



ARR News

NEWSLETTER OF THE ALBUQUERQUE ROAD RUNNERS CLUB

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SEPTEMBER 2013

Summer into Fall

By Sherry Galloway, ARR News Editor



August and September

are typically still pretty warm here in Albuquerque, although the hottest summer month of July is, whew, finally behind us! People still have to think about how not to overheat for a while, before the autumn breezes. Several Active.com issues have included many articles about how to stay nourished, hydrated, and cool while out running and I thought it would be great to offer a synopsis.

First of all, running during the summer is tricky – it's typically hottest right about the time you get off work. Think about waiting until dusk if you aren't an early-morning riser. Of course if there's a good breeze when you get home, take advantage of its cooling nature and get out there! Running in the coolest parts of the day is a key element to not overheating. Dress lightly and slather on the sunblock if you're running after 9 am or before 6 pm, and you can even put your cap in the freezer before putting it on your head, suggests one article.

Of course, *hydration, hydration, hydration* is always important for runners, and drinking water, juice and almost any non-alcoholic beverage throughout the day will contribute to good hydration. Remember that if you're already thirsty, it's too late; you need to hydrate BEFORE your run and again after. During the run, if it's a long one, you can take sips as well, but if you aren't already adequately hydrated when you start, you aren't going to make it up during the run.

What about electrolytes, you ask? Yes, those pesky salts that keep you from cramping or even passing out must be maintained. If you are running for over an hour, you might consider a sports drink to replenish lost electrolytes. *HOWEVER.....*keep in mind that these drinks tend to be high in sugar and chemicals that are not natural for your body. Use them sparingly! Fresh orange juice will give you plenty of potassium and some calcium, too. You can dilute it with sparkling water for a tasty and less calorie-laden beverage without chemicals.

What is the best diet for a runner? There are so many opinions on this issue and one interesting article covered gluten-free diets, which means cutting out wheat, barley, and oats and their derivatives from your diet. Almost everything from the beloved bagel to Worcestershire sauce contains gluten. If you have a lot of digestive issues, you can play with removing glutes from your diet and if you feel better, then eat gluten-free. If not, you get to choose! Carbo-loading would change from those pasta dishes to brown rice and sweet potato dishes; not so bad, just limited.

Aside from this, we all know that moderation in all things (including running) is likely to have the best outcome, so eat what you like in moderation with emphasis on lean meats or alternative vegetarian proteins like beans, tofu, and tempeh, lots of fruits and vegetables and whole grains (quinoa and brown rice if you're gluten-free).

Remember that AFTER your run, you need to replenish not only fluids but also protein, which is depleted with intense muscle activity. [Please click for correction.] With your giant glass of water, try a banana with peanut



butter, or carrot sticks and a hard-boiled egg, or some high-fiber crackers and low-fat cheese. Keep in mind, too, that proteins are "sugar sparing," which

means that you don't get a huge sugar rush then drop (and instant fatigue) as you would if you ate a candy bar or even fruit without partnering it with some kind of protein. A balanced diet with plenty of green, leafy veggies, fruits, and proteins will be appropriate for the average training week.

So, for now, keep cool, hydrate, replenish healthy proteins, and enjoy the rest of your summer before we *run* smack into the autumn and winter months!

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**Correction from ARR Member
Stefanie Tierney MS, RD, LD
Registered Dietitian Nutritionist**

I have a comment regarding the inaccurate nutrition information presented in the first article [Page 1]. As a registered dietitian, it is my duty to make sure accurate nutrition information is shared in the state of NM.

"Remember that AFTER your run, you need to replenish not only fluids but also protein, which is depleted with intense muscle activity."

Protein is NOT depleted after intense muscle activity. **Muscle glycogen stores** are depleted during intense exercise and they can only be replenished by consuming carbohydrates (glucose), NOT protein. Muscle proteins can be damaged during intense muscle activity, so consuming a little protein after exercise can help promote muscle repair. But it's more important to replenish muscle glycogen with carbohydrate consumption after exercise if one is looking to recover faster. Also, sugar (glucose) in sports drinks is very important to prevent muscle glycogen depletion during exercise (hitting the wall) lasting longer than 60 minutes. Advising runners not to consume sugar is not helpful because they will not effectively fuel their run and will become tired sooner. A lot of times, runners cramp because they are not consuming enough fluid and carbohydrates and except in extreme conditions are the cramps caused by electrolytes imbalances.

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Club Meetings:

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

Next Meeting:

Wednesday, September 4, 2013, at 7:00 pm

**North Domingo Baca Center
 Classroom 4**

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

Membership Renewal

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

ARR NEWS

ARR News is published quarterly by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Deadlines for submissions are the 25th of February, May, August, and November.

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

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

**President's Corner**

By Martha S. Porter, ARR President

Hi, Team! It's been a couple of months since our last newsletter and we hope that you are finding the newsletter frequency satisfactory. Please let us know if you feel quarterly works better than monthly or not. Your opinion does matter to us. The last newsletter was in June and since then we've had some major events occur within the club.

First, our Club Treasurer Richard Knapp announced his resignation. This may be old news to some and new news to others. Richard has been a very dedicated volunteer for the club and is concluding eight years of volunteering in the position. Richard's last day will be December 31 and we are looking for someone to fill this spot. Due to the nature of the position, I'm planning to treat it as if it were a job posting, meaning that I will take the time to interview candidates and request a background check. If you are interested, please let me know.

