middle school…." Yet, we all know that starving one's body does not solve any problems. Hence, a probing question is, "How effective on a scale of 1 to 10 (with 10 being 100% effective) is the eating disorder in making you happy in your core?" Most athletes with eating disorders are miserable.

Using a model of recovery such as Internal Family Systems (www.selfleadership.org), athletes can discover their core that is centered, competent, secure, self-assured, relaxed, and able to both listen to and respond to feedback. These core values can displace the eating disordered voices and lead to a happier, healthier life and improved performance. Is it time for you to stop struggling and start living and performing better?

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

Membership Updates

NEW MEMBERS

Amy Cliser
Christina Esterly
Richard Esterly
Tyler Esterly
Landon Esterly
Thomas Hernandez
Mark Kevan
Aziza Murray
Cornelia Oliver
Vange Pena-Jenks
Anne Price
John Reardon
Rick Scott
Jan Stone
Huong Tran
John Travis
Judith Vinyard
Travis Cody Vinyard

RENEWED MEMBERS

Robert Annett
Sherry Galloway
Kathy Kirsling
Richard Knapp
Karen Shackleford
Michael Martinez
Clifford Matthews
Sophia Matthews
Elvis Matthews
Iris Matthews
Margaret Matthews
Michael Milone
Matthew Shike
Laura Shike
Roger Squires
April Taylor
Mike Torneby
Dave Weaver
Debi Wess
Hartley Wess

La Luz Training Program Going Strong

Join Kathleen Stabler as she leads the many stalwart souls [soles?!] that hit La Luz Trail every Wednesday evening. Check out the program's facebook page (facebook.com/LLTP2012) for updates about when, where, and how long. Or email Kathleen at trailrunnernm@gmail.com (reference LLTP).

MAY Member Race Results

FIRST	LAST	RACE	TIME	Age Gp	Overall
Nixo	Lanning	Armed Forces Day 5k	27:49	1	10
Barbara	Riedl	Armed Forces Day 5k	36:02	2	25
Nancy	Thomas	Armed Forces Day 5k	35:30	1	24
Phil	Blong	Armed Forces Day Half Marathon	1:23:33	1	2
Jim	Schnitzler	Armed Forces Day Half Marathon	2:35:35	1	31
Anna	Williamson	Armed Forces Day Half Marathon	2:14:37	1	26
Megan	Duffy	Boulder Boulder	52:11.39		5958
Carol	Trujillo-Fay	Boulder Boulder	1:38:52.21		38431
David	Garrett	Boulder Boulder	47:08.35		2592
Nancy	Kinney	Boulder Boulder	1:11:30.84		25076
Kathy	Kirsling	Boulder Boulder	51:30.39		5407
Tim	Koehler	Huff to Bluff Marathon	3:02:00	1	2
Andrea	Telmo	Huff to Bluff Marathon	4:20:27	6	45
Ruth	Chow	Jemez Trail Run Half Marathon	3:22:57	83	185
Sarah	Hartford	Jemez Trail Run Half Marathon	3:12:28	73	169
Kathy	Kirsling	Jemez Trail Run Half Marathon	3:07:23	68	159
Liz	Turner	Jemez Trail Run Half Marathon	2:09:48	6	22
Jeff	Edgar	Jemez Trail Run 50k	8:17:18	59	69
Mark	Essenmacher	Jemez Trail Run 50k	8:28:38	61	74
Kelley	Garcia	Jemez Trail Run 50k	10:22:32	27	117
Steven	Grossman	Jemez Trail Run 50k	8:43:41	67	80
Stephen	Jett	Jemez Trail Run 50k	6:40:05	23	26
Kelley	Koehler	Jemez Trail Run 50k	8:58:45	17	90
Damon	Nelson	Jemez Trail Run 50k	9:08:52	77	95
Brian	Pilgrim	Jemez Trail Run 50k	6:51:10	27	30
Jon	Wegener	Jemez Trail Run 50k	7:40:26	41	46
James	Breyfogle	Jemez Trail Run 50 Mile	11:21:14	19	22
Susan	Gardner	Jemez Trail Run 50 Mile	15:04:09	13	74
Nicholas	Juskiewicz	Jemez Trail Run 50 Mile	12:47:25	36	44
Clifford	Matthews	Jemez Trail Run 50 Mile	14:52:51	60	72
Chris	McElveny	Jemez Trail Run 50 Mile	13:46:30	53	62
Eric	Pope	Jemez Trail Run 50 Mile	10:37:02	12	14
Jason	Taylor	Jemez Trail Run 50 Mile	9:05:34	2	2
Darrell	Armstrong	Jeremy Paster 5k	20:24	1	6
John	Farrow	Jeremy Paster 5k	24:20	1	15
Andrea	O'Connor	Jeremy Paster 5k	36:02	3	56
Ryan	O'Connor	Jeremy Paster 5k	36:02	5	55
Wendy	Wiggins	Jeremy Paster 5k	27:48	1	29
Ed	Zanelli	Jeremy Paster 5k	20:12	1	4
Shannon	Zanelli	Jeremy Paster 5k	21:13	1	7
Jennifer	Anderson	Jeremy Paster 10k	50:56	3	12
Jim	Culpepper	Jeremy Paster 10k	1:04:06	1	27
Beth	Davenport	Jeremy Paster 10k	1:04:13	2	28
Pat	Scott	Keys 50	10:04:16	1	18
Mark	Atencio	OKC Marathon	4:09:48	69	1283
Meisha	Smith	OKC Marathon	4:40:03	56	1360
Susan	Gardner	Quad Rock 25	7:03:27		114
Roger	Squires	Quad Rock 25	5:25:38		54
James	Breyfogle	Quad Rock 50	10:31:14		37
Darrell	Armstrong	Run with Kenyans 8k	34:48	2	29
Sarah	Askey	Run with Kenyans 8k	26:12	1	32
Ronald	Banning	Run with Kenyans 8k	40:57	7	57
Francoise	Barnes	Run with Kenyans 8k	48:09	2	101

