



ARRnews

Newsletter of Albuquerque Road Runners Club | Vol 37 No 3

MAY 2021



BERNALILLO COUNTY IS TURQUOISE

It's time for the happy dance!

ARR Activity & Race Status

From Gary Schancer, ARR VP, who attended the RRCA Convention:

The RRCA had a lot of discussion about how to deal with the pandemic at the convention in Orlando. There were several presentations from running clubs in different states on what they had done and are still doing to prepare for having in-person events. But the RRCA has not gotten active with dealing with governors or trying to convince them to change their policies. Basically they recommend that states follow their governor's mandates and be patient a little while longer. I have been working with the New Mexico Director of Outdoor Recreation, who is on the Governor's staff, and she has been speaking to the Governor most days to get her mandate for outdoor activities to be lessened, but so far, no luck. I will report back when I get updates.



From Tom Besson, Director of WOMEN'S DISTANCE FESTIVAL:

Tentative date for Women's Distance Festival is **September 12**, but this has not been confirmed yet with SIPI, the preferred race location. My contact from past years is no longer there, and I am waiting for further communication and discussion.

From John Clady, Director of FOREVER YOUNG RUN & WALK

We plan to hold the race on **October 24**, and are currently working with the U.S. Forest Service and New Mexico Department of Transportation for obtaining the necessary permits. Though most of New Mexico, including Sandoval County where the race will occur in Placitas, has achieved a COVID color level of turquoise, there are still restrictions on the format of the race, to include the number of entrants and the staggering of start times limited to small groups. So hopefully conditions continue to improve in order to have the race without any limitations.

MT. TAYLOR 50K – Scheduled for September 25. Plans are proceeding with expectation of an in-person race conducted with appropriate start times, distancing, and required safe practices in place.

LA LUZ TRAIL RUN – This race will not take place in 2021, and its future does not look promising.
See more about La Luz on page 3.

ARR's GROUP RUNS

are back on our website ... with safety protocols in place.

If you plan to participate in any ARR Group Run, PLEASE READ AND ABIDE BY THE FOLLOWING:

All participating runners/walkers are required to follow the current NM DEPARTMENT OF HEALTH orders for face coverings based on their personal circumstances. According to the recent Health Order dated April 28, 2021:

All individuals shall wear a face covering in public settings except when: eating or drinking; exercising outdoors alone or with members of the same household; or attending a small, outdoor gathering of fully vaccinated individuals no larger than 20 individuals. FULLY VACCINATED individuals, however, are NOT required to wear a mask when attending small, outdoor gatherings of no more than 20 vaccinated or unvaccinated individuals. This means that unvaccinated individuals attending these runs will need to be masked while with the group (whose vaccination status is unknown), and while not exercising. Also, please maintain safe physical distancing of 3 feet.

- Participate at your own risk.
- We are not the vaccination police.
- Adherence to these protocols is "on your honor."
- Be respectful and considerate of others.
- Strive to be part of the solution, not part of the problem.

Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	

ARR BOARD OF DIRECTORS

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FUTURE OF LA LUZ TRAIL RUN : *VERY UNCERTAIN*

January 30, 2021

Re: Restore The La Luz Trail Run - Sandia Mountain Wilderness

Dear Senator Heinrich and Representative Haaland:

I write for myself, joined by Kurt Coonrod, President of Albuquerque Road Runners Club ("ARR"), to request your advice and assistance to restore the La Luz Trail Run ("LLTR") to its historic place among America's great trail runs and in the life and lore of New Mexico.

On May 1, 2020, the Sandia Ranger District ("District") of the Cibola National Forest sent a letter to Jeffrey Williams, the Race Director of ARR's La Luz Trail Run. This letter denied a permit request submitted by Mr. Williams on behalf of ARR to conduct the 2020 LLTR, a permit that had been routinely granted by the District for fifty-four years, including for forty-one years since creation of the Sandia Mountain Wilderness ("SMW").

We fully understand and appreciate that there are far greater problems involving the pandemic and its horrific effects on the country that rightly command your attention. Some day, in what we all hope will be the not too distant future, a more normal life will return. When it does, we urge that the great tradition of this healthy and life affirming event should be part of what restores and revitalizes our community and our State. It is in this spirit and with this hope that we write to you now.

The District explained its decision: despite routinely issuing a permit for forty-one years to cross the SMW, it felt it could not do so in 2020 without legislation because the LLTR was inconsistent with the Wilderness Act of 1964 ("Act") as it is (1) a commercial activity, and (2) a competitive event. A copy of its letter is attached as Exhibit 1*.

The District cited no adverse impact to the SMW nor did it cite any adverse impact to any other users. There has been no adverse impact in forty-one years of the LLTR in the SMW.

District personnel have been unfailingly professional, courteous and cordial. They told ARR that they would like to find a way forward which allows LLTR to continue but believe they are limited by their understanding of the Act and its regulations. We include the Acting Forest Supervisor and the District Ranger for copies of this letter and materials and pledge our cooperation to find a way forward.

