

The Roadrunner



The Southern Arizona Roadrunners Newsletter

www.azroadrunners.org

Summer 2016

Inside This Issue:

Running Safety Tips	3
News on the Street	3
Social Run & Yoga	4
Race Reports	5-7
Rob Bell Award	8
Children's Fitness Fund	9
Thank You Children's Fitness Fund	10
Be Mindful... About Food	11
Board Nomination Ballot	12
Race Calendar	13
Membership Discounts	13
Local Running Groups	14
Membership Application	16

Running with Animals

By Kim and Celestino Fernández

We were charging downhill when out of the bushes a deer leaped down right in front of us and with two bounds crossed the street and disappeared into the desert brush. We were very excited about yet another close encounter with a wild creature and it made us think about other times we've "shared the road/trail". Of course, there was the time when, running in the dark, we got tangled up with a pack of javelinas that were just as scared as we were. We were all running every which way and Kim and the javelinas were screaming. Celestino was simply trying to remain cool and stay out of everyone's way. Then we remembered trail runs where we had jumped over snakes, lizards, gila monsters and stopped in our tracks for skunks! We caught up with a tortoise, spied coyotes, raccoons, tons of little bunnies and some large jack-rabbits. It's always exciting to see bobcats, but even more so to see a mama mountain lion and her two cubs which we saw on one of our runs to Seven Falls in Sabino Canyon. Once we were out early enough to catch sight of the elusive coatimundi before they hide from the daylight.

Later on our run, some quail ran across the road, reminding us about the animals overhead that we've seen, including owls, hawks, bats, doves, sparrows and crows, plus many more we couldn't identify. Thinking about birds led us to smile about the pelicans, osprey, seagulls, egrets and heron that fly by so effortlessly when we run, slogging in the sand on the beach in Puerto Peñasco (Rocky Point) Mexico. Sometimes we even see dolphins, sea lions and flying fish!

Perhaps, the most exotic animals we've seen while running are wild turkeys with their chicks scampering away in front of us in the hills of Northern California, kangaroos outside of Canberra in Australia, llamas in the Andes of Perú, camels in Turkey and monkeys throwing rocks at us in Bhutan!

As we continued the run, we also thought about the animals we've seen while running but don't often notice like cows, horses, sheep, goats and chickens, yet they are reminders of good times running in rural areas. Like when we run through the forest in Mexico for an hour to meet Celestino's uncle to help with the milking and to drink a Paloma (a glass of warm milk, directly from the cow, with a bit of alcohol; yeah, that'll wake you up!).

Later, we ran past a neighbor walking his dogs and thought about all the dogs we've passed over the years; little ones that yap, designer dogs (Celestino's term for overly groomed, usually small, dogs that are often carried by their owners), guard dogs that scare us when we run too close to the fence on the sidewalks of Guadalajara or dogs running in wild packs and even some in strollers – yeah, designer dogs!

As we were rounding out our run, we thought about humans as animals – they're the most interesting sights, especially at races like Bay-to-Breakers!





**2015-2016
SAR Board of Directors**

Tim Bentley, President	bentleyaz@comcast.net
Diane Manzini , Vice President	dianemariemt@yahoo.com
Steve Outridge, Vice President	outridge2003@yahoo.com
Greg Gadarian, Treasurer	ggadarian@aol.com
Dari Duval Membership Secretary	dfduvalaz@gmail.com
Steve Felde, Recording Secretary	slfsvt@q.com
Doreen Davis, Materials Officer	dycastillo@hotmail.com
Randy Accetta, Member at Large	raccetta2@cox.net
Sheryl Felde, Volunteer Coordinator	slfsvt@q.com
Keith Schlottman, Finance Manager	keith@schlottmancpa.com
Lucas Tyler, Office Manager	lucastyler@hotmail.com
Alyssa Hoyt, Member at Large	hoyt.alyssa@gmail.com
Don Branaman, Member at Large	desertrun2004@yahoo.com
Shane Carr, Member at Large	punishtherunner@gmail.com
Gary Giese, Member at Large	gary.giese@comcast.net
Michael Miller, Member at Large	michaelgreermiller@gmail.com
Kara Rubelt, Member at Large	karamiddendorf@hotmail.com
Greg Wenneborg, Member at Large	gwenneborg@q.com

Other Staff

Monica Bermudez, Newsletter Editor	tennismommie@yahoo.com
Gina Nelson, Newsletter Layout	ginasiphone@gmail.com

The Roadrunner is published quarterly by the Southern Arizona Roadrunners, a non-profit organization promoting the sport of road running and walking in the state. The Roadrunner is distributed free to members by mail and to the running community through Tucson outlets. Editorial materials may be sent via e-mail to **Dari Duval** at dfduvalaz@gmail.com or by mail to: The Roadrunner, Southern Arizona Roadrunners, P.O. Box 64215, Tucson, AZ 85728-4215.

Members, please send change of address information to the address above or call SAR at 326-9383. The Roadrunner is sent bulk mail and will not be forwarded. Display advertising information may be obtained from Dari Duval at dfduvalaz@gmail.com.

Happy Hour Hobble Summer 2016 Schedule:

Friday, July 8th

Tucson Racquet Club
4001 N Country Club Rd

Meet on the lawn by the tennis courts.
We'll romp around on the Rillito River Path.
Free entry to the Friday Night BBQ for Happy Hour Hobblers with a live band & pool access!

Friday, July 29th

Tucson Hop Shop
3230 N Dodge Blvd

We'll head to the Rillito with a stop at Brandi-Fenton for splash-pad action!