results continued on next page

FIRST	LAST	RACE	TIME	Age Group	Overall
Eric	Biedermann	Run with Kenyans 8k	33:04	4	24
Jim	Breyfogle	Run with Kenyans 8k	52:47	9	116
Christy	Dafter	Run with Kenyans 8k	36:15	1	34
Beth	Davenport	Run with Kenyans 8k	51:27	11	111
Scott	Esposito	Run with Kenyans 8k	45:14	13	83
Anthony	Fleg	Run with Kenyans 8k	30:09	1	15
Josh	Gordon	Run with Kenyans 8k	36:11	2	31
Steven	Grossman	Run with Kenyans 8k	40:08	5	51
Mbarak	Hussein	Run with Kenyans 8k	25:34	4	4
Richard	Knapp	Run with Kenyans 8k	33:39	1	26
Laura	Maclay	Run with Kenyans 8k	1:04:22	13	128
Iris	Matthews	Run with Kenyans 8k	1:14:44	2	136
Margaret	Matthews	Run with Kenyans 8k	1:09:38	1	134
Dennis	Muirhead	Run with Kenyans 8k	40:09	1	52
Glenda	Muirhead	Run with Kenyans 8k	42:02	1	66
Jeremy	Palmer	Run with Kenyans 8k	43:45	10	73
John	Ricciardelli	Run with Kenyans 8k	40:30	6	56
Mark	Rickert	Run with Kenyans 8k	39:45	4	50
Earl	Roenfranz	Run with Kenyans 8k	1:09:11	1	133
Liz	Turner	Run with Kenyans 8k	32:04	1	20
Gwen	Walker	Run with Kenyans 8k	37:32	2	41
Wendy	Wiggins	Run with Kenyans 8k	47:16	10	94
Anna	Williamson	Run with Kenyans 8k	44:50	8	81
David	Wilson	Run with Kenyans 8k	45:56	3	86
Francoise	Barnes	Run for the Zoo 5k	26:33	1	438
Sandra	Bitsie	Run for the Zoo 5k	48:13	66	2027
Colleen	Burns	Run for the Zoo 5k	22:34	1	116
Kevin	Dermody	Run for the Zoo 5k	26:49	22	473
Edwina	Hubert	Run for the Zoo 5k	33:41	2	1265
James	Jett	Run for the Zoo 5k	34:33	3	1360
Nixo	Lanning	Run for the Zoo 5k	24:53	6	271
Iris	Matthews	Run for the Zoo 5k	46:31	28	1988
Margaret	Matthews	Run for the Zoo 5k	43:12	25	1910
Chris	McElveny	Run for the Zoo 5k	21:45	4	84
Stacie	McElveny	Run for the Zoo 5k	35:31	76	1431
Joshua	Niforatos	Run for the Zoo 5k	23:45	9	183
Jeremy	Palmer	Run for the Zoo 5k	41:28	86	1840
Mitchell	Palmer	Run for the Zoo 5k	27:24	26	549
Martha	Porter	Run for the Zoo 5k	42:25	99	1881
Cheryl	Ritson	Run for the Zoo 5k	43:42	54	1928
Earl	Roenfranz	Run for the Zoo 5k	43:02	3	1902
Connie	Sack	Run for the Zoo 5k	36:40	6	1525
Rodger	Sack	Run for the Zoo 5k	31:54	8	1072
Andrea	Schoellkopf	Run for the Zoo 5k	27:53	16	598
Caroline	Smith	Run for the Zoo 5k	44:26	56	1948
David	Starr	Run for the Zoo 5k	29:21	33	770
April	Taylor	Run for the Zoo 5k	22:48	1	128
Anna	Wilkins	Run for the Zoo 5k	27:32	28	562
Marie	Alvidrez	Run for the Zoo 10k	55:17	9	298
Jennifer	Anderson	Run for the Zoo 10k	53:01	5	215
Colleen	Chick	Run for the Zoo 10k	1:05:48	5	685
Christy	Dafter	Run for the Zoo 10k	46:05	2	74
Beth	Davenport	Run for the Zoo 10k	1:08:08	26	735
Megan	Duffy	Run for the Zoo 10k	50:58	10	162
Jim	Fordice	Run for the Zoo 10k	49:25	5	129
Paul	Fyfe	Run for the Zoo 10k	43:26	1	46

