ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

Vol 30, No 2 MARCH 2013

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RRCA National Convention

...the countdown continues!

We're hosting it at the Hotel Albuquerque ... MAY 2-5, 2013!

Here's a look at the SCHEDULE:

Thursday, May 2
- Round Table Discussions (*new this year*)
  4:00-5:00 PM
- Opening Reception – *A Taste of New Mexico*
  5:00-7:00 PM

Friday, May 3
- Morning Run and Breakfast
- Morning and Afternoon Education Sessions
- Evening Social – *A Night at the Museum*

Saturday, May 4
- Morning Run and Burrito Breakfast
- Morning and Afternoon Education Sessions
- RRCA National Running Awards Reception and Banquet

Sunday, May 5
- Championship Race: ***RUN FOR THE ZOO***

NEXT CLUB MEETING:
Wednesday, March 6
7:00 pm
Flying Star Café downtown
(8th & Silver SW)

We are currently scheduling ARR volunteers to help with on-site registration and goodie bag distribution, to staff the ARR Club table, and to generally be available as needed. **Can you help, too? Contact Martha Porter.**

DATES TO REMEMBER:
Next convention meeting will be Saturday, **March 2nd at 2:00 pm** at the Flying Star on 8th and Silver.

Goodie bag packing party will be **Saturday, April 20th**, at a time and location to be determined.

Upcoming convention committee meetings are now every two weeks. Please keep an eye on the ARR website for updates.

About the RRCA National Convention

Since 1958, the RRCA has gathered in different cities around the country for the Annual RRCA National Convention. The Convention is a great opportunity for running club leaders, race directors, fitness professionals, RRCA State Representatives, Regional Directors, Board Members, RRCA Certified Coaches, running industry vendors, sponsors, running industry professionals, and runners to come together to share information, best practices, and contribute to the mission of the RRCA.

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FACEBOOK COORDINATOR
Wendy Wiggins

Club Meetings:

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

Next Meeting:

Wednesday, Mar 6, 2013 at 7:00 pm
Flying Star Café Downtown
723 Silver Ave SW at 8th Street
Upstairs in the Grande Room

Membership Renewal

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

ARR NEWS

ARR News is published monthly (except in January) by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Deadline for submissions is the 25th of the preceding month.

The Albuquerque Road Runners Club is a non-profit corporation and is a member of Road Runners Club of America (RRCA) and USATF-NM.

Albuquerque Road Runners Club
PO Box 20011
Albuquerque, NM 87154

Visit us at www.abqroadrunners.com

Find us on Facebook

President's Corner

By Martha Porter, ARR President

Hi Team!!

As I type this message to the great Albuquerque Road Runners Club members, we have 71 days left until the 55th Annual RRCA National Convention that our club in Albuquerque is hosting. There's more on this later; we have fun stuff to talk about first!

Our very own ARR Volunteer Hall of Fame member **Ken Gordon** will be putting on the very popular **Green Dress Run** on Saturday, March 16th, at 8:30 in the morning at the Indian School trailhead. Yay Ken!! How do you get there? Take Tramway to Indian School and go east up Indian School until it ends. You can't miss it. Don't have a green dress? No worries. Ken has a stash he's accumulated over the years. Better yet...wear a costume! The theme is St. Patrick's Day. Green is the color of the day. The run is open to all members and visitors at no charge :) ! Come out and have fun.

After the Green Dress Run, **Kathy Kirsling** is putting on the **April Handicap** on April 6, at 8:30 am in Edgewood. Yay Kathy!!

Now let's get back to the **RRCA Convention**. With 71 days to go, we are approaching what we call the "attention to detail stage." Right now we are making sure we have enough volunteers to staff the event. There are many opportunities available on Friday, May 3rd from 6:30 am all the way to 8:30 pm, and on Saturday, May 4th from 6:30 am all the way through 5:30 pm. If you are interested in volunteering, please **contact me** and I'll let you know where we need help the most. Having the RRCA National Convention here in Albuquerque provides the Albuquerque Road Runners with a great opportunity to showcase the Club. **Let's shine, team!!!**

Keep on chuggin'!!

Beep! Beep!

Martha

Martha Porter, ABQ ROAD RUNNERS President, found a very appropriate visitor on the roof of her vehicle: *a local ROAD RUNNER of the avian type!*

February Meeting Minutes

Membership Meeting – February 6, 2013 – Flying Star Café

Respectfully submitted by
Wendy Wiggins, Interim Secretary

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

Vote on Bylaw Amendment to expand ARR board. Approved unanimously.
Article V.A of the Constitution of the Albuquerque Road Runners Club now reads:

> *"A. The management of the association shall be vested in a Board of Directors consisting of the offices of president, vice-president, secretary, treasurer and two at-large directors. At its first meeting following election, the duly elected Board of Directors shall elect a third at -large director whose function shall be advisory in nature and who shall be entitled to vote only as necessary to resolve a tie vote."*

John Farrow was appointed by Martha Porter as Advisory Board Member. Ballots were passed out to elect new board members. Results:

Director for Race Direction: Roger Sack
Director for Membership: Anna Williamson
Secretary: Lisa Johnson

SPEAKERS

Deborah Hoffman of the American Lung Association. The ALA's *Fight for Air Climb* will be on March 3rd at the Banque Building in Downtown Albuquerque (Albuquerque's first "skyscraper"). There will be bands and massage therapists at the event, as well as food and beverages. Next week there will be a coupon for the registration. There will be also be fundraising contests each week leading up to the event

Matt Glasier of Heart & Sole Sports gave updates on the store's activities. They are continuing the *Heart and Sole/Adidas Facebook Customer of the Month* contest. The February contest will be a photo contest. he *Full Moon Run* will be on February 24.

ANNOUNCEMENTS

RRCA Convention – Martha Porter.
Martha announced that there are 85 days until the RRCA National Convention. We are still looking for volunteers. The next convention meeting is February 16.

GROUP REPORTS

Ultras—Ian Maddieson: February was the opening month to register for the club race, the *Mt Taylor 50K*. There will be 175 spots. The race is expected to fill. Nick Juskiewicz noted that the registration price for the *Cedro Peak Ultra* increased Thursday, February 7.

Marathon Races—Phil Blong: Many members did the *PF Chang Marathon and Half Marathon*, including newly elected secretary, Lisa Johnson, who finished her first half marathon.

