



ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

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Holly Palmer is Moving!

We say goodbye as Holly and her family relocate to Northern Virginia

In an email on May 22, Holly Palmer, ARR Newsletter Editor and former vice president, made an announcement that came as a surprise to everyone.

She, her husband Jeremy, and their two young sons Matthew and Mitchell will be moving in mid-June to Northern Virginia. This brings them closer to family and to a new job for Jeremy.

"This was such a difficult decision for us to make because we love Albuquerque and have enjoyed our friends and our lives here so much. I will miss you all more than I can possibly say," Holly said.

This means big changes and a few short weeks of frantic activity for the family as they pack up their household. They had hoped to stay in town until early July, but Jeremy is needed at his new job sooner than expected. Holly said, "Everything is hap-

pening so quickly that my head is spinning."

Holly has been editor of the Club's newsletter for several years, each month but January producing, virtually single-handedly, a comprehensive and timely compilation of news and information for club members. And she was very apologetic and concerned that the preparations for this move wouldn't allow her to get out the June newsletter. Now that's dedication amidst the turmoil!

We'll miss seeing Holly's return to running...finally...after a catastrophic leg injury a while back that required surgery, rehabilitation, and follow-up surgery, and caused her much distress over her inability to get out on the roads and trails.

We'll miss Jeremy's very moving renditions of The Star Spangled Banner before local races, most

recently at the Run with the Kenyans. Such a wonderful voice and presentation. And he's a pretty talented runner, too!

We'll miss the fresh faces and energy of the growing boys and the liveliness they add to any event.

We'll remember Holly's most recent stint with the Club, as Emcee for the Green Dress Run in March (check out the photo below of Holly with Jeremy).

The Club is losing a fine newsletter editor and a super volunteer, but most of all, a good and caring friend. Holly, we will miss you very much, and we wish you a wonderful new life, new home, and new friends, surrounded by your loving family.

Come say Goodbye to the Palmer Family at the June Meeting! see pg 3



At left, Jeremy and Holly at the Green Dress Run in March, where Holly emceed and Jeremy ran the Handicap (he won the 6-month series!). Above, Holly with their cute sons, Matthew and Mitchell, at the Volunteer Banquet in January.

ARR Officers and Contacts

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	Glenda Muirhead	293-5122

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

Next Meeting:

Wednesday, June 6, 2012, 7:00 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 20th 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 2001 I
Albuquerque, NM 87154

Visit us at www.abqroadrunners.com



President's Corner

By Wendy Wiggins, ARR Co-President

It was quite a May

at the Races. The Albuquerque Road Runners were out in full force, directing, participating and volunteering! The Run for the Zoo, the Jeremy Paster Great Prostate Cancer Challenge, and Run with the Kenyans were all better than ever [see pg 5 for articles and photos].

If you want a well-organized, well-marked race with a bunch of warm, friendly people, look to the ARR and friends! The Road Runners were racing, timing, directing, staffing registrations and water stops and WE ARE ALL VOLUNTEER ALL OF THE TIME!

If you peruse the race results for the month, you'll see the Road Runners bringing home the goods. The age group awards are filled with our crew!

As great as it is to see us clean up at the awards table, it's even better to see us cleaning up the TRAILS. Martha Porter and Dick Harris did a great job of getting people out to the **Adopted Trail Clean Up on Saturday, May 26**. Several of the Women in Training participants helped out. Thanks to all for volunteering!

June brings longer days, so the next club meeting will be at the Elena Gallegos Kiwanis picnic area. Hopefully, a glorious sunset will be included. Carol Castillo of the new

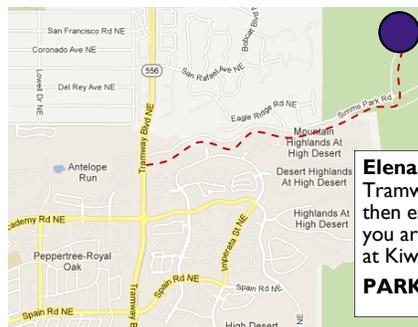
Valencia/Bernalillo County Girls on the Run chapter will speak about what this great group is bringing to our local kids. April Taylor will update us on ABQ Girlfriends on the Run Meet-up Group.

There are no club races this month, but that does not mean we are resting!! Both of our training programs are up and running.

Women in Training is halfway through their preparation for the **Women's Distance Festival 5K Run and Walk on July 15th**. The **La Luz Training Program** starts the climb of the trail culminating with the race on **August 5th**.

Thank you so much to Martha Porter and Kathleen Stabler for taking 10 weeks out of their busy schedules to direct these programs. I don't know if there is any harder volunteer job in the club. Both of these women put their heart and soul into their programs.

Sadly, this month we are also saying farewell to longtime Newsletter Editor Holly Palmer, as she departs for the East by the end of June. The hours she has dedicated to the Road Runners Club are just incredible. Through injuries, kids, school, moving...she has stuck it out. Her perseverance, dedication, and attention to detail are simply outstanding. Ironically, words cannot express how much Holly will be missed.



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!

May Meeting Minutes

Membership Meeting — May 2, 2012 — Fleet Feet



Respectfully submitted by
Jane Thompson, Secretary

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

ANNOUNCEMENTS

La Luz – R. Sack reported that 250 people have already registered for the lottery that opened May 1. Several elite runners have registered including people from about 15 other states. The spring/ summer *Trail Magazine* listed the Sandias as a great place to run.

New members included a number of women participating in Women in Training this year.

Kathleen Stabler will be leading the La Luz training program again this year.

M. Porter reported on Team Have a Heart. Ten people are currently involved. The next

fundraiser is for Relay for Life on August 3 and 4 at La Cueva High School. She will host an event where part of the proceeds will go to the team's fundraising efforts. In addition, on June 23 there will be an event at Boston's Pizza to raise money.

Events this month include the Zoo Run, Jeremy Paster Prostate Challenge Run and Run with the Kenyans where Henry Rono will be honored.

