

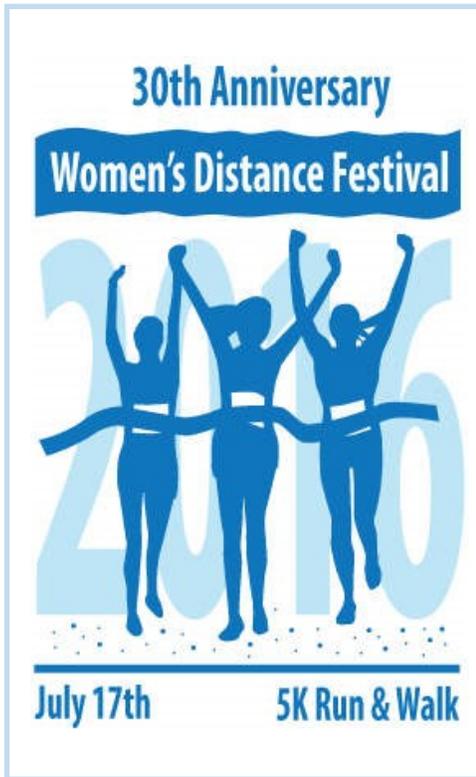


# ARRN News

Newsletter of Albuquerque Road Runners Club

June 2016

Vol 33, No 3



## WOMEN'S DISTANCE FESTIVAL

### 5K Run and 5K Walk

Sunday, July 17, 2016; Balloon Fiesta Park

The premier women-only race in New Mexico!

Register now at [active.com/albuquerque-nm/running/women-s-distance-festival-2016](http://active.com/albuquerque-nm/running/women-s-distance-festival-2016)

This fun, flat, fast, and friendly 5K is *only for the ladies!* Enjoy a special camaraderie with participants unlike any other race, whether it's your first or your 100th. There will be **special treats for all finishers**, and **lovely prizes** too.

A portion of race proceeds benefits The Barrett Foundation whose mission is to provide housing and supportive services to women and children who are striving to break the cycle of homelessness.

## Albuquerque Awarded 2016 Runner Friendly Community®

In its first round of Runner Friendly Community® designations for 2016, the Road Runners Club of America awarded the honor to Albuquerque, New Mexico; Helena, Montana; Traverse City, Michigan; and Tuscaloosa, Alabama

These four communities have shown they meet program criteria, including community infrastructure, community support and local government support for running. Each community has infrastructure to **foster physical activity in a safe environment** and a track record of organizations and businesses working together to promote running as a healthy exercise and sport. With the most important criteria being, there are positive relationships between the running community and local government.

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# President's Corner

It's hard to believe that we are almost half way through the year!

I laughed when a new member asked if I was an ultra runner. I answered , "I'm an ultra emailer." In the first five months of the year, I definitely emailed and met with people more than I ran. It's all been worth it. It's been great getting to meet new members and working with an enthusiastic board this year.

The most exciting news is that [Albuquerque was designated a Runner Friendly Community](#) by our national organization, RRCA. This is largely because of the great work our club has done over the last 31 years to build a dynamic running community in this city. [Ian Maddieson](#) reached out to many organizations for letters of support for the application. Thank you Ian for all of your work as a running community liaison to the City.

Even with all of the emails and meetings, one goal I haven't met this year is getting more people to assist in leading our weekly workouts. [We could particularly use help on the Monday and Wednesday night trail runs](#). To volunteer, you don't need to be a fast runner. All you need to do is know this course, be friendly, and watch out for other runners in the group. We would like to get more 'age groupers' to average runners and/or walkers to help. Contact the run leader on our [Weekly Workout](#) webpage for more information. If you have your own run location and time that you would like to share, feel free to contact me regarding sharing it on our [Weekly Workout](#) page!

Upcoming club events are going well. [Women in Training is in its third week](#). We have a particularly fun and determined group of participants this year. Jane

has set up a challenging program, and these women are rising to the occasion. [Women's Distance Festival is scheduled for July 17](#) at Balloon Fiesta Park. Eric's had fun adding the City permitting process to his race director duties to get ready for the new location. Lastly, Congratulations to all of you who were picked in the La Luz lottery!

It promises to be a great summer!

Happy Running!

