



ARR News

Newsletter of Albuquerque Road Runners Club | Vol 36 No 6

JULY 2020

President's Message

Well, what the heck just happened? New age group and not a race to be found! Probably a good thing though, since I haven't actually been training much lately. My year started with great plans to get in racing shape and welcome in the new age division with gusto. One by one, all my plans got canceled – Forever Young, River2River, Canyon Lands and Jemez. Hard for me to stay motivated with that happening. What was the purpose of getting up early to train each morning? I imagine most of you are feeling something similar.

Finally, this week I started to crawl out of my funk. My big race of the year was to be the day after my birthday (this past Friday), 50 miles in the San Juan Mountains of Colorado. With a week of forced vacation from work, we decided to still make the trip to Lake City. Then with the added days, to visit friends and family in Colorado and South Dakota. Because our visits would be to some who were vulnerable to Covid, we started the trip off with a visit to UNM and a swab up the nose. It was an interesting way to spend my birthday.

Our time in Lake City was great, mostly just kicking back. But after struggling through back to back 10-mile hikes to 13,000 ft, I realized it was a good thing my birthday run was canceled. I sure wasn't ready for doing 50 miles in one weekend, let alone one day. The effort was humbling but at least it got me motivated again. The week has continued with visits to friends I've put off too long and now spending time with family who have been isolated by this virus.

Just checked, my next planned race, the Imogene Pass Run, has just become a virtual event. Time to go hiking again, stay positive, look to the future, and stay healthy. Please share your stories of this time of Covid – I'm sure you have them.

Kurt Coonrod



ABOUT LA LUZ TRAIL RUN

As many of you know, the La Luz Trail Run has been canceled for this year.

With the restrictions in place, no one should be surprised. What was a surprise, though, is that without some kind of intervention by our legislators, last year's event may be the last La Luz race.

The La Luz Run started in 1965 and has been run every year but one since. In 1978, the Sandia Manzano Wilderness was added to the National Wilderness System. The Wilderness Act was passed by Congress in 1964 and strictly prohibited organized competitive events within established boundaries. The La Luz Run continued to be held under permit from the Cibola National Forest with the assumption that the run was grandfathered. This was the belief of the running community as well as the Forest Service. The 1985 Forest Use Plan for the Cibola NF even explicitly specified a limit of 400 participants.

In the past few years the Forest Service has been updating the 1985 Use Plan and they sought to formally reference the Sandia Manzano Wilderness Legislation to justify the existence of the La Luz Trail Run. After exhaustive research, no reference could be found.

With this realization, they were left with no alternative but to notify the ABQ Road Runners they would not issue a permit for the event in the future. We have been advised that our only alternative is to work with our legislators on a solution for the race to go forward. We plan to do just that.

Kurt

ARR Fun Run PI(E) DAY X 2 Held June 28, 2020

Beth Davenport and Kathy Kirsling planned and marked the 3.14 mile course. Shannon Zanelli timed the race. And 8 runners made it happen!!

Originally scheduled as a 3.14 mile run on 3/14 at 3:14 pm, ARR's first "official event" (since cancellations began occurring in March) took place on 6/28 at 6:28 pm, with a start and finish line at Flying Star on Juan Tabo.

*Thanks, everyone,
for coming out!*

Racers in Finish Order

- Jorge Martinez
- Sophia Martinez
- Jessica Martinez
- Cheryl Williams
- Dave Clark
- Dennis Muirhead
- Kathy Kirsling
- Beth Davenport



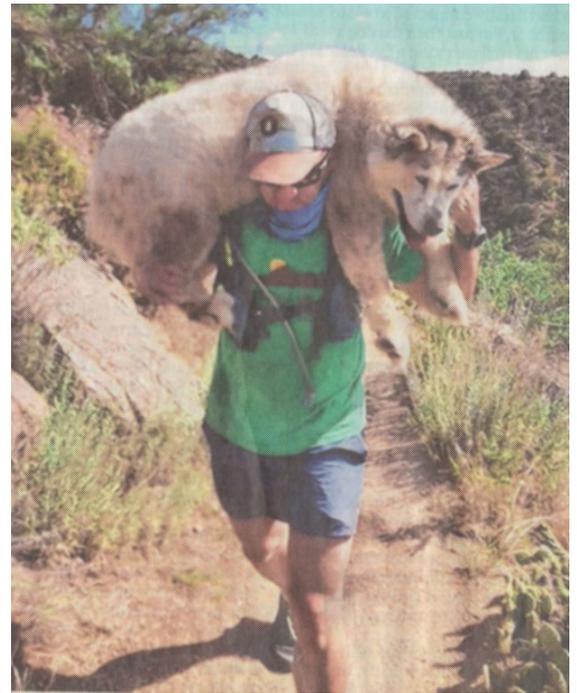
Local ultrarunner rescues dog on La Luz Trail

Maybe you saw the story by Joline Gutierrez Krueger in the *Albuquerque Journal* on June 6th. Thank you to ARR Board Member Tom Besson who brought this to our attention.

