



ARRnews

Newsletter of Albuquerque Road Runners Club | Vol 37 No 4

JUNE 2021

LET'S DO THE MEETINGS AGAIN!

With a bit of a mind flip | You're into the time slip | And nothing can ever be the same

It feels as though we've been living in a sort of time warp for a year. Our last ARR meeting was 14 months ago, in March 2020. Since then, with so little Club-ism going on, it has been difficult to feel like a cohesive organization. Much of what we do (historically) involves running together, being social, putting on races, sharing news and experiences with each other. Sadly, a number of memberships have lapsed during these months, but happily we have gained many new members!

THANK YOU to those who have stayed with us, and **WELCOME** to all of you new members.
We appreciate every one of you! And now...

It's time to get back together!



CLUB MEETING

DATE: Wednesday, June 9, 2021

LOCATION: B2B Garden Brewery - 8338 Comanche Rd NE, ABQ 87110

TIME: Meeting starts at 7:00 pm

On Wednesdays, B2B has live music in their lovely outdoor courtyard from 6-8 pm. Come early for a bite and a beer (other beverages also available) and some music outside. At 7:00, we'll gather **INSIDE** for updates about club races and activities, then more socializing. Come prepared to reacquaint face to face and share COVID adventures!

Also, please be prepared to abide by this business's mask and safety requirements, as well as state guidelines while inside.

ARR member David Wilson invented a new way to help athletes:

EXERCIST – A mystical person with powers to drive out the demon that causes you to over-train



LA LUZ TRAIL RUN : *The Debate Continues . . .*

articles – editorials - letters to the editor in the *ABQ Journal*

Thank you to ARR Board Member Tom Besson for alerting us to the *Journal* articles, editorials, and letters.

1. First, there was an article in the May 16, 2021, issue of the *Albuquerque Journal*. It's a decent, balanced read of the various positions of interested parties.

[CLICK HERE TO READ JOURNAL ARTICLE](#) as made available by yahoo!news

2. Following that article, in the May 21 edition of the *Journal* the newspaper published an editorial requesting that our congressional delegation pass legislation to allow the La Luz Trail race to continue.

3. Next, according to another *Journal* article on May 26, Sen. Martin Heinrich has stated his support of continuing the La Luz Trail race. In a quote to the paper, Heinrich stated that he was frustrated by the “threat” to the race’s future, and the senator said the race needs to be saved for future generations. *“I hope that the Forest Service and all parties can come together to find a way forward for this race that has become one (of) the premier trail races in the country, a powerful driver of our local outdoor recreation economy, and a real 'bucket list' experience for so many New Mexicans. We need to save the La Luz Trail Run for future generations.”*

4. Then, on May 31, came a Letter to the Editor from Wilderness Watch, the main driver behind opposition to permitting the La Luz Trail Run. Kevin Proescholdt, the group's conservation director, writes that ending the La Luz Trail Race will safeguard the wilderness. As a bit of background on this Missoula MT-based organization, an “anonymous source” has explained that *“Wilderness Watch has a reputation as an absolutist group for which there is only black and white and no gray. They are also reputed to be very litigious, frequently suing to try to enforce their way.”*

5. And now our good friend Norm Gagne (attorney and 23-time La Luz Trail Run Finisher) has provided ARR with some additional talking points. Here is a brief excerpt from his message to us. *[editor's emphasis]*

In his May 31 letter supporting the Forest Service denial of a permit for the La Luz Trail Run, Kevin Proescholdt, of Montana-based Wilderness Watch, claims that to allow the La Luz Trail Run to resume “... weakens protection for the Sandia Mountain Wilderness,” threatens its “wilderness character” and opportunities for solitude and will be harmful to wildlife and scarce habitat.

We agree that Wilderness Areas deserve a high level of protection from uses incompatible with the Wilderness Act. However, the La Luz Trail Run is *not* incompatible with the Wilderness Act. Proescholdt mischaracterizes some of the prohibitions of the Act and is unfamiliar with the La Luz Trail and with the history and impact of the La Luz Trail Run on it.

Wilderness Watch’s “one size fits all” approach to protecting Wilderness does not fit here. There are compelling reasons why this historic event promotes the spirit and purpose of the Wilderness Act and should be allowed to continue.

The Sandia Mountain Wilderness is an Urban Wilderness

The Wilderness is immediately next to the largest metropolitan area in New Mexico. All of the west side trailheads either directly abut the City of Albuquerque or are close to it. The beautiful La Luz Trail is, for good reason, the most popular trail in the Wilderness. Hikers on the trail, many with dogs, are as numerous as walkers in a busy city park. **There are many places in the Sandia Mountain Wilderness where one can enjoy wilderness solitude, but the La Luz Trail is not one of them.** Habitat and wildlife are already impacted by normal activity on this popular and heavily-used trail. The La Luz Trail Run causes no additional impact. □



Norm Gagne
Finishing 2019 La Luz Trail Run

John Clady, ARR Board Member



TELL US YOUR RUNNING STORY

My running journey started with a dislike of running for anything beyond a 40-yard sprint. In fact, I completely ignored the recommendation to be able to run 3 miles for the first day at the U.S. Military Academy. That suffering is what started the journey as I slowly worked my way up to military minimum standards. Over time I learned that there are maximum standards, so I started to strive beyond mediocrity. As I approached my early 40s, I started to participate in longer recreational runs, such as 5K races, 10K races, 10-mile races, half marathons, and the Chicago Marathon. I found that I place better in races as I age, especially once I reached the 50-plus group, and have come to enjoy running more. Once, I somehow finished both 2nd and 3rd in a single race, which is a story to be told over laughs.