results continued on next page

FIRST	LAST	RACE	TIME	Age Group	Overall
Mary	Kirsling	Run for the Zoo 10k	2:19:33	1	974
David	Lopez	Run for the Zoo 10k	1:00:18	59	94
Dennis	Muirhead	Run for the Zoo 10k	47:47	1	94
Glenda	Muirhead	Run for the Zoo 10k	53:16	2	228
Daniel	Otero	Run for the Zoo 10k	45:01	3	62
Kristy	Ott-Meyer	Run for the Zoo 10k	53:16	6	227
Antonio	Pacheco	Run for the Zoo 10k	41:09	6	29
Donald	Porter	Run for the Zoo 10k	53:51	11	247
Marianne	Presser	Run for the Zoo 10k	1:05:29	26	665
Martin	Sterling	Run for the Zoo 10k	43:26	6	47
Cameron	Stevens	Run for the Zoo 10k	48:36	6	110
Rondi	Thornton	Run for the Zoo 10k	57:28	3	385
Liz	Turner	Run for the Zoo 10k	39:18	2	14
Diane	Verner	Run for the Zoo 10k	55:37	8	314
Jeff	Wilkins	Run for the Zoo 10k	45:18	2	63
David	Wilson	Run for the Zoo 10k	51:31	23	178
Ed	Zanelli	Run for the Zoo 10k	1:32:57	50	950
Shannon	Zanelli	Run for the Zoo 10k	44:00	1	54
Katie	Abbott	Run for the Zoo Half Marathon	1:52:58	1	140
Sarah	Askey	Run for the Zoo Half Marathon	1:42:01	3	59
Ruth	Chow	Run for the Zoo Half Marathon	2:11:48	4	286
Marcia	Edgar	Run for the Zoo Half Marathon	2:40:04	20	391
Jane	Farris	Run for the Zoo Half Marathon	2:02:31	3	214
Yvonne	Finnegan	Run for the Zoo Half Marathon	2:27:48	8	361
Anthony	Fleg	Run for the Zoo Half Marathon	1:22:50	3	9
Thomas	Hernandez	Run for the Zoo Half Marathon	1:41:25	3	54
Ian	Maddieson	Run for the Zoo Half Marathon	1:56:37	1	166
Cliff	Matthews	Run for the Zoo Half Marathon	1:55:28	17	159
Tim	Montoya	Run for the Zoo Half Marathon	1:47:00	8	87
Kaitlin	Mosley	Run for the Zoo Half Marathon	2:11:17	28	284
Damon	Nelson	Run for the Zoo Half Marathon	1:58:23	18	180
Cecelia	Niemczyk	Run for the Zoo Half Marathon	1:52:58	2	139
Richard	Overmier	Run for the Zoo Half Marathon	2:06:02	16	242
Jane	Pilger	Run for the Zoo Half Marathon	1:45:36	2	79
Todd	Pilger	Run for the Zoo Half Marathon	1:39:41	4	47
Susie	Rand-Weimer	Run for the Zoo Half Marathon	1:51:16	1	121
Jim	Schnitzler	Run for the Zoo Half Marathon	2:21:31	1	339
Pat	Scott	Run for the Zoo Half Marathon	1:46:10	4	82
Laura	Shike	Run for the Zoo Half Marathon	1:49:09	6	110
Jan	Stone	Run for the Zoo Half Marathon	2:06:49	5	256
Anna	Williamson	Run for the Zoo Half Marathon	2:04:12	7	235
David	Wilson	Run for the Zoo Half Marathon	2:06:32	2	246
Dale	Goering	Santa Fe Run Around 5k	35:56	1	99
Anne	Price	Santa Fe Run Around 5k	39:18	5	123
Beth	Davenport	Santa Fe Run Around 10k	1:06:49	1	56
Will	Steinberg	Santa Fe Run Around 10k	56:12	4	37
Beth	Davenport	Shiprock Marathon	4:58:41	3	
Darrell	Guzman	Shiprock Marathon	3:35:19	3	
Richard	Knapp	Shiprock Marathon	3:26:54	1	
Misty	Pilgrim	Shiprock Marathon	5:59:27	16	
Mark	Rickert	Shiprock Marathon	4:58:51	17	
Beth	Davenport	Turquoise Trail 5k	30:54	8	21
Mary	Schnitzler	Wounded Warrior Project Run 5k	45:27.0	3	122
Marie	Alvidrez	Wounded Warrior Project Run 10k	55:36.8	3	37
Arne	Leonard	Wounded Warrior Project Run 10k	46:24	1	5
Amberly	Prill	Wounded Warrior Project Run 10k	1:11:52.4	7	84
Kim	King	Zion 50	14:00:00		59

