



ARRR News

Newsletter of Albuquerque Road Runners Club
AUGUST 2015

Vol 32, No 4

WOMEN'S DISTANCE FESTIVAL

By Eric Biedermann

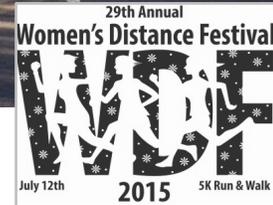
New and experienced runners and walkers came together on July 12th for the 29th annual Women's Distance Festival, ARR's all-women 5K club race. Proceeds from the race benefit the Barrett Foundation, ABQ's homeless shelter for women and children.

Once again the race drew a field of familiar faces, first-timers, and a speedy front field. Shawna Winnegar won first overall, Dina Hammad won first place in the masters division, and Laura Draelos won the race walk division. I was gratified to hear from many women who set new PRs, completed their first 5K, or simply had a splendid time.

I'm grateful to the Southwestern Indian Polytechnic Institute for graciously hosting us this year. Our sponsors, including Heart & Sole Sports, Bosque Running Shop, Great Harvest Bread Company and Trader Joe's provided tremendous support. Most of all I want to thank our volunteers who turned out in force and did a fantastic job, as they always do. Next year is the 30th annual WDF. We hope to see all of you there!



Photo by John Reardon



UPCOMING CLUB RACES

LA LUZ TRAIL RUN (50th Anniversary)

Sunday, August 2,
7:00am

Director: **Rodger Sack**
Benefits Friends of the
Sandia Mountains



MT. TAYLOR 50K

Saturday, September 26, 6:30 am
Directors: Ken Gordon, Margaret

Gordon, Kurt Coonrod
Benefits Nideiltihi
Native Elite
Runners



PRESIDENT'S CORNER

By Gwen Walker

Greetings, Road Runners!!

It's hard to believe that August is just around the corner, but somehow it is! The summer is speeding by, and it's time for some of our big club races again! La Luz is coming up this weekend, and for those of you who don't know, it's the 50th anniversary of the race. Race Director Rodger Sack has some awesome surprises in store for both runners and volunteers, and we hope to see many of you out there, helping and cheering! If you'd like to volunteer, please contact our volunteer coordinator, Fred Bonnell, at volunteers@abqroadrunners.com, and he can tell you if there is still a need for help! The Mt. Taylor 50k is also quickly approaching, and volunteers are needed for that event as well! I volunteered last year and had so much fun doing it that I decided to run the race this year! So I hope to see some of you out there on September 26!! Don't forget that our August club meeting is Wednesday, August 5, 7pm at Domingo Baca Community Center. Last month's meeting saw long-time member



Left to right: ARR President Gwen Walker, ARR member Bill Gillmore, ARR Treasurer Joyce Fafard, and ARR Membership Coordinator Anna Williamson

Bill Gillmore show up with a generous donation to the club on behalf of his mother. He gave us a little background on his mother and her involvement with athletics here in Albuquerque, and I must say it was really cool to hear! He also raffled off some shirts to the member who could guess the amount of his donation. (Pictured) Hope you're all enjoying your summer and logging some fun miles!

Gwen

ARR BOARD

PRESIDENT	Gwen Walker
VICE PRESIDENT	Meredith Eddy
SECRETARY	Charrissa Lin
TREASURER	Joyce Fafard
MEMBERSHIP	Anna Williamson
RACE DIRECTION	Rodger Sack
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CONTACTS

VOLUNTEERS	Fred Bonnell
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 (RCCA).

Albuquerque Road Runners Club
PO Box 20011
Albuquerque, NM 87154

Visit us at
www.abqroadrunners.com

NEXT CLUB MEETING

Wednesday, August 5, 2015, 7:00 pm
North Domingo Baca Center/Classroom 4
 (at Carmel and Wyoming Blvd, west at the first stoplight north of Paseo del Norte)

THE HARDROCK HUNDRED

Race Report by Margaret Ochs



Since I first saw pictures of The Hardrock Hundred course in 2008, I had to get there. Nothing could dissuade me – not stories of puking, getting lost, 47 hour finishes, lightning – those risks were peanuts beside the awesome mountain vistas and trails. It took five years of qualifying races and lottery entries,

padding, crewing and volunteering at Hardrock to get to the starting line.