*Wendy Wiggins*  
ARR President

## ARR BOARD

PRESIDENT	Wendy Wiggins
VICE PRESIDENT	Ana Romero Jurisson
SECRETARY	Mariah Harrison
TREASURER	Joyce Fafard
MEMBERSHIP	Anna Williamson
RACE DIRECTION	Rodger Sack
ADVISORY	John Farrow

## CONTACTS

VOLUNTEERS	Gwen Walker
NEWSLETTER	Stephanie Barton
FACEBOOK	Wendy Wiggins

## ARR NEWS

ARR News is published bimonthly by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Check with the [editor](#) for deadlines.

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

Albuquerque Road Runners Club  
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Albuquerque, NM 87154

Visit us at [www.abqroadrunners.com](http://www.abqroadrunners.com)

## NEXT CLUB MEETING

Wednesday, June 1, 7:00 pm

North Domingo Baca Center/Classroom 4  
at Carmel and Wyoming Blvd,  
west at first stoplight north of Paseo del Norte

## WOMEN IN TRAINING KICKS OFF 2016 SEASON



The 2016 Women In Training group got underway on May 9th, kicking off at the Albuquerque Academy track. We have 30 women in this year's program, consisting of intermediate runners, newish runners and run-walkers. Many of the women in the program are returning to running after months or years of not running, and renewing their relationship with the sport while making new friends. How cool is that?!

This year's program meets at the Academy Track

every Monday and Thursday, and at different running venues in the City on Saturday mornings. We have 6 clinics scheduled for learning about specialized gear, nutrition, recovery, injury treatment and cross training. Our local running stores have been very generous with this group of new runners, and we appreciate their depth of knowledge and willingness to help introduce (and re-introduce) our group to the sport we love. The first clinic was held at the Bosque Running Store, who gave us an extra discount on gear purchases. The second clinic was held at Heart and Sole Sports, who also gave a generous discount.

This has been a fun and enthusiastic group; they all seem to enjoy their time together and the slave-driving paces that the coach is putting them through. We expect everyone to have fun this year and hit the Women's Distance Festival feeling strong!

— Jane Cudney-Black

## La Luz Lottery Results

Results of the 2016 La Luz Trail Run Lottery can be found on the [Ultrasignup.com](http://Ultrasignup.com) website. There are two lists – persons already selected to be in the race and a wait list of those not selected in the drawing. **To access these lists:** go to the [Ultrasignup.com](http://Ultrasignup.com) website, **sign in** (as you did when you registered for the lottery), then go to the La Luz Trail Run page, and under the left side of the photo of the La Luz start line are several small icons--one of these icons is a list of already entered runners and another contains the wait list (looks like a coffee cup). If you are in the race and for any reason will **not** be able to compete in the event, please contact me as soon as possible, so I can take more runners from the wait list to fill your spot.

— Rodger Sack, Race Director



## 2015-2016 HANDICAP SEASON RECAP!

The final run of the 2015-2016 handicap season was held on Saturday, April at Kathy Kirsling's home in Edgewood. As usual, this was a tough course but the reward was an amazing spread of food at the finish.

I'm pleased to announce that the winner of this year's handicap series is Spencer Briggs. Spencer showed up to almost every handicap and even ran a really tough one with his young son. Congratulations on a well-earned gift certificate and a few months off to get ready for the next series.

For those unfamiliar with the handicap race series, we hold a free (and fun!) event once a month from November thru April. These runs are varying distances and locations, usually held at someone's house with a potluck breakfast afterwards.

Each participant earns points for running in these events. The closer you are to the winner, the more points you earn! If you are the winner -- you get the max number of points! The cool part is that the person with the most points at the end of the series gets a gift certificate for a free pair of shoes at a local running shop. Hopefully this motivates a bunch of you to join us starting again in November.

I look forward to seeing you in the fall. Check the website near the end of the summer to see where and when our first event will be held.

