

Running New Mexico – the Land of Enchantment!



ARR NEWS

Vol. 26, No. 8

September 2009

Early Fall Edition

It's a Wrap—Another Successful Year for La Luz

By Rodger Sack

It was a beautiful morning for the running of the 44th Annual La Luz Trail Run. This was my 11th year as Race Director and the process is getting smoother each year. As I did last year, I used a random number generator to select the envelopes that I received from potential participants; I received 563 self addressed stamped envelopes between January 1st & May 1st.

Per John and Roxie Carpenter's very detailed accounting of the race results, there were a total of 345 finishers this year. Since the Forest Service puts a 400 runner cap on the race, I have been very careful over the years to insure that we always stay under that 400 cap.

There were some doubts early on that the Forest Service would not issue a permit to hold the race—initially they had some concerns about dead or dying pine trees in the Sandias and the possibility of one of them falling on a runner; and secondarily, there were some concerns about the condition of the trail itself. A couple of weeks before the race, I hiked the entire trail portion of the race with a representative of the USFS and a determination was made that the course was indeed run-able and the race was on.

Previous years' champion, Simon Gutierrez, decided to not run La Luz this time and that meant that there would be a new Champion this year. Gutierrez decided to save his mountain running legs for Pike's Peak, which is a couple of weeks after La Luz and then run in Italy around the end of August.

Long-time Female champion, Rachel Cuellar was back to defend her title.

Paul Howarth was the open men's winner with a time of 1:28:32. The new women's open champion was Erica Baron with a time of 1:36:13.

I would like to offer a big thank you to all of the volunteers that helped to make this another great race. John Farrow and Jane Thompson and her friends handled the work at the finish line and made sure that the race started exactly at

7AM. Stephanie Eras again coordinated the volunteer effort and arranged for all of the food and drinks that were at the finish line.

Special thanks to the Hams Radio operators who have been with the race since the club started to host the run. They are the only eyes and ears we have on the course. The Rio Rancho boy scout troop also did an admirable job at the two middle aid stations on the course.

John and Roxie Carpenter did their usual excellent job with the results. John Bryl was back this year to handle the announcing duties and thanks to all of those that helped with the finish line, handing out of the finisher's shirts, and to my wife, Connie, for working the food table.

Great Harvest Bread provided bread and Premier Distributing Company provided the regular bottled water and flavored water at the finish line.

Thanks also to *Albuquerque Journal* for their continued great support and publicity of the run. See you next year for the 45th Annual La Luz Trail Run.



La Luz Race Director, Rodger Sack, stands with the sign welcomed by all trail runners—the FINISH! The sign is a new addition to the race this year.



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Note: Club meetings are held on the 1st Wed. of each month.

Next Meeting: Wednesday

September 2nd

7:00 pm @

Sport Systems

Membership Renewal

Please check the expiration date on your mailing label and renew your membership prior to the next mailing.

ARR NEWS

ARR News is published monthly (skipping only the month of January) by the Albuquerque Road Runners. Contributions are always welcome. Deadline for articles ads and race results is the **first Friday** of the month. Submissions may be on paper, on computer disk in Windows MS-Word format, or emailed to Holly Palmer at arrnewsletter@yahoo.com

President's Corner

By Marcel Hesch

September is the month that seems to start the transition from the

summer type activities such as camping and taking trips, to when I know fall is arriving by the re-appearance of school busses and children at schools on my drive to work. It's also a month during which we get a day off from work and school to celebrate Labor Day. This Labor Day weekend is particularly convenient for us runners to enjoy not only one, not just two, but three races in and around the Albuquerque and Santa Fe areas!

On Saturday, September 5, The ARR handicap run will be at the North Valley Ditch. It's about 4-1/2 miles and hosted by John Farrow. Handicap participants will get together at Flying Star on Rio Grande for breakfast afterwards. A good, fun run followed by awesome food and great post-handicap conversation—what could be better than that?

Then on Sunday the 6th, you can choose between the Dam to Dam race which has a 10k, 5k, and Kids K or the New Mexico Marathon featuring a full marathon, half marathon, and a 5k.

And on Monday as the working citizens are enjoying a much-deserved day off, there's the Hearts for Honduras race in Santa Fe which offers a 5k and 10k. Both start and finish at Santa Maria De La Paz Church.

Sunday, the 13th will be the Race for the Cure this year at the Isotopes Park as well as the Chips 'n Salsa with a 1/2 marathon, 10k, and 5k. On the 20th is the Splash-n-Dash with a 400m swim and a 5k run and the Run for the Hills 10K & 5K. The John Baker Run will be on the 27th along with the Sign-n-Run 5k & 10k, the Corrida de Corrales 5 & 10k, the Capulin Volcano Run in Folsom, NM and the Squash Blossom Classic in Hobbs. September 27 sure is a busy day for running!

Back to the subject of school in fall, Roxie Carpenter is going to make that transition and after many years, is stepping down as handicap coordinator. Ed and Shannon Zanelli have offered to take over on the condition that two or three people agree to take some months. So if you can help with that please be in touch. Your help is very much appreciated!

On the road or trail, Marcel



The Albuquerque Road Runners Club is a non-profit corporation and a Member of both the Road Runners Club of America and USA Track and Field. Visit the Albuquerque Road Runners Club on-line at www.aroadrun.org



The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD, July 2009

Calcium Concerns: Boning up nutrition

"I'm 44. Should I start taking calcium pills?"

"A bone density test indicated I have the bones of a 70 year old—and I'm only 34. I guess I should have had more milk and less soda as a kid...?"

"Will drinking more milk help my stress fracture heal faster?"

Questions and confusion abound about the role of calcium in runners' diets. If you are like most runners, you may think, "Milk is for kids" and quench your thirst at lunch and dinner with (diet) soda or water. As a result, you can easily end up consuming a calcium-deficient diet (that is, unless you consume yogurt and cheese instead of milk).

Weight-conscious women runners, in particular, are known to have calcium-deficient diets out of (the unjustified) fear that milk's calories will add to undesired weight gain (1). Many male runners also have calcium-poor diets. If they are not milk drinkers, men's main sources of calcium are from the cheese on cheeseburgers and pizza. Not very health enhancing...

Given the average American lives for 77.7 years, maintaining bone health throughout the lifespan should be a priority for all runners, starting as youngsters and continuing as master's athletes. A calcium-rich diet, weight-bearing exercise (such as running, as opposed to biking and swimming) and strength-training to have strong muscles tugging on bones are all important factors for optimizing the bone density of both growing children and active adults.

