



# ARR News

newsletter of the albuquerque road runners club

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AUGUST 2014

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## La Luz Trail Run

... A Club Race

This Sunday, August 3  
7 am start

We're ready for the 49th Annual La Luz Trail Run in the beautiful Sandia Mountains! Mother Nature was kind to us this year, providing plenty of rain to keep the fire danger down and the trail (mostly) open. Racers have been training, **director Rodger Sack** has been organizing, volunteers have been planning, and we are GOOD TO GO!

We expect a great field, including **previous winners Kristopher Houghton and Rachael Cuellar**, many returning participants, and lots of first-timers, too.

**There will be delicious refreshments at the finish area for racers and volunteers:**

- The club is providing **breakfast burritos from JR's Bar-B-Que** (on Gibson Blvd)
- **Great Harvest Bread** is donating bread and baked goods.
- **Trader Joe's** will bring fruit to cut and serve, and bottled water at the finish line.

**Good luck to all the participants in this challenging event** ... on a rugged course that everyone seems to love! La Luz won the **BEST TRAIL** award in the 2014 *Albuquerque Journal* "Readers' Choice" voting. But we're not surprised – hiking La Luz is a unique and captivating adventure right at our city's edge. La Luz is also an adopted trail of the Albuquerque Road Runners Club...so we can claim it as our own!



Kristopher Houghton crosses the finish line as winner of the 2013 La Luz Trail Run.

**ARR Board**

PRESIDENT      president@abqroadrunners.com  
     Gwen Walker  
 VICE PRESIDENT      vp@abqroadrunners.com  
     Glenda Muirhead      293-5122  
 SECRETARY      secretary@abqroadrunners.com  
     Lisa Johnson  
 TREASURER      treasurer@abqroadrunners.com  
     Joyce Fafard  
 MEMBERSHIP      membership@abqroadrunners.com  
     Anna Williamson  
 RACE DIRECTION      races@abqroadrunners.com  
     Rodger Sack      270-1613  
 ADVISORY      advisor@abqroadrunners.com  
     John Farrow  
 ADVISORY      pastpres@abqroadrunners.com  
     Wendy Wiggins

**CONTACTS**

VOLUNTEERS      volunteers@abqroadrunners.com  
     Natasha Arnold  
 NEWSLETTER  
     Glenda Muirhead      vp@abqroadrunners.com  
 MARKETING COORDINATOR  
     Michael Dunn      marketing@abqroadrunners.com  
 FACEBOOK COORDINATOR  
     Wendy Wiggins      facebook@abqroadrunners.com

**Club Meetings:**

Held at 7 pm on the first Wednesday of each month (*unless otherwise noted*)

**Next Meeting:**

**Wednesday, August 6, at 7:00 pm**

**North Domingo Baca Center  
 Classroom 4**

7521 Carmel NE  
 (off Wyoming NE north of Paseo del Norte)

**Membership Renewal**

Watch your email for notification if your membership is due to expire.

**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)**



# President's Corner

by Gwen Walker

**Greetings, Road Runners!**

It has been a pleasure seeing so many of you at our monthly meetings, weekly runs, and out and about on the trails, roads, and bike paths! **What an awesome summer** we've had so far with the monsoons creating some ideal running weather!

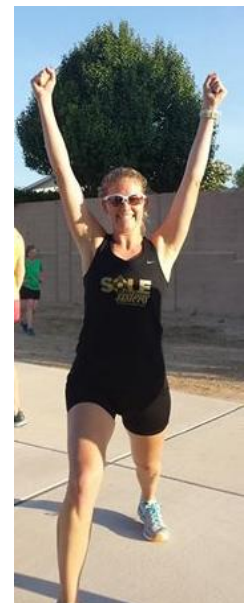
**The Women's Distance Festival** was a huge success on July 20 thanks to the hard work of Race Director **Eric Biedermann and the many volunteers** (both club members and non-club members) who came out to support the race and cheer for the participants! Eric and VP Glenda Muirhead did a fantastic job of securing and divvying out the post-race prizes and swag. If we missed you out there, we hope to see you at one of our upcoming club events!