The second major event was our 20th year of Women In Training. This was the first year that we had both Westside, led by Don Porter, and Eastside locations. The majority of attendance was on the Eastside, which I led. Three WIT ladies placed during the Women's Distance Festival this year: Josie, Karen, and Louella. Congratulations, ladies! I'm proud of all of you who participated in the program this year: those who participated in the Women's Distance Festival and those who placed. We even had a handful of ladies that kept going whether it was walking on Saturday or training for a half marathon. Congrats!! The Women's Distance Festival, directed by Eric Biedermann, was the culmination of the Women In Training program. As usual, Eric did a fantastic job.

August began with the club's La Luz Trail Run, masterminded by Rodger Sack, our Director for Races. Everyone that participated finished in under five hours, including our club Secretary, Lisa Johnson, and Walking Coordinator, Tammy Remiker. Congratulations to Lisa and Tammy and all the participants!

August also began with my returning to the monthly meetings. Having not led a meeting since April because of the convention and Women In Training, it was nice seeing the location that Glenda picked up. Very nice, Glenda! If you haven't come out for a meeting yet, please do so; we have speakers and raffle prizes. During this last meeting we gave out two tickets to the August 27th Isotopes game. Also during the August meeting, I introduced Gwen Walker, who is interested in taking on the President position at the beginning of the year. If you see Gwen out there, please introduce yourself and feel free to ask her questions. It's rare when members have an opportunity to meet a candidate for club President in advance. Take advantage. As always, presidents are elected by the membership and you will have the opportunity to do just that at the end of the year. I also introduced our new Marketing Coordinator, Michael Dunn. Mike and I will be coming up with ideas for increasing membership and marketing the club. If you see Mike around, please thank him.

Finally, the Albuquerque Road Runners had their first group outing at Isotopes park on Tuesday, August 27th. The board approved the purchase of 50 tickets, of which we were able to sell most of them at their face value of \$9.50. Our tickets were for reserved chair back seating close to third base and we were very close to the field. Everyone that attended had a good time. Each family that purchased tickets got a \$2 coupon for concessions courtesy of the club. We were able to get some great pictures out of the event. I'm hoping that we can continue with this in future years, and that even more of you will come out for the fun! The Albuquerque Road Runners Board of Directors thanks all of you for being a member, and thanks all the volunteers for making the club what it is today. Thanks—you are the BEST!

Well, as Porky Pig says "That's all, folks!"
 Keep on chugg'n! Beep! Beep!

Martha

Membership Meeting

June 5, 2013—North Domingo Baca Center

Call to order at 7:03 pm by Vice President, Glenda Muirhead

New Members and Visitors: Kristen B (WIT participant), Christine P., Robert and Stephanie (moved from CA).

SPEAKER

Iain MacGregor, PT, DPT – Concentra Physical Therapy. Presentation "Overuse Injuries Don't Exist!" Iain is a former collegiate and professional soccer player. Focuses on interventions which include correction of joint dysfunctions, correction of muscle imbalances, and re-training the nervous system.

ANNOUNCEMENTS/UPDATES

"Divas' Night" at Sports System tonight. Event will include fitness, fashion & fun giveaways. ARR will have a table at the event and is seeking volunteers to help man the table starting at 6:30pm.

Mayor Berry's Community Call to Action **"Step It Up Albuquerque"** program can be found on the City of Albuquerque website. The walkers of Women in Training program are currently participating in this program. If you are interested in joining, please sign up on the website. Please check the website for current and future walking events for Step It Up.

ARR is starting a **membership drive** to increase current membership count. Brochures are available to take and pass along to fellow family, friends and co-workers. Membership forms should be returned to Martha, Glenda or Wendy. For every membership form you turn in, your name will go into a drawing for a \$100 gift card from a local running shop.

Phil Blong gave recap on the Boston Marathon of April 15, 2013. In an effort to help victims and families affected by the tragic events, a charity run called One Run for Boston was established, a non-stop relay run from LA to Boston. Currently runners are needed for certain parts of the relay going thru NM; if interested please sign up online at www.onerunforboston.org.

Matt from Heart & Sole gave updates of Boston fundraising and recap of 4th Annual **Run with Kenyans for Global Health**, held Sunday June 2. Matt also announced the upcoming **Full Moon Run** to be held Saturday, June 22, at 9pm at ICWA. All information will be on Heart & Sole's and ARR's Facebook pages.

GROUP REPORTS

Ultras – Ian gave recap on past and upcoming ultra races.

Half and Full Marathons – Phil did recap on Run for the Zoo and Shiprock Half Marathons. Upcoming races included Turtle Marathon in Roswell on September 2 (Labor Day) and Duke City Marathon on Sunday, October 20.

5K / 10K Races – Jane reported on upcoming events including Cherry Garcia Run, JCC Father's Day Run, and Jim Thorpe 5K.

OTHER BUSINESS

Richard Knapp will be stepping down from Board **Treasurer** position at the end of the year. ARR is currently seeking candidates who might be interested in position.

Reminder – **Women's Distance Festival** is coming up Sunday, July 28. Sponsors are lululemon and Heart & Sole. ARR is looking for volunteers to help with this event. Registration can be done at www.active.com website.

Next ARR Meeting – Wednesday, July 3, at North Domingo Baca Center, Classroom #4.

Door prize drawings held.

Meeting adjourned at 8:05 pm.

Respectfully submitted,
Lisa M Johnson, Secretary



MEETING MINUTES

Membership Meeting

July 3, 2013—North Domingo Baca Center

Call to order at 7:05 pm by Vice President, Glenda Muirhead

New Members and Visitors introduced.

CLUB BUSINESS

Membership drive continues.

La Luz Race update: Per race director Rodger Sack, no change in forest closures status. With deaths of firefighters in AZ, restrictions may not be lifted any time soon.