Bones are alive and require a life-long calcium intake. If your family has a history of osteoporosis, your risk for "shrinking" (losing height) as you get older is high and you should pay special attention to maintaining your bone density. Female runners with a history of amenorrhea also have a high risk for weak bones and should get their bone density tested so they know where they stand and if they need to take extra steps to try to enhance bone density.

Here's some information about calcium and bone health to help you enjoy lifelong health, no bones about it.

Q. Can I take a calcium supplement instead of drink milk?

A. While any calcium is better than none, taking a calcium pill does not compensate for a calcium-poor diet. A supplement offers calcium, but it does not offer the high-quality protein found in milk or soy milk, nor the myriad of other health-enhancing nutrients. Little babies thrive on milk, not calcium pills. Do you really think a pill can replace a whole food?

Q. I like to save calories by taking a calcium pill instead of drinking milk. Is that OK?

A. Not really. Although a calcium pill offers a low calorie alternative to consuming the recommended three (8-ounce) glasses of milk or yogurt each day, research indicates milk drinkers tend to be leaner than milk avoiders (1). I encourage my clients to embrace milk as a "liquid food" that is satiating and curbs one's appetite. That is, milk can be more filling than the same number of calories from soda or juice.

Most of my female clients who are runners reduce weight on 1,800 to 2,000 calories; men on 2,100 to 2,400 calories. That breaks down to at least 500 to 600 calories per meal (breakfast, lunch, dinner) and 300 calories for a snack. Enjoying low fat (soy) milk on cereal, a mid-morning latte and a yogurt for a snack seems a powerful way to spend 300 of those calories and approach the recommended intake of 1,000 milligrams of calcium per for adults 19-50 years; 1,200 mg for adults older than 50 years, and 1,300 mg for kids 9-18 years. If you are a parent, be a role model and drink milk at dinner to encourage a calcium-rich intake for your kids. Building strong bones during the ages of 10 to 18 is a wise investment for the future.

The Athlete's Kitchen continues on pg. 11

New Members

Emily Nelson

Ellen Pope

Renewed

Members

Billy Ulibarri

Cecelia Niemczyk

Erin Phipps

Judith Engen

Michell Evans

Edwina Hubert

Victor Nemudrov

Kennalee Nemudrov

Robert Annett

Matthew Shike

Laura Shike

Will Steinberg

Joe Beman

Kurt Kuligowski

Linda DeBuck

Rob DeBuck

Shannon Zanelli

Ed Zanelli

Marc Scudamore

Brigitte Schimek

Membership Benefits

All members of the ARR Club receive shoe discounts at the following merchants:

- 10% off at **Fleet Feet Sports**
- 10% off shoes and apparel at **Athlete's Edge**
- 10% off at **Heart and Sole**
- 10% off at **New Balance Albuquerque**
- 10% off at **ABQ Running Shop**
- 10% off at **ABC Bike Shop (excludes bikes)**
- 10% off at **Sport Systems**

ARR Weekly Runs

Sunday Morning Join Jane Thompson and friends for a fairly easy 4-6 mile run. Meet at the Trader Joe's parking lot, corner of Paseo del Norte and Ventura. Call Jane at 822-1259 for times & info.

Monday Morning Come join Bill Baldwin, Howard Miles and Glenda Muirhead for interval training on the Manzano High School track Monday mornings at 10:00.

Monday Evening Scenic 1 – 1.5 hr. foothills trail run. Meet at the east end of Indian School at 6:00 p.m. All abilities welcome! Contact Ed Heller @ 252-2604 or eheller03@comcast.net

Tuesday Evening Beginner Run/Walk

Fleet Feet hosts a Tuesday evening run/walk starting from the store at 5:00 PM. Group consists mostly of beginning runners and walkers. Fleet Feet is located in the Hoffman Town shopping center at the southwest corner of Menaul & Wyoming. Contact Rona or Bobby at 299-8922.

Tuesday and Thursday Evenings

Speed Workouts Tuesdays and Thursdays at the southwest corner of Johnson Field (UNM) across the street from the Frontier at 6:15 PM with Eric Pope, Mark Nolan, and Paul Mahr. Contact Eric Pope for more information: ezpope@yahoo.com

Wednesday Morning Walk along Tramway bike path for 1 - 1½ hours. Meet in Smith's parking lot at 8:00 am. Please call Kadine at 291-1432 if you are planning to attend.

Wednesday Evenings: Meet at Bear Canyon Trailhead for **easy** trail run (9:15-9:30 pace.) Contact Shannon Zanelli for more information @ shannon.zanelli@gmail.com or 822-5006

Thursday Evening

A group has been meeting at 4:30 p.m. at Albuquerque Academy for a track workout. They are getting between 5-15 runners. Contact Alan Overmier at 321-2171 for more information.

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MRU's Saturday Morning Group Run Schedule

September 5	Academy Hills Park- Meet at Admiral Halsey entrance to park
September 12	Bosque- Meet east of Rio Grande Nature Center on Candelaria
September 19	Tramway Bike Path – Meet near McDonald's at Tramway & Montgomery
September 26	Bike Path/Foothills Trail – Meet at McDonald's at Tramway & Montgomery
October 3	Bear Canyon Arroyo - Meet near McDonald's at Tramway & Montgomery
October 10	Albuquerque Academy- Meet at Hoffmantown Church parking lot
October 17	Academy Hills Park- Meet at Admiral Halsey entrance to park
October 24	Bosque- Meet east of Rio Grande Nature Center on Candelaria
October 31	Tramway Bike Path – Meet near McDonald's at Tramway & Montgomery
November 7	Bike Path/Foothills Trail – Meet at McDonald's at Tramway & Montgomery
November 14	Bear Canyon Arroyo - Meet near McDonald's at Tramway & Montgomery
November 21	Albuquerque Academy- Meet at Hoffmantown Church parking lot
November 28	Academy Hills Park- Meet at Admiral Halsey entrance to park

Runs Start at 7:30 AM

Contact Glenda Muirhead for more information, (505) 281-2925 or g.muirhead@usfamily.net
Optional breakfast after the run. Everyone welcome...all ages, non-members and visitors!

NE Corner of Montgomery & Tramway
505.293.2RUN or at www.ABQRunningShop.com





Albuquerque Road Runners Meeting Minutes

August 5, 2009

Fleet Feet Sports-Albuquerque



Call to order at 7 PM by President, Marcel Hesch.

M. Hesch introduced Rona Van Willigen, co-owner of Fleet Feet. She made some comments about the store and some initiatives they are engaged in. The race series began with the Nob Hill Run and will include a Labor Day and Turkey Trot runs. There will be a beginners running program starting at the end of August as well as a Kid's Camp with Joy Junction.