Don't forget, the **La Luz Trail Run is this weekend, August 3**, so we hope that you're prepared and have been hitting the trails if you're participating! If you're planning to volunteer, we would like to thank you in advance for your hard work and effort. If you're looking to donate some of your time and help us by volunteering, we will have ample opportunities coming up this fall and will keep you posted on those!

Hope to see all of your smiling faces at our next club monthly meeting next **Wednesday, August 6, 7:00 pm** at the North Domingo Baca Center!

*Happy running,*

*Gwen*



## NEXT CLUB MEETING

Wednesday, August 6  
7:00 pm

We'll have an activity led by trainers from the Institute of Community Wellness & Athletics (ICWA), and some upcoming race news.

Mike Dunn, our marketing Coordinator, is looking into a source for Club Gear (singlets, jerseys, etc) that members can order. He'll report on his findings and maybe have some samples to show.



**MEETING LOCATION:**  
North Domingo Baca  
Multigenerational Center  
7521 Carmel NE  
(off Wyoming Blvd: left at first  
signal north of Paseo del Norte)

## Membership Update

### NEW MEMBERS

Michael Graczyk  
Sydney Graczyk  
Patrick Haddox  
Andrew Hahn  
Lisa Leahigh  
Jennifer Pontzer  
Yvonne Romero  
Trini Sanchez  
Anna Sandoval

Angelica Allen  
Paula Baca  
Kayla Burger  
Bonnie Davis  
Megan Eickman  
Sara Friederich  
Debbie Gornal  
Darci Jones  
Sophia Stewart  
Randy Lexvold & Family  
Abby, Tatum, Riley, Lori  
Sara Steward  
Amanda Walker

### RENEWED MEMBERS

Elicia Chavez  
Christy Dafter  
John Farrow  
Larry Jones  
Brian Pilgrim  
Misty Pilgrim  
Marsha Souers  
  
Jane Cudney-Black  
Chris Black  
Saskia Leishman  
Stephen Leishman  
Joyce Fafard  
Barbara Flores  
Liana & Mbarak Hussein  
Joann Maestas  
Chris Martin  
Veronica Martin  
Breana Martin  
Alan Overmier  
Cyndi Vaughan  
Andrea Ricciardi  
Mark, Karla & Robert Rickert  
Linda Stiles

## Highlights from CLUB MEETINGS

### JUNE 4, 2014

- **Forever Young Race proceeds:** Gwen Walker and Alan Overmier presented a check for **\$1000 to Marian Frear on behalf of the Placitas Community Library.**



- **Tom Besson: Hero's Run to benefit All Faith's on Saturday, August 30 @ 8 am.** All Faith provides families with the resources to create and maintain stable, nurturing homes for their children.
- **Food Drive: ARR is teaming up with Dukes Track Club** to collect non-perishable foods to help those families in need during the summer break from school.
- **Activity – Shoe Game** (team #2 won!)
- Eleven new members/guests in attendance (including Jonathan Smith and Jessica Smith from ICWA, Tom Besson, Jennifer, Nichole, Ali, Veronica, Mandy Walker, KC, Megan and Pat.)
- **NEXT ARR MEETING** Wednesday, July 2 at 7 pm. This meeting will be a picnic. Club members are encouraged to bring a side dish to share.

### JULY 2, 2014

We had a picnic with barbecue and potluck dishes on the patio.  
Fun and eating...no minutes.

— *Reported by Lisa Johnson, ARR Secretary*



# Club Races Report

## Women's Distance Festival

Held Sunday, July 20, 2014

Congratulations to Eric Biedermann, WDF Race Director, Laura Biedermann, and the multitude of volunteers who helped to create another excellent Women's Distance Festival — the 28th version of this annual ARR event.