Take Back the Trail Event: Held June 23 at 6 pm. Organized by Board Member Wendy Wiggins. In conjunction with Rape Crisis Center. About 50 people walked along the Bosque near ABQ Biopark in support of being "safe, not scared" in this area.

New Marketing Coordinator Michael Dunn was announced. Michael and Martha plan to start working on projects after Women in Training is completed.

Seeking new Treasurer: Richard Knapp announced his resignation effective Dec 31. Martha will conduct formal application process for replacement. Contact Martha if interested.

ARR Night at Isotopes Park: Club will buy block of tickets for repurchase by club members. Dates were suggested.

SPEAKER: Brandon Jacques from Mud & Bud Event

All-local obstacle course race at Balloon Fiesta Park August 17 and 18. Kids race on Sunday. Any interest in an ARR team?

Women's Distance Festival: Eric Biedermann, race director, reminded everyone of our 5K Run and Walk on July 28 at SIPI. Could use volunteers for packet pickup and race.

GROUP REPORTS

Ultras – Glenda reported on behalf on Ian Maddieson.

Half and Full Marathons – Glenda reported on behalf of Phil Blong. Buffalo Thunder Half and Chips & Salsa Half on Sept 15; Chicago Full and Half on Oct 13.

5k / 10k Races – Jane Fuller report on upcoming events in July.

Next ARR Meeting – Wednesday, August 7 at North Domingo Baca Center. Martha Porter will be back from WIT.

Door prize drawings held.

Meeting adjourned at 7:50 pm.

Respectfully submitted,
Glenda Muirhead, Acting Secretary

NEXT MONTHLY MEETING

Wednesday, Sept 4 - 7:00 pm



**North Domingo Baca
Multigenerational Center**
7521 Carmel NE
(off Wyoming NE north of
Paseo del Norte)

MEETING MINUTES continued

Membership Meeting
August 7, 2013—North Domingo Baca Center

Call to order at 7:00 pm by President, Martha Porter.
New Members and Visitors: Shawn and Neil.

SPEAKERS

Dr Rob Melendez from Juliette Retinitis Pigmentosa (RP) Vision Foundation announced "5th Annual Vision Walk 2013" at Presbyterian Clinic in Rio Rancho on August 17. Funds provide scholarships to visually impaired high school students admitted to college.

Dr Rion Marcus from NM Chiropractic Center presented information on preventative care to avoid surgeries that include long-term health and wellness care. Additional information about NM Chiropractic Center : www.nmchirocenter.com.

ANNOUNCEMENTS/UPDATES

Michael Trujillo gave out information about **Sandia Scoot 5K/10K**, to be held Saturday September 21, 2013, at Eclipse Aerospace (ABQ Sunport). Sign up sheet was sent around to participate in discount for event registration. Proceeds will help Ability Connection New Mexico. Please visit website for more information: www.sandiascoot.com.

Special recognition and thanks were given to **Matt from Heart & Sole** for hosting packet pickup for Women's Distance Festival and La Luz. Matt also announced the next Full Moon Run to be held Tuesday, August 20, at Kit Carson park. All information will be on Heart & Sole's Facebook page and ARR's Facebook page.

New Marketing Coordinator Michael Dunn was introduced. Watch for upcoming ARR expo information tables at Duke City and Day of Tread events.

Martha gave recap of **Women in Training 2013**, 20 year anniversary. WIT also partnered with the City's Step It Up program. ARR is looking forward to another successful WIT next year. This year's **Women's Distance Festival 5K** was a success with 194 registered participants and 163 finishers.

ARR gave a round of applause to **Rodger Sack, Race Director for La Luz Trail Run**. All participants in race finished in under the five hour time limit.

ARR continues with the **membership drive** to increase current membership count. Brochures are available to pass along to family, friends and co-workers. For every membership form you turn in, your name will go into a drawing for a \$100 gift card from a local running shop.

Martha gave a recap on **Relay for Life** event that was held at La Cueva High School August 2-3, 2013. Special thanks were given to **Kelley Garcia** for heading this team event.

GROUP REPORTS

Ultras - Half and Full Marathons - 5K / 10K Races – Upcoming and completed events were announced.

Walking – Martha and Tammy will start the Saturday morning walks again. See ARR website for info on Eastside and Westside.

OTHER BUSINESS

Martha introduced Gwen Walker, candidate for Board President position. Martha will finish as President on Dec 31. Richard Knapp will also be stepping down as Treasurer at the end of the year. ARR is currently seeking candidates. Reminder – ARR day at Isotopes park is scheduled for Tuesday, August 27, 2013. Tickets are available for purchase.

Next ARR Meeting – Wednesday, September 4, at North Domingo Baca Center, Classroom #4.
Door prize drawings held.

Meeting adjourned at 8:02 pm.

Respectfully submitted,
Lisa M Johnson, Secretary

ARR CLUB RACES Upcoming



MT TAYLOR 50K

SATURDAY, SEPTEMBER 28, 2013

Two years ago, when we went out to explore Mt. Taylor near Grants, NM, on the chance of finding a decent 50K course, who would have thought that the race would fill a month before the race date? Not only that, but there would be a wait list! The race would have enthusiastic sponsors, and the Forest Service would not just grant us a permit but would be excited about the event and encourage us to get people up on the mountain.

