

## Club Meeting

**Wednesday, May 3, 2017 - 7:00 pm**

**North Domingo Baca Center - Room 5**

at Carmel and Wyoming Blvd, west at first stoplight north of Paseo del Norte

**Presentation: Kinesio Tape – How does it work, how do you use it?**

**Guest Speaker : Matthew Villegas, LMT, RMTI, CKTF**

For over 35 years Kinesio Tape® has been used by athletes and non-athletes alike. Invented by Dr. Kenzo Kase in 1979 and developed right here in Albuquerque, Kinesio Tape has been used by physical therapists, chiropractors, athletic trainers and many other types of practitioners of human health and performance. Matt, a Certified Kinesio Taping Practitioner, is a massage therapy instructor at Crystal Mountain Institute Massage School and has been teaching the Kinesio Taping method for 3 years.



## Adopted Trail Cleanup

**Friday/Saturday, May 19-20, 2017**

*Section of hike/bike trail along Unser Boulevard opposite the Petroglyph National Monument Visitor Center*

The next in a long-running series of cleanups of the Westside ARR adopted trail will take place over two mornings, beginning at 8:30 Friday morning,



May 19, and continuing from 8:30 Saturday morning, May 20. We'll work for up to two hours each day, and if those of you who come out on Friday "hog" all the litter, Saturday's participants will get rid of what the winds blow onto the trail and its borders overnight, and possibly extend their attention to the (unadopted) section

of trail south of Western Trail.

We're adopting this two-day format so as not to deny participation in this fun event either to members who are committed to Saturday morning runs (whence the Friday session) nor to the working stiffs among us (whence the Saturday session).

No need to sign up – just show up on either day if you can help – even if later than 8:30 and even if only for a little while. Meet at the bend where **Atrisco** headed north becomes **Legends** headed east – a bit north of Western Trail. For more details and pix from previous cleanups, surf your way to <http://www.abqroadrunners.com/adopted-trail-cleanup.html> .

– Reported by Richard Harris, Adopted Trail Coordinator

## La Luz Lottery

This year's La Luz Trail Run will be on Sunday, August 6, 2017. Hoping to be part of this 52nd annual event? The lottery for entry into the race will be open for one week:

**OPENED May 1 at 12:00 am**

**CLOSES May 7 just before midnight**

Get your name entered on [ultrasignup.com](http://ultrasignup.com) at any time during this week for a chance to be one of the 400 racers in this year's event.

After the lottery has closed, [ultrasignup](http://ultrasignup.com) will randomly draw all names and compile a list. The first 400 names selected will be entered into the race; they will be notified and will then pay the race entry fee.

Those not selected in the first 400 will be placed on a waiting list in the same order as their names were randomly drawn. As cancellations are received from the original list of 400 entrants, persons from the waiting list (in order) will then be offered the opportunity to enter the race.

<https://ultrasignup.com/register.aspx?did=46910>

## Member Race Series Report

Following the Albuquerque Half-Marathon, 10K and 5K on April 8th, Geoffrey Tweed, Richard Knapp and Charles Fuller have added to their scores. After the Cedro Peak trail half marathon and 50K Races on April 22, Dina Hammad has doubled her score to 2, and Cliff Matthews is on the board with 1 point.

Next up in the Series is the Run for the Zoo on May 7. All distances – half-marathon, 10K and 5K – qualify. Then on May 13 are the Shiprock Marathon, the Armed Forces Day 5k and Half-Marathon, and the Cactus to Cloud trail races (10k and 50k) which count in the “short trail” and “ultra” categories respectively.

### *If you are doing any of these, sign up for the series!*

If you have done any of the earlier races in the series, they will be retroactively included in your score. Remember that only your best performance in each category (relative to other participants in the same age/gender group signed up for the series) counts. Keep in mind that these standings can change if others who ran these races subsequently sign up for the series. Also, note that runners who will age up to a higher age group before June 30 are counted in the higher age group.

Contact Ian Maddieson to get your name on the list and learn the details ([director1@abqroadrunners.com](mailto:director1@abqroadrunners.com)).

