



Jackrabbit Race Management

Monthly Newsletter

5/2023

What's inside? *Tips, tricks and events*



Racing season is here!

We time many events across the state. Come and explore your limits. Triathlons, running, cycling and more. All events are listed on our [website](http://www.racejackrabbit.com).



Looking for a coach?

Our team of elite runners are ready to help you get faster, stronger or fitter. Plans start at only \$50. We also offer personal training sessions.

FREE WEEKLY RUNNING CONSULTATIONS

We have some great news!

Every Wednesday, we have been hosting free group runs/walks at a local brewery. You can pick our brains and ask for any feedback regarding training. Every session starts with some glute activations and exercises, then you head out for your walk/run with new friends! When done, everyone is invited to hang out and have a drink at \$1 off.

Find our more on our FaceBook page below



"You're off to great places, today is your day. Your mountain is waiting, so get on your way." Dr. Seuss

Past Events

4/2 Rabbit Run
4/8 Run for Joy
4/22 Roadrunner Run for Arts
4/22 Cedro Peak Ultra
4/29 UNM Stadium Stair Challenge
5/14 Lilly Barrack Ladies Night

Upcoming Events

6/3 Milkman Triathlon
6/4 Wise Pies Pizza Run
6/10 King of the Mountain Trail Races
6/25 San Juan Trail Triathlon
7/8 Bottomless Triathlon
11/23 ABQ Turkey Trot

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NEWSLETTER

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TRAINING TRICK

Incorporating different energy systems is the best way to improve your running times. Try mixing two workouts a week in which you stimulate 1. the aerobic system by threshold work (long reps, steady tempo runs) and 2. working the anaerobic system by fast and quick reps or hill reps.



NUTRITION TIP

To help your muscles recover and to replace their glycogen stores, eat a meal that contains both carbohydrates and protein within two hours of your exercise session if possible. Consider a snack if your meal is more than two hours away.

OUR EVENTS

FESTIVAL OF MILES



Details coming soon.

2023 ABQ TURKEY TROT