If legislation is necessary to restore the LLTR, we respectfully request that you introduce it in the Congress and urge your colleagues to pass it.

We believe, however, that the LLTR complies with and promotes the intent and spirit of the Act and that the Run can be resumed and conducted across SMW under existing law and regulations:

1. The LLTR is a permitted "existing use and activity" under legislation settling the Sandia Pueblo land dispute, the 2003 T'uf Shur Bien Preservation Act.

2. Assuming the LLTR is a commercial activity, which stretches the ordinary meaning of the term, commercial activities are not prohibited in Wilderness by the Act or regulations. They are permitted so long as they are proper for realizing the recreational or other wilderness purposes. The Act properly prohibits commercial enterprises. No one wants a commercial vending operation permanently located in a Wilderness. Commercial activities, however, occur in Wilderness throughout the United States all the time; and

3. Nothing in the Act or the Code of Federal Regulations prohibits competitive events in Wilderness. The prohibition appears only in Forest Management Plans. Competitive events, including the LLTR have been deemed compatible with the intent and spirit of the Act and have occurred in Wilderness for decades.

For your convenience, we have set forth additional information in a detailed Appendix A** attached, ***A History of the La Luz Trail Run - An "Existing Use and Activity" That Promotes the Intent and Spirit of the Wilderness Act In The Sandia Mountain Wilderness.***

As we emerge from this perilous time, our State and our entire country need healthy, positive, life-affirming events to refresh our souls and to help us to a brighter future. Restoring the historic LLTR will give our area a much-needed boost.

We are eager to provide you with additional information and assistance as you may request.

We respectfully urge you to advise us and to take the lead in bringing the La Luz Trail Run back to its long time place in the life and culture of this area.

[Signed]

Norm Gagne

Kurt Coonrod

Copies to:

Bradley Tuberville, Acting Forest Supervisor
Crystal Powell, District Ranger, Sandia District
Cibola National Forest

* [CLICK HERE TO READ Exhibit 1.](#)

** [CLICK HERE TO READ Appendix A.](#)

Member Profile : Dennis Muirhead

TELL US YOUR RUNNING STORY

Started running seriously in the mid 1990s. Once my wife Glenda started competitive race-walking I discovered I could do well in my age group, so I got more serious about training, and became a competitive racer. We ran a lot of half marathons in several states, camping out or visiting family. Our favorite runs are Lost Dutchman Half Marathon and 8K (in Apache Junction, AZ) and Tucson Half Marathon...nice downhill run. We ran the Peachtree 10K Road Race on July 4, 2003, in Atlanta, Georgia, where my son and his family live. Favorite run is the Bolder Boulder 10K on Memorial Day, where you compete against runners from all over the US who are your exact age. My next race goal is to place first in the 81-year-old category at Bolder Boulder, where race results for each age are maintained since forever. (Have always placed in top 20 and always hope to!). Member of Los Tortugas (local ABQ team) in River to River Relay across Southern Illinois.

HOW OLD ARE YOU?

Turned 80 the day after Thanksgiving last year. Cliff Matthews, who has the same birthday, invited me to a 4-mile run on Black Friday as an homage to our mutual birthday and to Kelley Garcia's "Turkey Trots Brew Run" from Tractor Brewing in Nob Hill to the Chevy on a stick. He brought me beer, I brought him some of my honey.

WHERE ARE YOU FROM?

Born and raised in Saginaw, Michigan. Grandpa was a farmer, so I learned how to drive on a tractor, cultivating beans. Dad was an electrician for General Motors and jack-of-all-trades, and he taught me many practical skills.

WHEN AND WHY DID YOU COME TO NEW MEXICO?

Came to live in the Southwest in 1979, after enjoying travels to Wyoming and Colorado to hunt with my Dad. Worked for Sandia National Labs for 20-some years as a contractor. Retired now for many years. We lived in the Manzano Mountains for 32 years before moving to the City in 2011.

HOBBIES

Home bee-keeper and swarm-chaser since 1992. Have been a hunter (archery, muzzle-loader, rifle) and fisherman forever, carrying on a family tradition. Crafter of long bows. Will make my 15th trip to Alaska this June for salmon fly-fishing on the Kenai Peninsula. Enjoy metal welding to create art pieces for the yard. Motorcycle rider since I was 15. Ex enduro racer. Current bike is a Honda 300. Also chief cook and grocery shopper for the household (I enjoy it and it makes my wife happy).

SCHOOLING

Michigan State University, BS, Mechanical Engineering (1964)
University of Michigan, Masters, Mechanical Engineering (1970)
Registered Professional Engineer in New Mexico



Bolder Boulder 10K - 2017
Finish time 53:40 (2nd of 41
76-year-old men)



Run for the Zoo 10K - 2014 with Glenda



River to River Relay - 2013
Los Tortugas set and maintains
Handicap Division record. Larry
Ruggles at left.