GROUP REPORTS

Ultras – I. Maddison: The club hosted the Cedro Peak Ultra early in April and it was a success. Several club members participated in other events in the area. A number of events are coming up this summer around the country where club members will be running.

Marathon/Half – P. Blong: Several members completed Boston. Upcoming races in May include the Zoo Run 1/2, Shiprock, Colorado Marathon in Ft. Collins, Armed Forces Half at Kirtland.

5&10K – W. Wiggins: Reported on past and upcoming races.

Trails – T. Koehler: Acoma Seed Run is Memorial Day Weekend as well as a trail run in Silver City.

June Meeting will be at the Elena Gallegos Open Space area at the Kiwanis Shelter in the Foothills.

Meeting adjourned at 8:00 pm.

Come say Goodbye to
the Palmer Family at
our June Meeting!

There will be cake and maybe ice cream (if it doesn't melt too fast!) at our monthly meeting on Wednesday, June 6, at the Elena Gallegos Picnic Area. We want to say **THANK YOU, GOOD-BYE, AND GOOD LUCK** to Holly, Jeremy, Matthew, and Mitchell.



Come a little early. . .
Park closes at 8 pm

Thank You Note to the Club

from Sherry Galloway, Director
Jeremy Paster Memorial Great Prostate Cancer Challenge

The Jeremy Paster Memorial GPCC [5K and 10K Race on May 12th] was quite wonderful and a success, considering weather and college graduation and, well, this being Albuquerque!

We had 200 registered runners, 50 more than last year. I am so grateful to you for publishing my letter and then my article about the run—and then so many people from the club came and volunteered or ran the race. Wendy and Martha gave me space at the last two meetings to talk up the event and everyone has just been so supportive and helpful and I cannot thank the Albuquerque Roadrunners Club enough!

I feel blessed to have met and joined such a wonderful group of people. Thanks to you and everyone!

See page 5 for some GPCC race photos.

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 EVENING – RELAXED

Are you looking for a very relaxed group to run with? Try this one! We get together on Tuesday and Thursday evenings at various locations around town. The pace of the group is 12-15 min/mile. We typically go 30-45 minutes on an out-and-back course. Your speed really doesn't matter because we'll all start and finish together. If you are interested in joining us or you have questions, please contact Kelley Garcia.

WEDNESDAY EVENING – TRAIL

Wednesdays at 6 pm, meet at the Michial 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.

THURSDAY EVENING – RELAXED

(See Tuesday Evening above)

Weekly Workouts

Master Runners Unlimited Saturday Morning Runs

DATE	ROUTE AREA	MEET LOCATION	DISTANCE
June 2	Albuquerque Academy	Hoffmantown Church parking lot on Ventura NE	6.7 miles
June 9	N. Albuquerque Acres	north of Academy Hills Park on Admiral Halsey NE	6.8 miles
June 16	Bosque Path	east of Rio Grande Nature Center on Candelaria	9.4 miles
June 23	Tramway Bike Path	near McDonald's at Tramway and Montgomery NE	8.0 miles
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

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

ARR is now (sadly) looking for a new editor for the Club's monthly newsletter. If you would like to take on this task, or just help on a regular basis, please contact Nicole to let her know you're interested. Your Club appreciates it!

• RACE VOLUNTEERS

Anyone who races knows how essential volunteers are at any event. Sign up and be one of those invaluable people! Come out and be on the "flip side" of the race...and sometimes you get a cool Volunteer shirt! Here are some opportunities for Albuquerque Road Runners members (and family and friends, too) to get out and support the running community.

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SUNDAY, JULY 15: WOMEN'S DISTANCE FESTIVAL 5K RUN & WALK

The Club's male members are especially encouraged to offer assistance to race director Eric Biedermann and his crew, as the ladies will be busy putting in 3.1 miles on the course!

SUNDAY, AUGUST 5: LA LUZ TRAIL RUN

Yes, it's a couple of months away, but it's not too soon to be thinking about how you can lend a hand to race director Rodger Sack. Help at the start line on the west side of the Sandias, or travel to the top of the mountain on the east side, to assist at the finish line. There's packet pick-up, bag drop, offering water on the course, timing, pulling tags, refreshments...you get the idea. Pick one and go for it!

A million thanks to Anna Williamson, who has volunteered to be the Club's Membership Coordinator, keeping track of member details. Karen Shackelford did it superbly for many years; Ed Zanelli tried it and didn't like it. Anna, you're a gem!

AT THE RACES

SATURDAY EVENING — MAY 12 JEREMY PASTER MEMORIAL 5K AND 10K RUNS Los Ranchos de Albuquerque

Race Reporter: Wendy Wiggins

If you didn't go to The Jeremy Paster Great Prostate Cancer Challenge, you really missed out. Sherry Galloway, Randy Arriola of ABQ Running Shop, and Chasing 3 did a GREAT job. The clouds parted for the race, and it wasn't too hot. Perfect running weather! The course was flat and gorgeously green, down Rio Grande Boulevard.

There were great sponsors/partners (like ARR and ABQ Running Shop!), Free Cici's Pizza, Cliff Bars, and massages... (The pizza was "not bad!" according to renowned ARR pizza critic Ed Zanelli). Thanks to all ARR participants and volunteers for coming out. Perky Garcia, the Muirheads gave you a run for the money on the cheering front.



Former ARR president Ed Zanelli continues his comeback on the local race scene (so good to see you out there again, Ed!)...and speedy Shannon Zanelli is a veritable blur as she closes in on the finish line.



ARR Co-President Wendy Wiggins "runs through the pain."



Darryl Armstrong looks strong as he finishes up his race.



What local race would Beth Davenport NOT be running?!



Mike Donovan cheers racers and directs traffic.

Other ARR volunteers included Alan Overmier, David Lopez, and Nick Juskiewicz. And Randy Arriola's Mom helped out, too!