OTHER BUSINESS

Martha announced that registration for ***Women in Training*** opens soon. This year there will be two sites, one at the Alameda Open Space and an east side location at Montgomery and Tramway.
Alan Overmier announced that the registration for ***Forever Young*** is open. The race will take place in Placitas on April 7.
Shannon Zanelli announced that the March handicap is not yet set.
Wendy Wiggins asked that members submit ***race reviews*** to newsletter editor Sherry Galloway.

Meeting adjourned at 8:00 pm.

WEEKLY WORKOUTS

Additional information about ***WEEKLY WORKOUTS*** *is available on the ARR website under* CLUB ACTIVITIES.

Master Runners Unlimited Saturday Morning Runs

MRU Runs start at 7:30 am every Saturday.

DATE	ROUTE AREA
Mar 2	Los Poblanos Open Space
Mar 9	Bike Path-Foothills Trail
Mar 16	Bear Canyon Arroyo
Mar 23	Albuquerque Academy
Mar 30	N. Albuquerque Acres
April 1	Bosque Path

SATURDAY MORNING WALKS

Contact Tammy at walkers@abqroadrunners.com.
EAST SIDE – 10:00 AM. Meet near McDonald's at Tramway and Montgomery NE.

REST OF THE WEEK

SUNDAY MORNING – RUN : Meet near Trader Joe's, corner of Paseo del Norte and Ventura. Call Jane at 505-459-0769.

MONDAY MORNING – TRACK : Manzano High School on Lomas Blvd east of Juan Tabo at 10:00 am Format varies.

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

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

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

SUNDAY MORNING – LA LUZ TRAIL HIKE :
Join Tammy and friends as they progress up La Luz. Meet at 11 am at Albertson's parking lot, Paseo del Norte at Ventura, to carpool.

ARR NEWSLETS

FOUR NEW DIRECTORS ON THE ARR BOARD

At the Club's February meeting, an amendment to the by-laws was approved, permitting the election of two new directors:

Director for Membership — **Anna Williamson**
Director for Races & Equipment — **Rodger Sack**

John Farrow was appointed as an ***Advisory Director***, and **Wendy Wiggins** was elected by the Board as an ***Advisory Director / Past President.***

Additionally, **Lisa Johnson** was elected as ***Secretary,*** replacing Jane Thompson who resigned recently after eight years in the position.

New Board Member RODGER SACK

Rodger Sack, recently elected to the Board as Director for Races & Equipment, was one of the founding members of the Albuquerque Road Runners Club in 1985.

He has been involved in various capacities, notably as Past Club President, and as La Luz Trail Run Race Director since it became a Club event in 1999.

Rodger was inducted into the ARR Volunteer Hall of Fame and was also the Winner of the 2004 RRCA National Volunteer Award.

He is the local "go-to guy" for race timing, and has assisted in training programs and Women's Distance Festival races for several years, as well as many other club races over the past couple of decades. Additionally, he has been our long-time property manager, responsible for storage and maintenance of Club equipment.

Rodger gets ready to time the 2012 Women in Training Program's 5k practice race.

We look forward to Rodger's continued contributions to the Club as he brings his experience and expertise to the ARR Board.

Club Seeking a New MARKETING COORDINATOR

As with all Club functionaries, this is a volunteer position. We prefer that the candidate be knowledgeable in all aspects of marketing.

Primary duties are to promote the Club using various forms of media, while keeping budgeting guidelines in mind. The candidate's first task will be to manage the upcoming membership drive in June 2013. The Marketing Coordinator is encouraged to work with Club race and program directors to help increase attendance at our events. A flexible schedule is a plus in order to attend selected races and expos to promote the Club in the community.

If this sounds like something you would like to do, please contact ARR President Martha Porter to discuss the position. It's important!

Thank you to Natasha Arnold who has served as Marketing Coordinator for several months and has recently stepped down from the post.

Secretary LISA JOHNSON

Lisa enjoys the Awards Banquet for Women in Training 2012.

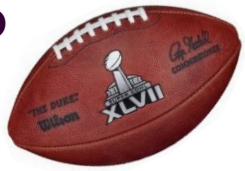
Lisa Marie Johnson was born and raised in New Mexico. She is a UNM Alumna and enjoys hobbies such as painting, dancing, photography, cooking and of course RUNNING!

As a "graduate" of Women in Training 2012, she has gone on to participate in several local running events in addition to finishing her first half marathon this past January in the Tempe Rock-n-Roll series.

Lisa's ultimate goal is to eventually catch up to and pass those "speed walkers" who we all know have passed us up at one time or another. Currently she is working towards improving her personal finish time with upcoming runs in the Rock-n-Roll series that include races in Portland, Denver, and Las Vegas.

Lisa looks forward to learning and growing along with fellow members of the Albuquerque Road Runners Club.

REPORT
February Handicap
Saturday, Feb 2
SUPER BOWL RUN



Hosted by Donna Calles at her home, co-host and volunteer timer Patrice Leddy, best corner pointer "go this way gal" Sonia Harley.

Gorgeous bright sunny day greeted 17 Football Jersey Runners ready to attack the Handicap Run UP the big hill! Well, is there anything but a BIG Hill ? If it was little, it wouldn't be a hill. So off they went.

Rodger Sack started us off, carrying the football, and anyone catching and passing him would take the football and carry it until they were passed. Congrats to Jackie Calguire, WINNER of the race, finishing strong, carrying the football, and winning the Fleet Feet Gift Card. Fastest time of the day honors went to Gwen Walker.

A great pot luck followed, hosted by our generous Donna Calles, who baked lots of homemade yummy treats.

Thanks to all for attending and please remember this is a FUN event ! Relax and enjoy running in a different area each month and while your points and times are important, they're not REALLY the reason we're gathering!