## CURRENT SCORES

### Points

- 3 Geoffrey Tweed**
- 2 Ian Maddieson**
- 2 Dina Hammad**
- 2 Richard Knapp**
- 1 Teresa Brobeck**
- 1 Chuck Fuller**
- 1 Cliff Matthews**
- 1 Jim Schnitzler**
- 1 Anna Williamson**
- .5 Kelley Garcia**

– Reported by Ian Maddieson, Race Series Coordinator

## ARR Membership Update

### NEW MEMBERS

Tammy Ali-Carr and Houston Chaffin III  
Don Balkwell  
Ellen Beebe  
Karen Blackmore  
Christopher Calderon  
Janine Castillo + Jayden and Damonte Eason  
Angela Chacon  
Casey Citrin  
Diane Datz  
Rita Duran and Wendy Torri  
Alison Goodwin  
Janet Hancock  
Michael Hatfield and Susanne Mikkelsen  
Zach Hillman  
Cheryl Levine  
Victor Nevarez  
Courtney Pruitt  
Wendy Rosenstein  
Darla Scarborough  
Jo Schmidt  
Jeannie White

### RENEWED MEMBERS

Philip Blong  
Cynthia Brock and Ebonee Brock  
Beth Davenport  
Jeff and Marcia Edgar  
Jane and Charles Fuller  
David Garrett  
Pamela Green  
Dorota Gruca  
Christine Hajek  
Ellen Hatch  
Ed Heller  
Yolanda Hernandez  
Clinton Herrera, Evan Herrera, and Raquel Thomas  
David Infante  
Angela Janda  
Stephen Jett  
Bob and Mary Julyan  
Nicholas Juskiewicz  
Randy Lockhart  
Patty Martin  
Cecelia Niemczyk  
Alan Overmier and Cyndi Vaughan  
Richard and Mary Overmier  
Jeffrey Rienstra  
Karen Rogers  
Pat Scott and Evelyn Carter  
David and Katherine Wilson



## FULL MOON RUN by Heart & Sole Sports

Wednesday, May 10

Kit Carson Park (1509 Kit Carson Ave SW)

Sign-in starts at 7:00 pm. Start your run/walk/stroll at 8:00 pm. Bring kids and dogs as desired. Go out for 20 minutes, then head back for a total of 40 minutes. Hang around afterwards for snacks and drawings. Free and Fun!

# FINDING WALDO, LOSING FUJI

*John Farrow's Adventures at the Tokyo Marathon*

The Dalai Lama once suggested that everyone should go someplace they have never been before. Japan certainly fit that bill and the Tokyo Marathon was more than enough of an enticement. I knew virtually nothing about the country and hardly anyone in my family had ever been there. The first would have been my mother's youngest brother who never talked about that trip. It was in 1945. He was a sailor on the battleship Missouri.



**Tokyo** is a chaotic-looking urban jumble as far as the eye can see but I've never been made to feel more like a rock star. Picking up my race packet, volunteers applauded and bowed. At dinner,

the wide-eyed waitress stared at my jacket from another race and exclaimed, "Marathon?" When I left, she rushed over and gave me a banana. "For you run!" she gushed. It was totally sweet and I was humbled beyond words. I wanted so much to be able to say something more than a heart-felt "Arigatō" with a slight bow. Such is traveling in a strange land for the language-challenged.

A friend had warned me that the race was likely to be shoulder-to-shoulder for 42 kilometers. Certainly the sardine-packed start was all but hand-to-hand combat. To my left a woman dropped her cell phone only to be engulfed by the thundering herd as she tried to retrieve it. Several others were tripped by the thousands of churning feet. A building early in the race advertising the Yoga Zoo seemed quite appropriate.

For all of the aggression at the start of the race, it was in stark contrast to the demeanor of the Japanese people we saw and met. To a one they were all very respectful, quiet and reserved. And for being one of the largest cities in the world, Tokyo is definitely the quietest and cleanest I have ever encountered. But unlike races back home, while the crowds along the race course were large, they were also quiet, almost eerily so, like they were watching a golf tournament. There had been a great rock band at the start but that was it for music.