SUNDAY MORNING — MAY 20 RUN WITH KENYANS FOR GLOBAL HEALTH 8K RUN AND 4K WALK Midtown Sports & Wellness, Albuquerque

Race Reporter: Glenda Muirhead

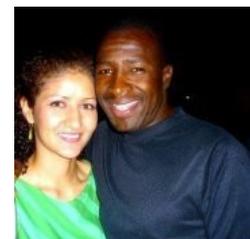
Ed Zanelli was Race Emcee, and Jeremy Palmer sang the National Anthem—no better way to start the 3rd Annual Run with Kenyans for Global Health. Ed introduced the many elite competitors, and he had obviously been doing some pronunciation practice. Ed also paid special tribute to legendary Kenyan runner and Albuquerque resident Henry Rono, detailing Henry's impressive race records. Then the race began and we ran **with** (most of us figuratively) the Kenyans!



Photo courtesy of Mark Rickert

Joseph Mutinda (4:59 pace) and Atalelech Asfaw (5:39 pace) were top elite male and female finishers, leading the field of 136 8K racers and a good crowd of 4K walkers. Open winners were young Manuel Terviso and lovely Liz Turner. The real fun began afterwards at poolside, where Kenyan food delicacies and hand-made goods awaited. The awards were delightful hand-carved and painted wooden animal figures, which Dennis and I are displaying at left—ours are unique, mirror image giraffes, perfect on the shelf.

We saw many ARR members and other familiar faces from the community. Lots of supportive volunteers, yummy food (the soup was outstanding), super awards...it was a great event. And my personal thanks to Lou Marjon who came back and helped me run to the finish...same as last year!



Ariana & Mbarak Hussein, driving forces behind the 3rd Annual Run with Kenyans



Here come the Kenyans!
Photo courtesy of Mark Rickert

Women's Distance Festival #26 Coming Soon! July 15, 2012

By Wendy Wiggins, ARR Co-President



Albuquerque Road Runners

other 5K. The RRCA website sums up the spirit of this race well. "Today, the Women's Distance Festival celebrates the history of women's rights to participate in running events at any distance and at any age. While women's participation in distance running nearly matches that of men, the Women's Distance Festival continues to serve as a celebration of the determination and dedication of women runners across the country."

Because of the celebration, there's a sense of camaraderie in this race like no other. For those of you who have done this race over the years, you know it's a great time to connect with old friends. I'm hoping the Kirsling girls, Mary and Kathy, will show this year. They have been a staple in Albuquerque running. Last year, I was excited to see Christy Dafter back in action. I don't think our paths had crossed for seven years or so. It's been great catching up with her. We've all missed some years due to obligations, illnesses, vacations and the general mayhem of life. However, we keep coming back. The perseverance of the women who have done this race over the years is inspiring.

Ahh! The next club race, as you may know, is my favorite.

Before I start on what the Women's Distance Festival is... let me answer the question that all of you smart alecks are asking. "Where's the Men's (insert whine) Distance Festival?" That was 490 BC to at least 1966 AD. I'm sorry if you missed it.

The Women's Distance Festival will always be the race that inspires me most. It's not merely an-

If you haven't done this race before, it's also a great place to make new friends. We have some great participants, runners and walkers, from Women In Training. Martha Porter has done a fabulous job with this program. This is my first time volunteering with Women in Training, and it's been wonderful getting to know the participants. There are graduate students and grandmas, beginners and returning runners. We've learned much more about each other than just our running goals. We've discussed cross-training, careers, roses, boys, parents, and children, to name a few subjects. There's nothing like a run to learn how someone persevered through life. These women are amazing. I'm thrilled to have them with us.

Eric Biedermann and the worker bees of the Women's Distance Festival Committee are hard at work to make this festival special. We have secured nice schwag for this year's winners. We are out looking for great raffle prizes. And we're happy to announce that ARR member Victor Nemudrov, longtime leader of Women in Training with his wife Kennalee, will create unique race awards again this year.

Last year's overall winner, Liz Turner, and the masters winner are planning on running. (Our master's winner is a bit shy at times, so I'll make you look her up.) I have a feeling Beth Davenport, the winner of last year's oldest WDF t-shirt contest, may show again too...I don't believe I've seen her at a race for a week or so! We'd like to have you there, too...

**...so come out and celebrate ARR's
26th Women's Distance Festival!**

News From Around Town

ABQ RUNNING SHOP OFFERS HALF-MARATHON TRAINING

Are you ready to run a half marathon? Join ABQ Running Shop for their next 13.1 Marathon Training Program, which will begin in mid-June. This will be a 12 week training program to get you ready for the **Dirty Half Marathon on September 9, 2012.**

The kick-off party will be on Wednesday, June 13th at 6 pm at ABQ Running Shop, to go over what the training group will entail.

The program includes two coached workouts per week, supported long run, weekly training schedule, technical shirt, seminars, and more. Contact them at 505-293-2786 with any questions.

Adopted Trail Cleanup

by Dick Harris, Trail Cleanup Coordinator

Hands Old and New “Our” Unser Trail Renew

Saturday morning, May 26 – Memorial Day weekend – four “old hands” with a prior history of helping out at these affairs and four volunteers new to adopted trail cleanups eliminated the litter from the very useful stretch of bike/pedestrian trail the club has adopted that starts across the street from the Unser-and-Western-Trails entrance to Petroglyphs National Monument and heads north for about a mile to Dellyne. Eleven large bags of litter and some large slabs of styrofoam and large pieces of metal of unknown provenance were collected.

Participating in the cleanup were “old hands” Cece Niemczyk, Martha Porter, Glenda Muirhead, and Mike Donovan, and first-time volunteers Lisa Johnson, Yolanda Schwarz, April Sessions, and Christina Rosado, with Dick Harris making sure all their work didn’t go unnoted. Most of the volunteers (whether old hands or first-timers) were doing double duty, having come from either the Women In Training session held earlier that morning under Martha’s guidance or the Rinconada Canyon run organized by Christina for her ABQ Girlfriends on the Run.

There will be 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 our November session on the trail, so keep an eye out for the Newsletter announcement of the date of that cleanup.



