



# ARRN News

Newsletter of Albuquerque Road Runners Club  
August 2016 Vol 33, No 4

## President's Corner

### Volunteer and Celebrate Running with Us Everyday

This weekend many of you will be at the **La Luz start line facing the mountain**. You'll find it in your body and spirit to make it to the top. There, even if your friends or family can't make it, you'll have a big welcome and celebration at the top with all of our volunteers and other members. That is the spirit of the club.

What sets Albuquerque Road Runners apart from a lot of other running groups in the area, is that **we are an open community club**. You don't have to pay a fee or be vetted to be welcomed to our events. As seen at the **30<sup>th</sup> Anniversary of Women's Distance Festival**, our volunteers are the warmest, most encouraging people at any race. We bring people together. The Dukes Track Club was running laps cheering on our race participants. Our members who volunteered in the chute wore Sole Sisters jerseys. Running Medicine provided volunteers and set a positive, loving tone for the day with a stretching circle. Members like Melanie, Louella and other Running 505 leaders were running and volunteering. I'm so proud of how ARR brings the running community together.

Though race day is usually the runner's goal and it's great to celebrate on that day, we could use even **more volunteers on our weekly events to help runners and walkers** on their steps into the running community.

I encourage all of you to **consider leading a Weekly Work Out**, or just posting a welcome to your personal run on our FaceBook page for others to join you. You don't need to be a fast runner. **You just need to be consistent and welcoming**. If you have a favorite time and place to run, consider welcoming other runners into that experience. It's a small amount of work to pay forward the happiness you experience on your favorite run.

I've been an ARR member for almost 20 years off and on. Six years ago, I started volunteering at events. **Volunteering has really opened up a whole different realm of the club for me**. This year, I really concentrated on getting to know our Women In Training participants. The struggles and joys of their day to day lives was really inspiring. One woman was getting back in shape and taking more time for herself after surviving cancer and having twins. Another two participants realized they had known each other decades ago as teacher and student and joyfully reconnected through running. This club gives back what you give. As president, I get to know many good, kind, talented people.

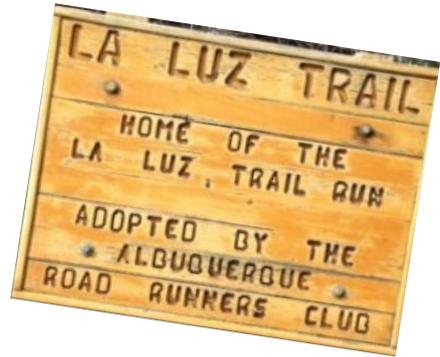
I've heard some say "It's just a running club." However, **what we do has far greater results than just improving race times and losing weight**. I've seen it. In a world full of stress and strife, we encourage resilience and love. Help someone else take care of themselves and their community by encouraging their running and walking.

**Thank you to all of our volunteers who made Albuquerque a 2016 Runner Friendly Community** by adding more sweaty smiles on the face of the Albuquerque. If you aren't already a volunteer, join us in adding those smiles and help Albuquerque be a healthy, friendly community.

Happy Running!  
*Wendy Wiggins*  
ARR President

# La Luz Trail Run Sunday, Aug 7

La Luz is coming! Big thanks to Joyce Fafard for helping to solicit volunteers to help with the race. Trader Joe's on Paseo Del Norte will again be donating water and fruit, which they will serve at the finish line. We will also have the able assistance of the HAMS and Boy Scout troop to make all of the Aid Stations run smoothly. Looking forward to another great race this year. — Rodger Sack, Race Director



## CLUB DISCOUNTS FOR LOCAL RACES

**September 25: Corrida de Corrales 5K, 10 K and Half marathon**

20 % off sign up at

<https://racesonline.com/events/corrida-de-corrales-10k-and-5k>. Use code ABQRR2016

**October 16: 10% off Race Entry fee for Duke City Marathon Events** if you mail in you race registration (cash or check) to Albuquerque Road Runners PO Box 20011 Att: Duke City Race Entry Albuquerque, NM 87154

## UPCOMING CLUB RACES

**October 1, 2016**



This year is the 5th Mt Taylor 50K! Once just a glimmer in Kurt Coonrod's eye, through the perseverance of Ken and Margaret Gordon, Brian Pilgrim, Richard Iverson, and many others, we have had four wonderful races. Each year, the stories and memories multiply - head to head racing at the front of the field the first year by Shawn Martin and Chris Peverada (who came back to win the next year); the talented flat-lander marathoner who, though in second place with only

6 miles to go called it quits by lying down at the Caldera Rim AS; tales of bacon at the Spud Patch AS and more. One thing is certain, the volunteers who offer to spend their day helping the 175 runners tour the mountain make this race.