FEBRUARY HANDICAP RESULTS

(5 extra points awarded for wearing a football jersey)

Points	Finish Time	Name	Start Time	Actual Time	Notes
22	38:30	Jackie Calguire	6:15	32:15	
21	40:30	Isaiah Martinez	8:13	32:17	
20	40:50	Steven Malone	11:43	29:07	
19	41:00	Rodger Sack	0:00	41:00	
18	41:09	Chuck Fuller	12:33	28:36	
17	41:50	Danielle Frabutt	8:13	33:37	
11	42:34	Steven Chamberlin	12:33	30:01	
15	42:45	Glenda Muirhead	12:09	30:36	
14	43:24	Kathy Kirsling	14:36	28:48	
13	43:46	John Farrow	12:49	30:57	
12	43:56	Mike Dunn	8:13	35:43	
6	44:02	Wendy Wiggins	12:33	31:29	
5	45:00	Gwen Walker	18:15	26:45	Fastest Time!
9	45:12	John Carpenter	2:30	42:42	
8	45:20	Ashley Rodarte	13:22	31:58	
7	47:05	Steve Rodarte	13:22	33:43	
5	50:03	Roxy Carpenter	14:36	35:27	
10		Patrice Leddy			timer in a jersey
10		Donna Calles			hostess up at 5 am cooking for us
5		Sonia Harley			kept us all on course

HANDICAP SERIES 2012-2013 CUMULATIVE RESULTS

Name	PTS
Jackie Calguire	81
Stephen Malone	78
Steve Grossman	50
Christine Garves	47
Nick Juskiewicz	46
Isaiah Martinez	45
Patrice Leddy	42
Chuck Fuller	38
Michael Barney	36
Mike Dunn	36
Glenda Muirhead	36
Lori VanGoethem	34
Anna Williamson	31
Beth Davenport	30
John Farrow	29
Gail Leedy	26
Ana Romero-Jurrison	25
Travis M.	22
Linda Romero	19
Rodger Sack	19
Steph Barton	18
Megan Fitzpatrick	18
Scott Salzburg	17
Roxie Carpenter	17
Donna Calles	17
Danielle Frabutt	17
Carl Jurrison	16
Wendy Wiggins	16
Laura Biedermann	14
Eric Biedermann	14
Kathy Kirsling	14
Misty Pilgrim	13
Gwen Walker	13
Richard Knapp	12
Jean Herbert	12
Ken Gordon	11
Dennis Muirhead	11
Steven Chamberlain	11
Matt Shike	10
David Wilson	10
Lorna Kindela	9
Lisa Ragsdale	9
John Carpenter	9
Kellie Nickerson	8
Ashley Rodarte	8
Ian Maddieson	7
Steve Rodarte	7
Margaret Ochs	6
Joe Beman	6
Damon Nelson	6
Myrriah Gomez	6
Tim Koehler	5
David Kaufman	5
Sherry Galloway	5
Sonia Harley	5

UPCOMING
March Handicap
at Indian School Trailhead
Saturday, March 16
8:30 am
GREEN DRESS RUN
Host: Ken Gordon

Mark your calendars for our March handicap which will feature the return of the ever-popular **Green Dress Run**. The run will be held on Saturday, March 16, at 8:30 am at the trail head at the East end of Indian School (see the "President's Corner" in this issue for directions).

Prizes will be awarded to the handicap winner as well as a gift certificate to O'Neill's for the best green dress — so start shopping! No green dress? No worries! Ken Gordon, host of this event, will have his stash of lovely green dresses for those who don't have their own.

If you plan to attend this handicap event, please let Shannon Zanelli (handicaps@abqroadrunners.com) **know ahead of time that you will be participating.** If this is your first handicap event this season, please let Shannon know **your 5K time** (on flat land — adjustments will be made for the course). This year there will be a cap of 50 points for the handicap winner.

Don't want to run but want to help out? **We could use some volunteers!** Thanks and see you all there.

UPCOMING
April Handicap in Edgewood
Saturday, April 6 at 8:30 am
Berta Drive Run
By Kathy Kirsling

April Handicap
Berta Drive Handicap

Whatever we want to call it...it will happen this year on the first Saturday of April — **April 6, 2013 @ 0830**.

This is my fifth year hosting a handicap here at my home in Edgewood. And we have had many variations on weather. Thank you, Mother Nature!

And we have had many variations on course routes. Thank you, Kathy Kirsling — or curse you, Kathy Kirsling.... ha ha! But they have all had something in common: HILLS! Well, to get out of my home area you must go UP, and to get back to my home you must come back UP! No big deal. Right? *Right!*

And they all have been roughly 5 miles. Gotta make it worth your while to come visit me! And this year's course will be different, naturally! But I try to have a plan B, C, D, and E available if Plan A isn't suited to running that day.

As mentioned, the weather can be unpredictable, so come prepared for cold, wind, snow, blizzard, rain...or do we dare think just a beautiful blue sky, lightly warm, lovely day?

Whatever the course, it will be F U N, and it will be T U F F. But come and experience it all: the East Mountains, the course, the companionship, the food, the drink. It is pot luck, so bring whatever you'd like...or just bring yourselves as there is ALWAYS plenty of food. And this year I'll be testing out some **ultra** foods!

And early retirement wishes for my sister Colleen!!

I know you all love your pets, but please leave them at their home...thanks.

Directions to Kathy's house on ARR website.

WRITERS NEEDED!

From Your Editor:
Send us your Articles!

Do you have a story? Do you have a race review (like Wendy Wiggins wrote all last year) or an anecdote? Do you want to talk about anything running at all? If you do, write it up and send it my way and see it in print in the next newsletter! Type it up as a *Word* document and attach it to an e-mail and submit it to me at **speedystweety@yahoo.com.**

Race results and other statistics for the web site can go directly to Glenda. **All articles go to me** at the e-mail address above. These include stories, poems, reviews, ruminations, blurbs about upcoming events, and anything you put into sentence or paragraph form. Please do NOT submit these to both of us, because the information highway gets bogged down with too much traffic in too many directions!

We're working on bringing you the best ARR Club news every month!

Sherry

WOMEN IN TRAINING

ARR's 10-Week Program for Women Runners, Run/Walkers, and Walkers

REGISTRATION IS NOW OPEN !

With 2013 being the ***20th ANNIVERSARY YEAR,*** Martha and Don Porter, Program Directors, are planning to make the Program even more special. The celebration will start with the 2013 RRCA National Convention, hosted by Albuquerque Road Runners Club. Training begins on Saturday, May 18, with East Side and West Side groups. Train for ARR's Women's Distance Festival 5K Run and 5K Walk on July 28. Multiple pricing options...something for everyone!

MORE INFORMATION on the ARR website
Register on Active.com

We're looking for Club **VOLUNTEERS** to help mentor our participants during training sessions. Gentlemen, this includes you, too! Contact **Martha Porter** (East Side) or **Don Porter** (West Side) if you can help.