Christina Rosado

Photos courtesy of Dick Harris



Lisa Johnson



April Sessions



Yolanda Schwarz

Get Ready for La Luz !

by Kathleen Stabler

La Luz Training Program Leader

Consult [LLTP2012 facebook page](#) or [Club’s facebook page](#)

La Luz Training Program 2012 kicked off on Wednesday, May 30, at 6:30 pm. In keeping with our tradition, the first week was A Taste of The Trail, with a 60-minute session of running up La Luz.

If you join us for this training, please plan to arrive at the La Luz trail head 10-15 minutes early so we can start on time. The parking fee of \$3 is payable in cash (exact change only) or check. I encourage you to purchase an annual pass at the Forest Service office. I believe they are still \$20 and allow you to park in all Cibola National Forest fee areas.

Our [LLTP2012 facebook page](#) is a great way to keep up to date on all things La Luz, including details of upcoming training sessions, a way to arrange group runs, a chance to ask questions and get suggestions from me and from other runners. I will **not** be sending out group emails this year; I will make frequent posts on the fb page! I generally copy and paste to the [ARR fb page](#), so you may find me there as well.

PLEASE NOTE: All runners must check in before getting on the trail. A sign-up sheet will be available with me so come find me and introduce yourself if I don’t already know you. All runners must return to the trail head **ON TIME** and must check out. We have had anywhere from a handful to over 80 runners at any given session in the past. **I am responsible for each and every one of you** while you are participating in the program, so if you are not back I will head out and find you. Runners of all skill levels are welcome, and you don’t need to be running the race in order to participate.

YOU MUST HAVE PLENTIFUL WATER IN A HAND BOTTLE OR HYDRATION PACK IN ORDER TO PARTICIPATE IN ALL LLTP SESSIONS... NO EXCEPTIONS!

I’m looking forward to seeing you all and getting another great LLTP underway! You can reach me by fb message or at my email address: trailrunnernm@gmail.com (reference LLTP)



First Session Crew on May 30

Photo by Kathleen

Kathleen Stabler, CPT CSN, is the owner of No Limits Fitness Company, and volunteers her time to lead the La Luz Training Program.

STEPHANIE'S CORNER**Nutrition Myths**

by Stefanie Tierney MS, RD, LD

As a registered dietitian, I've heard a lot of false nutrition information. Nutrition myths seem to propagate despite a general lack of scientific backing. The media sensationalizes everything and advanced technology allows news to be shared immediately. This can cause people to become confused and reconsider all conventional diet wisdom based on one, small, observational study. Although it might seem like nutrition recommendations are constantly changing, one study usually doesn't merit an overhaul. It is only when several well designed studies find similar results over many years are recommendations changed. Next time you hear the latest nutrition headline; consider these questions to determine if the study is relevant.

WHAT TYPE OF STUDY WAS CONDUCTED?

There are several types of studies, but one of the strongest is a randomized case controlled experimental study. Individuals are exposed or given a treatment and another group is given a placebo (fake) treatment as a control. If the treatment performs better than the placebo (the

placebo effect is surprisingly strong), then one could conclude the treatment works under the same exact condition with the same people. Will it have the same effect on you or someone else? It's hard to say, so more studies are usually needed.

“Companies that invest in studies have a vested interest in their outcome...”

The majority of studies that grab headlines are observational studies. In this type of study a medical condition, say obesity, is measured in a group of people and they are asked to remember what they ate and researchers try to determine if there is an association between obesity and eating certain foods. Cause and effect can never be concluded by an observational study. So until an experimental study is conducted that shows a certain food directly causes obesity, don't worry and eat in moderation.

HOW BIG WAS THE STUDY?

A study on 10 people or 1000 could have dramatically different results. We know people are different, so if the study is based on a small sample size, the results may not apply on a national or international level.

WHAT WAS STUDIED? Humans are not exactly the same as Petri dishes, rats, mice, or monkeys. So if something is studied using animals, it is difficult to conclude the same effect will occur in humans. Until humans are studied in the same experimental design, findings are probably irrelevant.

WHO FUNDED THE STUDY? One of the reasons why there are studies on the benefits of consuming dark chocolate is that Hershey pays for them! Do you think they would publish any studies that said the opposite? Companies that invest in studies have a vested interest in their outcome which may introduce bias into the results. Consult the original study to see who's behind the money.

Websites You Can Trust

Here are some reputable websites for scientifically sound and accurate nutrition information. Consult these sites to research if the next nutrition myth you hear is fact or fiction.

Academy of Nutrition and Dietetics
(formerly American Dietetic Association)
<http://www.eatright.org>

Choose MyPlate
<http://choosemyplate.org>

WebMD
<http://webmd.com>
Nutrition, health, disease information

Office of Dietary Supplements
<http://dietary-supplements.info.nih.gov/>
Information on alternative medicine, herbs, and dietary supplements.

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.

Congratulations to Stefanie on her excellent time at the recent Albuquerque Half Marathon!

**The Headline Hype:****Eating chocolate cuts heart failure risk among women****The First Sentence:**

Eating bits of chocolate occasionally can help protect women from heart failure.

The Facts:

However, daily consumption seems to negate its positive benefits.