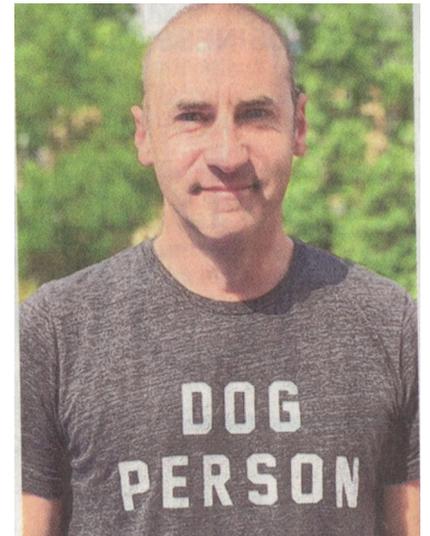
A very big dog (Maya, weighing in at 80+ pounds) was in distress deep in a ravine near La Luz Trail. A group of concerned strangers attempted to help once aware of her plight. They caught the attention of Jason Bousliman, a 45-year-old ABQ distance runner who, incredibly, grabbed the huge animal and muscled his way up the rocky slope. After the exhausting effort of carrying Maya along the trail “like a small sofa” with some Texas vacationers, Jason ended up hoisting her on his shoulders for the remainder of the distance to the trailhead, where others assisted with water and kindness, and released her into the care of her owner. But not before Maya rewarded Jason with a tail wag and a kiss.

“A group of strangers coming together to save the dog of someone they didn’t know... was exactly the bit of humanity I needed to be a part of.”

Yes, runners are good people. We know this.



PHOTOS COURTESY OF JASON BOUSLIMAN



Membership Update

RENEWED MEMBERS

Tom Besson & Sara Nurnberg
Roxanne & John Carpenter
Chris Conger
Joyce Fafard
Kathy & Elliot Foucar + Jim
Yolanda Hernandez
Mark Mackenzie & Miki Matsuo + Family
Kathleen Madden
Jason Nakai
Steve Nickerson + Family

Mary Anne Reilly
Sigifredo Saenz
Robert Sandoval + Jessica, Michael, Cindy
Andrea Schoellkopf
Amy Shrouf
David Stewart
Barry Stone
Meredith Taylor + Olivia Bair
David & Katherine Wilson
Sandra & John Wimbish

NEW MEMBERS

Brady Alexander
Jacob Anderson

BOARD OF DIRECTORS

Kurt Coonrod – President
Ian Maddieson – Vice President
Peter Falk – Secretary
Dina Hammad – Treasurer
Tom Besson – Director at Large
Cheryl Williams – Director at Large
John Clady – Advisory Director

Rodger Sack – Advisory/Property
Dennis Muirhead – Advisory/Membership
Glenda Muirhead – Advisory/Publications

CLUB COORDINATORS

Kelley Garcia – Brew Tour, Volunteers
Shannon Zanelli – Fun Runs
Ana Romero Jurisson – Facebook
Jeff Williams – La Luz Race Director
Connie Sack – Member Cards
Ian Maddieson – Member Race Series
John Farrow – RRCA State Rep
Joyce Fafard – Sunday Runs
Cece Niemczyk – Trail Cleanup
Melissa Tencza – Trail Runs
Glenda Muirhead – Webmaster, Newsletter
Jane Cudney-Black – Women in Training

CLUB RACE DIRECTORS

Alan Overmier – Forever Young
Tom Besson – Women’s Distance Festival
Jeff Williams – La Luz Trail Run
Mt. Taylor 50K : Ken Gordon
Margaret Gordon
Kurt Coonrod

BLAST FROM THE PAST

Normally in the July issue of the ARR News, we would be reporting on the 2020 WDF Race. Sadly, that's not possible this year because of the cancellation of the event (scheduled for June 14), for health and safety reasons. So here instead is another look at the 2012 Race.

Women's Distance Festival 2012

Liz Turner defends her 2011 title

From the word "GO!" scores of women put their hearts into the Albuquerque Road Runners Club's 26th Annual Women's Distance Festival 5K Run and 5K Walk. Registrations had poured in via active.com and in the mail. Several more came during packet pickup and on race day, topping out at a gratifying 20% increase over last year's total. Great job, everyone who helped promote this event! And ultimately a large, inspiring group of women...of all ages...crossed the finish line on Sunday, July 15, at the SIPI campus.

First across the line was **Liz Turner**, also last year's winner, in a blistering time of 18:05. Next was **Kellie Nickerson** in 18:53, and close on her heels was **Lisa Valle** in 18:57. Lisa was also Masters winner. Racewalker **Laura Draelos** led the field of 15 walkers, with a blow-out time of 29:04. Our youngest entrant, 8-year-old **Marisa Molina**, finished with an impressive 30:21.

Age group awards were lovely bracelets (pictured below) crafted by Kennalee Nemudrov and engraved by her husband Victor. The bracelets featured a dangling charm with the race design on it, and were much prized by their recipients.

Congratulations and thanks to all! Thanks also to Heart & Sole Sports, Great Harvest Bread Company, Trader Joe's, and lululemon athletica for their generous support.

DIRECTOR: Eric Biedermann

VOLUNTEERS:

Darrell Armstrong—Lead Cyclist
Natasha Arnold
Francoise Barnes
Laura Biedermann
Phil Blong
Nicole Buerger
Steve Coy—Photographer
Beth Davenport
Mark Essenmacher
Magi Ezzard—Course
Peter Falk
John Farrow
Chuck & Jane Fuller
Joaquin Garcia—Security
Frank Griggs
Fred Hintze
Tamara Howard
Liana Hussein
Steve Jett
Tim & Thao Koehler
David Lopez
Kathy McDonald
Dennis & Glenda Muirhead
Richard & Mary Overmier
Martha & Don Porter
John Reardon
Rodger Sack—Timing
Connie Sack
Wendy Wiggins
Shannon Zanelli