We would climb 33,992 ft; over one 14'er, 7 passes around 13,000 feet and ~4 more above 12,000 feet in our 100-mile circuit of the San Juans. The course wasted no time getting us up the first – Dives-Little Giant. After ascending a few miles, Silverton was cloaked under clouds and mist lit by the sun with a backdrop of ochre mountains. A line of runners wound up the trail through a snow patch, getting smaller and smaller until they seemed to cross into the sunlight.

I reached the top of the second climb (Green Mountain) behind a friend and Hardrock veteran Tyler, known for being a "closer". We chatted until he paused to get something from his pack. At the top of the descent in driving sleet, a volunteer decked

in waterproof gear stood near a "snow wall" with a notch in it – apparently the way down. She said, "Don't use your poles, other runners have broken theirs." A ten-foot vertical drop on the other side ended in a snow drift! I sat in the notch, and dropped down, whooped, then kept moving to Maggie Gulch Aid station (mile 15.4, 5 hours in) where half my crew was volunteering. I'd partially torn an ankle ligament 6 weeks ago, but climbing out of Maggie I felt great. I ate, drank, and kept my pace easy, but I couldn't keep my smile in check. Wildflowers bobbed at my passing and splashing. The trail was a muddy stream running through a high meadow. I tried to pick the best footing, but eventually I gave up. My shoes were already wet. One step, though, changed my race. I yanked my foot out of ankle deep mud and felt immediate pain in my injured ligament. Crap. I'd have to go slower, and minimize heel striking with my right foot. Concerned, I ran past Cataract Lake to the long forested descent before Sherman AS. The river tumbled noisily next to me. Trying to protect my right ankle, I was landing with my left leg. The trail eventually turned to rooty steps. My left leg was getting tired. Normally loving downhills, I wished I was at the end of this one. Soon I popped out of the woods to a shelter and the best bathroom in ultrarunning. My right ankle was achy, my left quad/ITB was tired. Maybe this wasn't the race I'd hoped to have, but I could still finish

WOMEN IN TRAINING

Continued on page 4

STRONG SHOWING FOR WOMEN-IN-TRAINING AT WDF

By Meredith Eddy

It was a season of milestones for our Women in Training program: the whole group worked really hard and made stellar progress with their personal goals. Fifteen of our runners took on the Women's Distance Festival, and we want to extend a special shout-out to three who ran their first ever 5K: Amy Shrouf, Dany'el Afonso, and Aurora Feehely. We'd also like to congratulate our runners who placed top three in their age group: Kerry Trautwen, Dina Hammond, Christine Hajek, and Maria Houlihan.

Many thanks to the businesses that held open houses or hosted runs: Heart and Sole, Bosque Running Shop, Athlete's Edge, and Matthew Villegas from MVillegas Massage. And of course the program wouldn't be a success without the dedication of our many Roadrunners who volunteered their time.

HARDROCK HUNDRED *(continued from page 3)*

and enjoy the course. On the climb up Handies (the 14'er), I still felt good. The final short rocky switchbacks to the highest peak became a trudge. What a relief to reach the top! Here, the world seems separated in two parts. There's Sky. And there's Mountains. I was far behind my planned pace. As I started down, I realized running downhill was uncomfortable. After the steepest section, I loosened up and could jog down. I made it down to Grouse Gulch at twilight. Ken, without knowing about my issues, had asked Jean Herbert to come in case my ankle needed help. I headed out of Grouse in much better shape. My goal now was to get through Ouray to Telluride (mile 72.8) in no worse shape. Do that, and I would finish.

At the top of Engineer Pass, my pacer Vicki and I stopped to admire stars peaking through the clouds. Finally after a long slow descent, the lights of Ouray (mile 56.6) came into view. At the aid station, I was so happy to see everyone I forgot everything. Luckily, my expert crew pushed food in my hands, clothes over my head, and water in my pack. Richard was in charge of me as we headed up Camp Bird Road over Virginus pass, a missing tooth-like gap in the rim of the mountain range, to Telluride. "Dig! Dig! Come on, Push!" Volunteers wearing rock climbing gear at Kroger's Kanteen, an Aid Station secured by bolts into the rock yelled until we reached the top. A short break for a hot pierogi and we cautiously started the steep downhill to Telluride.