Jeff Galloway TRAINING®
Run Walk Run

Jeff Galloway Summer Half Marathon Training Program

- Begins June 22nd & goes for 17 weeks
- Innovative *walk / run / walk* program
- For beginner thru experienced runners
- Group runs at 7am on Saturday mornings
- Two informal group runs weekday evenings
- Running book & official technical running shirt
- Guest speakers on shoes, injury prevention, nutrition, hydration, glycogen replacement, & more
- Cost is $95 for new members & $75 for alumni

Goal Races in October;
Duke City Half Marathon
and
Denver Rock & Roll Half Marathon

For More Information:
Donald K. Porter
Jeff Galloway Program Director, ABQ
(505) 366-3120
www.JeffGalloway.com (New Mexico)

La Luz Trail Run: A Brief History

By Tom Kirchgessner

The 48th Annual La Luz Trail Run will be held on Sunday, August 4, 2013. An ARR Club Race since 1999, La Luz has thrived under the masterful guidance of Race Director Rodger Sack. As we count down the months until the 2013 running, we will share with you installments of a history of the race, from its beginnings, written by Tom Kirchgessner, a La Luz Historian.

INSTALLMENT #1: 1965—1976

The La Luz trail race has a long history with its legendary runners and stories of their struggles and glory! The first race begin in 1965 with nine runners meeting at the trailhead to run the 6 mile ascent up the west face of the Sandia Mountains. This first race was won by Raymon Leyba in an hour and 20:44 minutes. The original 6 mile trail led to a mine near the top of the rockslide. Then in 1966 the trail was rebuilt to a nice average grade of about 8.5% and included a great section across the rock slide with beautifully filled in rock chips to make it easy to run. The new trail was now 7.6 miles long with an added 300 yard road section, climbing 3600 feet and ending near the top just south of the summit. Passing through many different life zones, the new course would give hikers and runners awesome views of the Rio Grande Valley below.

The next year's race was won by Steve Gachupin who won again in the next several years with a great best time of 66:23. Steve was famous for also winning the Pikes Peak Marathon six times in the late 60's and 70's.

In the following years, other talented local runners gave themselves a test trying to see how fast they could run. The New Mexico Cross Country Team also began to use La Luz as its first race of the season and soon everyone was training for the ultimate challenge of running "The Light" (which is what *La Luz* means in Spanish).

In 1972 a young 17-year-old Tony Sandoval broke Steve's record with an amazing 65:23. He later became the 1980 Olympic Trial marathon winner. Tony was so talented he ran a national class 1:49.5 800 in college at Stanford, a 27:40 10K best, and later several (close to world record) 2:10 marathons. The second placer that day was Tony's friend and coach, Rick Rojas, who had helped train Tony while he ran for Los Alamos High School. Rick pushed Tony to a fast time. Rick was a national class runner who had held the N.M. high school mile record in 1970 of 4:12.6, which was never broken! He later went on to represent the U.S. internationally in cross country and track, setting a world record for 15 K of 43:12 in 1981 as well.

Then in 1973, UNM's Faustino Salazar won with a 65:55, followed by his teammate Lionel Ortega in 1974 with a new record of 63:24! Lionel and Faustino were friends but also fierce competitors who really pushed each other.

The next year [1975] Faustino and Lionel went for a fabulous new record with Faustino setting a great pace, finally breaking away at the steep concrete stairs with some 600 yards to go. He ran a 60:51! Later Lionel shook his head and said, "Faustino hit those stairs like a tiger and was gone. Oh well, second place!"

In 1976 Rick Trujillo, who was famous for winning Pikes Peak, won with a good 62:13 but he could not break the record. He had come to La Luz to try to break the magic hour barrier. He had been pushed by a small Jemez Indian by the name of Al Waquie. Al could have beaten Rick but he was so respectful of the great champion that he stayed back and let Rick lead. Al later said he could have run faster but had let Rick set the pace.

Next month — INSTALLMENT #2: 1977-1980

ABQ Running Shop™
visit us at our NEW LOCATION!
6550 Holly Ave NE
Suite D-2
Albuquerque, NM 87113
505.293.2RUN
www.ABQRunningShop.com

SHERRY'S SHARE

By Sherry Galloway,
Newsletter Editor

Spring is just around the corner and I'm reminded that it's time not only for new growth, but also for new shoes! It's so easy to keep that comfortable, worn-in-just-right pair of running shoes, just like those old slippers that we keep for YEARS! Six months, depending on distance, is about maximum for those running shoes, and if you notice a twinge or two of distress in your knees, shins, hips, feet or low back, the fix may be as simple as a new pair of running shoes. Same for you walkers – are the soles getting thin? Do your feet ache after a walk? Think new shoes!!

Shoe manufacturers have customized shoes through the years for supinators, pronators, and even wide vs. narrow feet. This year, there is an array of "neutral" shoes for those of us who want a very low heel-to-toe ratio. I'm sure you've felt at times almost as if you were wearing "high heels" to run or walk in. A flatter heel-to-toe ratio is much easier on the knees. There are also some shoes that add bounce, that add extra support, extra cushion, and there are lots with cool colors and designs for those of us who want them.

I would tell any new runner to make sure you go to a running store and speak to someone who not only can measure your feet, but can find the best shoe for your gait, your body type, and the kind of running you plan to do, whether road or trail or track. Just like you go to the eye specialist for glasses, the car specialist for auto repair, please go to a running shoe specialist before putting yourself out there to pound the ground with your body.

The very first rule of not getting injured is wearing a good running shoe so that when your feet connect with the ground, the introduction is not jarring to your muscles and skeleton. This is one time when "spare no expense" is a good adage. Wearing the right running shoes and changing them out when they are worn may save you big bucks in the long run at the office of an orthopedic surgeon or even the chiropractor.

I hope Spring brings you sunshine, new personal growth, and at least one pair of new shoes!