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I'd also like to become a member of Albuquerque Road Runners Club

(the social club for active people!)

☐ **NEW MEMBER**

The Club Newsletter and other communications will be sent via email to the address supplied on reverse.

Membership Dues

$15 – Individual
$20 – Family *(List additional names below)* *
$10 – Full Time Student

* Names of Additional Family Members:

NAME _____

AGE _____ GENDER M F

NAME _____

AGE _____ GENDER M F

NAME _____

AGE _____ GENDER M F

Please add the amount for your membership dues to your registration check for the Women's Distance Festival, be sure to sign the waiver on reverse side, and mail to:

Women's Distance Festival
3608 Embudito Dr NE
Albuquerque, NM 87111

Thank you for supporting your local running club!

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26th ANNUAL

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Women's DISTANCE FESTIVAL

5K ~ JULY 15, 2012

26th Running

Albuquerque Road Runners

The premier *Women Only* Race in New Mexico!

Benefiting the Barrett Foundation

Sunday, July 15, 2012

Southwest Indian Polytechnic Institute (SIPI)
9169 Coors Boulevard NW
Albuquerque, NM

5K Run & 5K Walk
7:00 am

Free Kids K follows the 5K Race
(no shirts)

abqroadrunners.com

Albuquerque Road Runners Club
presents the
26TH ANNUAL

WOMEN'S DISTANCE FESTIVAL

EVENTS: 5K Run and 5K Walk

WHEN: Sunday, July 15, 2012 at 7:00 am

WHERE: SW Indian Polytechnic Institute (SIPI)
9169 Coors Boulevard NW
Albuquerque, NM 87120

The race will be run on an out-and-back course on the SIPI Campus.
Parking is available at race start area.

AID: Water at the half-way point

ENTRY FEE

ARR Members: $20 by July 2, $25 thereafter
Non-Members: $25 by July 2, $30 thereafter

REGISTER

BY MAIL: Please make checks payable to ALBUQUERQUE ROAD RUNNERS and mail to:

Women's Distance Festival
3608 Embudito Dr NE
Albuquerque, NM 87111

ONLINE: Active.com

RACE DAY: At SIPI between 6:00-6:45 am

PACKET PICKUP

Saturday, July 14, 2012
12 noon – 5 pm

Lululemon Athletica
ABQ Uptown
3C 2260 Q St. NE
Albuquerque, NM

Or on race day at SIPI
6:00–6:45 am

AGE DIVISIONS

0-14	15-19	20-24
25-29	30-34	35-39
40-44	45-49	50-54
55-59	60-64	65-69

70 and up

5K RUN AWARDS

1st place Overall
1st place Masters
Top 3 Finishers in each Age Division

5K WALK AWARDS

Awards to Top 3 Overall Finishers

LOTS OF OTHER GREAT PRIZES!

Visit the Albuquerque Road Runners Club at www.abqroadrunners.com

Join ARR! See reverse

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Age on 7/15/2012 _____

5K RUN _____ 5K WALK _____

ENTRY FEE (Circle One):

ARR MEMBERS: $20 by July 2 – $25 thereafter

NON-MEMBERS: $25 by July 2 – $30 thereafter

SHIRT SIZE (Circle One): S M L XL XXL

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waver and knowing these facts and in consideration of your acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release the Albuquerque Road Runners, the City of Albuquerque, Southwest Indian Polytechnic Institute, the Road Runners Club of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

_____
Signature of participant

_____
Signature of parent or guardian if under 18

_____
Date

Mail registration form with check payable to Albuquerque Road Runners to:

Women's Distance Festival
3608 Embudito Dr NE
Albuquerque, NM 87111