Race Calendar

June

2 Miles for Smiles Fun Run/Walk, Albuquerque, NM (10K, 5K, Kids 1 Mile); active.com/running/albuquerque-nm/miles-for-smiles-fun-run-and-walk-2012

3 Polly's Run, Albuquerque, NM (10K, 5K, Kids K); active.com/running/albuquerque-nm/pollys-run-2012

9 Ruidoso Sprint & Kids Triathlons, Ruidoso, NM (3.2M Run, 11M Bike, 400Y Swim); active.com/triathlon/ruidoso-nm/ruidoso-sprint-and-kids-triathlons-2012

10 Run the Caldera Marathon, Valles Caldera National Preserve, NM (Marathon, Half Marathon, 10K); vallescaldera.gov/comevisit/run/run_viewall.aspx?cat=44

10 Taos Marathon, Taos, NM (Marathon, Marathon Relay, Half Marathon, 5K Run, 5K Walk); active.com/running/taos-nm/taos-marathon-2012

14 Hershey's Youth Track & Field Games, Albuquerque, NM (Milne Stadium); [download entry form](#)

16 5th Annual Community 5K Run & Jim Thorpe Native American 5K National Championship, Albuquerque, NM (USATF New Mexico 5K State Championships); active.com/running/albuquerque-nm/jim-thorpe-native-american-5k-national-championship-open-comm-5k-run-and-usatf-nm-state-championship-2012

17 JCC Father's Day 5K Run, Albuquerque, NM; active.com/running/albuquerque-nm/jcc-fathers-day-5k-run-2012

17 14th Annual Butterfly Run, Santa Fe, NM (10K Run, 5K Run, 1M Walk); active.com/running/santa-fe-nm/14th-annual-butterfly-run-2012

23 2nd Annual Kyler Beaty Memorial 5K, Farmington, NM (5K Run/Walk); [download entry form](#)

23 Storrie Lake 10K, Las Vegas, NM (10K Run); active.com/10k-race/las-vegas-nm/storrie-lake-10k-2012

24 Cherry Garcia Run, Albuquerque (10K, 5K, Kids K); active.com/running/albuquerque-nm/cherry-garcia-run-2012

30 Angel Fire Endurance Run, Angel Fire, NM (50K, 100K, 100M); ultrasignup.com/register.aspx?did=16240

30 Alien Chase, Roswell, NM (10K Run & Walk, 5K Run & Walk); active.com/running/roswell-nm/alien-chase-10k-5k-run-walk-2012

July

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

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

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

17 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

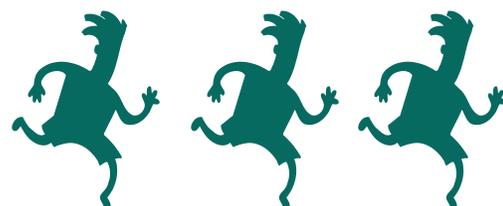
August

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/

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



The Athlete's Kitchen

by Nancy Clark MS RD CSSD

Copyright May 2012

Sports Nutrition News You Can Use

More than 450 members of SCAN, the nation's largest professional group of Sports & Cardiovascular Nutritionists (SCANdpg.org), convened in Baltimore (April 2012) to celebrate SCAN's 30th birthday and learn the latest sports nutrition news. Here are a few highlights to help you eat to win!

- **Beets**, as well as rhubarb and arugula, are rich sources of dietary nitrates, a compound that gets converted into nitric oxide (NO). Nitric oxide dilates blood vessels, lowers blood pressure, and allows a person to exercise using less oxygen. In a study, cyclists consumed pre-ride beets and then three hours later (when NO peaks), they rode in a time trial. Every cyclist improved (on average, 2.8%) as compared to the time trial with no beets. Impressive! The amount of nitric oxide in 7 ounces (200 grams) of beets is an effective dose. How about enjoying beets—or a bowl of borscht—before your next hard training session? (Experiment during training, not during an event!)

- **“Fuel up while cooling down”** is a wise mantra for runners who exercise intensely. Immediate replenishment of carbs and protein can decrease muscle soreness and inflammation, plus enhance muscle repair. What you eat *before* you compete can also effectively reduce post-exercise recovery. In a study, trained athletes consumed two 10.5-oz. bottles per day of **tart cherry juice** the week before an excruciating exercise test. They recovered faster and lost only 4% of their pre-test strength, compared with 22% loss in the group without cherry juice.

Tart cherries can help not only runners but also individuals who suffer from the pain and inflammation associ-

ated with fibromyalgia and osteoarthritis. Consuming tart cherry juice (two 10.5-ounce bottles/day for 10 days) reduced the muscle soreness associated with “fibro-flares” and enhanced recovery rate. Similar findings occurred in people suffering from osteoarthritis; drinking tart cherry juice for three weeks reduced arthritis pain.

Tart cherries (the kind used in baking pies, not the sweet cherries enjoyed as snacks) have both antioxidant and anti-inflammatory properties. Other foods that have high antioxidant and anti-inflammatory activity include raspberries, blackberries, and strawberries. Fruit smoothies, anyone?!

Research to date has studied the effects of drinking 21 ounces of tart cherry juice per day for 1 to 3 weeks. (That's the equivalent of eating 90 tart cherries/day). More research will determine the most effective dose and time-course. Because 21 ounces of tart cherry juice adds 260 calories to one's energy intake, runners will need to reduce other fruits or foods to make space for this addition to their daily intake.

- **Sleeping** used to be our most common “activity”; today it is sitting. The average person sits for 9 hours a day. Prolonged sitting is a risk factor for heart disease and creates health problems, including deep vein thrombosis (as can happen on planes and during long computer games). Runners who exercise for one or two hours each day still need to get more daily activity and not just sit in front of a screen all day. How about a treadmill desk or “desk-ercise”?

While we may be sitting more than in past years, we're sleeping less: 80% of teens report getting less than the recommended nine hours of sleep; nearly 30% of adults report sleeping less than 6 hours each day. Not good. Sleep is a biological necessity. It is restorative and helps align our circadian rhythms.

(Continued on next page)

Nancy Says:

Eat Your Beets



Get into Tart Cherries

Get your ZZZZZ



BE HAPPY IN YOUR BODY
AND FEEL GREAT WHEN YOU LOOK IN THE

MIRROR MIRROR

The Athlete's Kitchen Sports Nutrition News You Can Use

(Continued from page 10)

Sleep deprivation (less than five hours/night) erodes well being, has detrimental effects on health, and contributes to fat gain. When we become tired, ghrelin, a hormone that makes us feel hungry, becomes more active and we can easily overeat. Sleep deprivation is also linked with Type II diabetes, high blood pressure, and heart disease.