There were 155 finishers in the 5K Run, with elite runner **Minori Hayakari** the overall winner, but **Arlene Espinoza** and **Rachael Cuellar**, second and third respectively, were close behind. Nine racers competed in the 5K Walk, led by **racewalker Laura Draelos**, a multiple past winner.



We appreciate the participation of our **164 finishers** in this year's Women's Distance Festival, as well as the support of our wonderful sponsors: **Bosque Running Shop, Heart & Sole Sports, Great Harvest Bread Company, and Whole Foods.**

WINNERS

### 5K Run Overall

- 1 Minori Hayakari 18:01
- 2 Arlene Espinoza 18:28
- 3 Rachael Cuellar 18:45

### 5K Run Masters

- 1 Lucille Brasher 21:21
- 2 Susie Rand Weimer 21:55
- 3 Joyce Fafard 22:06

### 5K Walk Overall

- 1 Laura Draelos 29:26
- 2 Lisa Isenberger 40:38
- 3 Marjorie Larragoite 41:00

Commemorative stemless wine glasses were awarded to overall, masters, and age group winners in 5K Run, and to top 3 overall finishers in 5K Walk at ARR's Women's Distance Festival 2014.



## Mt Taylor 50k — A Club Race



Saturday, September 27  
Grants, NM

Got Buff? Come volunteer for the Mt Taylor 50K, the club's celebrated Ultra, and earn our custom volunteer Buff (pictured at right).

Race Director Ken Gordon needs assistance from **Friday, September 26, until late Saturday, September 27.** We can't do this without our committed volunteers, so please **contact Margaret at meowelk@yahoo.com** to help make this another outstanding event. And you'll look super cool in your versatile volunteer Buff!



## Volunteer Opportunities

- someone to watch over the start/finish area from 4:00-8:00 pm on Friday before the race
- parking volunteers from 5:00-7:00 am on Saturday
- at least one person to help cook at the finish area
- aid station volunteers
- a couple of people to help tear down from 5:00-7:00 pm on Saturday
- a couple of flexible volunteers

## ARR MEMBERS WORKING FOR THE COMMUNITY

**Youth Running Programs**

...You Can Help!

**Melani Buchanan Farmer**

Two great programs for our youth in the greater 505 area: Running Girls started in 2013, and Running Guys is brand new. These programs are designed to inspire our youth, through curriculum and mentorship, to develop lifelong strategies for healthy living. Both groups are open to EVERY youth in the 5th-8th grades. There are no registration or membership fees for the young participants, so donations from individuals and businesses are always welcome.

**The new Running Guys 505 will need men to be running guides/mentors** for the boys. Beginning in September, they will meet every Wednesday afternoon in the Downtown/Old Town area (great locations for running). Please contact Melani if you can donate or mentor: [runninggirls505@aol.com](mailto:runninggirls505@aol.com)

**Gino Pokluda****Governor Bent Elementary Mighty Milers**

**Do you want to give back to the community** through your passion for running? What better way than to instill that passion into our youth. The Mighty Milers began when the New York Road Runners club started a running program to encourage running in elementary school kids. The kids set running goals and get prizes and awards when they reach those goals. Before long the program was nationwide, including here in Albuquerque.

**There are two volunteer opportunities** at Governor Bent School, near Montgomery & San Pedro NE. The first is **in October during the Mighty Pumpkin Mile** when the entire school student body runs a mile. Timers, traffic watchers, cheering and setup/tear-down volunteers are needed. The other opportunity is **in the spring during the pre-spring break running festival**. This event is different in that it is run at the track at Del Norte High School. Again, the same types of volunteers are needed.

If you are interested in either of these volunteer opportunities, please contact Gino Pokluda at [gpokluda@gmail.com](mailto:gpokluda@gmail.com)

**RRCA News**

Our membership newsletter, *Inside Track*, outlines best practices in governing and managing running clubs and events. *Inside Track* is the print newsletter mailed to the primary contacts for the RRCA member running clubs and events.