New Members: Kurt, David

Updates

- Alan Overmier and Magi Ezzard have started timing services, "It's About Time" and are available to time local events. They recently timed the Run to Break the Silence events. Their philosophy is to provide accurate services.
- Pictures taken at the Devil's Throne run in July were passed around and A. Overmier and Bill Gilmore related some history and anecdotes about the event. About 15 people turned out this year.



Marcel Hesch announced his engagement to Katherine and related how he proposed to her on the Sandia Crest Trail – and she said "absolutely." Congratulations!

July Recap

- There were 9 teams entered in the Leap Frog Club Handicap event coordinated by Shannon and Ed Zanelli.
- K. Kirsling said about 15 people participated in the 2nd leg of the Splash and Dash series. The final leg is September 20.
- About 500 people participated in the 3 events for the Run to Break the Silence.

August Events

- La Luz went very well. There was discussion about the lottery system and the way entries are allocated. M. Hesch urged those with ideas to bring them to a Board meeting.
- 8/15/2009 – Next Club handicap will be held at Antonio and Fay's home.

Announcements/Other

- It was suggested that as many race results as possible be posted on the website so there might be a central place to access results. Race directors would need to be able to submit results in a format where the web master could post them without a lot of work.
- B. Gilmore announced upcoming events in Edgewood.
- Jack Lynch announced the Corrida de Corrales will be held September 27. Both 5 & 10Ks

M. Hesch introduced member Kathy Kirsling who spoke on her proactive approach to dealing with her injuries.

Next meeting will be Wednesday, September 2, 2009.
Location to be announced.

Meeting adjourned at 8:20 PM.

Respectfully submitted,
Jane Thompson, Secretary



An eager group of ARR members await the start of the annual Devil's Throne Run. See story on page 8.



ARR Member Race Results



First	Last	Race	Time	AG	OA
John	Farrow	Eugene Marathon	3:55:03	5	669
Brenna	Anderson *	Cherry Garcia 10k	41:28	2	13
Joseph	Martinez	Alien Chase 5k	33:22		62 male
Beth	Davenport	Alien Chase 10k	58:53		8 fem
Ron	Parks	Alien Chase 10k	1:07:12		43 male
Ted	Balph	Sandia Peak Challenge: 7.2mi	1:02:52		3 male
Rachel	Cunnick	Sandia Peak Challenge: 7.2mi	1:25:14		15 fem
Ernest	Garcia	Sandia Peak Challenge: 7.2mi	1:22:10		52 M
Cornel	Heitzman	Sandia Peak Challenge: 7.2mi	1:16:40		34 M
Trace	Peck	Sandia Peak Challenge: 7.2mi	1:12:48		24 M
Thomas	Russo	Sandia Peak Challenge: 7.2mi	1:23:32		54 M
Matthew	Shike	Sandia Peak Challenge: 7.2mi	1:07:03		13 M
Roger	Squires	Sandia Peak Challenge: 7.2mi	1:16:51		36 M
Stefanie	Tierney	Sandia Peak Challenge: 7.2mi	1:12:53		2 F
Brenna	Anderson *	Lavender Wine & Cheese 5k	23:20	2	29
Alvaro	Enciso	Lavender Wine & Cheese 5k	40:43	6	117
John	Farrow	Lavender Wine & Cheese 5k	23:54	2	32
Beth	Davenport	Lavender Wine & Cheese 10k	1:04:26	8	65
Bert	Grapin	Lavender Wine & Cheese 10k	56:36	1	49
Maren	Hubbard	Lavender Wine & Cheese 10k	51:03	6	21
Lindsay	Josvai	Lavender Wine & Cheese 10k	48:26	3	12
Renee	Magnan	Lavender Wine & Cheese 10k	55:04	10	36
Trevor	Manzanares	Lavender Wine & Cheese 10k	37:35	3	3
Wendy	Wiggins	Lavender Wine & Cheese 10k	1:03:31	7	63
Jane	Thompson	Run Wild Missoula Montana Half Marathon	1:41:57	1	107
Vicki	Arnold	Women's Distance Festival	27:43	6	35
Jennifer	Beckholt	Women's Distance Festival	28:35	11	43
Mary Ann	Bosworth	Women's Distance Festival	49:53	13	129
Roxanne	Carpenter	Women's Distance Festival	24:06	1	8
Colleen	Chick	Women's Distance Festival	27:49	2	37
Beth	Davenport	Women's Distance Festival	27:01	7	28
Amy	Eras	Women's Distance Festival	25:50	2	20
Esther	Felipe	Women's Distance Festival	36:17	1	93
Jane	Fuller	Women's Distance Festival	40:10	4	107
Jean	Garlie	Women's Distance Festival	24:59	1	14
Margot	Glew	Women's Distance Festival	41:44	12	111
Shawna	Grant	Women's Distance Festival	22:57	1	6
Kim	Jeffries	Women's Distance Festival	27:30	8	32
Patrice	Leddy	Women's Distance Festival	27:28	5	31
Bryn	Livingston	Women's Distance Festival	39:00	10	104
Laura	Maclay	Women's Distance Festival	37:05	13	100
Carol	Malik	Women's Distance Festival	26:30	6	23
Kennalee	Nemudrov	Women's Distance Festival	35:44	11	89
Cece	Niemczyk	Women's Distance Festival	25:20	1	16
Irene	Nordquist	Women's Distance Festival	28:49	2	45
Karen	Nordquist	Women's Distance Festival	29:35	3	52
Holly	Palmer	Women's Distance Festival	21:23	2	3
Linda	Patterson	Women's Distance Festival	57:07	4	134
Suzanne	Riley	Women's Distance Festival	29:38	13	55
Connie	Sack	Women's Distance Festival	34:00	2	84
Cindi	Schifani	Women's Distance Festival	35:02	7	86
Wanda	Tuck	Women's Distance Festival	29:41	14	57
Wendy	Wiggins	Women's Distance Festival	27:40	1	33
Clara	Young	Women's Distance Festival	29:38	4	54