Suddenly I was nearly falling, gasping in pain as though someone was ripping out the muscles/tendons in my thigh. I tried a step and the same searing pain. Locking my knee, I took a few steps but the pain returned. I pulled up my calf sleeve to cover the area as a brace. I used my poles. I tried walking backwards and sideways. No good. That's it. I can't look at Richard. I can't even walk. We tried ibuprofen. If I locked my knee out, I could take a few steps. I filled the calf sleeve



with snow. I'd have to give up. I probably wouldn't even make the cut off at Telluride. Then Tyler, the veteran closer, shouted a greeting. At first he gave me grief for slowing down, but then he saw my despair. Tyler, a doctor, palpated the area and told me what I needed to hear. "No permanent damage. Keep icing, 20 min on, 20 off. "You're tough. You have time. Don't run another step. You can walk it in from here. Don't quit. You can do this."

Slowly, the ice/ibuprofen combo dulled the pain. Richard filled a bag with snow to take with us for re-fills.

Into Telluride, I blurted, "I have to walk the rest of the way in." My crew already knew, of course – Tyler had told them. Ken found someone to tape my knee. I changed, grabbed ibuprofen, and headed out with Albert, the snow bag,

and some grilled cheese. I was ready to hike up as fast as I could. I wanted to get to Chapman AS, 9.3 miles away in 5 hours.

Alongside a river broken by waterfalls, the trail wound through wildflowers and trees, across bridges to a wide hidden basin. The winner, Killian Jornet got lost here among the snow fields. He didn't have Albert. Albert would dash ahead to find the next cairn, go over hills for better views, and point out the trail to the pass. On the other side, I descended unbearably slowly. As we got to the Aid Station, I asked what time it was. We had made it in 4:57.

Another quick stop – then time to climb again with Barry. Up we went through a pine forest. Soon we crossed tumbled rocks and grassy mounds to the base of the loose scree leading 100 yards straight up to the top of Grant Swamp Pass, the second to last climb. We made it to the top for the late afternoon view of little island lake. Still icing, the descent was painfully slow. As it leveled I walked as fast as I could, envisioning Olympic race walkers. Finally, the last full aid station came into view. Ken would walk with me to the finish.

HARDROCK HUNDRED *(continued from page 4)*

The last climb. It was now the second evening, but the days melded together like taffy. Ken and I chatted, memories of the first time I'd paced him on this section. Once above treeline heading cross country, clouds blew through obscuring the reflective markers. We joined a group of 4 others. We'd find a marker, then fan out to find the next, shouting, "This way, I got one!" At the top of the ridgeline, there was no marker to find. I sat to put on tights, the cold damp setting in, fingers numb, teeth chattering, feet wet and getting colder. We were starting downhill. I couldn't use speed to warm up. A shout came, but my tights were only partway on. I struggled and finally got moving again. A pacer turned back to make sure we were following. Ken seemed far far ahead as he led me down out of the wind. Finally, the wind stilled. Finally, the clouds cleared. And finally, we got to the last aid station, Putnam Basin. With warm hands and bellies, we left for the last 5.8 miles. Downhill across rocks and roots I tried to increase my walking speed. Two miles an hour seemed very fast in the dark after 40+ hours of moving. At last, we heard constant whooping and rhythmic banging. At Mineral Creek, one guy was cheering us on and training a light on the rope to help us cross the swift water. Like a tour guide, he led us, "this way, this way, great job" to the road. I was only two miles from the finish. There was no dogged running the last uphill, or tired wooden jogging of the final streets in town. There was only walking. I would never have believed the joy and satisfaction. I kissed the rock.

I wanted so many things from this race, but in the end, I could hold on to none of them. It was everything just to finish. Thanks to my crew and pacers: Ken, Vicki, Albert, Richard, Barry and Josh.