**In this issue:**

- Building an Effective Board
- **International Institute of Race Medicine Study**
- Utilizing Credential Badges as a Safety Asset
- And More!

**Read it online today!**



**On September 19, the RRCA will promote the 9th Annual RUN@WORK Day and the 3rd Annual RUN@School Day.**

Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, teachers, coaches parents, and individuals nationwide are encouraged to plan fun runs and walks around the country with their employers or at local schools.

The goal is to encourage adults and children to get 30 minutes of exercise each day, either before work/school, during lunch, or immediately following work/school. RUN@WORK Day also encourages companies to help employees schedule time for physical activity.

To help you plan an event, the RRCA created the RUN@WORK Day and RUN@School Day Planning Kit and Fact Sheet.

**RUN@WORK and RUN@School Day Planning Kit**  
**RUN@WORK Fact Sheet**  
**RUN@School Fact Sheet**

# Heart & Sole

S P O R T S

## NEW IN THE STORE!

- Hoka Conquest
- Nike Pegasus 31 and Zoom Elite 7
- Adidas Sequence 7

*ARR members receive 10% off  
regular-price shoes*

## FULL MOON RUNS

- Held every month at the height of the FULL MOON
- "ALL LEVELS" run and walk that lasts for 40 minutes (20 minutes out then back)
- Bring your kids and dogs!
- *Snacks, treats & fun!*

## UPCOMING FMR

**SATURDAY, AUGUST 9**

Meet at Kit Carson Park  
8:30 pm start

**MONDAY, SEPT 8**

*Mark your calendar now !!*



check our  
facebook page  
for details!

**Heart & Sole is accepting registrations  
for these local races**

## Resilience Run

August 9

Cash or check only

## Dirty Half Marathon

**Dirty 'Lil 10K**

September 14

Any payment method  
acceptable

## NOW TWO HEART & SOLE LOCATIONS!

**14-YEAR STORE:** 2817 San Mateo Blvd NE, Albuquerque, NM 87110 | 505.884.SOLE

Open 10:00 am - 6:00 pm Monday through Saturday

**NEW STORE:** 4301 Eubank Blvd NE at Montgomery | 505.292.4744

Open 10:00 am - 6:00 pm Monday through Saturday, *plus Sunday 12-4:00 pm*

## Sign waiver

All athletes (or parents) must read and sign the waiver.  
*Please read carefully before signing.*

In consideration of acceptance of this entry form, I, the undersigning, my family and my heirs do waive and release any and all rights or claims for damages which I may have against the City of Moriarty, the Moriarty Chamber of Commerce, all sponsors, race officials, and any of their agents, representatives and assignees for any and all injuries, loss or damages suffered by me at or while traveling to or from the Run for the Beans and/or events of the Moriarty Pinto Bean Fiesta. I verify that I am physically fit and capable of participating in this race. I realize the possible risks of running and am willing to accept the results of these risks. The race director reserves the right to refuse any entry.

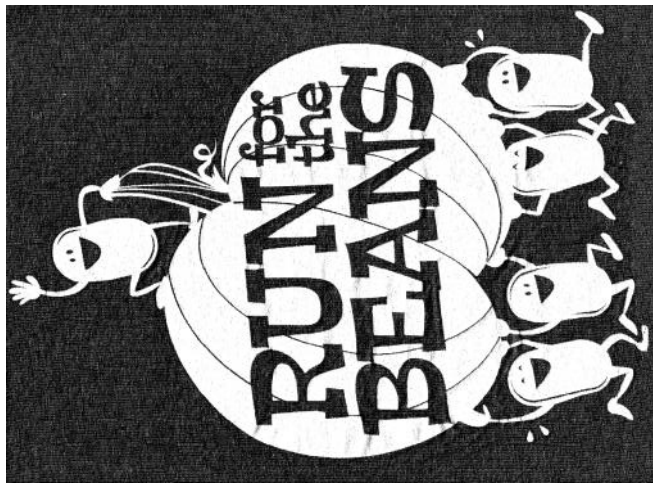
Signature \_\_\_\_\_ Participant \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_  
*(Parent/Guardian must sign if under 18 years of age)*