ARR Member Race Results



First	Last	Race	Time	AG	OA
Shannon	Zanelli	Women's Distance Festival	21:08	1	2
Jill	Zeigler	Women's Distance Festival	25:57	5	22
Gloria	Cohen	Chunky Monkey 5k	27:50	4	99
Charles	Fuller	Chunky Monkey 5k	26:21	1	79
Jane	Fuller	Chunky Monkey 5k	45:14	4	285
Daniel	Otero	Chunky Monkey 5k	20:20	2	15
Donald	Porter	Chunky Monkey 5k	25:16	5	64
Martha	Porter *	Chunky Monkey 5k	40:08	35	248
Colin	Riley	Chunky Monkey 5k Walk	1:00:43	10	24
Jennifer	Beckholt	Chunky Monkey 10k	1:12:51	9	95
Beth	Davenport	Chunky Monkey 10k	1:02:45	7	68
Roxy	Hunt	Chunky Monkey 10k	45:12	1	16
Heather	Jantz	Chunky Monkey 10k	52:44	5	33
Nicholas	Juskiewicz	Chunky Monkey 10k	1:01:19	10	63
Trevor	Manzanares	Chunky Monkey 10k	40:09	3	4
Ted	Williams	Chunky Monkey 10k	1:13:14	4	97
Trevor	Manzanares	Nob Hill Run 5k Elite	19:06		10
Peter	Doane	Nob Hill Run 5k Open	18:23		3
Kathy	Kirsling	Nob Hill Run 5k Open	32:26		154
Mary	Kirsling	Nob Hill Run 5k Open	50:13		203
Renee	Magnan	Nob Hill Run 5k Open	25:23		74
Earl	Roefranz	Nob Hill Run 5k Open	40:04		194
Larry	Ruggles	Nob Hill Run 5k Open	23:03		36
Pat	Scott	Nob Hill Run 5k Open	23:44		49
Bryn	Livingston	Run To Break the Silence 5k	45:26		162
Earl	Roefranz	Run To Break the Silence 5k	42:15		151
Jon	Wegener	Run To Break the Silence 5k	22:17		13
Alvaro	Enciso	Run To Break the Silence 10k	1:13:29		100
Bert	Grapin	Run To Break the Silence 10k	1:00:19		56
Daniel	Otero	Run To Break the Silence 10k	43:16		5
Ron	Parks	Run To Break the Silence 10k	1:07:49		92
Don	Porter	Run To Break the Silence 10k	52:26		20
Eileen	Ross	Run To Break the Silence 10k	1:05:51		87
Katie	Abbott *	Run To Break the Silence 20k	1:56:54		57
Mehdi	Eliassi	Run To Break the Silence 20k	1:59:08		61
Joaquin	Garcia	Run To Break the Silence 20k	3:07:20		101
Kelley	Garcia *	Run To Break the Silence 20k	3:07:26		103
Trace	Peck	Run To Break the Silence 20k	1:50:07		41
Brian	Pilgrim	Run To Break the Silence 20k	1:56:08		54
Misty	Pilgrim	Run To Break the Silence 20k	2:45:25		93
Martha	Porter *	Run To Break the Silence 20k	3:16:07		104
Robert	Tsinnajinnie	Run To Break the Silence 20k	1:28:36		7
Ted	Williams	Run To Break the Silence 20k	2:54:27		96
Jeremy	Palmer	Sound Runner Sea Legs 5k	23:08	4	41
Holly	Palmer	Sound Runner Sea Legs 5k	21:07	1 female	19
Roger	Squires	Speedgoat 50k	10:38:19		

Triathlon/Duathlon

First	Last	Race	Total	AG	OA
Colleen	Burns	Bottomless Lakes Triathlon	56:25	1	1
Richard	Jaramillo	Bottomless Lakes Triathlon	1:08:01	4	57
Alan	Overmeir	Bottomless Lakes Triathlon	1:00:02	1	37
Brian	Pilgrim	Bottomless Lakes Triathlon	54:19	1	20
Misty	Pilgrim	Bottomless Lakes Triathlon	1:15:02	2	24
Kathy	Foucar	Santa Fe Triathlon	1:18:00	2	17
David	Lopez	Santa Fe Triathlon	1:11:35	6	33
Brian	Pilgrim	Santa Fe Triathlon	1:10:57	5	30
Misty	Pilgrim	Santa Fe Triathlon	1:37:28	10	101
Michael	Sandoval	Santa Fe Triathlon	1:17:51	3	53

* 2009 ARR Racing Team member

**Correction from last month: ARR member Roger Squires asked that we note that his result from Run the Caldera Half Marathon was incorrect because he inadvertently shorted the course by 1/2 mile.

Race Report: Devil's Throne Run

By: Cece Niemczyk

A dedicated group of approximately twenty hearty runners and walkers converged upon the small, picturesque community of Cerrillos, New Mexico on the morning of July 18th, 2009 for the 12th annual Devil's Throne Fun Run. It was a beautiful day for the run and the temperature was cooperative – warm but not too hot.

As usual, there was no charge and there were no awards. This is a very laid back run with the total distance being about five miles. Most of it is done on a dirt road that includes the climb up to the steep, notorious Devil's Throne. It is a difficult ascent but the runners and walkers were rewarded with the wonderful downhill portion on the other side. They all knew, however, that they would have to climb back to the top of Devil's Throne on the way back to the finish but somehow that is easier to do when you know that you are almost home and that there is good food, cool drink,



ARR members congregate near the start of the Devil's Throne Run, held in Cerrillos, NM

and many friends who are there waiting for you.

Although the event is "officially" five miles, participants can go out for as long or as short as they wish. Most people did the five mile course.

Longtime ARRC member Dick Harris, however, was one person who chose to go out for much longer, about twenty miles. He was missed at the finish and he did not get to partake of the wonderful breakfast burritos and other snacks that were furnished by race organizers Alan Overmier, Cindy Vaughn, and Cece Niemczyk; but he had a great run. While Dick was still out running, the rest of us picnicked and visited at the starting line.

Magi Ezzard helped with the fun by giving out a number of great prizes that were kindly furnished by Sports Systems. Almost everyone there went home with something.

The Devil's Throne Fun Run replaces the 15K and 5K run that Gil Duran sponsored for many years in memory of his grandfather who was killed in a mining accident. For those of you who have never participated in Devil's Throne, you might want to consider doing it next year. Alan and Cece will plan on presenting it again in July 2010 and we hope to see you there.

September Handicap Race Information

North Valley Ditch Run, hosted by John Farrow

Saturday, September 5 at 8:30 am

4.55 miles mixed trail (dirt and paved)

The September handicap will be a North Valley run, so it will be flat. It probably isn't well suited to baby joggers given that over half of it is on trails along the ditch bank with the rest of it being the Bosque Bike Path. It starts in an open area on the ditch bank on Dietz Farm Road. Here is the link for the run compliments of John Farrow:

<http://www.mapmyrun.com/run/unitedstates/nm/albuquerque/709233357>

As always, there is no charge to anyone, and friends, visitors, and guests are welcome. In lieu of a potluck after this race, we generally congregate at the nearby Flying Star on Rio Grande after the race. If you have any questions, please contact John Farrow at 249-7148 or RunNM@prodigy.net.

The 50 States Marathoners will be getting together on the weekend of the handicap, and some may wish to attend our handicap. They will be staying in Old Town which isn't terribly far from the handicap. If you can help with transportation for a few of them, please contact Beth Davenport at eddiesfan@excite.com. There probably won't be many who need transportation, so any help could make a big difference.