Read the full race report on Margaret's blog:

Tri's and Tribulations (www.trainingmo.blogspot.com)

CROSS COUNTRY RELAY SEEKS NEW MEXICO RUNNERS TO COMPLETE UNBROKEN CHAIN

The nonprofit Firefighter Five Foundation is looking for runners of all ages and ability to complete the cross country relay, Run 2 Respond. The relay starts in Santa Monica, CA on September 1st, crossing 18 states in 387 stages, covering over 3,800 miles to finish at Cadillac Mountain in Acadia National Park, ME on October 3rd. All funds raised from the relay support the foundation.



The relay will reach New Mexico on Sept 7 and continue through Sept 11; runners can participate day or night. If you'd like to run or sponsor a runner, you can get more details at the relays main site, www.run2respond.com. For more info about the foundation visit www.firefighter5.com

**FULL MOON RUN**

by Heart & Sole Sports

Saturday, August 29 – Starts at 8:00 pm

Free and open to all; bring your kids & dogs! Refreshments & drawings

Arrive early to sign in and get your name entered into drawings for cool gear.

FUTURE FULL MOON RUNS:

Sunday, September 27 — 7:30 pm | Tuesday, October 27 — 7:15



RACE CALENDAR

AUGUST

- 1 **NMAA Foundation Fun Run** | ABQ, NM *ABQ Academy* | 5K Fun Run/Walk, Kids K | [register online](#) [entry form](#)
- 1 **Taos Ski Valley Up & Over Trail Run** | Taos, NM | 10K Trail Run | [active.com](#)
- 1 **Healthy Heart, Mind and Soul Run** | Santa Clara Pueblo, NM | 10K Run, 5K Run, 1M Fitness Walk | [entry form](#)
- 1 **Kennebec Mountain Run** | Durango, CO | 15M Trail Run | [runsSignup](#)
- 2 **La Luz Trail Run - 50th Annual** | ABQ, NM | 9 Mile Uphill Trail Run | [entry is closed](#) *** CLUB RACE ***
- 8 **Resilience Run** | ABQ, NM - Indian Pueblo Ctr | 10K Run & 5K Run (Ind/Team), 5K Walk, Kids K | [entry form](#)
- 9 **Rio Grande Half Marathon** | ABQ, NM | Half Marathon, 5K Run/Walk | [active.com](#)
- 15 **Run for Vision 2015** | Rio Rancho, NM - *Rust Medical Ctr* | 5K Run/Walk, Kids Run, Car Show | [active.com](#)
- 15 **Miracle Run 2015** | ABQ, NM *ABQ Academy* | 5K Run/Walk, Kids Fun Run | [nmsportsonline](#) [entry form](#)
- 15 **Color Dash 5K** | Santa Fe, NM - Downs | 5K Event, [Food Trucks](#) | [register online](#) [facebook](#)
- 15 **ClimAXS Challenge Adventure Run** | Glorieta, NM | 5-10 K Trail Run with Obstacles | [register](#)
- 22 **To Catch a Crook Fun Run** | ABQ, NM - *Balloon Fiesta Park* | 5K Fun Run/Walk | [runsSignup](#)
- 22 **Sacramento Survivor Challenge** | Sacramento, NM | Obstacle Course (Ind/Fami), 5K & 10K Trail Run | [active.com](#)
- 23 **Hero's Run for All Faiths** | ABQ, NM - *Mesa del Sol* | 15K, 5K, 1M Fun Run/Walk | [register online](#)
- 23 **Run By The Rio** | ABQ, NM - *Hispanic Cultural Ctr* | 10K Run, 5K Run | [register online](#)
- 28 **Hoof It To Happy Hour 5K** | ABQ, NM - *Balloon Fiesta Park* | 5K Run/Walk | [active.com](#)
- 30 **NM Dam to Dam Run** | ABQ, NM | 10K, 5K, Kids K | [active.com](#)