Mt. Taylor is one of the four sacred Navajo Mountains, also called Blue Bead Mountain, Turquoise Mountain, or Tsoodzil, if you speak Navajo. This year, the race has a cap of 175 runners, 25 more than last year. There are runners coming from Florida, Virginia, Oregon, and Mexico to run on a 50/50 mix of trail and gravel roads. The course follows the same beautiful route as last year, but will be more enjoyable for everyone – the rocky rutted road has been graded between miles 3 to 9. It isn't completely smooth, but now runners can look up and incredible views will be there to greet them! Runners can spot the wind farm to the east, and a little later, Cabezón Peak followed by a series of volcano cones to the north.

We bet that the fast times from last year (4:17:26 for the men, and 5:22:43 for the women) will be broken by as much as 20 minutes. When the race passes through the start/finish area at the halfway



point, everyone will be watching to see how much faster that first half has been – and will be speculating on whether the runners have spent too much energy on the first half to attack the tough second half of the race, which climbs and descends Mt. Taylor two more times.

The forest closures this summer postponed a work and a training day out on the mountain. Groups of us (Ken

Gordon, Margaret Gordon, Kurt Coonrod, Dennis Drey, Jean Herbert, and others) went out in late July for trash pickup. As trail users, we understand the importance of being trail stewards. Nothing is so wonderful as cruising along pristine mountainous single track; helping to preserve it keeps runners' good reputation with the town of Grants and with the Forest Service.

Several of us plan to be out again on the course the next few weeks before the race for training runs, to remove downed trees, do minor maintenance, and remove any trash on the course. If you are interested in a trip to the mountain with us, keep an eye on our Facebook page (www.facebook.com/mttaylor50k) or contact me (meowelk@yahoo.com). If you are free on race day, come out and volunteer – contact Jim Breyfogle (jim_bjimb@yahoo.com). The next exciting chapter for the race will be written on September 28th!

— Margaret Gordon

ARR CLUB RACES — Accomplished

RECAP

WOMEN'S DISTANCE FESTIVAL

SUNDAY, JULY 28, 2013

July rains threatened to force a change to our traditional race route at SIPI for ARR's Women's Distance Festival, but we were fortunate that the weather cooperated completely and stayed quiet Saturday night and Sunday morning. Consequently, there was only a minor diversion around a large pool of water on the course, and a fun crew of course marshals directed racers around it.

Race Director Eric Biedermann and his group did a fantastic job again this year, the 27th running of one of our signature events. Thank you to all the participants — we had a fantastic 194 registrants, and 163 finishers. Our sponsors outdid themselves with edible goodies, course support, and lovely prizes. And, as usual, we are grateful for the many volunteers who came out to make it all happen.

Last year's winners defended their titles: Liz Turner won the 5K Run in 17:51, and Laura Draelos' time of 29:14 topped the list in the 5K Walk. Kellie Nickerson finished about a minute behind Liz, and Stephanie Ward took Masters honors in 21:18. Congratulations to everyone who participated.

Awards this year were a little different: stemless wine glasses with the race logo imprinted on the side, presented to top finishers and to the first three in each age group. As a final touch, all the ladies received chocolates and a red carnation at the end!



A portion of the proceeds from the 2013 Women's Distance Festival will be donated to Barrett Foundation.

RECAP

LA LUZ RACE

SUNDAY, AUGUST 4, 2013

By Rodger Sack, Race Director

2013 was almost the year that the La Luz Trail Run didn't occur. With the now-commonplace summer closure of the Sandia Mountains, and with even drier drought conditions, I thought this might be the year the race would not take place. However, the Monsoon Season came just in the nick of time — and the mountain was opened and the race was on! I had already done much of the usual pre-race preparation, but with the late opening this year, there was still a lot to get done in the last couple of weeks.

The Albuquerque Road Runners Club has been the organizer of the La Luz Race for the past 14 years, with the 2013 race being our 15th incarnation. It is hard to believe that I have been directing this tough mountain trail run for 15 years, but it is still one of my favorite races — and from runner reports, it is also the favorite for many of the competitors, with many runners returning year after year to participate.



The finish this year was very exciting, with Simon Gutierrez and Kristopher Houghton battling it out for first place: Kris won, with Simon close behind. Albuquerque native Alexandra Darling was the first woman across the line.



There were 350 finishers this year.

Though up to 400 entrants are allowed by the Forest Service, there are usually many last-minute drops from the race, especially this year because the mountain closure prevented training on the trail for most of the summer.

I would like to give a big **Thank You** to all of the volunteers who help make this a successful event year after year and thus make my job a whole lot easier. I am looking forward to seeing everyone (volunteers and competitors) again next summer for the 49th La Luz Trail Race, and I am hoping we can make it through next summer without the now-familiar forest closures caused by the ongoing drought conditions in the Southwest.

See you next year and be safe out there on the trails!

A portion of the proceeds from the 2013 La Luz Trail Run will be donated to Friends of the Sandia Mountains.



SHERRY'S SHARE

By Sherry Galloway, Editor

Summer is flying by and before we know it, we'll be donning long sleeves again and planning the holiday excursions, gifts, meals and runs. Summer sweat will be a fond memory. Who knows? Maybe we'll get to drag out our snow shovels this winter!

This year the Jeremy Paster Memorial Prostate Cancer Challenge, the race that first connected me with the ARR, did not take place. We couldn't get a urology practice to sponsor the race and we couldn't get the kinds of donations necessary to offset the cost of the race and also fund prostate cancer awareness, free screening, treatment and research. It was decided that I would instead have Team Jeremy at several events across the country and so far that has worked really well. I want to thank all the wonderful volunteers who helped me the last couple of years to make our race a well organized and much enjoyed event! I could not have done it without the great volunteerism from ARR members.

