2018-2019
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To contact any of the board members, please email either sar_office@yahoo.com or southernarizonaroadrunners@gmail.com.

LETTER FROM THE PRESIDENT
by Amye Chaparro

I am incredibly thankful to be serving the Tucson community in a leadership role with the Southern Arizona Roadrunners. Almost three years ago, I went to my first SAR Annual Party. I watched then-SAR President Michael Miller introduce Abdi Abdirahman as the guest speaker. I watched all the board members step onto the stage and heard about their selfless contributions and their love for the community they worked so hard to support. I looked at my friend and said, “I’m going to be president of SAR someday.” Fast forward three years, and here I am, writing this letter to my community. A community without judgment and with endless support for everyone, no matter where you are in your health and wellness journey.

SAR shows great strength in community engagement and supports other avenues of health and wellness through community partnerships, the FitKidz Club and, most recently, by a return to Good Neighbor Races. In my first leadership role for a not-for-profit, I have learned a great deal and continue to grow. I look forward to creating genuine relationships, understanding what keeps our community motivated, and using SAR to provide an outlet for those who want to get involved, whether as a volunteer, SAR member, or board member.

One of my goals for the Board is to implement best practices for onboarding new board members for seamless position transitions. My goal for the community is to improve membership retention through offering more community events, such as Happy Hour Hobbles, community partner events, and much more. I welcome feedback as to what sort of events would be most enjoyable, educational, inspiring, or helpful to you.

Among our members are some of the fastest runners around as well as those who are just starting out on their journey to improve their health and fitness. We want to be here to support everyone as they work to achieve their goals. At the end of the day, I want you all to know: you are seen, you can do this, and, most importantly, you will be heard.

UPCOMING SAR RACES

Saguaro National Park Labor Day 8-Miler and 5k  Sept. 2
TMC Tucson 10k  Sept. 15
Sabino Canyon FitKidz One-Mile Classic  Sept. 28
Jim Click’s Run n’ Roll 8K & 3K  Oct. 6
Great Pumpkin Race  Oct. 13
TMC Get Moving Tucson Half-Marathon & 5k  Oct. 27
Thanksgiving Cross Country Classic 5k, 1.5-Mile Fun Run  Nov. 28
BE Tucson 5k  Dec. 8*

See www.azroadrunners.org for all the details!

*Please note this date change from the SAR printed calendar.

On the cover: Harry Mulenga (81) and John Raneri (57) on their way to taking first and second place, respectively, in the RRCA Open Mile at the TMC Meet Me Downtown 5k Night Run and Festival of Miles on June 2. See p. 9 for the full story. Photo by GoatOGRAPHER.
Southern Arizona Roadrunners began the FitKidz running program in 2013 to provide experiences that start children on a path of being physically active for life. The excitement of our community for FitKidz over the past 6 years has solidified our commitment to improving the health and wellness of our local community by engaging kids and their families in fun and healthy activities. Our goal is to keep FitKidz programming free, so that it’s not cost prohibitive to any family. So far, we have been able to do that thanks to the support of sponsors, donors and volunteers.

The first half of 2019 was an exciting time for the FitKidz program! Here’s what went down:

• We held six free 1-mile FitKidz races this spring and every single race grew in size from last year, with three races doubling in size. In past years, only one race in the spring had over 100 FitKidz finishers; this spring, four races had over 100 kids!
• We reached our 5000th FitKidz finisher at the Spring Cross Country Classic! To date, there have been 5630 FitKidz finishers since the official program started in 2013.
• The biggest FitKidz race ever was at TMC Meet Me Downtown, which had more than 300 finishers!
• There were two locations instead of just one for the free, 5-week spring FitKidz Running Club. More than 130 kids registered for the club.
• The new FitKidz passport program is a hit! Some kids have already earned their six-race Superstar Medal for 2019. In talking with families, we’ve learned that the passports provide extra motivation to keep kids running.
• We have amazing support from the community through sponsorships from TMC, Tucson Orthopaedic Institute, Champ Youth Sports, Tucson Osteopathic Foundation, Albertsons, Safeway, Tucson Conquistadores, Casa Adobes Rotary Club, Tile Outlet, Vantage West Credit Union, Center for Neurosciences Foundation, and eegee’s.
• Private donations have increased via our online donation page, charity raffle tickets, and adult FitKidz shirt purchases. Every little bit helps the program!
• The number of SAR members volunteering with FitKidz on the committee and at events continues to grow, allowing the program to expand even more!

There are still three more free FitKidz races this year: Old Pueblo Cross Country Invitational (September 14), Sabino Canyon FitKidz Classic (September 28), and TMC Get Moving Tucson (October 27th). Bring out the kids (12 and under) in your life to run or walk!