Sleep deprivation is common among athletes who travel through time zones. This can impact performance by disrupting their circadian rhythms and causing undue fatigue and reduced motivation. In comparison, extending sleep can enhance performance. A study involving basketball players indicates they shot more baskets and completed more free throws when they were well rested versus sleep deprived. For top performance, make sleep a priority!

- **In a few** communities in the world, an usually high number of people live to be older than 100 years. What happens in those communities that contributes to the longer life? Some factors include choosing a plant-based diet, rarely overeating, having a life filled with purpose and meaning, connecting with others in the community, moving naturally and/or socially (as in bike commuting and walking with family and friends), enjoying alcohol socially in moderation, and not smoking. If you want to join the centenarians, take steps to re-create those life-enhancing practices!

Creating that life-extending culture has been done, to a certain extent, in Albert Lea, MN. The "Blue Zone" project included improving sidewalks and building walking paths around a lake. Restaurants supported the program by not bringing a bread basket automatically to customers, and not serving French fries (unless requested) with meals. These and many other environmental changes contributed to a healthier lifestyle that resulted in a 40% drop in the city employee healthcare costs over two years. Impressive, eh?

- **Runners**, as well as obese people, commonly struggle with the belief their body is not "good enough." This struggle gets too little attention from health care providers who focus more on the medical concerns of heart disease, cancer, and hypertension. Yet whether you are lean or obese, having poor body image often coincides with having low self-esteem. This combination generates poor self-care.

In a five-year study with teens, low body satisfaction stimulated extreme and destructive dieting behaviors that led to weight gain, not weight loss. The same pattern is typical among many seemingly "healthy" runners. If you want help finding peace with your body, please seek help from a sports dietitian. Use SCAN's referral network—www.SCANDpg.org—to help you find someone local. What are you waiting for...?

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

Ingrid "Joana" Arcos-Gamboa
Helen Baker
Cynthia Cruz
Kevin Dermody
Kristin Dion
Rose Dominguez
Michael Dunn
Patrick Dunn
Ashley Dunn
Haylei Dunn
Rick Gee
Allison Goodspeed
Sarah Gravning
Sarah Hart
TJ Haste
Lenore Hennie
Lisa Johnson
Angie Kelic
Kelley Koehler
Per Sjostedt
Sachi Koehler-Sjostedt
Maya Koehler-Johnson
Hunter Ferguson
Gail Leedy
Antonia Litts
Tammy Loewe
Joseph Madrigal
Jose Marquez
Robin Martinez
Sara Newman
Jon Parshall
Tracey Poffenroth
Susie Rand-Weimer
Elaine Read
Tammy Remiker
Mark Rickert
Karla Rickert
Robert Rickert
Dee Romine
Paula Sanchez
April Sessions
Dan Sessions
Jenna Sessions
Brandon Sessions
Christy Spomer
Jason Taylor
Dawn Walker

RENEWED MEMBERS

Mike Donovan
Peter Falk
Jim Fordice
Ken Gordon
Alex Gordon
Josh Gordon
Roxy Hunt
James Jett
Larry Jones
Bob Julyan
Timothy Koehler
Thao Le
Stephen Malone
Bobby Martinez
Louie Martinez
Adam Martinez
Robert McNeill
Kadine Ryan
Robert Sandoval
Gary Schancer
Yolanda Schwarz
Jeffrey Schwarz



The Way to Run

by David Wilson, ARR Member

How a “new” form is reinvigorating my running

As we move through our years of running, we find ourselves facing not only injuries but also—even worse—indications that our bodies won’t allow us to run any more. I feel there are three main causes for this: genetics, improper running habits, and pure, dumb luck.

Approaching my 70th year, I can recall countless stories of near or actual career-ending physical events of my own and of others. Personally, I have declared my body finished with running half a dozen times, only to somehow emerge from the gloom to run the roads again. I have lots of wonderful running friends who can no longer run; I sympathize with their situation and continue to rejoice that I can still at least put in a few miles now and then.

My most recent end-of-running event occurred last fall. A “stretching” run after a race ended abruptly with a stabbing pain in my right knee that kept me from moving even a step for several minutes. After a couple of days I was able to jog a couple of miles three times a week, but was sure that would be it for my running career. Over the years, with two arthroscopies on the right knee and one on the left, I was sure I was finally finished on the roads.

...an injury-proof, evolution-tested way to place one foot on the ground and pick it up before the other comes down. Left, right, repeat; that’s all running really is...

— Christopher McDougall

would help by strengthening the support muscles around the knee. In January I had several PT sessions, but found that they made my legs very tired, and they didn’t have a positive effect on knee pain.

Along with all this physical and psychological agony was the fact that I kept tripping while running in and around the Forest Loop, in Placitas, my regular training area and the site of the Club’s Forever Young Race. The tripping falls resulted in bashed hands, shoulders, and knees. I was not lifting my knees high enough, because of the pain in bending them. I even started wearing some biking gloves (no fingers), so I could protect the palms of my hands when I fell.

Then I remembered an article I had read in the Sunday *New York Times Magazine* last fall written by the author of the ultramarathon book *Born to Run*, Chris McDougall. It was titled “The Once and Future Way to Run,” and it covered many running

ideas, ending with the suggestion to try “barefoot” running. Literally this means barefoot, while figuratively it can mean wearing “Five Finger” shoes or other equivalents.

But the most important issue was what I had already read and been told since the Seventies, when I was part of the famous running boom: **SHORTEN YOUR STRIDE!** McDougall’s article says this in so many words: when running, **NEVER LET YOUR HEEL GO IN FRONT OF YOUR KNEE.**

There is a lot more to the article, but this, I think, is the most important concept. When you run this way, you have to lift your feet more, and your stride naturally shortens. This protects your knees, because you are now landing on the **FRONTS** of your feet, which are excellent shock absorbers. Your **KNEES** are **NOT**. Also, when you are an ancient runner, this can help you keep from tripping on the trails. That was it!