Going forward, Team Jeremy in D.C., S.F. and L.A. raised over \$7,000 for ZERO-The End of Prostate Cancer! A special thanks to **John Farrow** and **Dave Lopez**, who each donated to Team Jeremy in L.A.! The San Antonio race in September is the last opportunity this year for me to fundraise for Team Jeremy, which is how I pay forward my son's legacy. Each of us can somehow pay forward each year, blessed as we are with what we've been given in our lives. Whatever the cause you care about is, I encourage you to purposefully give something extra where you believe it can do the most good!

One thing I have learned is that many people registering for charity races do not realize that the registration fee only covers the cost of putting on the race itself and is NOT a donation to the cause. Be sure to inform people of this if you are directing or participating in a charity event, so they know to add a donation! Toward the end of the year, most people are looking for tax deductions and participation in a race or sponsorship of a participant is a win-win!

May the wind be at your back and may your feet carry you lightly into autumn!



Member Updates

NEW

Olivia Crooks
Lisa Crooks

RENEWED

Lydia Alvarez
Colleen Burns
Laurie Dodge
Richard Knapp
Laura Maclay
Jim Ritson
Karen Shackelford

Will Steinberg
Dan Tallon
Diane Verner
Stephanie Ward
Colin Ward
Tyler Ward
Troy Ward

THINK LOCAL!
Support small local races—your money stays in the community and helps your friends and neighbors. Your participation makes a difference!



SANDIA SCOOT
5K/10K



THE HALF-FAST LANE

by John Farrow, ARR Board Member

The Playlist from

HELL

It is a truism that runners who listen to loud music with a fast, steady beat feel more positive and work harder while running with seemingly less effort than those who don't. However, there are some songs that you do not want stuck in your head. They will not leave and are so annoying that you will find yourself shrieking like a banshee while frantically searching for the nearest cliff, all the while singing *It's a small, small, small, small world* at the top of your lungs.

No doubt there is a group of irritating songs that you can't get out of your head and that push all of your buttons. At the risk of provoking such an episode, here are mine.

Achy Breaky Heart. I must confess, I liked this song the first few times I heard it. My daughter did, too. It had an easy beat that inspired movement with a bit of self-deprecating humor. We even went to a (pre-Miley) Billy Ray Cyrus concert together. *You can tell your friends just what a fool I've been and laugh and joke about me on the phone.* But after the umpteenth time in less than an hour, enough is enough. *Don't tell my heart, my achy breaky heart . . .* Just don't.



Gangnam Style. If you are not familiar with this song by Korean performer Psy, then you have likely been living under a rock the past few years or have no internet access (the video has almost two **billion** views on YouTube, for some reason). But admit it – you have no clue as to what this song is about nor what the silly mimicking of riding a horse without the horse has to do with it either; nor do you care. Back away slowly and no one gets hurt.

Who Let the Dogs Out? Yes, who indeed? Ah, the perennial existential question of reality, which, if one is honest with oneself, is nothing but an alternative point of view. Methinks it best to leave well enough alone, especially this song.

Copacabana. What's a nice Jewish boy like Barry Manilow doing singing about a showgirl in a bar? Does his mother know about this? But if he is the one who writes the *songs that make the whole world sing*, would it not be possible to please let someone else sing them?



Thank God I'm A Country Boy. I suppose syrupy sweet has its place; however, barnyard smells don't quite cut it musically, except possibly at the Grand Ole Opry. But when you get right down to it, the thing about living out in the country isn't so much the mountains or the valleys as it's having plenty of guns and something to shoot (Chris Wall).

La Macarena. The one hit by some nameless one-hit wonder, it is still in Billboard's All Time Top 10, no doubt helped by Al Gore's board-stiff attempt at humor during the 1996 Democratic National Convention. In truth, it is rumored that Gore actually prefers listening to heavy metal while he's jetting around spewing his global warming rhetoric.



Call Me Maybe. Talk about skin-deep, how can this girl possibly know that she likes this guy if all she's doing is staring at him through the window? She should know better than to stare. And it might be that he's just not that into her. Then again, you know, whatever. Just forget it already.

Muskrat Love. *He's ticklin' her fancy, rubbin' her toes and anything goes.* Don't get me wrong, I love all our furry friends as much as anyone and am also sure that the muskrat has its rightful place in the animal kingdom. *Nibblin' on bacon, chewin' on cheese, Honey, would you please, . . .* Seriously, gag me with a spoon!



Do The Locomotion. This song, written by Carole King of all people, was a huge (as well as the only) hit for Little Eva in 1962. That year while at summer camp, my cabin counselor, a gregarious as well as corpulent college student, would leap out of bed every morning, turn on his radio full blast and *Do The Locomotion* was invariably the first song played after the morning news. This would send him into paroxysms of wild dancing around the cabin in various states of undress, singing along and snapping a towel at anyone not yet out of bed and also dancing to what, for him, must have been musical nirvana. I can't remember his name but I hate him still.

And — if any of these songs is anywhere near your running playlist, be very careful. Somewhere he is waiting and sometime when you least expect it, he will strike. Trust me: It will not be pretty to be chased around a confined space by a half-naked fat guy snapping a towel at your butt.



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KEEPING PACE

Updates from the Road Runners Club of America

RRCA Launches Leadership Development Scholarship

To further the goal of supporting the growth of local running clubs, the RRCA has developed the Leadership Development Scholarship for the RRCA Convention.

The purpose of the Leadership Development Scholarship is to provide annual funding to attend the RRCA Convention on behalf of a local running club for up to 4 individuals per year (one per region).