Interested in volunteering with FitKidz? Would your company like to become a FitKidz sponsor? Contact us at southernarizonaroadrunners@gmail.com.

Private donations can be made online at https://runsignup.com/Club/Donate/AZ/Tucson/SouthernArizonaRoadrunners.

Running in Inclement Weather

This article was created by Personal Injury Help (www.personalinjury-law.com), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only.

Sometimes after we decide to go for a run, the weather takes a turn for the worse. Whether it’s a spike in temperature or humidity or there’s a storm rolling in, you may still decide to continue your run. If you choose to run in inclement weather, be sure you are prepared. This means taking precautions before your run as well as during. Below are some tips for when the weather is less than ideal.

Running in the Heat

Hydrate: Everyone knows how important it is to stay hydrated while exercising. When the temperature rises, it’s even more important. Begin drinking water or a sports drink well before your run. If you plan to be out for more than an hour, bring at least one water bottle with you and take small sips as you run.

Clothing Matters: You should wear clothing that will help protect your skin from the sun’s UV rays. Wear something loose that also wicks away moisture to help keep your body temperature down. Light colors can reflect the sun, but dark colors will absorb the sunlight and make you even hotter.

Ease into It: Your body may take some

Continued on p. 11
Spring Cross Country Classic 5K – March 2, 2019
by Monica Bermudez

The Spring Cross Country race at Lincoln Park continues to grow and be one of the most family-friendly and fun races SAR has. This year there were 111 women and 93 men who raced the easy cross country and scenic hills of Lincoln Park. Race towels have been a great hit and were handed out to every sweaty finisher.

The top three male finishers were Gabe McGowen in 16:07, Miles Dunbar in 17:10, and Jeffrey Gehring in 17:49. The top three female finishers were Caroline Mosley in 19:32, Cara Payne in 20:24, and Sharon Silvas in 20:37.

One hundred three fit kids ran the FitKidz mile, along with a few donkeys. What fun it was to have the donkeys from Forever Home Donkey Rescue at the race to provide some entertainment!

Smith Performance Center donated the jumping castle for the kids, which was set up next to Lincoln Park’s brand-new playground. Coffee Time donated the coffee to go with our pancake breakfast, which was complete with oranges and peanut butter. Keep your eyes open for next year’s fun additions to the race. Hope to see you there!

Dave’s Run for ALS – March 24, 2019
by Steve Outridge

It was an amazingly beautiful spring day in Tucson for the 19th Annual Dave’s Run for ALS. We are excited to report that we had nearly 500 finishers across the three events, and more then 50 people took on and completed Dave’s Double (finishing both the 5K and 10K on the same morning)!

This was our second year at Curtis Park, and we really like this venue and the courses that we’ve been able to put together. Many thanks to Pima County Parks for allowing us to host our event here. We plan on being back, if they’ll have us!

In addition to the many cool perks always offered at this event, this year the 5K was the Road Runners Club of America (RRCA) Arizona State Championship, we had custom finisher medals for every 5K and 10K finisher, and there were pancakes for breakfast! We’re going to search for ways to up our game even more next year for the 20th Annual Dave’s Run for ALS! It is a privilege to be able to raise money for the fight against ALS in honor of David Filer. Many of his inspiring family members joined in the festivities again this year, and it was fantastic to welcome them!

Congratulations to the 2019 5K State Champions! On the men’s side, they were as follows: Male Open: Gabe McGowan (15:58); Masters: Todd Kornfeld (17:22); Grand Masters: Robert Rezetko (18:41); Super Grand Masters: Joe Reda (19:17). On the women’s side, we had the following: Female Open: Paula Morrison (18:34); Masters: Stephanie Wheeler (20:18); Grand Masters: Sharon Silvas (20:14); Super Grand Masters: Merry Dearmon (22:04).

The top three women in the 5K overall this year were Paula Morrison in 1st place with a time of 18:34, Caroline Mosley in 2nd with 18:51, and Julia Vigil in 3rd with 19:50. The top three men were Gabe McGowan in 1st with a time of 15:58, Bjorn Wastvedt in 2nd with 16:40, and Colin Wu in 3rd with 16:54.

In the 10K, the top three women were Nicole Pearce (38:45), Tia Accetta (40:18), and Emily Maass (42:31). On the men’s side, the winners were all part of the Tucson Grinders: Bjorn Wastvedt (35:02), Colin Wu (35:53), and Todd Kornfeld (36:51).