Approaching ten kilometers, it was still closely packed but there was running room and a few of the faster costumed runners for which the race is famous began to appear. Mickey and Minnie Mouse are perennially popular in Japan, but **Spider-Man** was quite



conspicuous in his bright red costume. How he could run with a mask over his entire head was beyond me. Another costume that was a bit disconcerting was a guy in a body suit and full-face mask made to look like the Visible Man for muscle groups. Imagine hallucinating late in the race and thinking the naked zombie running next to you had just been flayed!

Another difference from races back home that I initially wasn't sure about and that seemed to require extreme caution was the sports drink at aid stations: **Pocari Sweat!** Seriously? Where did this stuff come from? What was in it? Did they send beaters into the hills to round up little pocaris and then work them ceaselessly in a controlled environment to gather their sweat? It was an appalling thought but no worries, it was delicious and it worked! Think clear diluted watermelon juice.



This year's race course had been changed to showcase the city's many shrines and other landmarks, including the Skytree, the second-tallest man-made object on earth at 2,080 feet, and the **Tokyo Tower**, modeled after the Eiffel Tower but 33



meters taller. One **shrine** had a full complement of taiko drummers out in the street.

As I neared twenty kilometers, the lead runners, all African, were coming back down the other side of the street, gliding along effortlessly at a speed I don't even dream about any more. The first Japanese runner prompted polite applause and scattered cheers. He would finish eighth, more than four minutes behind the leaders.

In the second half of the race the excitement of being on the other side of the planet had worn off and my legs were worn out from the 13½ hour flight and sightseeing in one of the world's major cities. Thirty kilometers. Why couldn't Philipides have died here?



The last few kilometers skirted the city's famed **Ginza District**, formerly a swamp that was filled in during the 16th century. Today it is noted as one of the most luxurious shopping districts in the world. Prominent are Chanel, Dior, Gucci, and Louis Vuitton along with huge stores for Fendi and Apple. And who should fly past me but **Waldo, red and white striped socks, shirt, pointy knit cap, dorky**

**glasses** and all – Where in the world indeed?!

Down a narrow lane we went between smaller luxury shops. As hard as I was running I didn't seem to be getting anywhere. The **finish line** was close and I seemed to be on a treadmill but finally, after one last turn, it was over in front of the gates to the Imperial Palace. Would the emperor deign to grace us with his presence? Not hardly. He doesn't even want the job and is trying to get the government to let him resign.



Later we boarded the bullet train for Kyoto, the ancient imperial capital of Japan for more than a thousand years. On the way, the train went along the base of Mt. Fuji, an active volcano that is often shrouded in clouds, as we discovered. It is also one of Japan's three holy mountains and has been the object of pilgrimage for centuries. A saying in Japan is that you are wise to climb Mt. Fuji, but only a fool would do it twice.

Kyoto became the seat of Japan's imperial court in 794 and includes the **Temple of the Golden Pavilion** and **Nijo Castle**, the latter home of the shoguns built with two concentric rings of fortifications and moats. Surely the shoguns were loved by their people but they also weren't taking any chances.



*John Farrow is a long-time ARR member, former (award-winning) editor of the ARR newsletter, and member of the Duke City Marathon Committee.*



Japan has been called a food porn addict's paradise. In Kyoto we were treated to a **traditional Japanese meal** that included any number of barely-identifiable edibles, including a whole fish and wasabi from hell that numbed my mouth for the better part of the afternoon. According to Anthony Bourdain, every chef he knows wants to die in Japan. If he eats too much of this wasabi, he will!

After lunch, we toured a *sake* brewery and museum followed by a tasting of the product. It didn't change my earlier impression that *sake* would make a good paint thinner. However, another Japanese proverb is that wine is the best broom for your troubles and their plum wine was absolutely delicious!

Finally, we headed for nearby Nara and its legendary Todai-ji Temple and Kasuga Shrine, built to honor a Japanese god who arrived riding a white deer. Ever since, the area's tame **sika deer** have been regarded as heavenly animals and are protected as they roam about, cadging handouts from the tourists.