Roxie Carpenter is stepping down as handicap coordinator since she finally figured out what to do when she grows up and will be going back to school. Ed and Shannon Zanelli have offered to take over on the condition that two or three people agree to take some months. Since John Farrow is hosting September, he generously agreed to time it as well. Nicole Buerger has also agreed to help. They could probably still use some help. So if you would like to help out with the handicaps, let one of us know.

Directions:

From the south - Take I-40 to Rio Grande Exit, north on Rio Grande to Dietz Farm Rd which is the second left after Griegos to Dietz Farm Rd (major intersection with street light). Follow Dietz Farm Rd west (left) a few blocks to the drainage ditch.

From the north: Take Paseo del Norte to 2nd Street Exit. Take 2nd Street south to Griegos Rd. Right (west) on Griegos to Rio Grande Blvd. Right (north) on Rio Grande Blvd. to second left which is Dietz Farm Rd. Left (west) on Dietz Farm Rd a few blocks to drainage ditch. Please note that Montano does not intersect with Rio Grande Blvd. You can not get onto Rio Grande from Montano. Take either Paseo del Norte or Comanche which becomes Griegos at I-25.



Albuquerque Road Runners Club

Application for Racing Team

2010

Deadline for application: November 15, 2009

Purpose of Racing Team: To foster camaraderie among Albuquerque Road Runner members and to promote awareness of the club within the local running community.

Requirements: Must be an ARR member in good standing. All levels of runners are encouraged to apply for the team. Applicants agree to participate in **at least five** New Mexico races during the calendar year 2010. They also agree to wear the Cool Max running singlet or t-shirt with the club logo provided by the club at each of these five New Mexico races. Team members will be ambassadors for the club, so they must be polite, friendly, and willing to answer questions about the club. It is highly recommended that team members participate in one of the races at the Run for the Zoo and the Duke City Marathon.

Rewards: Each team member will receive two Cool Max running shirts with the club logo free of charge. At the end of the year, team members are to turn in a list of the New Mexico races in which they participated as ARR team members to the club president.

Ten applicants will be selected each year. Preference will be given to those who actively participate in club activities.



1. NAME: _____

2a. SHIRT SIZE: S M L XL XXL

2b. SHIRT STYLE (choose two): Long Sleeve Short Sleeve Singlet

3. PHONE: _____ E-MAIL: _____

4. WHY SHOULD YOU BE SELECTED FOR THE ARR RACING TEAM?

SIGNATURE _____ DATE _____

Mail to: Kelley Garcia, 10044 Del Chaparral Ct. NE, Albuquerque, NM 87111

July Handicap Results

*Leapfrog Handicap- Hosted by Shannon & Ed Zanelli
Spain Trailhead*

July's Leapfrog handicap turned out to be a great success. No one was quite sure how it would be accepted, but nine teams (18 participants total) turned out for the event drawing several people who were first time handicappers for this event.

Those who were primarily runners had trepidation about the biking portion of the event being quite certain that they would crash or, even worse, be pathetically slow. Those who were

Name	Points
Lyndi Spears	29
Chris Martin	18
Kristen Mullen	18
Ken Grant	16
Matt Shepard	16
Tim Spears	16
Lisa Gerber	15
Sue Gerber	14
Alex Gordon	13
Matt Shike	12
Griff Rogers	12
Wendy Wiggins	12
Eric Beidermann	11
Alan Overmier	10
Richard Overmier	10
John Farrow	10
Laura Beidermann	9
Marcel Hesch	8
Catherine Freund	8
Christian Prout	8
Hector Alvarez	8
Joe Beman	7
Dennis Muirhead	6
Larry Ruggles	6
Kevin Fry	6
Richard Knapp	5
Tim Koehler	4
Kelly Fogelman	3
Natasha Sutherland	2
Al Enciso	2
Marshall Martin	2

primarily bikers gave me estimated 5K times of "Oh,... maybe 25-35 minutes... I'm not sure. I'm a really slow runner." As it turned out, everyone finished just fine with no wipe outs. Ed and Shannon's suggestion of summing the 5K times for the handicaps turned out to be a very reasonable way to handicap the race. Six teams finished within four minutes of each other. I must admit, I had been expecting a much wider spread.

Then at the finish, whichever team member finished first had to wait for his or her team member, then both ran through the gate to the parking lot, jumped on a mat for the finish, and Shannon announced their place. Okay, so some teams had a little confusion about getting to the finish mat, but everyone was eventually herded into the right direction. Ed and Shannon recruited enough volunteers to make everything go very smoothly. There were no

complaints about getting lost anywhere on the course. I heard some mention of 116 cones being borrowed from Fleet Feet with all 116 of them being retrieved after the race and returned. Wow! Talk about a lot of work. After everyone finished the race, Shannon dispensed many prizes including a prize for first place, Chris Marten and Kristen Mullen; fastest team, Kent Gant and Matt Shepard; fastest masters team, Dennis Muirhead and Larry Ruggles, plus many door prizes (or open space prizes or whatever you want to call them.) Many thanks to our hosts Ed and Shannon Zanelli who would like to make this an annual event. Be sure to give them your feedback. They would love to hear from you. See you all in August at Fay Slattery's and Antonio Eppolito's house in the foothills!

August Handicap Results

*Foothills Trail Run
Hosted by Fay Slattery and Antonio Eppolito
By Roxie Carpenter*

The weather was bright and sunny, cool enough, and with a slight breeze. The site was a short drive for many of the club members. Ah, but the course had a good hard uphill in it, so we did indeed have a good turnout, not as good as if there had been a blizzard, but 16 is a good number. Everyone loved the course and remarked on how well it was marked. Fay gives the credit to Tim Koehler for designing and marking the course. I think Antonio and Fay had a hand in it though.

Thanks to the July Leapfrog handicap which attracted some confirmed bikers, six new runners participated in this handicap. Lyndi, who has been biking for years, is starting to do triathlons, so the handicaps are good running practice for her and a good opportunity to mingle with experienced runners. Her husband, Tim, won the top honors in this race being the first to cross the finish with 16 points. Lyndi, however, is the current points leader with 29 points compared to the next closest who have 18 points. Now, are all you runners going to sit back and let a biker do that to you? Meanwhile, Alex Gordon (14) took the honors of fastest male with a 7:46 pace on the hilly course. He just did La Luz in 1:58:29, so Simon may have some competition in a few years! (Not to digress, but I have to mention that Alex's dad, Ken Gordon, ran the 44th running of La Luz this year at the age of 44 in 1:44:44.) Richard Knapp, our second fastest male this handicap (7:53 pace), was just warming up for the Lean Horse 100 miler in North Dakota next weekend. But it should be easy. It's a flat race. To each his own, huh?