In our team competition, the team that won the free eegee’s party was The Workout Group. The second largest team was Team Hoyt, and the Tucson Grinders were third. Many thanks to everyone who registered as a part of a team!

We’d like to thank our steadfast partners who sponsor this event and our local community. Their support is vital to our success. They include The Running Shop, Smith Performance Center, Team Rick and Kaia Siego pose in front of the jumping castle after finishing the Spring Cross Country Classic 5K and FitKidz mile. Photo by Monica Bermudez.
Woodall Long Realty, Tile Outlet, eegee’s, and the RRCA. And, of course, many thanks to our FitKidz sponsors: Tucson Medical Center, Tucson Orthopaedic Institute, Casas Adobes Rotary, Tucson Conquistadores, Vantage West, Champ Youth, Each Brain Matters, Tile Outlet, Desert Diamond Casinos, Smile Straight Orthodontics, eegee’s, General Dentistry 4 Kids, Sunset Embroidery and Screen Print, and My Gym Tucson.

Other event supporters to thank include DJ Rich, Michele Bauer Photography, Petunia the Clown, Nektar Juice Bars, Northwest Fire, and Sunset Embroidery and Screen Print (who had coffee for us and organized all of the incredible Team Hoyt athletes).

And what can we say about all of the volunteer support from the best running community in the Southwest other than thank you, thank you, thank you! We are likely to inadvertently leave out some names here and we apologize for that ahead of time: Marti Ackermann, David Andrews, Monica Bermudez, Alexandra Bراضtington, Morey Brown, Betsy Campbell, Mary Croft, Maureen Cunningham, Doreen Davis, Merry Dearmon, Dave Dixon, Joe Faulk, Sheryl Felde, Steve Felde, Jeff Fulks, Robin Gerard, Denise Gizinski, Michelle Hawk, Rogelio Hernandez, Heather Hopkins, Debbie Jones, Joshua Kaplan, Brian Leroy, Connie Lopez, Kelly Mack, Dave Melendez, Craig Mills, Noemi Mills, Stephen Moore, Abby Nastase, David Odom, Gary Parcher, Andrew Peck, Glenn Peck, Laura Penny, Joe Plassmann, Antonio Ramirez, Gracia Ramirez, Erik Sanders, Jordan Schmidt, Cindy Schnell, Steve Sheldon, Don Taylor, and Sandy White.

Thank you to all the volunteers who help make SAR races a success!

Volunteers are always needed to help with registration, course set-up, aid stations, and finish line duties. You can also get involved before race day by helping with planning and promotion. Email Volunteer Coordinator Sheryl Felde at slfsvt@q.com or visit www.azroadrunners.org/go/category/membership/volunteer-info.

Want to get even more involved? We’re looking for enthusiastic people to join our Board of Directors. Email President Amye Chaparro at chaparro@email.arizona.edu or just come to one of our monthly meetings! Second Monday of every month (except July) at 6:30 pm at Encompass Health (2650 N. Wyatt Ave.)

Get involved today!
The Gauntlet 8k Trail Race – April 6, 2019

by Greg Wenneborg

Sunny skies greeted the 118 men and women who came out for the 4th annual running of The Gauntlet at Pima Community College West Campus. The runners started with one lap around the track and then headed out into the desert to tackle the hills and rocky trails of this challenging course.

This year’s race was named the Road Runners Club of America (RRCA) State Championship for the 8K trail race distance. It was a close battle for the title on the men’s side, but Colin Hegarty emerged victorious with a time of 30:46. David Kroeppler from Scottsdale crossed the line not too far behind in 31:02, and Joe Cuffari took third place in 31:26.

The contest was even closer for the women, with only 20 seconds separating first place from third. Emily McGlamery became the state champion with a time of 36:35. Caitlin Vogelsberg was second in 36:49, and Sayaka Tiessen took third in 36:55.

The other RRCA champions were as follows: Masters Male: Dave Dixon (32:09); Masters Female: Tara Postnikoff (42:07); Grand Masters Male: Roger Bartlett (36:07); Grand Masters Female: Janet Holland (37:19); Super Grand Masters Male: Patrick Hennessy (41:22); Super Grand Masters Female: Eve Shapiro (56:27).

After the adults finished their final sprints across the infield, the kids took over the track for a FitKidz mile. Nine-year-old Lily Newell took first place with a time of 7:14.9, followed by 10-year-old Romeo Valdez in 7:19.7, and 8-year-old Amare Palomino in 8:14.2. All the runners were rewarded for their efforts with many donuts!