5K RACE AND THE GOD OF SNEAKERS

"runners! on your mark!
run hard! run fast! ready GO"

god, give me a tail wind
(what am i thinking? i'm an atheist)

onward then my headband on
my shoes tied, heart racing
and mind sprinting before the legs

lower limbs have a heart of their own

okay
smile!
or just manage a grin
after all the desert welcomes
those who are not
in spandex

one mile

as sweat covers the upper lip
all i can think is:
why am i doing this?

one mile point five

i glance at the sky
a few clouds offer hope
rain would be nice but right now
i'd settle for the spit from a camel

two miles

pace in slow motion
i recite a runner's prayer -
please feet don't let me be last

half mile left

i'm under a cloud, yeah!
god listens to the unbeliever
yet the sun could care less

another prayer
please feet, if i do come in last
at least
let my thighs look good

juanita sánchez

THE HALF-FAST LANE

I love everything that's old – old friends, old times, old manners, old books, old wine. Oliver Goldsmith

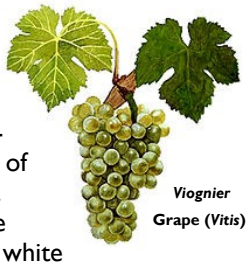
Uncorking a Run

by John Farrow, ARR Member

Turning off the main road, we viewed vineyards stretching as far as the eye could see. A wooded hill rose above the greenery and we followed a narrow dirt track as it wound around the slope, until we came to a picnic table near the summit. Nearby was a small chapel and in the distance, the spires of Rheims Cathedral were visible through the mid-day haze. This was Champagne, but as we spread lunch on the table, the wine we had was from the south, from the Côtes du Rhone. Châteauneuf-du-Pape is one of the better-known Rhone wines from the heart of Provence, where the Pope ("Pape" in French) used to maintain a summer house. Full-bodied, powerful and richly colored, these are deep reds with juicy berries that always seem to give me an easy, care-free feeling that all is right in the world.

> *Sur le pont d'Avignon*
> [On the bridge of Avignon]
> *On y danse, on y danse.*
> [Everyone is dancing.]

No less a personage than Thomas Jefferson was known to appreciate the wines of the Rhone. He is said to have presented George Washington with bottles of wine from the Rhone village of Rochegude, established in the first century during the reign of the emperor Domitian. *"Good wine is a necessity of life for me,"* said Jefferson.



***Viognier* Grape (*Vitis*)**

On this trip, I had survived a mid-day 10K run on the famed race track at Le Mans, running under the Dunlop footbridge and down the main straight-away as perhaps the only non-member of the Marathon Club of Paris in the race. That evening over Quiche Lorraine, we discovered possibly the most delicious white wine that had ever passed my lips – Viognier. Chilled to a crisp, it was like drinking a basket of pears and tart apples surrounded by summer flowers. It was wonderful with the after-dinner cheeses, too.

In another time and place, the wine was red and hearty and the vineyards surrounded by mountains, these very old and very rugged. It is South Africa, where vineyards were established in the 1650s at the foot of Table Mountain at Constantia. Its wines ultimately served the European aristocracy, including Napoleon, Charles Dickens, and Jane Austen. Later, the Pinotage grape, a combination of Pinot Noir and Hermitage, was developed nearby at Stellenbosch University in 1925 and would become the staple of South African wines. If you have ever thought about eating the national animal of South Africa, this wine is delicious with grilled springbok. While admiring the whitewashed Cape Dutch buildings surrounded by seemingly endless rows of grapes, it was not uncommon to encounter wandering monkeys, baboons, elephants and giraffes – just another traffic jam in South Africa along the route of the Two Oceans Marathon, considered by many to be the most beautiful marathon in the world. But be forewarned – in South Africa, a marathon is not necessarily 26.2 miles. Two Oceans is 56 kilometers, almost 35 miles.

Do wine and running mix? Despite the fact that the American College of Sports Medicine says that drinking alcohol before engaging in sports results in a decrease of strength, power, speed, muscular and cardiovascular endurance, even Olympian Deena Kastor enjoys a glass of red wine the night before big races – including her bronze-medal Olympic marathon in Athens. Perhaps she had read Homer's *Iliad*: *"Wine gives strength to weary men."*

Evidence shows that moderate alcohol consumption offers some real health benefits including an increase in levels of "good" cholesterol in the bloodstream, while preventing "bad" cholesterol from clogging arteries. It also relaxes the arterial walls, which lowers blood pressure. Alcoholic beverages have even been shown to prevent osteoporosis and reduce the risk of Alzheimer's disease. Red wine drinkers in particular benefit. A Harvard Medical School study found that the cholesterol-fighting antioxidant resveratrol, present only in red wine, produces the same life-lengthening effects as calorie reduction. Other research has determined that red wine is full of flavonoids, which are antioxidants that lower the risk of heart disease. As so aptly put by Benjamin Franklin, *"Wine is constant proof that God loves us and wants us to be happy!"*

How can you tell if a wine will be good or not? The proof is still in the pudding, which requires that the bottle be opened and tasted. However, there is one rule that I have developed that has a good record at predicting whether a bottle of wine will be good or not: the more active, energetic, and healthy the characters on the label, the better the wine. By way of example, in 1976, a British wine merchant organized a blind tasting of top French and California wines in Paris, judged by French wine experts. To the shock of many in the wine world, California wines soundly bested their French counterparts, with Stag's Leap Cabernet Sauvignon named the top red. Of course, its label features a leaping stag and its wines to this day are excellent. The same can be said for Flinder's Run from Australia, with its fanciful running lizards. Even Toad Hollow, with an aristocratic toad out surveying his fields, passes the test. Covey Run? Check. Wild Horse? Check. Smoking Loon or Fat Bastard? Not so much.

Bon apétit!

Running Sick, Running Injured, Running in MODERATION

By Sherry Galloway, Editor

DO I RUN WITH A COLD?

Simply put, we should NOT run when we have colds. Although we know this, in our enthusiasm to keep to our running schedules, it's easy to forget. The thing to remember is that you can end up losing more workouts by running sick than if you take a couple of days off in the first place. Says Jay Johnson, running coach at the U. of Co., "...If you can find the discipline to take days off from running when you are sick, then you will probably miss fewer days in the long run."

If you run while you have a cold, you may prolong the duration of the cold, which compromises your running for longer. In other words, you might run with a cold for a couple of days, then feel so much worse that you end up losing running days later. Wait until you feel about 85–90%, according to Jay, then run an easy 20–25% shorter distance until you are 100%. That way, you ease out of the cold and back into your original running pace and distance with the least amount of loss. It takes as much discipline to take a couple of days off from running when you're sick as it does to stick to a training schedule.