Next month, John Farrow will be hosting and timing the handicap as Roxie Carpenter will be stepping down and our new coordinators will not be available in September. I'm sure John could use a hand with the handicap if anyone would like to volunteer to help. Ed and Shannon Zanelli will be taking over the reins after that. If you would like to host a handicap, volunteer at a handicap occasionally, or time one or two races a year, please let them know. I will be going back to school, but I will miss being the handicap coordinator. We have had so many wonderful hosts and you runners are always a pleasure to work with. There is also that little thrill from watching runners finish neck and neck. And you all thought it silly to start someone 12 seconds after another runner.

Many thanks to our hosts Fay Slattery and Antonio Eppolito. It was a lovely, quiet location. Thanks for opening up your house and pool and for being such gracious hosts. We all appreciated the ladders over the back wall leading to the start as well. That was a thoughtful touch. Thank you to Ed and Shannon Zanelli for offering to take over as handicap coordinators! The handicaps are in good hands. See you all next month!




RACE CALENDAR

SEPTEMBER

6 New Mexico Marathon (Marathon, 1/2 Marathon and 5K); Albuquerque, NM; contact: Pamela Ghoreshi, (505) 489-9484

<http://thatsawrapevents.com>

6 Dam to Dam Run; Albuquerque, NM; 505-856-9377 

<http://www.the-athletes-edge.com/>

7 Hearts for Honduras, Santa Fe, NM (5K & 10K);

www.active.com

7 Downtown Run, Albuquerque, NM; (5K

Run/Walk); <http://tcrproductions.com/>

12 Paatuwaquatsi Runs, Polacca, AZ 

13 Chips 'n Salsa; Albuquerque, NM; (1/2 Marathon, 10K, 5K, 5K race walk; kids K); 505-856-9377 

<http://www.the-athletes-edge.com/>

13 Komen Central NM Race for the Cure, (5K)

Isotopes Park, Albuquerque;

<https://komencnm.info/contents/>

19 St. Helena's Family Run, Hobbs, NM 

20 Splash & Dash; Albuquerque, NM 

20 Run for the Hills; Albuquerque, NM (10K, 5K Run/Walk); <http://tcrproductions.com/>

26 Bosque School Fall Fiesta 5K Run and Fun Walk

27 Capulin Volcano Run; Folsom, NM;

<http://www.capulinvolcanorun.com/>

27 John Baker Memorial Run; Albuquerque, NM;

<http://www.the-athletes-edge.com/> 505-856-9377;



27 Sign -n- Run, Albuquerque, NM; 5K & 10K,



27 Corrida de Corrales; Corrales, NM; (5K & 10K)



27 Squash Blossom Classic, Gallup, NM (5K, 1/2 Marathon, 1 Mile Kids Run, Mountain Bike)

<http://www.squashblossomclassic.com/>

OCTOBER

3 Big Tesuque Trail Run, Santa Fe, NM; (11.6 mountain trail run) <http://www.santafestriders.org/>

4 Sandia Mountain Shadows Trail Run, Albuquerque, NM; 505-856-9377

10 ARR NEWS

<http://www.the-athletes-edge.com/>

10 Bean Fiesta 5K & 10K, Moriarty, NM; Moriarty HS, Colleen Burns, 505-384-5039; lcnobull@msn.com

10 Pajarito Trail Festival, Los Alamos, NM; (10K, 15 Mile and Kids Races) 

<http://www.pajaritotrailfest.com/>

11 Bosque Boogie 10K, 5K Run/Walk;

<http://tcrproductions.com/>

11 Premier Annual Buffalo Thunder Resort & Casino Run, Santa Fe, NM (12K, 5K, 1.6K) www.active.com

17 Ski Run Road Challenge, Ruidoso, NM



18 Duke City Marathon, Albuquerque, NM (Marathon, 1/2 Marathon, Relay and 5K)

<http://www.dukecitymarathon.com/>;

www.active.com

18 The Other Half, Moab, UT (1/2 Marathon);

http://www.moabhalfmarathon.org/other/other_half.html

31 Great Pumpkin Chase, Albuquerque, NM

(10K/5K Run); <http://www.the-athletes-edge.com/>; 505-856-9377

(Please note: Active.com also lists the Great Pumpkin Chase on 10/25. I've checked Athlete's Edge's website and it lists the race as 10/31, so I'm assuming the 31st is correct.)

NOVEMBER

7 Scavenger Dash, Albuquerque; (Teams of two solve twelve clues, have a wild city adventure and complete fun challenges while discovering the city in a different way. An amazing race on a local level, where anyone can participate)

<http://www.sierraadventuresports.com/>;

www.active.com

7 World Class Racewalking Clinic;

www.racewalking.org,

8 Doggie Dash & Dawdle, (5K human only and 5K human + canine; 2 mile dawdle) Albuquerque, NM;

www.active.com

26 Albuquerque Turkey Trek, Albuquerque, NM (5K run/walk); <http://tcrproductions.com/>

26 Hobbler Gobbler III, (5K & 10K), Rio Rancho, NM; www.active.com; <http://www.the-athletes-edge.com/>

The Athlete's Kitchen, continued from pg. 3

Q. I'm lactose intolerant. Can I get enough calcium from non-dairy foods like soymilk, spinach, broccoli and almonds?

A. For certain, you can get calcium from non-dairy sources. Soy milk is calcium-fortified and offers ~300 mg calcium in 8 ounces—similar to cows' milk. Other convenient non-dairy calcium sources include fortified orange juice (350 mg/8 oz.) and fortified breakfast cereal, such as Total Cereal (1,000 mg/3/4 cup).

If you do not consume dairy products or fortified soy products, you will have to work hard to consume adequate calcium. For example, to get the recommended intake from plant sources, you'd need to eat 10 cups of spinach salad, 3.5 cups of broccoli, and 4 ounces almonds (about 88 almonds @ 675 calories). That's a lot of eating...

What you do NOT get from those plant sources of calcium is Vitamin D. Vitamin D enhances the absorption of calcium and is needed to not only protect bone health but also to reduce the risk of high blood pressure, diabetes, and heart disease; while enhancing immune function and reducing inflammation. Vitamin D is added to milk and some brands of yogurt, but is hard to find naturally in foods other than oily fish. Hence, non-milk drinkers have a high risk for not only calcium but also vitamin D deficiency.

Q. I live in Boston and spend lots of time outdoors in the sun. Should I take additional D even though I drink milk?

A. Yes, especially between Thanksgiving and Easter. Vitamin D deficiency is surprisingly common in people who live in northern latitudes (north of Atlanta GA), where the sun's ultraviolet rays do not effectively convert the body's inactive form of D (just under the skin) into an active form. And even Southerners need to be mindful. A study of southern distance runners indicates 40% of them were D-deficient (2).