Friday, August 19th

Dragoon Brewing
1859 W Grant Rd #111

Meet in the tap room. We'll hobble on the Santa Cruz portion of the loop.

Thank you to all the volunteers who help make Southern Arizona Roadrunners races a success!

We're always looking for volunteers to help with finish line, aid stations, race registration and course set-up.

Get involved today!



For the latest information, visit us online at:
www.azroadrunners.org
or scan with QR code reader enabled smart phone.





Running Safety Tips

Over the past year, SAR has sponsored a number of self-defense classes for runners. Included in the class is an overview of running safety tips of which to be mindful of. Thank you to multiple runners & the Workout Group for crowd sourcing these safety tips.

Report to the Police – Report any threatening behavior to the police. If you feel threatened, bothered, or harassed in any way, call 911 and report the incident to the police.

Bring a Phone – If running alone, especially in the dark, bring your phone so that you have the ability to call 911.

Head for Safety – In the event that you feel threatened, head for the nearest safe space, such as another person, a store, a house, or a crowded intersection. Make noise and be clear about your needs.

Avoid Headphones – Headphones are dangerous because they block out all local sounds. Resist the urge to wear headphones while doing any running unless it is in a gym or on a treadmill. If you must wear headphones, wear them in only one ear and with the volume lower.

Run facing traffic – When running on the road, you are just like a pedestrian: You should run or walk facing traffic and off the street when possible. Be careful of traffic pulling out from side streets, as drivers rarely look right when pulling into the first lane of traffic.

Follow the Rules of the Path –When running on a multi-use path, follow the rules established for that path. As a runner, you are probably the most nimble, so keep an eye for bikes and those who cannot move quickly. Be respectful of the needs of others.

Cross at Crosswalks –You have the right of way when you are in a crosswalk, but many drivers are watching automobile traffic and not pedestrians.

Be Bright at Night – Wear white or reflective clothing so that drivers, cyclists, and others can see you. Running specialty shops sell reflective armbands with blinking lights that are effective for being seen at night or in the early morning hours.

Be Aware – Check your surroundings while running. Use your peripheral vision and your ears to know what is going on in the area within 30 to 50 feet of you.

Vary Your Routes –Avoid the habit of being at the same place on your run at the same time in any given week. Change the time you run and the course you follow weekly.

Recruit a Running Partner – In addition to there being safety in numbers, having a running buddy will help you to stay focused on your goals and will provide

support for your new endeavor.

Run with Your Dog – Running is also great exercise for your true best friend and could make a predator the prey.

Join a Running Group – In addition to being a fun and social way to get into the sport, exercising with a group is the safest way to go.

Wear ID – Wear an identification tag on your shoe or somewhere on your clothing that includes vital information such as name, address, emergency contact info, primary doctor, and insurance information.

Tell Someone – Let a family member or friend know where you're headed, which direction you're going and the length of time you expect to be out.

Leave a note – If you're comfortable, leave a note in your car with your name, emergency contact info, time you left, where you're going and estimated time of return.

Carry a Deterrent Spray or Horn – Running with these items may make you feel safer. Please be sure that you know how to, and are confident in their use.

News on the Street

New State Age Records set at Tucson 5000: Richard Senti (69), Paul Robilla (79), Paula Morrison (42), Merry Dearmon (62), Judi Shyman (73) and Agnes Paulsen (95)

At the Pac 12 Championship, Daniel Wong who graduated from CDO placed 11th in the Steeplechase running for ASU

Harvey Nelson who graduated from Catalina Foothills placed 7th in the 10K for NAU at their conference championship

Andy Trouard who graduated from Salpoint placed 1st in the 1500 & 6th in the 5000 for NAU at their conference

Charlie Ware earned a spot in the Western States 100 by finishing second in the Black Canyon Ultra





Social Run & Yoga For Runners

Saturday, August 6, 2016
6:00 AM Run 7:30 AM Yoga

Bring your weekend running group to The Core at La Encantada for your weekend run. We're hosting the running community for a run, snacks and post-run yoga class geared towards all those running muscles we tend to neglect at 7:30am . We'll have 2, 4, & 6 mile options plus hill repeats up Campbell for those looking for a strength workout. Feel free to run more/less as your feet move you. Come ready to run!!

Stick around at The Core for Yoga For Runners. This all levels yoga class is great for targeting those muscles and sore spots that runners tend to neglect (or hope will just go away)! Mats and other materials provided, but feel free to bring your own!

Have Something to Say About Running?

We'd love to hear from you! We're always looking for articles from our members about running in Southern Arizona— how to juggle family, work and training; running challenges; tips for mature runners, and more! Email: Dari Duval at dfduvalaz@gmail.com

Looking to escape the heat and head up the mountain? We've got the trail shoes for you!



Choose from Asics • Brooks •
Hoka • Merrell • Mizuno •
New Balance • Nike • Saucony

Stay cool!

*Proud to be a
supporting sponsor
of the running
community for 34
years!*

325-5097
3055 N. Campbell
In Campbell Village
Between Glenn & Ft. Lowell
Monday-Friday 10-6, Saturday 10-5



Marana 5000 Race Report



On March 13, 2016 we were welcomed to the Crossroads at Silverbell Park in Marana for the Marana 5000 (formerly Dave's Run for ALS) with clear skies and slight breezes. Everyone agreed it was a glorious morning!

Our fantastic volunteers greeted participants and families as they picked up their race packets and registered for the race. Kids were delighted to see a super-fun jumping castle combination that included climbing and slides, while Petunia the Clown used her artistry to create mini works of art on kid's faces. DJ Rich kept the crowd moving with his great tunes as usual!