By attending the RRCA Convention, new club leaders will gain a better understanding of their roles and responsibilities, which will help them lead their club to greatness or maintain excellence that has been

achieved through previous leaders. It will also be an opportunity for emerging leaders to learn more about leadership opportunities with the national organization, and have valuable networking time with running club and event members from across the country.

Criteria for Leadership Development Scholarship

- The candidate may be a race director, club leader, board member, board officer, or key-volunteer involved with an RRCA member running club.
- The candidate should not have attended an RRCA Convention in previous years.

[Click for additional information](#)

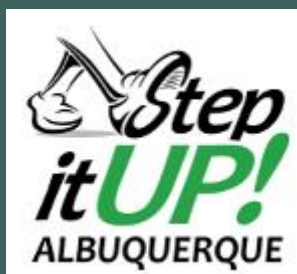


RUN@WORK Day or RUN@School Day

On September 20, 2013 the Road Runners Club of America will promote the 8th Annual RUN@WORK Day and the 2nd Annual RUN@School Day, nationwide fitness efforts.

Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, teachers, coaches parents, and individuals nationwide are encouraged to plan 30-minute fun runs and walks around the country with their employers or at local schools.

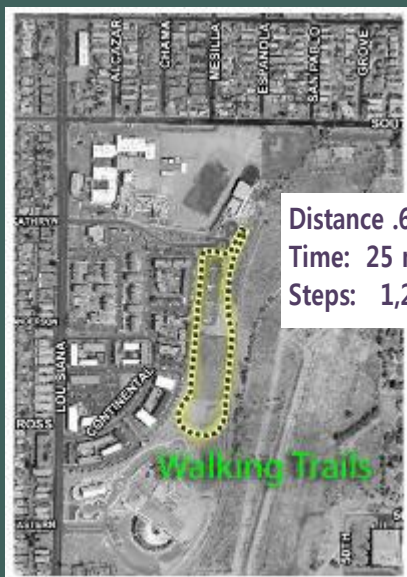
To help you plan your RUN@WORK Day or RUN@School Day, the RRCA has created the [RUN@WORK Day](#) and [RUN@School Day Planning Kit](#), fact sheets, promotional items, and free promotional posters.



Join Mayor Berry and Dr. Barry Ramo in their "get active" challenge.

FREE Monthly City-Wide Walk ! Saturday, September 7 at 9 am

Phil Chacon / NM Veterans Memorial
(Louisiana & Kathryn SE)



Distance .6 x 2
Time: 25 minutes
Steps: 1,270 x 2

Park in the Visitors Center Lot
(1100 Louisiana Blvd SE)
Facilities will be available.

Join the
ARR Step it Up Team !
Get your family
out there !

The Athlete's Kitchen

Copyright August 2013

by Nancy Clark MS RD CSSD

EAT YOUR BEANS!

Remember this jingle?

Beans, beans, the musical fruit.

The more you eat, the more you toot.

The embarrassment associated with tooting explains why many runners shy away from beans (pinto, kidney, black) and also legumes (lentils, peanuts, soy, chick peas). However, far more than being a musical meal, beans can be a nutrient-rich bonus for a sports diet.

To my dismay, the popular but faddish *Paleo Diet* advises against eating beans because:

- they need to be cooked to be edible (the cavemen ate only raw foods),
- they contain compounds that might influence your hormones (that is, if you were to eat them in super-human amounts), and
- they contain phytates that can diminish the absorption of certain nutrients (insignificant in US diets where beans are not the primary food).

In this era of over-abundant processed foods, I contend that eating cooked beans enhances intake of a variety of important vitamins and minerals for runners. But before I offer reasons why you should include beans in your sports diet, here are tips to minimize the "toots" so you'll want to even entertain this suggestion.

Beans and gas

The average adult produces one to three pints of gas per day which is passed through the anus 14 to 23 times each day. Beans can be gas-producing because they contain raffinose, a type of carbohydrate. Humans do not possess the enzyme needed to digest raffinose, so it passes undigested through the stomach and upper intestine. In the lower intestine, it gets fermented by gas-producing bacteria that possess the necessary enzyme. The by-product of raffinose digestion is carbon dioxide and methane (odorless) but also hydrogen sulphide (stinky).

To help you blow fewer "bombs":

- Gradually introduce beans into your diet so your body gets used to digesting them. The jingle should actually say, *"the more often you eat beans, the less likely you will toot."*
- Drain the liquid from canned beans and rinse them well. This will decrease the amount of gas-producing carbs.
- Try Beano, a product with the digestive enzyme that breaks down raffinose; it may help some people.



continued on next page

Eat Your Beans

Continued from previous page

Beans? No thanks!

Some runners get terrible intestinal distress when they eat beans (and likely some other foods as well. Think onions, garlic, and wheat). The poorly digested fiber/carbohydrate in these foods become a feast for gut bacteria. When microbes eat these undigested carbs, they create gas bombs. In some people, this fiber causes diarrhea too. Not fun. If you fall into this category of avid bean avoiders and want to learn more, you may want to read *The Complete Idiot's Guide to IBS* by Kate Scarlata, RD (www.katescarlata.com)

meal to trigger muscle growth, and most athletes need at least 60 to 90 grams of protein per day. Half a can of refried beans offers only 10 to 12 grams of protein, the amount of protein in 1.5 eggs or a few bites of chicken. One spoonful (1/4 cup) of garbanzos on a salad offers only three grams of protein.

3. Beans have a low glycemic index, which means they are slow to digest and offer sustained energy. Low GI foods are good choices before long endurance runs if you cannot eat anything during the workout.