So I started consciously lifting my knees. This was difficult, because my knees hurt and bending them more was painful. Also, it made me much more tired, because of the extra energy expended. For two weeks I thought this was going to be a failure. But suddenly I was not only used to the lifting, but my legs had lost their tiredness and pain.

I tried a few races with good success, never feeling pain while running or afterward. And I ran two half marathons two weeks apart, with no negative effects—not even residual weariness. I was amazed.

My conclusion is that the shorter stride may have saved my running “career” (such as it is). Lifting my knees has accomplished that, and I do not fall on the trails. What could be more perfect? I still have osteoarthritis, and my knees are irreparably damaged, but I feel that I have many years left before I need replacements (on which you cannot run).

This method may not work for everyone, but it makes perfect bio-mechanical sense: the front of the foot is the shock absorber of choice. McDougall’s article has several convincing stories about runners who have not only begun to run pain-free but who have also actually improved their race times.

I would love to share his article with anyone. Why not read it, whether you think you need to or not. It contains some very valuable running lessons and convincing stories about some excellent runners. I have scanned it as a pdf and will send it to you if you [contact me](mailto:d-kwil@comcast.net) (d-kwil@comcast.net).



David and his wife Katherine (cookbook author and artist) have been ARR members since even before they moved here from Maine. They have hosted several Club Handicap Runs at their lovely home in Placitas.



APRIL

Member Race Results

First	Last	Race	Time	AG	OA
Matthew	Brake	Albuquerque 5k	17:44.9	2	2
Marcia	Cubra	Albuquerque 5k	22:47.1	1	106
Charles	Fuller	Albuquerque 5k	24:16.0	1	22
Jessica	Patterson	Albuquerque 5k	55:51.7	21	226
Linda	Patterson	Albuquerque 5k	55:50.7	2	225
Nanci	Peterson	Albuquerque 5k	49:59.4	15	208
Earl	Roenfranz	Albuquerque 5k	42:58.3	2	178
Anthony	Fleg	Albuquerque 10k	36:09.6	3	4
Jon	Parshall	Albuquerque 10k	53:14.6	4	41
Rhonda	Peterson	Albuquerque 10k	59:27.9	5	79
Brian	Pilgrim	Albuquerque 10k	42:24.6	1	8
Mark	Wallenbrock	Albuquerque 10k	44:50.9	1	10
Alice	Baumstark	Albuquerque Half Marathon	2:37:28.5	10	552
Misty	Beehner	Albuquerque Half Marathon	2:00:24.3	15	215
Ruth	Chow	Albuquerque Half Marathon	2:16:08.1	2	371
Kirby	Curtis	Albuquerque Half Marathon	1:30:38.9	5	22
Lindsay	Ennis	Albuquerque Half Marathon	2:25:39.5	9	454
Jane	Farris	Albuquerque Half Marathon	1:59:14.7	1	206
Mbarak	Hussein	Albuquerque Half Marathon	1:10:45.4	2	2
Nicholas	Juskiewicz	Albuquerque Half Marathon	1:49:36.3	13	114
Damon	Nelson	Albuquerque Half Marathon	2:36:01.1	19	543
Lisa	Nelson	Albuquerque Half Marathon	2:36:01.1	24	544
Ronald	Parks	Albuquerque Half Marathon	2:4:24.5	2	360
Jane	Pilger	Albuquerque Half Marathon	1:46:44.5	7	95
Todd	Pilger	Albuquerque Half Marathon	1:43:59.3	8	73
Jim	Schnitzler	Albuquerque Half Marathon	2:26:32.7	2	469
Laura	Shike	Albuquerque Half Marathon	2:01:47.9	30	228
Meisha	Smith	Albuquerque Half Marathon	2:04:11.6	25	255
Stefanie	Tierney	Albuquerque Half Marathon	1:38:06.3	3	43
Liz	Turner	Albuquerque Half Marathon	1:26:53.1	3	19
Carla	Wilson	Albuquerque Half Marathon	2:16:46.0	4	383
David	Wilson	Albuquerque Half Marathon	2:24:29.8	22	447
Kristine	Wipf	Albuquerque Half Marathon	2:01:09.4	9	224
Dale	Goehring	Amanda Byrne Memorial 5k	35:07	1	38
Eric	Biedermann	Big Sur Marathon	4:42:15	158	1912
Laura	Biedermann	Big Sur Marathon	4:42:16	151	1913
Timothy	Koehler	Big Sur Marathon	3:00:30	5	24
Kristy	Ott-Meyer	Big Sur Marathon	4:44:36	72	1973
Christiane	Aleman	Boston Marathon	3:51:43	1223	6778
Lauri	Dodge	Boston Marathon	6:17:41	782	21055
Peter	Falk	Boston Marathon	3:35:29	411	3792
Kristy	Ott-Meyer	Boston Marathon	5:31:46	714	19659