Indoor athletes (dancers, swimmers, hockey players, figure skaters, basketball players, gym rats, etc.) should be particularly concerned and ask their doctors about getting their blood tested to determine their level of vitamin D, and if it is low, take steps to correct the problem.

Q. Does the fat in milk contribute to heart disease?

A. Controversial. A study that tracked the health and dairy intake of 4,374 children for 56 years (between 1948 and 2006) reports there was no increased risk of heart disease or stroke among the 34% who died during that time—even though, as kids, the subjects in the study drank whole milk. In fact, the children who consumed the most milk and cheese lived longer. (3)

This study conflicts with the prevalent message to reduce the risk of heart disease by limiting the intake of milk's saturated fat. Until more research clarifies this confusion, I recommend you enjoy *low fat* dairy/calcium-rich foods to help reduce excessive fat and calorie intake while maintaining a strong calcium intake.

Q. Will drinking extra milk help a broken bone heal faster?

A. Doubtful. Bones need time to heal ... about 6 to 8 weeks. But perhaps you can reduce the risk of breaking a bone by building it stronger in the first place?

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, and food guides for new runners, marathoners, or cyclists are available via www.nancyclarkrd.com. See also sportsnutritionworkshop.com for information about upcoming workshops in Providence, Boston and Toronto.

References

1. Heaney R, Davies K, Barger-Lux M. Calcium and weight: clinical studies. *J Amer College Nutrition* 2002. 21(2):152S-155S.
2. Willis KS, Peterson NJ, Larson-Meyer DE. Should we be concerned about the vitamin D status of athletes? *Int'l J Sports Nutr & Exerc Metab* 2008 18:204-235.
3. van der Pols JC, Gunnell D, Williams G, Holly J, Bain C, Martin R. Childhood dairy and calcium intake and cardiovascular mortality in adulthood: 65-year follow-up of the Boyd Orr cohort. *Heart*. 2009; July 29. (Epub ahead of print)

Special Announcement!!

The Carpenters Hang Up Their Timing Clocks *Club is in need of handicap timing volunteers*

On behalf of the entire Albuquerque Road Runners Club, we'd like to extend a heartfelt "thank you" to Roxie and John Carpenter for their efforts in providing timing services for the Club handicaps. For years (and I don't know how many) Roxie and John have given up their Saturday mornings once a month to put on one of the Club's most well-attended and fun events: the monthly handicap. Now, it's time to give them a well-deserved rest.

Thankfully, Ed and Shannon Zanelli have agreed to spearhead the effort to keep the handicaps going, **BUT** they need some help.

What they would like to do is have 3-4 teams of handicap timers so that it's not too time-consuming for any one group. This way, each team would only be responsible for three or four handicaps per year instead of all of them.

We have had a couple volunteers thus far, but we need more. We will provide training (and it's easy anyway!)

The handicaps are generally held on one Saturday morning a month. If you are interested in helping the Club out with this fun event, please contact Ed Zanelli at ezanelli@yahoo.com.



News from Around the Town



Update: Still Seeking Opinions on Making ARR News Paperless.

By Ed Zanelli (with edits by Holly Palmer)

We are still actively soliciting opinions regarding the Club Newsletter's possible move to an entirely paperless format. Please see the information below if you missed it last month:

For a great many members, the newsletter is one of the biggest benefits to membership. And I hope that continues to be the case. However, I believe that the time has come for the newsletter to go paperless.

The Argument For Cost Savings

For those who are unaware, the club pays approximately \$450 per month (\$5,400 per year) for publishing and postage. A small amount of this is offset by advertising. At \$15 per person per year, that means that almost 100% of the club dues go to producing the newsletter. If the newsletter went paperless, the club would save \$5,400 per year: money that could be used for other purposes.

The Argument for Going Green

The June newsletter was 18 pages; and the July newsletter was 20 pages. The minimum production run is 200 newsletters. Using an average of 20 pages per newsletter, the club is responsible for 4,000 printed pages per month (48,000 pages per year). Not to mention the energy used to operate the printing machines, and the by-product waste.

My Proposal

I propose that the club should offer the newsletter on-line, easily available from the club's website. Optionally, the club should continue to send the newsletter as an email attachment for those who would like to receive it by this method. For those who do not have access to a connected computer, the club should provide a small number of printed newsletters (e.g: 2) at the monthly club meeting for members to read there.

Additional Option (new)

Also under consideration is making a few copies (between 10-20) and direct-mailing them to members who really want/ need a paper copy. Members who want this service would have to contact either Ed Zanelli or Holly Palmer to let them know.

I would be very interested in hearing the thoughts of other members. Please let me know by email at ezanelli@yahoo.com, or by phone at 505-822-5006. Specifically, I am interested in knowing which of the following alternatives most closely resemble your feelings about the distribution of the newsletter: (see box at right).

Apply NOW for the 2010 ARR Racing Team

By Kelley Garcia

Have you ever seen the Albuquerque RoadRunner's Racing Team logo during a race and thought to yourself, "WOW! That looks cool!" Well, now is your chance to own (and run in) a similar shirt. It is time to put in your application for the 2010 Racing Team!!

What is the purpose of the team? To foster camaraderie among Albuquerque Road Runner members and to promote awareness of the club within the local running community.

What are the requirements? You must be a club member in good standing. All levels of runners and walkers are encouraged to apply -- even if you have been a past team member. If selected, you agree to participate in AT LEAST FIVE (5) New Mexico races during the calendar year 2010 AND you agree to wear the Racing Team shirt while running the races. You will be an ambassador for the club so you should be polite, friendly, and willing to answer questions about the club.

What are the rewards of being a Racing Team member? You will get two technical running shirts with the club logo. You get a star by your name in the monthly newsletter's race results section. You get to be part of a select group of Albuquerque Road Runners.

Ten applicants will be chosen to be on the team. Preference will be given to those who actively participate in club events.

Your Opinion Matters!

Regarding Ed Zanelli's article concerning going paperless with the Club newsletter, we need your opinion. Responses can be directed to Ed at ezanelli@yahoo.com or 505-822-5006

- o I would be happy to receive the ARR newsletter via email or read it on-line.
- o I would be willing to pay additional postage to continue to receive the ARR newsletter by US Postal Mail.
- o I would like to receive the ARR newsletter by US Postal Mail; however, I am not willing to pay additional postage.
- o It would cause significant hardship to **NOT** receive a paper newsletter in the US Mail

We need to hear from you! If we do not receive negative comments, we will begin a paperless newsletter system beginning in November, 2009. This is your chance to speak up. If you want to express your opinion, please contact Ed at the places listed above. You may also direct comments to Newsletter Editor, Holly Palmer at: arnewsletter@yahoo.com



News from the RRCA



RRCA Announces 2010 National Convention Location!