Date \_\_\_\_\_

**Everyone takes home  
a pumpkin!**



**10K Run • 5K Run  
1.5 Mile Run/Walk**

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**September 20, 2014  
8:00 am  
McIntosh, NM  
7 miles south of Moriarty**

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**Unique Awards**  
Local seasonal produce  
to age group winners!  
Plus lots of other prizes!

**Colleen Burns**

P.O. Box 447

McIntosh, NM 87032





PHOTO: Schwebach Farm

*... in the Estancia Valley Farming Community known for its pinto bean production.*

## Race Benefits:

Veterans of Foreign Wars Post #3370  
Moriarty Veterans Memorial

## Special Thanks To:

Dean & Ive Schwebach Farm  
Jim & Ryan Schwebach Farm LLC  
Bill Larson Farm  
Moriarty High School Cross Country Team  
Culligan Bottled Water  
Great Harvest Bread Company  
John & Diana Adley  
Bobby & Mike Alkin Farm  
Rock Hill Farm / Willard Dairy - Carlos Villalpando  
ABQ Running Shop  
Fleet Feet Sports  
*Mountain View Telegraph*  
Moriarty Chamber of Commerce

## Race Questions?

**Contact Colleen Burns**  
Phone: 505-384-5039  
Email: lcnobull@msn.com

## Great refreshments!

*And have breakfast after the race at the home of Race Director Colleen Burns! Bring something to share if you'd like.*

## 10K and 5K Run Awards

- Overall Male and Female
- Masters Male and Female
- Top 3 finishers in 10 year age groups through 80+

## Special Presentation of the Peter Collins Memorial Award

### DIRECTIONS FROM ALBUQUERQUE:

Take I-40 East to Exit 194. Travel east on Old Rte. 66 (Main Street in Moriarty) for 1.5 miles to Howard Cavasos Blvd and turn right (south) onto Hwy 41. Go 7 miles, then turn left on County Rd A-81/Calle de Sol. Directly on right will be race packet pickup. Parking will be marked.



**The Run For the Beans will follow a cross country course through the Jim Schwebach Farm. Course maps will be available on race day.**

## Local

### Accommodations

Best Western	505-832-5000
Super 8	505-832-6730
Luxury Inn	505-832-4457
Ponderosa	505-832-4403
Comfort Inn	505-832-6666
Days Inn	505-832-4451
Sunset Motel	505-832-4234
The Larlat Motel	505-832-5158

# RUN FOR THE BEANS

## September 20, 2014

## ENTRY FORM

	Before Sept 20	Race Day
___ 5K Run	\$25	\$30
___ 10K Run	\$25	\$30
___ 1.5M Run-Walk	\$15	\$20
___	80+ Free	

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age Group (circle one)

0-9    10-19    20-29    30-39  
40-49    50-59    60-69    70-79    80+

Age on Race Day \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Shirt Size    S    M    L    XL  
(gender specific)