As many of you know, this event is held in memory of David Filer who we lost 15 years ago to ALS (Lou Gehrig's Disease). Proceeds from the Marana 5000 support the Jim Himelic Foundation that funds research at the University of Arizona in the fight against ALS. Thank you to all of the participants, and particularly those who donated directly to JHF in helping SAR with this battle.

The 5K race began promptly at 8:30am in near perfect weather – an omen for fast times and great races. Our top finishers did not disappoint - the top three women in order were Autumn Ray (17:49), Amy Cole (18:21) and Julia Thomas (all the way from Ottawa!) (19:16). Autumn's effort was particularly impressive tying the course record! The top Master's Female was Tia Accetta (19:38) continuing her comeback with an impressive performance. The top 3 in the men's race were, Stephen Schaefer (15:57), Anthony Franciso (16:33) and Kurt Michels (16:50). Billy Ramon took home the top Master's award in 18:00 flat.

After the 5K it was time for free eegees, bagels, and other snacks for the adults as we prepared for the free FitKidz mile! The kids went out for 1/2 mile down the Santa Cruz path for a quick turn around and back to the park to finish under the big SAR Finish line. Great fun was had by all. The top 3 boys were Bronson Brockschmidt (6:29), Brad Brockschmidt (6:39) and Sebastian Thomas-Harvey (7:07). Wow, 10 years old and already running under 6:30 per mile! The top 3 girls were Lily Goerke (7:10), Kaylee Martinez (7:47), and Anabelle Accetta (7:51). Every kid got a free FitKidz t-shirt and ribbon for crossing the finish line and we are proud of each and every one of them!

We say it all the time, but we do because of how important they are. These events happen and are successful because of two main groups. The first group is local businesses who donate their money, products and expertise in support of these events designed to get local community out and getting healthy. We would like to sincerely thank The Running Shop, Proactive Physical Therapy, Trico, Eegees and the Town of Marana for their support of this event.

The second group are the volunteers who selflessly give of their time, energy and talents to make the event a success. We've done our best to make sure that we haven't missed anyone here. Many thanks to the following volunteers: Steve Felde, Sheryl Felde, Joe Plassmann, Michelle Hawk, Chris Fall, Erik Sanders, Doreen Castillo-Davis, Robin Gerard, Krista Germoth, David Odom, Dari Duval, Diane Manzini, Dave Dixon, Chris Rife, Tracy August, Brady August, Ethan August, Connie Lopez, Marti Ackermann, Merry Dearmon, Diane Harper, Martha Castellon, Jennie Sparrow, Shirley Hester, Joe Faulk, Steve Sheldon, Geoff Schmidt and Andrew Peck.

We would like to thank all of those who registered under a team. The largest team was The Workout Group and they have won a free eegees party worth \$150. Thanks very much, eegees for donating the party this year!

A computer snafu caused a delay in getting results out of the timing system, but awards for age group winners are available at The Running Shop.

Thanks for coming out and enjoying this great event. If you had fun and liked the course please spread the word and help to make next year's Marana 5000 the biggest and best ever!





Spring Cross Country 5k

What a perfect day to run a cross country 5k. The morning started with sunny skies, mild temperatures and great competition. It ended with both the men's and women's course records being broken!

On the women's side not only did Erica Clevenger win and break the record but the next two runners also broke the previous record set by Katie Keating in 2015 with a time of 19:45. The top three overall winners were, 3rd place Monica Folts in 19:36, 2nd place Paula Morrison in 19:27 and 1st place Erica Clevenger in a New Course Record of 19:20.6!

Paula Morrison was also the top Master runner. She was followed by Michelle Hawk in 21:13 and Janet Holland in 21:46.

On the men's side the time to beat was 16:30 set by John Poray in 2013. Not an easy task on a difficult course but former Hanson runner, Robert Scribner, was up for the challenge. He ran 16:18.6 beating out last year's overall winner and last year's Grand Prix champion, Stephen Schaefer. Stephen took 2nd place with a time of 16:40 and Kurt Michels was 3rd with a time of 17:12.

Mark Mayall was the overall Master winner with a time of 17:58. He was followed by Ramon Billy in 18:23 and the legendary Shaun Haley in a time of 19:01.

New this year was the master winners who also took top 3 overall were double dipped in awards supporting those faster more aged runners. There were also cash prizes for breaking the course record. Both new course record holders received the overall winner prize from the running shop which was a pair of shoes as well as a \$50.00 cash prize and a Cross Country sign.

A big thank you to On Your Left Timing for providing the timing service and for providing extra monitors for quick results.

I would like to thank the 86 men and 107 women who participated in the race and the Running Shop for the overall and age group awards. The race raised over \$700.00 to help support the Catalina High School Cross Country team. The money will be used to help support the program by paying sports fees, purchasing shoes for those in need and paying race entry fees.

Cinco de Mayo Fitness Fiesta!

It was a perfect day for racing at Dr. Gann's Diet of Hope Cinco de Mayo Fitness Fiesta! Over 1000 participants and spectators came together to run or walk the 5K, 10K and Fitkidz 1 mile in the hills of Starr Pass. The weather was perfect, the burritos were tasty, the mariachis were a hit and the awards were fabulous... what more could you ask for?

This event seems to have become one of the most family friendly running events in Tucson. With the 5K, 10K and Fitkidz 1 mile, there really was an event for everyone. Kids enjoyed a water balloon toss, jumping castle, Eegee's slush, pinatas and the ever popular sombrero kids race.