You might feel a real high right after your run and think you're 100% before you really are, so a good rule to follow is to wait until the next morning and if you still feel good at that point, then you can resume your regular running. We all know this and sometimes ignore it: do NOT run with a fever. Do NOT run with a productive (phlegmy) cough. Rest is essential to recovery and your body will "tell" you what you need to do – remember to listen!

RUNNING AFTER INJURY

Okay, so injuries are a great, if demoralizing, reality check for most runners: we are not invincible! After a period of rest, possible physical therapy/rehab and cross training, you hope to begin running again. It's very important to start back *slowly*, to keep up cross training and core exercise, so you don't re-injure yourself.

Caitlin Chock, for Active.com, has said: "...After a long break, you need to chuck out any and all comparisons to your runner self pre-injury." You basically need to start fresh and track your post-injury progress as you begin to increase speed and distance. If you start back expecting to run at your pre-injury pace, you set yourself up for failure.

Patience and persistence are the keys to successful running after injury. You may feel tight, sore, exhausted after your first few runs and because of a phenomenon known as "muscle memory," you'll feel your old fitness begin to return after a couple of weeks, provided you set short day-to-day goals and increase *gradually*. It is like being a new runner, just starting out, except that you will get back to your pre-injury state fairly rapidly, provided you go slowly and deliberately through each day.

You can gain flexibility and improve core strength with your cross training, so you aren't focused just on your running. This way you're less likely to get depressed about your gradual comeback and less likely to re-injure yourself as well! If you start to feel any symptoms that your old injury is coming back, or you feel a new injury, you may need to cut back again on the running and do more cross training. The elliptical and the bike are great ways to keep up your aerobics, and weight training keeps up muscle strength. Consider a stretch or yoga class for flexibility and don't give up. Remember that too much too fast got you where you are in the first place. Be sensible and slow and your build up will be much more rewarding.

HOW RUNNING AFFECTS YOUR HEALTH

This may surprise you as much as it surprised me – there are several studies that indicate that **moderate exercise is great for all of us; *however,* excessive exercise is damaging.** Of course this makes perfect sense, but what is excessive? An article by Elizabeth Narins in *Women's Health* cites several studies. In one German study published in *European Heart Journal*, hearts of 108 "chronic" marathoners were compared with a control group of sedentary people. The runners had MORE coronary plaque buildup, a risk factor for heart disease.

In another, larger study, about 52,000 runners were tracked for 30 years and overall, runners had a 19% lower death risk than non-runners, with the caveat that the "health benefits of exercise seemed to diminish among people who ran more than 20 miles a week, more than six days a week, or faster than eight miles per hour." In other words, runners who keep to 20 miles a week at about six or seven miles per hour have the best outcomes, reducing their risk of death by about 25%, according to the journal *Medicine & Science in Sports & Exercise*.

"Your body is designed to deal with oxidative stress that comes from exercise for the first hour," states cardiologist James O'Keefe. After that first hour, he says, oxidative stress takes over. In other words, excessive exercise burns through sugar and fat, releasing "free radicals" that can bind with cholesterol and create the plaque that lines

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Running in Moderation

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arteries and leads to heart disease. We need antioxidants in our system to combat disease and injury, and we burn through them at an astonishing rate with excessive exercise.

MODERATION is the key to success and is the hardest thing for runners to remember! If I may use myself as an example, I logged 60 miles a week for several years and now face knee replacement sooner rather than later. Slim and trim, fast and furious for about 25 years, I now face not running at all. Moderate exercise can reduce your risk of heart disease, high blood pressure, diabetes, Alzheimer's, dementia, obesity, and premature aging. Moderate exercise promotes muscle and skeletal health and enhances your mood. All of these benefits go away if you exercise excessively!

Some hints for you are to keep *vigorous* exercise to an hour or less. If you insist on working out every day, keep endurance exercise, such as running, to one hour or less per day and if you are sore, consider either a rest day or pass on your cardio and walk or stretch in lieu of a run. You can work out for longer than an hour, just not vigorously. Consider a 45-60 minute run, switching to yoga, strength training or a slow, easy swim.

Listen to your body! If you wake up tired, see your workout as a chore and see no improvement in your workouts, you may need to cut back and give your heart and body a rest. A walk or stretching class can be a good and renewing break from running one or two days a week.

Dr. O'Keefe suggests interval training may be the best way to improve fitness without trashing your health benefits. Try 20-40 second sprints, letting your heart return to normal in-between, and repeat five to eight times. He also says that you aren't going to increase your health benefits by running marathons. "Competing regularly won't promote longevity," he says, although it may not hurt you either.

Again, moderation in all things running.

RACE CALENDAR

March

3 Fight for Air Climb | Albuquerque, NM | *Climb stairs at The Banque Building to benefit American Lung Association*

16 **ARR Green Dress Run** | Albuquerque Foothills | 4 mile trail run

17 Bataan Memorial Death March | White Sands Missile Range, NM | 26.2M Military/Civilian, Heavy/Light, Individual/Team; 14.2M Honorary March | active.com/running/white-sands-nm/bataan-memorial-death-march-24th-annual-2013

17 Shamrock Shuffle | Rio Rancho, NM | 10 Mile, 10K, 5K, Kids K | active.com/running/rio-rancho-nm/nm-shamrock-shuffle-10-miler-10k-5k-and-kids-k-2013

22 Dust Bowl Series Marathon | Clayton, NM | Marathon, Half Marathon | active.com/running/clayton-nm/dust-bowl-marathon-series-day-5-2013

23 Cops and Kids Fun Run/Walk | Los Lunas, NM | 10K Run, 5K Run/Walk, Kids K | active.com/running/los-lunas-nm/cops-and-kids-fun-run-walk-2013 | ***download entry form***

April

6 **ABQ Road Runners Berta Drive Handicap Run** | Edgewood, NM Free 5M timed handicap race

6 Small Steps 5K | Albuquerque, NM | 5K Team & Individual, 1M Fun Run active.com/running/albuquerque-nm/small-steps-5k-1mile-fun-run-2013

6 Ellen Reavis Race for Autism| Albuquerque, NM | 5K Run, 5K Walk, Kids 1K | newmexicosportsonline.com/events/details.aspx?id=485 | ***download entry form***

7 **Forever Young** | Placitas, NM | 6M, 3M Run/Walk | active.com/running/placitas-nm/running-event---forever-young-2013 | ***download entry form***