Mt Taylor looks green and lush right now; hopefully the fall colors will be spectacular on race day.

Come out and join us! Run or volunteer. We need volunteers early, mid day, and afternoon for help at aid stations, at the start, at the finish and during the cookout. We're aiming for something great for our 5th year and we could use your help to make it happen. Registration is open at [Ultrasignup.com](http://Ultrasignup.com)

# WOMEN IN TRAINING



The 2016 Women In Training (WIT) group started in May as a 10 week run/walk training program for women who were either running a 5k for their first time or wanted to improve their existing 5k best time. We had some exclusive

walkers and some experienced runners. We had some who transitioned from walk-running to continuous running through their participation in the training program. We had more than 30 in this year's program. The women ran with us 3 days a week, including some easy runs and some challenging speed work. This group stuck it out through triple degree evening heat and monsoon rain showers. We challenged them to find their best paces and improve their best selves. Every participant found a way to step up. Each run had a special focus and purpose, and each group run made for some special opportunities for camaraderie. Most of the women surprised themselves and did more than they thought they could.

Though the formal training program ended, participants Pam Green, Yolanda Hernandez and Molly are continuing the moment by encouraging participants to continue going to the Thursday track and Saturday runs.

This year's program included specialty clinics on running shoes, nutrition, specialized clothing, recovery techniques, cross training, injury prevention and self-treatment. Each clinic was specially tailored for our group and our questions, and our clinic sponsors took excellent care of our runners. Special thanks to Likhaye Dayile (Bosque Running), Matt Glasier (Heart and Sole Sports), Rachel Boyd (LuluLemon Athletica), Shelley Rael (Eat Well Live Well Be Well Nutrition), Gloria Cohen and Sandy Knudsen (New Mexico Orthopedics) for their generous time with our group.

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## NEXT CLUB MEETING

Wednesday, Sept. 7, 7:00 pm

North Domingo Baca Center/  
Classroom 4

at Carmel and Wyoming Blvd,  
west at first stoplight north of  
Paseo del Norte

### 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

### 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  
PO Box 20011  
Albuquerque, NM 87154

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

# Roadrunners 31st Anniversary Party

**Saturday, August 27**

The celebration of the 31st anniversary of the Albuquerque Road Runners will be held at the Coonrod residence:

**3508 Parsifal St. NE; 4-8pm**

The party will be catered; Those with special diets, please bring food that you will enjoy. Anyone with memorabilia, old ARR race shirts and medals please bring/wear them. Check your email/Facebook for updates

## FOREVER YOUNG

We want to thank everyone who came out and ran our Forever Young Race. The turn out was amazing, and this allows us to continue our goals of giving back to our community. This year we will be able to give the most to date from our proceeds of the race. We will award Placitas Library in the amount of \$1400; and in addition we have selected another great organization to receive funds to continue their great work on the trails that we runners use for the race and recreation. We will be awarding \$300 to Placitas Area Trail Association (PATA). Again, thank you runners for a great day in Placitas and for your continued support.

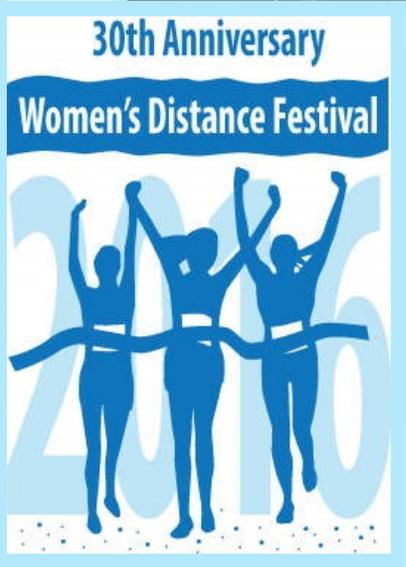
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A number of ARR members volunteered their time to mentor the participants through the 10 week program. Our mentors ran with the group, shared personal experiences, answered questions and provided support in a million small ways. Special thanks to Ellen Hatch, Glenda Muirhead, John Farrow, Margaret Gordon, Kelley Garcia, Debi Wess and Wendy Wiggins. This program would not have been possible without your generous time and help.