Dr. Gann kicked off the awards ceremony where the overall and age group winners received engraved margarita glasses. Overall and first place age group winners also took home gift certificates to Fleet Feet Sports. In the 5K, on the women's side first place went to Jan Smith (22:45), on the men's side Zach Westman (17:38). Top place master's winners were Catherine Horness (22:33) and James Webster (19:37). The 10K overall winners were Lauren Reasoner (40:28) and on the men's side, Anthony Francisco (34:20). Masters winners were Stephanie Wenneborg (42:04) and Dave Dixon (38:25). A huge congrats to them powering through this challenging course! In the new team competition, it was a close battle but in the end Team Fleet Feet came out on top with the most participants, winning themselves a keg from Borderlands Brewery.

In its 36th year, this race has become a Tucson tradition. Thank you to the 70+ volunteers that make this event possible and to all of our sponsors for their support: Dr. Gann's Diet of Hope, Fleet Feet, Tile Outlet, Dr. James Evans and Dr. Basel Skeif at Tucson Heart Group, Mc Kesson Medical supply, The Reliance Group, Vitamin Shoppe, El Saguarito, Albertsons, Borderlands Brewery, Starbucks, Culligan and La Estrella Bakery.



Sabino Canyon Sunset Run



The 2016 edition of SAR's Sabino Canyon Sunset Run was run in beautiful weather, clear skies and mild temperatures. Over 360 people enjoyed this spectacular race and a great time was had by all. Friendly competition, food, music, camaraderie, a fantastic sunset and incredible moonlight, all at the magnificent Sabino Canyon. It just doesn't get any better than that.

The men's race was won by local athlete Kurt Michels, whose time of 41:28 was about 1.5 minutes faster than the second place finisher Adam Folts of Phoenix. Third place was taken by elite triathlete Jess Vondracek in sub-6 minute pace. The Men's Masters competition was dominated by Brian Hall who was 4th overall in an impressive time of 45:30. Brian was the winner in 2000 and has run the race every year and finished in the top ten since 1998. Second place was Ramon Billy, and third was newcomer Dave Dixon.

The women's overall award winner was Amy Cole who is becoming a regular winner at SAR races. Amy ran 6:26 pace, for a total time of 47:37. Second place went to Siouxsie Owen, and third was Lauren Reasoner. The top three ladies finished in order, #10, #11, and #12 overall. The Women's Masters competition was won by 2015 SAR Grand Prix winner Michelle Hawk in a time 54:33. Michelle pulled double-duty by volunteering at the race and winning the Master's division. Second place went to the amazing Merry Dearmon.

For the first time, we had a timing mat at the half-way point. This allows the runners to compare their first (uphill) split to their second (downhill) split. Some interesting observations can be found. For example, Kurt Michels ran the second half at 5:12 pace! Siouxsie Owen had a great second half to take second place overall. Don Fallis and Warren Williamson were 2 of 7 runners that actually ran the uphill faster than the downhill.

As with every event that we do, the volunteers were the engine that made this event run and we want to thank each and every one who helped out. While we're sure we won't remember to list everyone here we will try: Steve Felde, Sheryl Felde, Laura Marshall, Georgia Ehlers, Gary Giese, Connie Lopez, Linda Pitney, Jennifer Keyes, Dari Duval, Bob Howard, Gerardo Guzman, Melanie Ramo, Marti Ackermann, Stephan Ackermann, Gary Parcher, Pam Hoyt, Monica Bermudez, Don Taylor, Linda Whelan, Diane Harper, Lauren Reasoner, Joe Faulk, Doreen Davis, Michelle Hawk, Bob Arendt, Robin Gerard, Ben Childers, Joe Plassman and boys, Tom Gormley, Gina Nelson, Chris Fall, Nick Gonzales, Emily Maas, and Maureen Cunningham

We also owe a huge thank you to our main sponsors, Proactive Physical Therapy, Performance Footwear and Summit Hut. Performance and Summit Hut graciously provided gift certificates to all award winners, along with our new sponsor LaceLocker,



who provided age group awards. ProActive PT helped runners out with KT Tape and free massages. Additional sponsors included Culligan Water, Risky Business, Papa Johns and Eegees.

A big thank you as well to the Forest Service for permitting us

to hold this event such a fantastic location. Our race benefitted the Friends of Sabino Canyon, a group that does great things to improve the park for all of us.

A fantastic job was done by all, and we hope everyone enjoyed the experience.





Accepting Nominations for the 2016 Spirit of Rob Bell Award

HISTORY

In August 2000, Rob Bell, an avid, middle-of-the-pack runner in Southern Arizona, passed away during a workout. He was a kind and soft-spoken man who loved to run and to race and was always aware of the successes of other runners. In his memory, an award was created with the support of two of Rob's running friends. This award is meant to recognize someone in the local running community whose enthusiasm for our sport embodies the spirit of Rob Bell.



SUBMITTING NOMINATIONS

We've had amazing response to this award and are humbled every year by the number of inspiring people in our running community. So we're changing our formula from past years to expand the award to recognize both a SAR Nominee and Community Nominee. The nomination process stays the same, although SAR will now narrow down the nominees to three finalists for the Rob Bell Award. From a combination of community input and SAR review, two winners will be selected – a community winner and a SAR winner to receive the following:

- Free entries to all SAR races for one year and Free SAR membership for one year
- A commemorative plaque
- Prizes totaling approximately \$150 in retail value

Nominations must be submitted by August 31, 2016 at http://www.azroadrunners.org/go/category/about/spirit_of_rob_bell_award. Each nomination should include the name of the person being nominated, a description of how this person embodies the spirit of Rob Bell, examples of how the person has engaged in the Southern Arizona running community, and the name/contact information of the person submitting the nomination.