4. Beans are rich in vitamins and minerals, such as folate, manganese, potassium, iron, copper and magnesium. All these "spark plugs" help your body's engine run smoothly.

5. Beans are good for heart health.

Here's another jingle: "*Beans, beans are good for your heart. The more you eat, the more you ____.*" Yes, the soluble fiber in beans helps protect against heart disease by lowering the cholesterol in your blood. Also, beans are naturally low in fat and dietary cholesterol, so replacing meats with beans is a heart-healthy swap.

6. Beans are high in fiber (7 to 8 grams fiber per half-cup). This sharply contrasts to the chicken or meat they replace that has no fiber. This fiber acts as a "broom" and assists with regular bowel movements. Snacking on hummus with baby carrots contributes 8 to 10 grams of fiber towards the recommended daily target of 25 to 35 g.

Nine reasons to eat more beans:

Beans are a positive addition to a sports diet. Here's why:

1. Beans are a natural protein-carbohydrate combination. As a runner, you need carbs to fuel your muscles and protein to build and repair your muscles. A bean burrito, hummus wrap, or bowl of chili is a great way to fuel-up or refuel from a hard workout (if you don't get gas propelled, that is).

2. Beans are a good source of plant protein—but take note: you do need to consume generous portions of beans if you are a vegetarian. Runners need at least 10 grams of protein per

7. Beans are inexpensive. By enjoying bean-based meals such as chili or lentil soup, you are likely eating less animal protein and saving a lot of money.

8. Bean-based meals are better for the environment than meat-based meals. If everyone were to eat one less meat-meal a week, we'd need fewer beef cattle (major producers of greenhouse gasses) and this could assist in the war against global warming.

9. Beans are good sources of fuel for the harmless, health promoting bacteria that live in your gut. We each have about 2 to 4 pounds of gut bacteria that strongly influence our immune system. In fact, about 70% of our immune response is generated from the gut. The bacteria love to eat the undigested raffinose provided by beans (and other vegetables such as broccoli, cauliflower, cabbage, brussels sprouts, and asparagus). Having well-nourished gut microbes invests in overall good health. A strong intake of prebiotics (bacteria food) helps strengthen the immune system and optimizes wellness. In contrast, antibiotics kill the good bacteria along with the bad bacteria.

Easy ways to boost your bean intake

Here are a few ways to easily add more beans and legumes to your sports diet.

- **Hummus:** A tasty dip with carrot sticks, or an alternative to mayonnaise on a turkey sandwich.

- **Refried beans:** Canned vegetarian refried beans are fat-free. Heat some beans in a microwave oven, spread them on a tortilla, spoon on some cottage cheese and salsa, and then wrap it up like a burrito. Voila: a tasty breakfast, lunch, snack or dinner that fits into a meager food budget.

- **Chili with beans:** Make a potful and enjoy planned left-overs for lunch or dinner that week.

- **Salads:** Spoon on black, white, or red beans and you'll have a super sports salad that offers carbs to fuel and protein to build muscles.

- **Soups:** Minestrone, lentil, black bean, and split pea soups make hearty, wholesome meals. You can also add beans to almost any soup to add substance and nutrients.

- **Baked bean:** Served on toast (a popular breakfast item in England). A small can of baked beans is also a filling snack.

- **Pasta:** Toss a can of pinto or white beans into spaghetti sauce. Serve over pasta shells (they "catch" the beans).

For recipes with beans, check out the recipes in my Sports Nutrition Guidebook (which are also available in the app *Nancy Clark's Recipes for Athletes*.)



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, soccer players, and cyclists. They are available at www.nancyclarkrd.com. For online CEUs, also see www.sportsnutritionworkshop.com



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- “**ALL LEVELS**” run and walk that lasts for 40 minutes (20 minutes out then back)
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RACE CALENDAR

See [ARR website RACE CALENDAR](#) for registration details

September

- 1** Dam to Dam Run | Albuquerque | 10K Run, 5K Run, Kids K
- 2** 7th Annual Hearts for Honduras Run | Santa Fe | 10K Run, 5K Run/Walk, Kids K
- 2** Turtle Marathon | Roswell | Marathon, Half Marathon Run/Walk, 5K Run/Walk
- 7** The Color Run | Albuquerque | 5K Run
- 8** Remembrance Run | ABQ - *Balloon Fiesta Park* | 5K Run/Walk
- 8** Dirty Half Marathon & Dirty Lil' 10K | Albuquerque | Half Marathon, 10K Run
- 8** Patriot Triathlon | Rio Rancho - *Aquatic Center* | multiple divisions
- 14** Eldorado Fun Run | Santa Fe | 5K Run/Walk, 1M Fun Run
- 15** Santa Fe to Buffalo Thunder Half Marathon | Santa Fe | Half Marathon, 5K Run, 1M Fitness Walk
- 15** 10th Annual Chips & Salsa Half Marathon | Albuquerque - *SIFI* | Half Marathon, 10K Run, 5K Run/Walk, Kids K
- 21** Sandia Scoot | Albuquerque - *Eclipse Aerospace/Sunport* | 10K Run, 5K Run/Walk
- 28** **Mt Taylor 50K | Grants, NM | 50K in Cibola National Forest | *benefits Nideiltihi Native Elite Runners***
- 28** 2013 Virtus Race | Albuquerque - *Alameda Open Space* | 10K Run, 5K Run
- 28** Mud 'N Color 5K | Moriarty | 5K Event Run - Extreme, Team, Fun, Kids
- 28** Jog, Walk & Wag 10K | Chama | 10K Run/Walk | Tri-Community High Altitude Challenge
- 29** Run to Break the Silence | Albuquerque - *Sandia Resort & Casino* | 5K Run/Walk, 20K cross country
- 29** Corrida de Corrales | Corrales Recreation Center | 10K Run, 5K Run