13 Cedro Peak Ultramarathon | Tijeras, NM | 45M, 45K | ultrasignup.com/register.aspx?did=16824

13 Run Against Traffick | Albuquerque, NM | 5K Run/Walk, Kids K active.com/running/albuquerque-nm/run-against-traffick-5k-run-walk-kids-k-2013

20 Albuquerque Half Marathon | Albuquerque, NM | Half Marathon, 10K, 5K, Kids K | active.com/running/albuquerque-nm/albuquerque-half-marathon-and-10k-5k-and-kids-k-2013

20 Wine Glass Dash | Blanco, NM | 10K Run, 5K Run | active.com/running/blanco-nm/wine-glass-dash-2013

20 3rd Annual New Mexico/Texas Challenge | Hobbs/Lovington, NM | Marathon, Half Marathon, 10K, 5K | newmexicosportsonline.com/events/details.aspx?id=477 | ***download entry form***

21 Color Me Rad 5K | Albuquerque, NM | 5K Fun Run, Family Run | colormerad.com/registration.i?raceid=50

Heart & Sole SPORTS

Track Season is Upon Us

School Runners:
get 10% off Spikes or Training Shoes

buy both at the same time and take 20% off the total price
(Regular Price Shoes Only)

FULL MOON RUN

Worm Moon - Wednesday, March 27 - 7:30pm
Location TBA - Bring Your Friends

"Like" ***Heart & Sole Sports, Albuquerque*** for:
Full Moon Run info
Facebook Customer of the Month Contests
Product & Sale Information

Pearl Izumi E-motion Shoes are now in Stock

Selected as a TOP 50 RUNNING SHOP
in America for 6 years

2007 2008 2009 2010 2011 2012

ARR Members receive 10% off their shoe purchases

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Open 10:00 am 'til 6:00 pm
Monday through Saturday

From "The Athlete's Kitchen"

Copyright February 2013

by Nancy Clark MS RD CSSD

Lady Runners without Monthly Menses: A Cause for Concern

Hey ladies, has your monthly "visitor" stopped coming? Some female runners feel relieved when they no longer get a monthly menstrual period. *(Yes! More freedom, less discomfort, no more cramps).* They may believe having no period is a sign they are training hard, like a "real runner." Others believe they have stopped menstruating because they are exercising too much or have too little body fat. Not the case. Many very lean runners who train hard have regular menses.

Absence of periods (called amenorrhea) can be linked to serious health problems, including loss of calcium from the bones, almost a three times higher incidence of stress fractures today, and long-term problems with osteoporosis in the not-too-distant future. If you should want to start a family, amenorrhea interferes with the ability to conceive easily, and can also contribute to future problems with infertility (even though normal menses may have returned).

Amenorrhea is not sport-specific. Sports that emphasize lightness (running, ballet) have the highest prevalence. Up to 44% of these athletes may experience amenorrhea (as compared to 2% to 5% of women in the general population). The question arises: among a team of female runners, why do some of the women experience menstrual problems and others don't? The answer may relate to nutrition. Women with amenorrhea commonly under-eat. Their bodies have inadequate fuel to support the menstrual process, to say nothing of nurturing a baby. Under famine-like conditions, menstruation can stop in order to conserve energy.

If you are among the estimated 20% of active women who have missed three or more consecutive menstrual periods and are experiencing amenorrhea, please stop rejoicing and go see your gynecologist. **Amenorrhea is abnormal**. It can be a red flag for body image problems (i.e., claiming to feel fat even when emaciated), an intense fear of gaining weight or becoming fat, and restrictive eating. Amenorrhea is part of The Female Athlete Triad, along with low bone mineral density/stress fractures, and restrictive eating patterns/eating disorders. Amenorrhea can create undesired health issues.

Resolving the Problem

If you no longer get regular menstrual periods and feel as though you are struggling to balance food and exercise, please get a nutrition check-up with a sports dietitian as well as a medical check-up with your doctor or gynecologist. To find a sports dietitian in your area, use the Academy of Nutrition and Dietetics referral networks at www.SCANdpg.org or www.eatright.org.

The most important change required to resume menses includes matching your energy intake with your energy output, so you eat enough to support both running and normal body functions. Historically, doctors gave the birth control pill to women with amenorrhea; this forces menstrual bleeding. However, taking the birth control pill is a "Band-Aid approach" and does not resolve the underlying problem.

You are likely eating too few calories if you are hungry all the time and think about food too much. You can achieve energy balance by running a little less (add a rest day) and by eating a little more (add a healthy snack or two). Your goal is to consume about 15 calories per pound of body weight that you do *not* burn off with exercise. That means, if you weigh 100 pounds, you my need to eat ~1,500 calories to maintain your weight PLUS another 500 to 800 calories to replace the fuel you burned while training. That totals 2,000-2,300 calories for the entire day, a scary amount of food for some women.

Tips for Resolving the Issue

If eating this much sounds overwhelming to you, the following tips may help you get "back on the healthy track."

1. Take a vacation from dieting.
If you cannot let go of your compulsion to lose weight, at least be less restrictive. Cut back on your eating by only 100 to 200 calories at the end of the day, not by 500 to 1,000 calories during the active part of your day. Small deficits can result in losing excess body fat and are far more sustainable than the food chaos that accompanies starving-stuffing patterns.

2. Throw away the bathroom scale.
Rather than striving for a certain number on the scale, let your body achieve a natural weight that is in keeping with your genetics.

3. Eat adequate protein.
When you under-eat, your body burns protein for energy. Some of the protein comes from your diet; for example, the protein in your omelet gets used for fuel instead of building and repairing muscle. Some of the protein comes from your muscles; hence, you experience muscle wasting that can lead to weaker bones and stress fractures. A 120-pound athlete should target 60 - 90 g. of protein per day. If you think your diet might be low in protein, track your food intake at *www.supertracker.usda.gov.*

4. Eat a calcium-rich food at each meal to help maintain bone density.
Exercise alone is not enough to keep bones strong. Enjoy milk on cereal, low fat cheese on a lunch time sandwich, a decaf latte in the afternoon, and a yogurt after dinner.