I hope to be able to improve my run times and distances by running with truly gifted runners who show up to run with the Albuquerque Road Runners. One of my goals is to get good enough to run in the River-to-River Relay across Southern Illinois with the Los Tortugas team, because Dennis (I'll leave his name out to protect the innocent) once told me I am too young and not fast enough to help the team.

HOW OLD ARE YOU?

I am currently 54. So, other than a few nameless members, I am told that I am the youngest member assisting the Albuquerque Road Runners as a board member.

WHERE ARE YOU FROM?

Born in Fort Bragg, NC, I started at a young age traveling the world as a military brat and then in the military myself as a military pilot and then military lawyer (think the TV show "JAG" as it is based off of my life). I have lived in North Carolina, Okinawa, Korea, Louisiana (where I spent 10 years from third grade through high school), New York, Alabama, Texas, Germany, Michigan, Spain, Virginia, and Wisconsin (where I spent the longest time as an adult - 13 years), and New Mexico. So where am I from? I am from planet Earth. Along the way around the planet, I got married (to Joy) and had three children (Jake 23, Mark 21, Kate 19).

WHEN AND WHY DID YOU COME TO NEW MEXICO?

I came to Albuquerque in August 2019 after being appointed as a U.S. Administrative Law Judge. I have truly enjoyed the plethora of outdoor activities in NM, including running with the club on Saturdays and Sundays trying to keep up with Jeff Bierly, and skiing in the winter at Taos and Santa Fe, trying to get as good as Joel Melendez.

HOBBIES & INTERESTS

Family, travel, nearly all active and outdoor sports (skiing, scuba, running, etc.), flying helicopters, teaching helicopter flight lessons.

SCHOOLING

U.S. Military Academy, BS, West Point, NY (1989)
Michigan State University College of Law (2001)

John has spent the past many months "back home" in Wisconsin with his family, working remotely. But he has remained committed to his connections to New Mexico and ARR, currently serving as Director of our Forever Young Race planned for October 24. We hope to have John and family moving here to Albuquerque soon!



*With my daughter Kate.
Last race before the pandemic.*

“Help us get the GAR baton across Albuquerque as we run THE GREAT AMERICAN RELAY”

RELAY
STARTS ON
SEPT 11

I'd like to invite you and your running group to a unique running event traveling through your area. The **second annual Great American Relay** is a real relay from Boston to Santa Monica California. There are 415 stages spanning over 3500 miles. Each stage only allows 11 runners: 1 lead and 10 support runners. Runners take the baton at a designated time and start-and-end location, and pass it to the next team.

This year we are **commemorating the 20-year anniversary of 9/11 and starting on September 11** in Boston. We are raising money for our police, firefighters, and military to show our respect for those that still today keep us safe. Lead runners can dedicate their stage to a hero of their choice and we will announce their name on social media and on our website.

To sign up you can go to our website, GreatAmericanRelay.com. Almost half the lead spots are filled. I hope you and your running friends can join us.

Happy running,
Vince Varallo – Race Director, The Great American Relay

Join us on Facebook:
www.facebook.com/groups/GreatAmericanRelay/



MEMBERSHIP UPDATE since 7.1.2020

RENEWED MEMBERS

Katie & Pat Abbott	John & Ginny Ricciardelli
Tammy Ali-Carr + Houston Chaffin III	Roger & Connie Sack
Robert Annett + Renate Savich	Robert Sandoval + Family
Nancy Augustus	Gary Schancer
Alberta Bates	Pat Scott
Jeff & Suzan Bierly	Rick Scott
Linda Cage + Rob DeBuck	Meisha Smith-Bystrom
Roxanne & John Carpenter	Will Steinberg
John Clady	Carl Steinhauser + Martha Cascante
David Clark	Linda Stiles + Daniel Roberts
Gloria Cohen	April & Trent Taylor
Thomas Camacho	Andrea Telmo
Hannah Contrucci	Adrian Thompson
Jane Cudney-Black + Family	Geoffrey Tweed
Patty & Richard Danforth	Karl Walczak
Beth Davenport	Maria Weddige-Gurney
Julie DeHaven	Carl & Marilyn Weik
Jeff & Marcia Edgar	Anna Williamson
Jane & Chuck Fuller	Mike Williamson
Judy Galloway	
Kim Gieck	
Pamela Green	
Frank Griggs	
Dina Hammad	
Robert Harvey + Family	
Ed Heller	
Leon Huff	
Richard Iverson	
Gene & Ellen Kersh	
Gail Leedy	
Laura Maclay	
Amy Marash	
Chris Martin + Family	
Clifford Matthews	
Joel Melendez	
Frederic Moraz	
Cecelia Niemczyk	
Mauro Perego	
Jeff Peterbaugh	
Eric Pope + Kate Siders	
Ethan Prueitt	
Deborah Renteria + Valerie Sarracino	

NEW MEMBERS

Terri Andres
Jane Davis
Kareth Dworsky
Charles Fatta
Ben Fletcher
Greg Fuess
Karen Gonzales
Joe Hazelton
Jeremy Kirk
Connor Lewis
Alexandra Maldonado
Max Nager
Sebastian Romero
Joe Ruvido
Kimberly Smutz
Tom Spadafora
Rick Teubner
Danny Young
Denise Zona

Random and Irrelevant

MUSINGS

...Just for Fun!

Why do you "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going? Taxes?

How is it that we put a man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why are you IN a movie, but you're ON TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

Did you ever notice that when you blow in a dog's face, he turns away — but when you take him for a car ride, he sticks his head out the window?