October

- 5** 11th Annual Born to Run | Albuquerque | 5K Run/Walk, 1 Mile Run/Walk, Toddler Trot
- 5** Donut Dash | Albuquerque - *Academy Cross Country Course* | 5K Run/Walk
- 5** Big Tesuque Trail Run | near Santa Fe | 12M high-altitude trail run
- 12** Run for the Beans | McIntosh | 10K Run, 5K Run, 1.5M Walk
- 19** Deadman Peaks Trail Run | Cuba, NM | 50M
- 20** 30th Annual Duke City Marathon | Albuquerque | Marathon, Marathon Relay, Half Marathon, 20K Walk, 10K Run, 5K Run, 5K Walk

November

- 2** Doggie Dash & Dawdle | Albuquerque - *Balloon Fiesta Park* | 5K Dash, 2M Dawdle
- 2** Pecos Valley Roundup | Roswell | 20K Bruce Ritter Memorial Run, 10K Run & Walk, 2M Run & Walk
- 3** El Maraton del Rio Grande | Las Cruces | Marathon, Half Marathon, 5K
- 23** Taos Turkey Trot | Taos | 5K Run and Fun Run/Walk

December

- 7** Reindeer Run | Roswell | 10K Run & Walk, 2M Run & Walk
- 12** Jingle Bell Run | Albuquerque - *Old Town Plaza* | 5K Run & Walk - solo or team

Sign waiver below

All athletes (or parents) must read and sign the waiver.
Please read carefully before signing.

In consideration of acceptance of this entry form, I, the undersigned, my family and my heirs do waive and release any and all rights or claims for damages which I may have against the City of Moriarty, the Moriarty Chamber of Commerce, all sponsors, race officials, and any of their agents, representatives and assignees for any and all injuries, loss of damages suffered by me at or while traveling to or from the Run for the Beans and/or events of the Moriarty Pinto Bean Fiesta. I verify that I am physically fit and capable of participating in this race. I realize the possible risks of running and am willing to accept the results of these risks. The race director reserves the right to refuse any entry.

Signature _____
Participant

Date _____

Signature _____
(Parent/Guardian must sign if under 18 years of age)

Date _____

**Everyone takes home
a pumpkin!**



Colleen Burns
P.O. Box 447
McIntosh, NM 87032



**October 12, 2013
8:00 am**

McIntosh, NM
7 miles south of Moriarty

**10K Run & 5K Run
1.5 Mile Run/Walk**

WE GOT THE BEANS!

New crop of pinto beans
from Schwebach Farms

UNIQUE AWARDS!

Pinto beans, green chiles, and
potatoes to age group winners!
Plus lots of other prizes!

Experience Fall in New Mexico at the RUN FOR THE BEANS in McIntosh...

...in conjunction with the City of Moriarty's



Enjoy these other Pinto Bean Fiesta activities, too!

Main Street Parade at 10:00 am
All-Day Events at City Park:
Vendors - Car Show - Entertainment
For Fiesta information call 505-832-4087

Race Benefits: Veterans of Foreign Wars Post #3370

Special Thanks To:

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Jim & Ryan Schwebach Farm LLC
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Moriarty High School Cross Country Team
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Great Harvest Bread Company
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Bobby & Mike Akin Farm
Rock Hill Farm / Willard Dairy - Carlos Villalpando
ABQ Running Shop
Fleet Feet Sports
Mountain View Telegraph
Moriarty Chamber of Commerce

Race Questions? Contact Colleen Burns
Phone: 505-384-5039
Email: lcnobull@msn.com

Enjoy a fun and scenic run in the Estancia Valley Farming Community known for its Pinto Bean production.

Great refreshments! And have breakfast after the race at the home of Race Director Colleen Burns! Bring something to share if you'd like.

Awards will be given for the
5K and 10K Runs:

- Overall Male and Female
- Masters Male and Female
- Top 3 finishers in 10 year age groups through 80+.

Special Presentation of the Peter Collins Memorial Award

DIRECTIONS FROM ALBUQUERQUE:

Take I-40 East to Exit 194. Travel east on Old Rte. 66 (Main Street in Moriarty) for 1.5 miles to Howard Cavazos Blvd and turn right (south) onto Hwy 41. Go 7 miles, then turn left on County Rd A-81/Calle de Sol. Directly on right will be race packet pickup. Parking will be marked.



The Run For the Beans will follow a cross country course through the Jim Schwebach Farm. Course maps will be available on race day.

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Best Western	505-832-5000
Super 8	505-832-6730
Luxury Inn	505-832-4457
Ponderosa	505-832-4403
Comfort Inn	505-832-6666
Days Inn	505-832-4451
Sunset Motel	505-832-4234
The Lariat Motel	505-832-5158

RUN FOR THE BEANS

October 12, 2013

Entry Fee

	Before Oct 12	Race Day
5K Run	\$25	\$30
10K Run	\$25	\$30
1.5M Run-Walk	\$15	\$20
	80+ Free	

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Age Group (circle one)

0-9	10-19	20-29	30-39
40-49	50-59	60-69	70-79
			80+

Age on Race Day _____

Sex M _____ F _____

Shirt Size (circle one) S M L XL

Method of Payment

____ Cash
____ Check Amount Enclosed \$ _____

Please make checks payable to: Colleen Burns
P.O. Box 447
McIntosh, NM 87032

Don't forget to sign the waiver on reverse