Thank you to The Running Shop and Sharon Bart for all their support. Generous gift certificates were provided for overall and age group winners. Also, special thanks to all of the volunteers who helped with registration and the details: Dave Dixon, Sheryl Felde, Steve Felde, Austin Grover, Janet Holland, Heather Hopkins, Connie Lopez, Craig Mills, Steve Outridge, Jordan Schmidt, Lucas Tyler, and Diane Manzini were great help! Almost $1000 was raised to help the Pima Community College Cross Country teams for their upcoming season!

40th Annual Sabino Canyon Sunset Run – April 13, 2019

by Steve Outridge

Before I launch into race results, I’d like to thank all the amazing volunteers who help to make this race such a consistently well-executed and well-loved event by so many.

All of us have very personal reasons for running but recognize that being part of the running community in Southern Arizona is invaluable to us. These events that we all enjoy simply would not be possible if it weren’t for the selfless efforts of many volunteers whose work often goes completely unnoticed and even begins days ahead of the event!

On behalf of SAR we say, THANK YOU, THANK YOU, THANK YOU!

This year’s Sabino volunteer list includes the following people (and we apologize for anyone we may have missed): Jessica Bee, Tim Bentley, Josh Blais, Alexandra Brasington, Shreya Chilukuri, Travis Cramer, Linden Darling, Jennie Duberstein, David Edwards, Michelle Edwards, Georgia Ehlers, Chris Fall, Joe Faulk, Sheryl Felde, Steve Felde, Dale Flannery, Jeff Fulks, Eddie Garcia, Chris Garcia, Jen Garcia, Jill Gubanich, Janet Holland, Heather Hopkins, Pam Hoyt, Ella Johnson, Emily Johnson, Kyle Johnson, Max Johnson, Debbie Jones, Justine Kanuho, Connie Lopez, Midge Ochart, Gary Parcher, Joe Plassmann, Kara Rubelt, Erik Sanders, Jordan Schmidt, Randy Sookoo, Joel Stamp, and Rachel Toth. If you love SAR events and running in Southern Arizona, please consider
giving back by becoming a volunteer.

And now for the running! It was a beautiful night in Sabino with cooler temps, and the runners took full advantage!

For the women, first place was taken home by Lauren Reasoner in a very impressive time of 47:56, good for 6th place in the overall race. Second place was Caroline Mosley in 49:03 and in third was Kristin Taylor in 54:11. The women’s masters crown went to Janet Holland in an excellent time of 56:45.

On the men’s side, the overall title was garnered by Jeffrey Gehring in a speedy 45:05, followed closely by Lucas Tyler in 45:31. In third place was Robert Rezetko in 46:40. Robert was the first masters male but since he got third overall, the masters crown was presented to fourth place overall finisher Brian Hall, who crossed the line just behind Robert in 46:55.

Congrats to all of the overall and age-group winners, as well as to everyone who conquered this tough 7.4-mile paved course!

We certainly have many other people to thank. First, we would like to thank the Forest Service for allowing us to continue having out event in this breathtaking location. Second, we would like to thank our amazing event sponsors: Summit Hut, Proactive Physical Therapy, Performance Footwear, Tucson Orthopaedic Institute, eegee’s, Risky Business, and the Tile Outlet who donated the tiles used to create the custom coaster awards. Please make sure to support these amazing local businesses and thank them for their support of our running community.

Finally, we’d like to thank other important contributors to the event: Rural Metro, Selena Valencia Photography, and the Friends of Sabino Canyon (the organization that this event supports).

Please look up the Friends of Sabino Canyon online to see all the tremendous things they do to help make the canyon a fantastic place for us all to visit.

Dr Gann’s Diet of Hope Cinco de Mayo Running Fiesta – May 5, 2019

by Jeri Baker

Wow! So many wows from the 39th Annual Dr. Gann’s Diet of Hope Cinco de Mayo Running Fiesta! Over 1000 people crossed the finish line, including 10k runners and walkers, 5k runners and walkers, assisted wheelchair athletes, and FitKidz participants!

I have to start by saying none of this would be possible without volunteers. It takes 75 to 80 people to put this race on, from packet pickup to setting up cones at 3:30 in the morning. THANK YOU to everyone who came and helped out!

The Cinco de Mayo 10k was the Road Runners Club of America (RRCA) State Championship. Female winners were: Lauren Reasoner (Overall), Tia Accetta (Masters), Sharon Silvas (Grand Masters), and Mary Black (Super Grand Masters). Male winners were: Bjorn Wastvedt (Overall), Orlando Velazquez (Masters), Bob Jones (Grand Masters), and Richard Senti (Super Grand Masters). Mary Black set a state record for the 65 to 69 age group with a time of 52:08.