SEPTEMBER

- 4 **Inaugural ZozobRun** | Santa Fe, NM | 10K Run, 5K Run, 5K Fitness Walk, Kids K Fun Run | [register online](#)
[entry form+info](#)
- 5 **Turtle Mountain Marathon** | Roswell, NM | Marathon, 5K | [active.com](#)
- 5 **Santa Fe Wicked Wine Run** | Santa Fe, NM - Golondrinas | 5K Run/Walk (Indiv, Team), 1K Tasting Walk | [active.com](#)
- 6 **Eagle in the Sun Triathlon** | El Paso, TX - *SISD Aquatic Center* | 400 yard swim – 12 mile bike – 5K run | [runsSignup](#)
- 7 **Bear Canyon 10K Trail Challenge** | ABQ, NM - *John B. Robert Dam* | 10K, Kids 1 Mile | [register online](#) |
- 7 **9th Annual Hearts for Honduras Run** | Santa Fe, NM | 10K Run, 5K Run, Kids K | [active.com](#)
- 7 **Mt. Baldy Run-to-the-Top** | Mt. Baldy, CA | 7+ Uphill Trail Run, 5K | [ultrasignup](#) [facebook](#) [flyer](#) [info sheet](#)
- 12 **Run for the Beans** | McIntosh, NM | 10K Run, 5K Run, 1.5M Run/Walk | [download entry form](#)
- 13 **Remembrance Run** | ABQ, NM - *Balloon Fiesta Park* | 5K Run/Walk | [register online](#)
- 13 **Chips and Salsa Half Marathon** | ABQ, NM | Half Marathon, 10K, 5K, Kids K | [active.com](#)
- 20 **Santa Fe Thunder Half Marathon** | Santa Fe, NM to Buffalo Thunder Resort | [registration](#)
- 24 **Gifting Time 5K and Remembrance Walk** | Rio Rancho, NM | 5K Run, 5K Walk, Walk | [active.com](#)
- 26 **Mt. Taylor 50K** | Grants, NM | 50K Trail Run | [ultrasignup.com](#) *** CLUB RACE ***
- 26 **T-Wolf Trail Run/Walk** | Sandia Park, NM - *E Mtn HS* | 5K Trail Run, 1.5 Mile Walk | [register online/info](#)
- 26 **Chama Jog, Walk, and Wag** | Chama, NM | 10K Run, 5K Run, 3K Walk, 1K Kids Puppy Run | [entry form](#)
- 26 **Ouray Mountain Trail Run** | Durango, CO | 12M Trail Run | [ultrasignup.com](#)
- 27 **Cross Country Courage Challenge** | ABQ, NM - *Academy XC* | 10K Run, 5K Run/Walk, Kids K | [active.com](#)
- 27 **Corrida de Corrales** | Corrales, NM | 10K Run, 5K Run | registration TBA; contact Jack Lynch
505.385.4757 or Jack@thelynchteam.net

OCTOBER

- 3 **Big Tesuque Trail Run** | Santa Fe, NM | 12M High Altitude Trail Run | [nmsportsonline](#) [active.com](#) [entry form](#)
- 4 **Sandia Mountain Shadows Trail Run** | ABQ, NM | 10K, 5K
- 10-11 **Durango Double Half Marathons** | Durango, CO | 13.1 Mile Road, 13.1 Mile Trail, 1 Mile Kids | [runsSignup](#)
- 17 **Deadman Peaks Trail Run** | Cuba, NM | 53M, Marathon, 30K | [ultrasignup](#) [facebook](#)
- 18 **Duke City Marathon** | ABQ, NM | Marathon, Marathon Relay, Half, 10K Run & Walk, 5K Run & Walk |
[register online](#) [entry form](#)
- 24 **Monster Run** | Las Cruces, NM | Half Marathon Indiv/Team, 5K Indiv/Team, 1M Fun Run | [register online](#)
- 25 **First Responders 5K** | ABQ, NM - *Hartnett Park* | 5K Run/Walk, Kids K | [active.com](#)
- 31 **Great Pumpkin Chase** | ABQ, NM | 10K, 5K, Kids K
- 31-Nov 6 **Day of the Dead Marathon Series** | Las Cruces, NM | Marathon, Half Marathon, 5K race **EACH DAY** |
[register](#) [download entry form](#)