— Shannon Zanelli

## INTREPID TRIO TAKES ON TRAIL TRASH

Saturday morning, May 21, a trio of ARR Volunteer Hall of Famers – Cece Niemczyk, and Connie and Rodger Sack -- carried out the latest in a series of semi-annual cleanups of the section of hike/ bike trail along

Unser Boulevard opposite Petroglyph National Monument Visitor Center that ARR has adopted. (For details and a map for the Cleanup series, visit [abqroadrunners.com/adopted-trail-cleanup](http://abqroadrunners.com/adopted-trail-cleanup))

The City had repaved this section of trail over the weekend of 5/6 - 5/8, getting rid of a lot of litter in the process, but our intrepid trio nevertheless collected six large lawn-and-garden trash bags and the remains of a canvas-and-wood camp stool. Given how fast litter is dropped or blown onto or alongside the trail, please consider bringing along a plastic bag or bags the next time you run along Unser, so you can collect a bit of the litter that has dared to sneak back onto the trail. You can deposit your "finds" in the dumpster at The Garage (near the southern end of "our" section of trail), whose manager has given us his OK. Please also let Dick Harris and/or Gwen Walker ([volunteer@abqroadrunners.com](mailto:volunteer@abqroadrunners.com)) know how much time you spent on this contribution to the club and the running/ biking communities.

There's plenty of room on the trail and trash bags and other equipment in the club's supply box for everyone who wants to participate in November, so keep an eye out for website and newsletter announcements of the date of that cleanup.

— Richard Harris



## Runner Friendly Community continued from page 1

The goal of the RRCA's Runner Friendly Community program is to shine a national spotlight on communities that stand out as runner-friendly and provide incentives and ideas for communities to work towards becoming runner-friendly communities. **Runner Friendly Communities can also increase quality of life,** improve physical activity for residents, and provide for increased economic impact for the community.

Albuquerque has a population of over 550,000, which has been growing steadily for decades. Local government attempted to respond to this population spike by instituting their Planned Growth Strategy in 2002. Part of this plan included accounting for active lifestyles and attributes to why Albuquerque is a Runner Friendly Community. Albuquerque's city government has a Recreational Trails Advisory Committee with specific positions reserved for pedestrians and runners. This committee advises city agencies and plays a major role in monitoring projects for trail extensions, trail maintenance and trail safety.

Albuquerque's urban infrastructure improvements have produced over **140 miles of paved pedestrian/bicycle trails** separate from roadways. The city also has over **100 miles of unpaved, natural-surface trails** in the city's open spaces and more in the Cibola National Forest and Petroglyphs National Monument. Throughout the metropolitan area, there are over a dozen pedestrian/bike bridges that cross over major interstates and over underpasses for major roadways, which keep runners and trail users away from cars and trucks.

Businesses in the city reflect the community's commitment to running and fitness. **Albuquerque has a number of outstanding run specialty stores,** notably ABQ Running Shop, Athletes' Edge, Bosque Running Shop, Fleet Feet Sports, and Heart and Sole Sports, which organize training groups and generously sponsor many local races. Numerous local companies support running as well from supplying volunteers to assisting with race logistics to hosting fun runs.

The Albuquerque Road Runners (ARR), who submitted the Runner Friendly Community application, is the largest running club in the city. The ARR organizes a number of races, hosts the Women's Distance Festival training program, and raises money to support school-based running groups, including Running 505. The club has adopted two local trails, the unpaved La Luz trail and a paved trail section on the city's west side. ARR organizes trash clean up and brush trimming work on these trails.

**"The city has been working with community leaders and citizen groups to provide activities that support the running community,"** said Albuquerque Mayor Richard J. Berry in his letter of recommendation. "As a runner myself I see the value in running as a lifelong commitment to health and vitality."

Community leaders providing support and letters of recommendation include: Richard J. Berry, Mayor of Albuquerque; Jason Coffey, Trails Planner - City of Albuquerque; Ian Maddison, Albuquerque Road Runners Board Member; Tico Navarro, Race Director, Duke City Marathon.

To read the full RRCA press release visit [rca.org/our-programs-services/services/news-archives/2016/05/12/2016-runner-friendly-community-designations](http://rca.org/our-programs-services/services/news-archives/2016/05/12/2016-runner-friendly-community-designations)

### Pacers Wanted!

Vanessa Kline of Beast Pacing is looking for pacers for the **Angel Fire Adventure Marathon & Half Marathon on July 3rd**. Needed: a 4:00 and 4:30 full marathon pacer and half marathon pacers for the following time slots: 1:45, 2:00, 2:15, 3:00 and a sweeper. Interested? Please contact Vanessa at [info@beastpacing.com](mailto:info@beastpacing.com)