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The Athlete's Kitchen

A Cause for Concern

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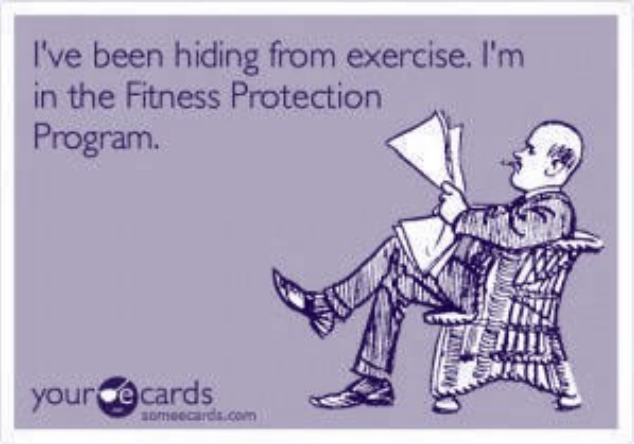
5. Get adequate vitamin D to help with calcium absorption and bone health.
Sunlight on the skin helps make vitamin D. If you are an "indoor athlete" (gym rat, ballet dancer, figure skater) who gets little sunshine, be sure to choose foods fortified with D (milk, some breakfast cereals), fatty fish like salmon, eggs, and mushrooms. In the winter months, you may need to take a vitamin D supplement.

6. Eat at least 20% of your calories from (healthful) fat.
While excess calories from fat are easily fattening, a little fat at each meal (15 - 20 g. of fat per meal, or 45 - 60 g. of fat per day) is an important part of a sports diet. You won't "get fat" by eating fat. Your body uses fat to absorb vitamins A, D, E, and K; these vitamins are important for good health. To boost your intake of healthy fats, sprinkle slivered almonds on cereal, snack on a banana spread with peanut butter, enjoy salmon for dinner, drizzle olive oil on steamed veggies, and add avocado to your turkey sandwich.

Is there long-term damage?

Loss of bone density can be irreversible and can lead to early osteoporosis. The younger you are, the better your chances of recovery. My advice: nip this problem in the bud now!

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sports Dietetics) counsels active people at her private practice in Newton, MA (617-795-1875). For more information, read her *Sports Nutrition Guidebook* and food guides for marathoners, new runners, soccer players, and cyclists. The books are available at **www.nancyclarkrd.com.** Also see **www.sportsnutritionworkshop.com** for online CEUs.



Membership Updates

NEW MEMBERS

JANUARY
Hunter Claypatch
Serena Eley
Christy Hartline
Kathleen Madden
Sean McManus
Laura McJilton
David Joseph Serkes
Teresa Summers

FEBRUARY
Fred Bonnell
Susan Bonnell
Karen Burr
Amy Marash
Gordon Sargent
Charlotte Spencer
Diana Trevizo

RENEWED MEMBERS

JANUARY
Terry Bisbee
John Carpenter
Roxanne Carpenter
Margot Glew
Stephen Jett
Patrice Leddy
Don Porter
Martha Porter
Jeremy Provenzano
Stephanie Provenzano
John Ricciardelli
Ginny Ricciardelli
Jim Schnitzler
Liz Turner
Anna Williamson

FEBRUARY
Nicole Buerger
Steve Buerger
Benjamin Covey
Mark Essenmacher
Rachel Essenmacher
Yvonne Finnegan
Tammy Loewe
Stephen Malone
Carlos Murillo
Nicole Murillo
Anthony Murillo
Margaret Ochs

Bring your extra new or gently worn *(but clean!)* race T-SHIRTS to Club meetings.

We will collect them for donation to Mark and Karla Rickert's First Nations Healthcare Youth Mentoring Program.

Thanks!

"Forever Young"

2013

6Mile Run & 3Mile Run/Walk
in memory of Charlie Young

Sunday April 7th
9:00am

This event is for *FUN!*

(it will not be timed)

Prizes will go to the first three finishers Male / Female in the following categories for each event:

Youth: 1-39
Masters: 40-49
Grand-Masters: 50-59
Seniors: 60-69
Geezers: 70+

This is a loop course, cross country on hills.
Take I-25 north to Exit 242, go 2.1 miles East on Hwy 165. Start is approximately ½ mile East of Homestead Village shopping mall (which is on the north side of the road). Start area is on the South side of the road. OK to park on shoulder.

Sponsored by: Albuquerque Road Runners
For more information, contact:
Alan Overmier 345-3261 or 254-2218 or 321-2171

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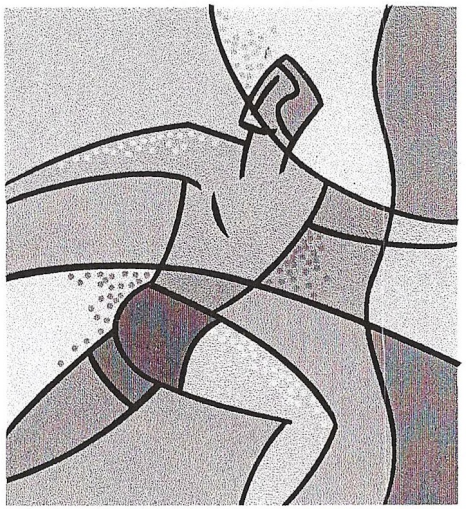

In honor of Charlie, who ran shirtless, $2.00 (2 bucks!) will be given to those who run shirtless (not topless).
To be given at the finish line.

****

Entry Fees:

Pre-registered:	$25.00
No-hat Option:	$15.00
Race Day:	add $ 5.00

****

First 90 entries
will receive a Cool Cargo Hat

.... Join us afterwards for a burrito and a cup o' Jo!

Mail this form and entry fee to:
Alan Overmier 309 14th Street SW
Albuquerque, NM 87102
or www.Active.com

Checks to: Albuquerque Road Runners

Mail-in deadline is April 3, 2013
Active.com deadline is April 5, 2013

Name _____

Address _____

_____

Phone _____

Age on race day: _____ Sex: _____

6Mile _____ 3Mile _____

Waiver: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the Albuquerque Road Runners, the National Forest Service, and any other organizers and sponsors, their representatives, successors, and/or assigns, of Forever Young, for any injuries or damages I may sustain as a race participant on April 7, 2013. I give race officials permission to obtain medical aid for me should I, in their judgment, require it. I understand that volunteer first aid assistance may or may not be available at "Forever Young", and I agree that such volunteer medical assistance may be rendered to me.

_____
Signature Date

_____
Signature of Parent or guardian if under 18 years of age. Date