The board of the Southern Arizona Roadrunners will review on the nominations this fall, call for a vote for the community choice winner and then announce the winners at the annual SAR celebration this upcoming winter!

Thank you for sharing your story of a wonderful person in our running community. It's what makes our community great.

QUESTIONS?

If you have any questions, feel free to email sar_office@yahoo.com or call the SAR office at (520) 326-9383.

PAST WINNERS OF THIS AWARD ARE:

2015 - Anna Carr and Shokofeh Motlagh	2010 - Craig Dabler	2005 - Dorothy Wilhelmson
2014 - Leo Richard	2009 - Jolene Jones	2004 - Rick Fenno
2013 - Michelle Hawk	2008 - Gerry and Sully Sullivan	2003 - Jennifer Argraves
2012 - Kamran Talattof	2007 - Elisa Kinder	2002 - William Chapdelain
2011 - Benito Gonzalez	2006 - Michele and Dave Hill	2001 - Connie Lopez





SAR is Now Accepting Proposals for the 2016 Children’s Fitness Fund

Background

In 1991, the Southern Arizona Roadrunners established the Children’s Fitness Fund to provide money for community endeavors that promote life-long fitness for children. The programs funded by SAR focus on the development of healthy lifestyles for children, with emphasis on running related activities. SAR seeks to fund programs that prepare children for a lifetime of individual exercise, regardless of physical condition or ability. Each SAR race contributes approximately 10% of their profits to finance the Children’s Fitness Fund.

Proposal Deadlines and Requirements

Proposals are currently being accepted for the 2016 Children’s Fitness Fund. Proposals must be submitted by August 6th, 2016 in order to be reviewed by the SAR board at the annual board meeting in August. Approval and distribution of funds will occur by the end of September.

Successful proposals should include the following elements:

- A description of the scope of the project, including level of funding sought and description of organization (historically proposals have asked for \$100 - \$1000).
- Line item budget of potential expenses (Note - SAR does not approve funding for administrative costs such as instructor salaries)
- Description of beneficiaries
- Materials required
- Name and contact information for grant recipient
- Proposals need not be more than 500 words

Submitting Proposals :

Online at: www.azroadrunners.org

Or by mail:

Southern Arizona Roadrunners

Children’s Fitness Fund

PO Box 64215

Tucson AZ 85728-4215

Did you know you can make a TAX-DEDUCTIBLE donation to SAR’s Children’s Fitness Fund and help support some really great children’s fitness programs in Southern Arizona? Just make out a check to SAR and mail it in. Be sure to designate on the memo line that it’s for the Children’s Fitness Fund.

Questions?

If you have any questions, feel free to contact Diane Manzini at dianemarievt@yahoo.com or call the SAR office at (520) 326-9383.





THANK YOU

I wanted to take a moment to thank the Southern Arizona Roadrunners club for their helpful donation to the Lineweaver Cross Country team (and in part the entire TUSD Cross Country program). With the grant money we were able to help purchase uniforms for our team of 73 students that ranged in age from kindergarten to fifth grade, marking tape and gypsum for marking our courses, a new megaphone, and an additional timer which made it possible to run and time two races simultaneously. This was a tremendous help as it allowed us to run two races together based on age, allowing boys and girls to finish in separate lanes. Our numbers have been growing rapidly over the last few years and this year we had around 650 kids. By running girls and boys together and breaking our events into three races instead of a mass boys and mass girls race, we had a much safer start and kids were able to compare themselves more closely to their same-aged peers. I have attached a few pictures from a couple events including the Reid Park race, which Lineweaver hosts each year. Once again, thank you so much for helping make this another very successful Cross Country Season.

Mike Bekedam



Be Mindful...About Food!

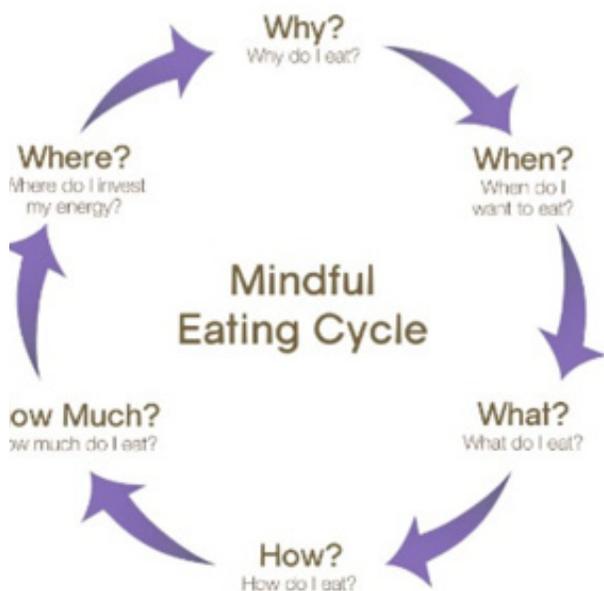
By Tia Accetta



I'm not going to lie; I am not a person who has any business writing about food on a blog. I eat when I'm hungry and don't put much thought into it. I can make pretty good scrambled eggs and have been know to get creative with salads and smoothies but cooking is not my thing. Given that I fancy myself an

athlete and a responsible parent, I often find myself hunched over magazines, cook books, and blogs to find inspiration. Currently, my favorite cook book is titled, Quick and Tasty Recipes for Young Chefs. It's perfect for me and my nine-year-old!