# RACE CALENDAR

## JUNE

- 4 **Polly's Run** | ABQ, NM -- *Old Town* | 5K run/walk, kids' K | [register online](#)
- 5 **Taos Marathon** | Taos, NM | Marathon, Half Marathon, 5K Run/Walk, Kids' run | [register online](#)
- 5 **Run, Roll, Stroll** | Rio Rancho, NM | 5K | [active.com](#)
- 11 **Angel Fire Endurance Races** | Angel Fire, NM | 100M, 100K, 50M, 50K, 25K trail races | [register online](#)
- 11 **Wicked Wine Run** | ABQ, NM - *Isleta Lakes* | novelty 5K or 1K with wine; heat caution - afternoon run | [register online](#)
- 11 **Lickety Split 5K** | Rio Rancho, NM | 5K, Kids' K | [register online](#)
- 12 **Run to Break the Silence** | Bernalillo, NM | 20K, 10K, 5K, duathlon, and kid's run | [active.com](#)
- 18 **tentative Valles Caldera Runs** | Jemez, NM -- Valles Caldera | 26.2M, 13.1M, 10 K | [check website for updates](#)
- 18 **Mission Valley Duathlon** | El Paso, TX - *Tigua Recreation & Wellness Center* | 5K run – 20K bike –5K run
- 18 **Cherry Garcia Run** | ABQ, NM | 10K, 5K, Kids' K | [register online](#)
- 25 **Mancos Cowboy Half Marathon** | Mancos, CO - *Boyle Park* | Half Marathon | *benefits Mancos Library*
- 25 **Jim Thorpe 5K** | ABQ, NM - *SIP* | 5K run, Fitness walk, Kids' K, Toddler 300 m | [flyer](#)  
Jim Thorpe course will have mile markers. Shirts are one sex; men's sizes S -- XXL.
- 26 **Ruidoso Marathon** | Ruidoso, NM | 26.2M, 13.1 M | [check website for registration info](#)

## JULY

- 2 **Alien Chase** | Roswell, NM | 10K, 5K Run/Walk | [active.com](#)
- 2 **Durango Half Marathon** | Durango, CO | 13.1M | [register online](#) | *benefits San Juan Mountain Association*
- 3 **Angel Fire Adventure** | Angel Fire, NM | Marathon, Half Marathon, 5K Run/Walk, Kids' run | [register online](#)
- 4 **4 Miles on the 4th** | ABQ, NM - *Mariposa Basin Park* | 4M | [register online](#)
- 9 **Pagosa Duathlon -- Do the Du** | Pagosa Springs, CO | Various trail run/mountain bike lengths | [register online](#)
- 16 **Chunky Monkey Run** | ABQ, NM | 10K, 5K, Kids' K | [register online](#)
- 17 **Women's Distance Festival** | ABQ, NM - *Balloon Fiesta Park* | 5K Run/Walk, Kids' dash  
||| **CLUB RACE** ||| course will have mile markers. Shirts are women's sizes! [active.com](#)
- 30 **Jingle in July** | ABQ, NM - *Balloon Fiesta Park* | 5K run/walk | [register online](#)
- 30 **Ruidoso Grindstone Trail Runs** | Ruidoso, NM | 13.1M, 8.5M, 4M | [register online](#)
- 30 **Sun City Splash & Dash** | El Paso, TX - *Ascarate Park* | For kids 7-15 years old: Swim + Run

## AUGUST

- 5 **UV Color Splash for Kids** | ABQ, NM -- *Balloon Fiesta Park, Friday night* | 5K, great for kids | [register online](#) | *benefits PB&J Family Services :-)*
- 6 **Resilience Run** | ABQ, NM -- *Indian Pueblo Cultural Center* | 10K, 5K, Kids' K | [register online](#)
- 6 **Taos Ski Valley Up & Over Trail Run** | Taos, NM | 10K Trail Run |
- 7 **La Luz Trail Run** | ABQ, NM - *Sandia Mtns* | 9 Mile Uphill Trail Run | ||| **CLUB RACE** |||
- 14 **Lovelace Rio Grande Half Marathon** | ABQ, NM | 13.1M | [active.com](#)
- 21 **Hero's Run for All Faiths** | ABQ, NM | 15K, 5K, 1M walk, kids' run | [register online](#)