Knowing that this group made running a special priority for themselves for 10 weeks has special meaning. They made time in their schedule on top work, caring for kids, grandkids, parents, and other community work to do this program (and to really enjoy it!). I'm especially proud of everyone for making time to do something excellent for yourselves. You made your coach proud!! — Jane Cudney-Black

# WOMEN'S DISTANCE FESTIVAL

Winner of the 30th Anniversary Women's Distance Festival



Left to right: Past presidents, Roxie Carpenter, Martha Porter and Gwen Walker were recognized for their service to the club at the 30th Anniversary Women's Distance Festival



# RACE CALENDAR

## 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](#)

## SEPTEMBER

- 3 [Turtle Marathon and Labor Day 5K](#) | Roswell, NM | Marathon, Half Marathon, 5K | [active.com](#)
- 5 [Hearts for Honduras](#) | Santa Fe, NM | 10K, 5K run/walk, kids' K | [active.com](#)
- 10 [Run Nerds Run](#) | ABQ, NM - *UNM campus* | 5K run | [runnersrun5K@gmail.com](mailto:runnersrun5K@gmail.com) | [registration](#) | benefits School of Engineering's Scholarship Fund
- 15 [Dash on the Ditch 2016](#) | Los Lunas, NM | 10K Run, 5K Run/Walk, Kids' K | [active.com](#) | benefits La Vida Felicidad
- 18 [Santa Fe Thunder Half Marathon](#) | Santa Fe, NM | 13.1 M, 5K run, 1 M walk | [active.com](#) | ARR discount -- attend club meeting for info
- 24 [Ouray Mountain Trail Run](#) | Durango, CO | 12M Trail Run | [registration information](#) |
- 24 [T-Wolf Trail Run/Walk](#) | Sandia Park, NM - *E Mtn HS* | 5K Trail Run, 1.5 Mile Walk | [register online/info](#) | benefits athletics program at East Mountain HS |
- 25 [Corrida de Corrales](#) | Corrales, NM | 13.1M, 10K, 5K | [registration information](#) | ARR discount -- attend club meeting for info; course will have mile markers every mile or two miles. Shirts are men's sizes, S -- XXL.

## OCTOBER

- 1 [Mt. Taylor 50K](#) | Grants, NM | 50 K | [online registration](#) | **||| CLUB RACE |||**
- 1 [Big Tesuque Trail Run](#) | Santa Fe, NM - *Aspen Vista trailhead* | 12M trail run | [register online in July](#)
- 1 [Run for the Mission](#) | ABQ, NM - *ABQ Academy* | 5K fun run/walk | [online registration opens July 1st](#) | Please bring a non-perishable food item to the race. Route will have mile markers. Shirts in men's sizes only.
- 8-9 [Durango Double Half Marathons](#) | Durango, CO | 13.1 Mile Road, 13.1 Mile Trail, 1 Mile Kids
- 15 [Deadman Peaks](#) | Cuba, NM | 53M, 26.5M, 18M | [register online](#)
- 16 [Duke City Marathon](#) | ABQ, NM | Marathon, Marathon Relay, Half Marathon, 10K Run & Walk, 5K Run & Walk
- 29-30 [Day of the Dead Marathon Series](#) | Las Cruces, NM | Marathon, Half Marathon, 5K race **EACH DAY** |
- 30 [Monsters on the Mesa](#) | ABQ, NM - *Mesa del Sol* | 10K, 5K, 1K - all trails | [10K/5K registration](#)
- TBD [ATC Flaming Chicken Run](#) | Santa Fe, NM | 5K trail run / 1M fun run | [reg](#)