My friend and registered dietitian, Joanie, assured me that there's hope. She shared with me a little secret about food; it's just as important to focus on how you eat as on what you eat (Whoa!). She was talking about the practice of "Mindful Eating." According to Michelle May, MD, mindful eating is "eating with intention and attention."



©MMXIV. Michelle May, M.D. www.AmiHungry.com

I'm only going to mention the "best effort" strategy about 100 more times before this blog runs its course, but it is worth repeating. My best effort (be) mantra for running is also my new meal time theme. The practice is the same for both, training the brain to focus and attend to the present moment. Eating with an awareness of sight, smell, taste, sound and feel of the food on our plates has been quite the experiment for my family.

We no longer eat with the TV on (oh, yes we did!) and there are significantly less table-side shenanigans. Our conversations often revolve around where the food comes from and why it's considered "healthy" or "not-so-healthy." We practice noticing cues to eat (grumbling tummy, grouchiness) and cues to stop eating (full tummy, tiredness). The "no multi-tasking at the table" rule has officially been enforced, which is really hard since it serves as my office and the kids' homework hub.

I'm worried I've let this post get a bit long, but I'd like to sign off with these key mindfulness practices (because I am in love with them!).

Paying attention to the present

- Noticing internal processes and external environment
- Letting go of reactive, habitual patterns of thinking, feeling and acting
- Promoting balance, choice, wisdom and acceptance

Visit <http://thecenterformindfuleating.org/> for more on the practice of Mindful Eating.

Follow SAR on Facebook for the latest information on social events and races.





2016-2017 SAR BOARD MEMBER NOMINATIONS & BALLOT

We are currently seeking nominations for the 2016-2017 Southern Arizona Roadrunners Board of Directors. Currently, there are 18 Board Members who are up for re-election. All 2016-2017 SAR Board Nominees must be approved by the current Board at the Annual Meeting in August 2016, with the election governed by the SAR bylaws.

The SAR Board is considered a “working board,” and Board Members are expected to attend monthly board meetings (second Monday night of every month), volunteer at club races, volunteer at club events and participate in at least one club project. Board Members are not expected to fundraise, but most Board Members spend between 10-20 hours a month on board duties, depending on committees, race season, etc. SAR is currently seeking individuals with experience in race production, accounting, marketing, advertising, website production and newsletter production.

Directions for Voting

- The voting ballot may only be submitted by current SAR members
- Each SAR member has a total of 16 votes to cast. You may vote once for each person listed or designate any number of votes per person (the total must be 16). Fractional votes are not permitted. If you would like to nominate a person(s) not listed on the ballot, use the designated “Write In” space to enter the nominee’s name, phone number, email address and total number of votes for the nominee. New nominees will be sent an application form to complete. The applications for new nominees will be reviewed by the board at the Annual Meeting in August.
- Mail the completed voting ballot to the following address by July 31, 2016: Southern Arizona Roadrunners, SAR Board Nominations, PO Box 64215, Tucson, AZ 85728-4215

Board Member Name	Number of Votes	Board Member Name	Number of Votes
Tim Bentley		Randy Accetta	
Diane Manzini		Greg Wenneborg	
Steve Outridge		Kara Rubelt	
Greg Gadarian		Don Branaman	
Dari Duval		Shane Carr	
Steve Felde		Gary Giese	
Doreen Davis		Alyssa Hoyt	
Keith Schlottman		Michael Miller	
Lucas Tyler		Sheryl Felde	
Write In (name, phone number and email address)		Write In (name, phone number and email address)	

NOTICE OF ANNUAL BOARD MEETING

All members are invited to attend our annual membership meeting at the Tanque Verde Guest Ranch (14301 East Speedway, Tucson, AZ) at 9am on Saturday, August 20, 2016. For more information, please email sar_office@yahoo.com





Fall 2016 Southern Arizona Roadrunners Race Calendar



**47th TMC Saguaro National Park
Labor Day 8-Miler* & 5k Walk/
Run**

September 5, 2016



**The Great Pumpkin Race at
Buckelew Farms**

October 9, 2016



**Sabino Canyon FitKidz
One-Mile Classic**

September 24, 2016



**TMC Get Moving Tucson Event:
TMC A-Mountain Half-
Marathon*, Tucson Lifestyle 5k
& Cox Charities 1-Mile Run/Walk**

October 30, 2016



Jim Click's Run 'N Roll 8k* & 3k

October 2, 2016



**Thanksgiving Cross-Country
Classic 5k* & 1.5 Mile Fun Run**

November 24, 2016

*Part of the Southern Arizona Roadrunners Grand Prix sponsored by The Running Shop.

For more details visit www.azroadrunners.org

Membership Discounts

ATHLETIC GEAR

All About Running and Walking
12162 N. Rancho Vistoso Blvd.
Safeway Vistoso Plaza
469-7084

Receive \$25 gift certificate for every
\$250 spent in store

Fair Wheel Bicycles
1110 E. 6th St.—884-9018
10% off non-sale merchandise

Fleet Feet Tucson
6538 E. Tanque Verde Rd.—886-7800
Receive \$25 gift certificate for every
\$250 spent in store

New Balance Tucson at The Shoe House
5632 E. Speedway Blvd.
747-5555
10% off all non-sale merchandise

Performance Footwear
5350 E. Broadway Blvd.—790-0017
15% off all non-sale merchandise

The Running Shop
3055 N. Campbell Ave.—325-5097
10% off all non-sale merchandise

Caps & More
198 S Tucson Blvd—322-9088
10% off to all SAR Members!