results continued on next page

First	Last	Race	Time	AG	OA
Brian	Pilgrim	Boston Marathon	4:13:27	1422	11230
Andrea	Schoellkopf	Boston Marathon	4:32:51	1051	14590
Daniel	Tallon	Boston Marathon	4:04:03	315	9407
Kathy	Kirsling	Boulder Spring Half Marathon	1:58:46.60	1	329
Darrell	Guzman	Cedro Peak 45km	5:48:49		22
Nicholas	Juskiewicz	Cedro Peak 45km	6:10:49		29
Kim	King	Cedro Peak 45km	7:55:29		57
Kenneth	Kinlaw	Cedro Peak 45km	6:55:54		47
Arne	Leonard	Cedro Peak 45km	6:09:13		28
Jeremy	Milligan	Cedro Peak 45km	5:48:09		20
Jon	Wegener	Cedro Peak 45km	5:54:16		23
Ian	Maddieson	Cedro Peak 45 Mile	12:16:00		40
Clifford	Matthews	Cedro Peak 45 Mile	13:13:13		48
Roger	Squires	Cedro Peak 45 Mile	12:24:01		42
Lori	Anderson	Cops & Kids 5k	30:44.7		32
David	Starr	Cops & Kids 5k	28:42.6		24
Will	Steinberg	Cops & Kids 5k	28:40.8		23
Daniel	Otero	Cops & Kids 10k	46:34		2
Jim	Schnitzler	Cops & Kids 10k	1:08:55		13
Gladys	Perez	Centennial NM/TX Challenge Half Marathon	2:30:15		31
Richard	Harris	Centennial NM/TX Challenge Marathon	5:37:15	1	41
Andrea	Telmo	Centennial NM/TX Challenge Marathon	4:39:05	3	13
Jim	Breyfogle	Forever Young	?		
Ken	Gordon	Forever Young	49:56		
Glenda	Muirhead	Forever Young	54:35	2	
Dennis	Muirhead	Forever Young	50:20		
Richard	Overmier	Forever Young	59:47		
Yvonne	Finnegan	OZ Marathon	5:20:20.12	3	495
Steven	High	Wood Gormley Panther Run	29:39.8	9	70
Larry	Jones	Wood Gormley Panther Run	29:49.8	2	75
Jennifer	Anderson	World's Toughest 10k	1:05:51	11	109
Darrell	Armstrong	World's Toughest 10k	50:15:00	3	15
Bill	Baldwin	World's Toughest 10k	57:27:00	3	54
Philip	Blong	World's Toughest 10k	42:43:00	2	2
Christy	Dafter	World's Toughest 10k	53:17:00	2	25
Beth	Davenport	World's Toughest 10k	1:21:34	14	196
Lindsay	Ennis	World's Toughest 10k	1:19:01	10	184
Nancy	Fisher	World's Toughest 10k	1:23:13	15	199
Catherine	Hesch	World's Toughest 10k	1:14:45	23	168
Marcel	Hesch	World's Toughest 10k	1:14:46	27	169
Steven	High	World's Toughest 10k	1:15:37	28	171
Kathy	Kirsling	World's Toughest 10k	1:02:29	1	87
Damon	Nelson	World's Toughest 10k	1:08:07	20	124
Susie	Rand-Weimer	World's Toughest 10k	58:00:00	5	57
Ginny	Ricciardelli	World's Toughest 10k	1:31:13	16	218

results continued on next page

First	Last	Race	Time	AG	OA
John	Ricciardelli	World's Toughest 10k	1:01:47	11	83
Roger	Squires	World's Toughest 10k	53:24:00	4	26
Cameron	Stevens	World's Toughest 10k	1:08:16	21	125
Jacqueline	Vargas	World's Toughest 10k	1:17:33	25	176
Gwen	Walker	World's Toughest 10k	58:15:00	3	60
Mark	Wallenbrock	World's Toughest 10k	56:10:00	1	44
Ted	Williams	World's Toughest 10k	1:40:58	11	222
Carla	Wilson	World's Toughest 10k	1:13:08	8	157
Jill	Zeigler	World's Toughest 10k	1:01:31	8	79
Steve	Grossman	Umstead 100-Mile Endurance Run	25:10:18	11	78
Los Tortugas	Team	River to River Relay	7:07:46	1	61

Duathlon/Triathlon Results

First	Last	Race	Time	AG	OA
Randy	Arriola	Coyote Carrera Triathlon	49:25.0	1	1
Dale	Goering	Atomic Man Duathlon, Little Boy	1:36:35	2	42
Debi	Wess	Atomic Man Duathlon, Little Boy	1:24:42	2	32
Hartley	Wess	Atomic Man Duathlon, Little Boy	1:17:15	1	25
Colleen	Burns	Mesilla Valley Triathlon	1:21:18	1	86
Josh	Gordon	Mesilla Valley Triathlon	1:20:13	2	75
Arne	Leonard	Mesilla Valley Triathlon	1:11:07	3	28
Hartley	Wess	Mesilla Valley Triathlon	1:27:29	3	122
Ruth	Chow	Spring Fling Triathlon	1:51:00	2	126
Kathy	Foucar	Spring Fling Triathlon	1:35:36	1	76
Josh	Gordon	Spring Fling Triathlon	1:29:38	2	51
Cameren	Kristensen	Spring Fling Triathlon	1:41:37	1	98
Erin	Levick	Spring Fling Triathlon	1:46:29	4	118
Jane	Pilger	Spring Fling Triathlon	1:21:07	1	21
Todd	Pilger	Spring Fling Triathlon	1:16:43	1	9
Mike	Torneby	Spring Fling Triathlon	1:37:32	6	83
Debi	Wess	Spring Fling Triathlon	1:45:52	1	113
Hartley	Wess	Spring Fling Triathlon	1:45:42	5	112

News from RRCA

Complete the 2012 RRCA Runner Survey

In 2006 the RRCA conducted a survey of individual runners, certified coaches, and RRCA members. To ensure that we are working towards achieving our mission and objectives in our strategic plan, we are inviting everyone to complete our 2012 RRCA Runner Survey. Please share the LINK with your members to promote the survey.

COMPLETE THE SURVEY



New Mexico's #1 Running Company

With over 100 years of combined service, knowledge and design experience in the running footwear industry, we can best fit you in the proper running shoe.

Best of all, we have the friendliest and most knowledgeable staff in New Mexico; ready to serve you.

All ARR members receive a 10% discount on shoes!



Four Years and Running Strong
2817 San Mateo Blvd. NE 87110 505.884.SOLE
Just 2 ½ blocks North of Menaul

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!*

**ALBUQUERQUE ROAD RUNNERS
 26th ANNUAL**

**WOMEN'S
 DISTANCE FESTIVAL
 5K Run & 5K Walk**



For more race information, please contact
 Eric Biedermann
 erbieder@gmail.com

**Women's
 DISTANCE FESTIVAL
 5K ~ JULY 15, 2012**



**26th Running
 Albuquerque Road Runners**

**The premier *RRCA* 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.

A.I.D.: 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

ABO Uptown
3C 2260 O 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 waiver 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