Method of Payment

\_\_\_ Cash  
\_\_\_ Check    Amount Enclosed \$ \_\_\_\_\_

Please make checks payable to: Colleen Burns  
P.O. Box 447  
McIntosh, NM 87032

*Don't forget to sign the waiver on reverse!*





# RACE CALENDAR

See ARR website RACE CALENDAR for registration details

## August

- 2 NMAA Foundation Run** | ABQ, NM - *ABQ Academy XC Course* | 5K Run/Walk, Kids K
- 3 La Luz Trail Run** | **ABQ, NM** | **9-Mile Uphill Trail Run** **club race**
- 3 Helping Dogs Helping Heroes Run** | ABQ, NM - *Mesa del Sol* | 5K Fun Run/Walk | *benefits Paws & Stripes*
- 9 2nd Annual Resilience Run** | ABQ, NM - *Indian Pueblo Cultural Center* | 5K Ind & Team Challenge, 5K Fun Walk, Kids K
- 9 Neon Night Dash** | Monahans, TX | 5K Fun Run & Party
- 10 Rio Grande Half Marathon** | ABQ, NM - *Nat'l Hispanic Center* | Half Marathon, 5K Run and Walk
- 16 Vision Walk/Run 2014** | Rio Rancho, NM - *Rust Medical Ctr* | 5K Run and Walk, Kids K
- 23 Healthy Heart, Mind & Soul Run** | Santa Clara Pueblo, NM | 10K Run, 5K Run, 1M Fitness Walk
- 23 Color in Motion 5K** | ABQ, NM - *Balloon Fiesta Park* | 5K Themed Run
- 24 Eliana's Phight for a Cure** | ABQ, NM - *Balloon Fiesta Park* | 5K Run
- 30 Hero's Run for All Faiths** | ABQ, NM - *ABQ Academy* | 15K Run, 5K Run/Walk
- 30 Rebel Donut Dash** | ABQ, NM - *Balloon Fiesta Park* | 5K Donut Themed Obstacle Course, Fun Run/Walk
- 31 Eagle in the Sun Triathlon** | El Paso, TX | 400y Swim – 12mi Bike – 5k Run

## September

- 1 8th Annual Hearts for Honduras** | Santa Fe, NM | 10K Run, 5K Run/Walk, Kids K
- 6 Run Nerds Run!** | ABQ, NM - *UNM Campus* | 5K Run - Dress like a Nerd!
- 7 Remembrance Run 2014** | ABQ, NM - *Balloon Fiesta Museum* | 5K Run/Walk
- 14 Dirty Half Marathon & Dirty LiL 10K** | ABQ, NM | Half Marathon, 10K Run
- 14 Santa Fe Thunder Half Marathon** | Santa Fe to *Buffalo Thunder Resort* | Half Marathon, 5K Run, 1M Fitness Walk
- 14 Chips & Salsa Races** | ABQ, NM - *S/PI* | Half Marathon, 10K, 5K, Kids K
- 20 Run for the Beans** | McIntosh, NM | 10K Run, 5K Run, 1.5M Run/Walk
- 20 3rd Annual Sandia 5K/10K** | ABQ, NM - *Eclipse Aerospace* | 10K Run, 5K Run
- 20 Run Then Wine** | Las Cruces, NM | Marathon, Half Marathon, 5K Run/Walk
- 20 San Isidro Harvest Run 2014** | Santa Fe, NM | 5K Run
- 21 Susan G. Komen Race for the Cure** | ABQ, NM - *Wilson Stadium* | 10K Run, 5K Run, 1M Family Fun Walk
- 27 Mt Taylor 50K** | **Grants, NM** | **50K Trail Run** **club race**
- 27 T-Wolf Trail Run** | Sandia Park, NM | 5K Trail Run, 1.5M Walk
- 27 Chama Jog, Walk & Wag** | Chama, NM | 5K Run, 10K Run, 2M walk | **High Altitude Series #3**
- 27 Eldorado Fun Run** | Santa Fe, NM - *Eldorado Community School* | 5K Run, 3.5K Community Walk, Kids K
- 28 Cross Country Courage Classic** | ABQ, NM - *ABQ Academy XCcountry* | 10K Run, 5K Run/Walk, Kids K



### REMINDER

#### **RUN FOR THE BEANS — September 20, 2014**

**Run for the Beans** is a great event put on by Colleen Burns, ARR member, with a 10K Run, a 5K Run, and a 1.5 M Walk. *Entry form is attached as part of this newsletter.*