SERVICES

Gold's Gym Tucson
7315 N. Oracle Rd.
296-6356 (ask for Troy Wagner)
Super discounted enrollment

Debra Hill, RN LMT ACE
Massage Therapist—360-6356
20% off massage therapy
Therapeutic Massage Solutions
441 S. Elias Ave.
419-1537
\$40 for 60 minutes (20% discount)

Gain Communications
2700 E. Broadway Blvd.—399-9100
No set-up fee for dial-in Internet accounts.
Discounted monthly charges: \$18.50/
month (reg. \$20), or \$150/year (reg. \$199).
Mention azroadrunners.org for discount.

Kelli Gaither-Banchoff,
Licensed Massage Therapy
3903 E. Pima St—869-4674
\$5 off services

Anytime Fitness (Gym/Fitness Center)
7937 N. Oracle Rd.—622-2514
No enrollment fees, 10% off regular dues,
One free personal training session

Glen Nelson, DPM Podiatrist
Copper Sky Foot & Ankle Center
2308 N. Rosemont Blvd.—886-1172
10% off visit

Robert E. Fridrich, DPM
Podiatrist/Foot Specialist
Sports Medicine, Board Certified
Green Valley—648-0444
10% off visit

Stephen Emslie
Certified Hypnotist
Maximum Performance Hypnosis
4558 N. First Ave.—292-2222
10% off visit

Retail

Plants for the Southwest
50 E. Blacklidge Dr.—628-8773
10% off all plants

Tile Outlet
3820 S. Palo Verde Rd.—799-8453
10% off for SAR Members

RACES

Tagg Running
www.taggrun.com
\$3 off race entry

Free listing for companies wanting
to offer SAR members discounts.
Please contact Steve Outridge at
outridge2003@yahoo.com





Southern Arizona Running Groups

Below is a partial list of running groups around Tucson; a list of clubs, groups, and teams throughout Arizona is also available. It is a good idea to contact the group organizer before setting out to run with one of these groups for the first time. Times and places tend to change. If you run with a group on a consistent schedule and would like to encourage new participants to join, please call the SAR office at 326-9383 to get your group on the list.

Arizona Multisports

Meets: Multiple times each week at locations in midtown Tucson

For more info: <http://www.arizonamultisports.com>

You Are A Champion - Couch to 5k (C25)

The lowdown: The magic happens outside of your comfort zone. Start by saying "Yes" to yourself and join the Champions as we help you build a supportive community that you can lean on, learn from and offer support to as we all work toward the same goal - running and walking a 5k, from start to finish.

Meets: Reid Park, Hi Corbett Field Parking Lot Free, every Thursday @ 6 PM starting July 25

For more info: Geoff Schmidt at geoschm@gmail.com

Fleet Feet Training Programs

The lowdown: Fleet Feet offers a variety of training programs throughout the year for all levels – from people who want to start running to those who want to take their running to the next level. All programs are intended to be non-competitive, fun and educational, and focus on helping individuals meet their goals. All programs are designed by Jeanne Snell, RRCA certified distance training coach, with support from experienced runners and coaches.

For more info: Call Jeanne at 886-7800

The Grinders

Meets: Tuesday, Thursday, Saturday and Sunday mornings

The lowdown: An informal, free, training group that helps people train for specific races, based in the Continental Ranch/Continental Reserve area on the northwest side. The Sunday "long" run starts from different locations around Tucson. Former Olympic Marathon Trials qualifier Michele Hill coordinates training schedules, working toward target racing goals.

For more info: Call Michele or Dave Hill at 572-8250

Interloopers

Meets: Thursdays at Catalina Foothills High School (Sunrise west of Swan) for track workouts. Part of the group runs at Canyon del Oro High School track Mondays and Wednesdays. And part of the group runs at Catalina High track on Tuesdays. All workouts start at 5 a.m. year-round.

The lowdown: Saturdays are usually a 13- to 23-mile road. All levels are welcome!

For more info: Email Manny Katsanis at greek.runner@gmail.com

Meet Me at Maynards

Meets: 5:45 p.m. Mondays at Hotel Congress

Cost: No cost to run or walk but you get discounts to local restaurants, drawings for goodies and more.

The lowdown: Join 200+ runners and walkers for a free jaunt around downtown Tucson. The schedule calls for a 3+ mile run or walk, but you can add mileage as you wish.

For more info: www.meetmeatmaynards.com

Runners of Continental Reserve (RCR)

The lowdown: Runners of Continental Reserve (RCR) is a local running club in Marana, Arizona. The goal of RCR is to provide a positive environment to make new friends, be physically fit, and most of all to RUN. RCR is for runners of all levels; experienced, inexperienced, and beginners.

Meets: RCR meets every Saturday at Continental Reserve Urgent Care @ 7:00 AM. Continental Ranch Urgent Care is located at the Silverbell & Continental Loop crossroads.

For more info: Eli at runnersofcr@gmail.com or 520-333-5786

Desert Tortoises

The lowdown: A group geared to slower and beginning runners. We do some races together, then also get together for social runs.

For more info <http://www.meetup.com/desert-tortoises/>

The Running Shop Group Run

Meets: 6 p.m. Wednesdays at The Running Shop, 3055 N. Campbell Ave. #153

Cost: Free

The lowdown: This group leaves the shop at about 6:15 p.m. and completes a 10K course that runs down to the University of Arizona, around the mall and back. Water is supplied by The Running Shop afterward.

For more info: The Running Shop, 325-5097

More great running groups on the next page!