Leaving Kyoto, we searched in vain again for the elusive Mt. Fuji, but she remained hidden behind a veil of clouds. No matter. It had been a beautiful adventure having seen the moon rise from the other side of the world.

# Upcoming Area Races

**May 7 Run for the Zoo** | ABQ, NM | Half Marathon, 10K, 5K Timed, 5K Fitness Run/Walk, 1M Fun Run/Walk

**\*\* ARR Member Race Series event \*\***

**May 13 Shiprock Marathon** | Shiprock, NM | Marathon, Relay, Half Marathon, Kids Marathon, 5K Trail Run, and 10K  
[register online](#) **\*\* ARR Member Race Series event \*\***

**May 13 Armed Forces Day Run** | ABQ, NM - KAFB | 13.1M, 5K [active.com](#) **\*\* ARR Member Race Series \*\***

**May 13 Cactus to Cloud Trail Run** | Cloudcroft, NM | 50K trail, 10M trail [register online](#) **\*\*ARR Member Race Series \*\***

**May 13 VGES Grizzly Run** | Rio Rancho, NM | 5K, 1M run/walk [register online](#)

**May 14 Mother's Day 5k** | ABQ, NM | 5K run/walk [facebook info](#)

**May 20 Jemez Mountain Trail Runs** | Los Alamos, NM | 50M, 50K, Half Marathon **\*\* ARR Member Race Series event \*\***

**May 20 Santa Fe Run Round** | Santa Fe, NM | 5K run, Kids' K [register online](#)

**May 20 Hula Hustle** | ABQ, NM | 5K run/walk [active.com](#)

**May 21 Catch me if you can** | Bernalillo, NM | 5K, Kids' K [register online](#)

**May 27 Believe in Heroes / Cops for Kids Memorial Day Run 5k Run/Walk - 10k - Kids K - 5k Rucksack**

Los Lunas, NM | Fundraiser to benefit Valencia County Veterans & Los Lunas "Cops for Kids" Program.

**Note from Jim Schnitzler, ARR Board of Directors, and race director & organizer for this race:** "This is our 6th annual event and first joining with the Police Department "Cops for Kids." [register online](#) [registration form](#)

**May 29 Acoma Seed Run** | Historic Pueblo of Acoma, Sky City | 8M run, 3M run/walk [registration form](#) [active.com](#)

## Women in Training

The Club's ladies-only 10-week beginning and intermediate training program begins today, with a meet-and-greet, registration, and short workout session at the Albuquerque Academy Track.

We're very pleased to have **Jane Cudney-Black** returning as Director of WIT again this year – she did a great job last year and made a big difference in the fitness of these beginning and experienced runners, and run-walkers.

Also part of the program are several ARR members who will serve as mentors for the participants, as often as their own schedules will permit:

<i>John Farrow</i>	<i>Glenda Muirhead</i>
<i>Kelley Garcia</i>	<i>Linda Romero</i>
<i>Margaret Gordon</i>	<i>Linda Stiles</i>
<i>Ellen Hatch</i>	<i>Debi Wess</i>
<i>Kathy Kirsling</i>	<i>and maybe Wendy Wiggins, too</i>
<i>Dennis Muirhead</i>	

## ARR Isotopes Night?

Who's up for a Club

outing to an Isotopes Baseball Game?



Kathy Kirsling "threw out the first pitch" on this idea via the club's closed Facebook page, and there was some positive response.

If we can get together a group of 20 or more, ticket prices are discounted, and maybe ARR can spring for some coupons for savings on stadium food and drink.

Please let **Glenda** know if you would consider buying a ticket if the game and night work for you – and we'll take a look at the season schedule and "throw out" some possibilities!



## Los Tortugas Victorious Again!

An all-ARR-member team competed in the River to River Relay in southern Illinois on April 22 again this year. It's an 80-mile, 8-person-team race from the Mississippi to the Ohio River. Los Tortugas placed first in the Handicap Division – winning by 15 seconds after running more than 10 hours in nasty weather. Congratulations, Tortugas!

*From left: Kurt Coonrod, John Emmons, Dennis Muirhead, Jeff Rienstra, Mike Williamson, Joyce Fafard, Larry Ruggles, and Jean Herbert*