On behalf of The Lakeland Runners Club and Central Florida's Polk County Sports Marketing I would like to invite you to Lakeland, Florida. We are proud to be the host for the 52nd annual RRCA National Convention scheduled for April 21-25, 2010. Preparations are in full swing to make sure the 2010 convention is a memorable event for you and your family.

There is a reason that central Florida is a top vacation destination. Here in central Florida you will find a variety of activities; from arts and culture, eco-tourism, fishing, water sports, cycling, boating, Detroit Tigers spring training baseball and our famous attractions Cypress Gardens, Splash Island Water Park, Fantasy of Flight, and Bok Tower Gardens. Or venture out and enjoy any of Florida's beautiful beaches or the world famous Walt Disney World...it is all right here!

At this time we are happy to announce our chosen host hotels for the RRCA National Convention. We have chosen 4 different host hotels that will suite a variety of tastes. All four hotels offer free breakfast and free internet access for guests! The onsite host hotel is The Hyatt Place. The Hyatt Place is conveniently located on the convention center property. It offers outdoor swimming pool, and is within a walking distance to the convention center.

Registration Fee: \$250.00

RRCA Convention Registration includes: commemorative vest, educational workshops, coffee breaks, networking meetings, no additional cost for RRCA Coaching CEC's, Thursday evening reception, and 1 ticket to Saturday night's National Running Awards Banquet and Ceremony. Fee is valid thru March 1, 2010. After March 1st registration fee goes up to \$300 per person. (shirt sizes are based on availability for late registration).

Meal Package is only \$100 and includes Friday Luncheon, Friday Dinner and Saturday Luncheon.

Total RRCA Convention registration fee PLUS meal package is only \$350!

We will also provide a \$15 per person shuttle service to and from both the Tampa and Orlando airports to ensure getting to Lakeland is as easy as possible for you and your family.

Online registration sponsored by Active.com is coming soon!

Don't forget about Kids' Run the Nation!

For many, August signifies the annual back to school routine of planning out fall calendars, purchasing supplies, gearing up for Cross Country season, and more.

Did you know that the RRCA is a great resource for schools and clubs that host youth running programs?

Did you know that the RRCA could support youth Cross Country teams by providing a Cross Country club with nonprofit status and insurance for training runs and Cross Country meets? As budgets suffer and cuts are made to school based youth sports, parent run Cross Country teams that are members of the RRCA are gaining in popularity.

Are you a teacher or parent interested in hosting a gender-neutral youth running program this fall at your school to promote lifelong fitness, healthy eating and more? Our Kids Run the Nation program is designed specifically for you! Find more information about the Kids Run the Nation Program at <http://www.RRCA.org/programs/kids> or <http://www.KidsRuntheNation.org>.

Please support the RRCA and invest in youth running by making a tax deductible contribution to the RRCA Kids Run the Nation Fund to ensure local youth running programs have the resources they need to succeed. Contributions can be mailed to the RRCA at 1501 Lee Hwy, Ste 140, Arlington, VA 22209. Simply put Kids Run the Nation in the memo line.

Friday, September 18 is National Run @ Work Day

Scheduled annually on the third Friday in September, which will be September 18, 2009 this year, the Road Runners Club of America will promote the 4th Annual National Run@Work Day.

The goal of National Run@Work Day is for RRCA members and individuals across the country to host community based events that encourage people to incorporate at least thirty-five minutes of walking or running into their daily lives. A Run@Work Day event can be hosted by a running club, an individual, or a corporation.

Run@Work Day events should be a running or walking event lasting at least thirty-five minutes before work, during lunch, or immediately after work. A Run@Work Day event can be as simple as taking your co-workers out for a lunch time walk or a Run@Work Day event can be an afternoon fun run designed to bring out hundreds of people in a community or a company.

The RRCA encourages the American public to incorporate at least thirty-five minutes of exercise into their daily lives which can markedly improve one's overall physical health.

If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity and obesity crisis gripping our nation and our children.

NEW MEXICO MARATHON HALF MARATHON AND 5K FESTIVAL!

September 5th & 6th, 2009



Come Run With Us!
www.nmmarathon.com

Contact: Pamela Ghoreishi, Event Director
(505) 489-9484 . Pamela@thatsawrapevents.com



Heart & Sole Sports has over 75 years of combined service and knowledge in the athletic shoe industry. With a certified gait analysis expert, well known athletic and running shoe designer, a world class runner. Most of all, we have the friendliest & most knowledgeable staff in the state, ready to serve you. You have made us....

New Mexico's # 1 Running Company

Thanks to all of you with Albuquerque Road Runners that have been loyal and dedicated customers over the past 9 years. We strive to be the best at what we do and you have helped to make us # 1 in New Mexico, and now top **50 Best Running Stores in America in 2007 & 2008.**

Thanks ARR!

Visit our Store for Albuquerque Road Runners Apparel:
Shirts, Shorts & Polo's
ARR Members always receive a 10% Discount
on all shoe purchases

We're growing & getting better.
Are you ever in California? Visit
our NEW store in Santa
Rosa California

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Specialty Running Store

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We Specialize in YOU!

Albuquerque Road Runners Club - Host of the La Luz Trail Run

"Some people create with words, or with music, or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, "I've never seen anyone run like that before." It's more than just a race, it's a style. It's doing something better than anyone else. It's being creative." –Steve Prefontaine



Albuquerque Road Runners Club
P.O. Box 20011
Albuquerque, NM 87154

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Permit No. 1502

Albuquerque Road Runners Club Membership Application, Renewal or Change of Address

Name: _____ Age: _____ Sex: _____
Address: _____ ZIP _____
Phone: _____ **Renewal** _____ **New Member** _____ **Change of Address** _____
Email: _____ Would you like to receive the monthly newsletter by email? _____
_____ \$10 Student (fulltime)
_____ \$15 Individual
List family ARR members (all must sign waiver): _____ \$20 Family

Send form and check payable to "Albuquerque Road Runners Club", P.O. Box 20011, Albuquerque, NM 87154
OR log on to www.active.com for online renewal.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete a run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Albuquerque Road Runners Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind ensuing out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this or any other event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, rollerblades, animals, and radio or tape headsets are not allowed in any race, and I will abide by this guideline. Of the above annual dues, \$1.25 of this amount is for a subscription to the RRCA's quarterly magazine *Footnotes* for one year.

Signature (Parent or Guardian must sign for minor children): _____

Date: _____