For more information, visit:
www.azroadrunners.org



The Workout Group

The lowdown: Whether you're preparing for your first marathon, training for local races, or simply trying to get in shape, WOG features two weekly workouts open to all ages and abilities, as well as weekend social runs. Runners of all abilities and ages are invited to join WOG, the longest-running coached group in Tucson. The Workout Group has been providing workouts for all levels of runners since the last century and has produced plenty of SAR Grand Prix Champions and age-group winners, if you're into that sort of thing. WOG develops Boston qualifiers, trail runners and track runners.

But most importantly, WOG develops friendships. With an email listserv, social runs, social gatherings, and more marriages than you can shake a stick at, WOG is the place to come to be part of running in Tucson. The Workout Group is led by Randy Accetta, a certified coach.

When and Where: Every Tuesday and Thursday evening, starting at 6:00 pm at the Annex Fields at Reid Park. From Broadway, take Country Club south 6/10 of a mile, turn into the park at Concert Way, then turn left and right in the parking lots and look for the runners by the baseball fields. In the winter, look for the lights! Workouts take place on a well-lit, half-mile dirt track.

For more info: Email or call Randy at 520-991-0733 or email or call Tia at 520-891-4369. Email Tia at tia@runtucson.net. See www.runtucson.net or www.facebook.com/TheWorkoutGroup for updates.

Performance Footwear Wellness Run

Meets: Tuesdays and Thursdays at 5:30 at 5350 E Broadway Blvd #170 (SW corner of Broadway and Craycroft).

Cost: Free

The lowdown: Are you a new runner wondering how to get started, or ramp up your mileage? Or, are you in a rut, and wanting to stay motivated in your running? Maybe you're a seasoned runner looking for accountability and running buddies? Join us and run 1-5 miles depending on skill and comfort level. Don't know where to start? James will assist you. Tri Girl Kristin helps lead one of the runs. Come on out and have some fun - it's free!

For more info: contact us at 790-0017, or jjohnston@performancefootwear.net or just show up!

Tucson Runners Project

Meets: Almost daily, sometimes twice a day, at various locations

Cost: Free

The lowdown: Run with TRP and you will meet like-minded athletes who will help you achieve your goals, and enjoy a fun, friendly group to share training tips and encouragement. TRP's schedule includes weekly track workouts, hill runs, tempo runs, easy days, and long runs. We usually have post-run refreshment gatherings for even more fun. TRP is for runners and walkers of all paces and abilities.

For more info: Join the "Tucson Runners Project" Facebook page, or email tucsonrunnersproject@gmail.com

VOLUNTEERS NEEDED FOR A STUDY OF BREAST MILK COMPOSITION

We are seeking volunteers for a study investigating the effects of exercise on the composition of breast milk. The results of this study will be used to better understand how exercise changes the composition of breast milk in ways that impact child health and development. We are looking for participants who exercise regularly, have given birth within the past nine months and are still nursing, and are willing to come into the lab three times to donate a small amount of milk. During the lab visits, body measurements will be taken and volunteers will either sit comfortably, walk on a treadmill for 30 minutes, or jog on a treadmill at a moderate intensity for 30 minutes. Volunteers will also complete questionnaires about their exercise habits, pregnancy, and birthing experience. All

volunteers will receive \$20 for participating in this study.

If you are interested in volunteering for this study, please contact Kelsey Jelenc (PI) at kjelenc@email.arizona.edu.

An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.





Road Runners Club of America Member
 P.O. Box 64215
 Tucson, AZ 85728-4215

Find us on **Facebook** for
 the latest race photos.



Scan with QR code reader
 enabled smart phone.

Southern Arizona Roadrunners Membership Application

Becoming a member of the Southern Arizona Roadrunners keeps you in touch with the running and walking scene by offering these great benefits:

- SAVE \$75 on race entry fees
- Discounts and special offers from many local merchants
- Automatic entry into The Running Shop Grand Prix
- One Free Tech shirt for new individual or family membership
- Monthly meetings open to all members to voice ideas and opinions

Please designate a capacity in which you
 would like to volunteer to help the club:

- | | |
|--|--|
| <input type="checkbox"/> General Help | <input type="checkbox"/> Sponsor Recruitment |
| <input type="checkbox"/> Finish Line | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Aid Stations | <input type="checkbox"/> Advertising |
| <input type="checkbox"/> Race Registration | <input type="checkbox"/> Other |
| <input type="checkbox"/> Course Set-up | |

Full Name _____ M.I. _____ Date of Birth _____ M ___ F ___ Shirt Size _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ E-mail Address _____

Additional Family Members (select Family Membership Options below)

Full Name _____ M.I. _____ Date of Birth _____ M ___ F ___ Shirt Size _____

Full Name _____ M.I. _____ Date of Birth _____ M ___ F ___ Shirt Size _____

Full Name _____ M.I. _____ Date of Birth _____ M ___ F ___ Shirt Size _____

Individual Membership Options

1 Year	\$20 _____
3 Years	\$50 _____
1 Year Full-time Student <23	\$10 _____
Club Shirts _____ x	\$10 _____
TOTAL	_____

Family Membership* Options

1 Year	\$30 _____
3 Years	\$80 _____
Shirts _____ x	\$10 _____
TOTAL	_____

Family Membership: You may include every member of your family if all reside at the same address. Please complete the family membership portion to insure that each member receives his/her membership card. Each family member is entitled to the same benefits as individual members.

Mail with check or money order payable to: Southern Arizona Roadrunners, P.O. Box 64215, Tucson, AZ 85728-4215