The 5k also had some speedy finishers! Thomas Franco was the overall male winner with a finish time of 20:21. Second and third were taken by David Jeck and Michael Durkin, respectively. Lisa Barriga led the women with a finish time of 22:56, followed closely by Katie McNulty and Sharon Snyder. Kathy Wong set a state record for the female 80 to 99 age group with a finish time of 46:58.

Thank you to the sponsors that helped support race operations
Sponsors and race entry fees help Southern Arizona Roadrunners give back to the community. The beneficiaries for this race were 1) Cholla High School student Andrew Beltran, who was selected for a $1000 scholarship. Andrew runs for Cholla cross country and will be studying chemistry at Haverford College in Pennsylvania. 2) The Cholla High School Mariachi Program, who received funds to cover their performances costs, including transportation. 3) La Frontera’s La Paloma Family Services. Funds will help cover the cost of extracurricular activities for children placed in foster care.

Join us next year for the 40th anniversary of this event!

Tucson 5000 and Mother’s Day Mile – May 12, 2019

by Joe Cuffari

The Tucson 5000 started off with registration/packet pickup in the rain and wind. But come race time, the weather conditions were perfect and helped lead to five new pending state age group records! Orlando Velazquez ran the day’s fastest time, completing the 5k in 16:10, and Nicole Pearce won the women’s division in a time of 18:15. The biggest team turnout of the day was from Team Hoyt AZ, who also supplied coffee to the runners and spectators.

This was the second year of the Mother’s Day Mile race in which 119 runners participated, and many children ran with their parents. Wildwood & Bloom Flowers provided 100 red roses for all of the lady finishers, and it was incredible to see the smiles of kids handing the flowers off to their moms. It was truly a great start to Mother’s Day.

Athletes from the Pima Community College track and field teams were on hand to assist as volunteers with the water stop, course monitoring, and timing. Proceeds from the race go to the Pima teams to help with travel, clothing, meet entries, etc. We could not do the race without their help and without their coach’s help from Roadrunner Race Timing.

Thank you to SAR, The Running Shop, Sunset Screenprinting, Caputo Team Realty, Wildwood & Bloom, Tucson Ashiatsu, Benson New Day Spa, and eegee's for being the event sponsors.
RACE REPORT

TMC Meet Me Downtown 5k and Festival of Miles – June 2, 2019

by Randy Accetta

Thanks to all the runners, walkers, friends, and family who came to the 13th Annual TMC Meet Me Downtown 5k Night Run and Walk on June 2! On Tucson’s hottest night of the year so far, Leah Rosenfeld came to Tucson from the cool mountains of Flagstaff to smash the women’s course record in the 5k.

Cruising the 3.1-mile downtown route in 17:11, a chipper pace of 5:32 per mile, Leah took home the winner’s purse plus the course record bonus. Following Leah to the line was fellow Flagstaff runner Courtney Barnes and in third place was Francine Nzilampa, also from Flagstaff. The first women’s masters 5k runner was Tia Accetta, in a time of 20:29.

On the men’s side, Flagstaff runner John Raneri snagged top honors, sprinting to the tape in 15 minutes flat, with local standouts Harry Mulenga and Japhet Kipkoch hot on his heels. Top masters male was Oro Valley’s Orlando Velasquez, one of the top 40+ runners in the West.

Speaking of the West, the Festival of Miles was named the Road Runners Club of America (RRCA) West Regional Championships, with top athletes receiving special medals. The RRCA West Regional Champion in the Mile Run is Harry Mulenga, in a time of 4:19. The Masters Male winner is Brian Pasero. Super Grand Masters Champ is Benito Gonzalez, while Grand Masters Champ is Steve Slyuk from Scottsdale.

On the women’s side, the first woman across the line was Courtney Barnes from McKirdy Trained in Flagstaff. Her time of 4:53 makes her the RRCA West Regional One Mile Champion. For the RRCA Championships, 66-year-old Kim Andres from Irving, Texas took first place among all 40+ women, taking home the Super Grand Masters medal, while Lisa Kiser was the first woman in the Grand Masters Division, and Monica Polanco was the first-place finisher in the 40-49 division.

In the Battle of the Badges, Vincent Valenzuela from Tucson Police Department took first place in a smokin’ time of 5:08, with Steve Vanderlaske from Falmouth, MA coming in second. The first place woman was Erica Cramer in 7:02. Once again, Mark Cromey ran the race in full Tucson Fire Department gear, finishing in 14:18.

Tia and I are overwhelmed by the community support for the TMC Meet Me Downtown Night Run. We’re grateful to the Downtown Tucson Partnership, Rio Nuevo, Hotel Congress, The Running Shop, SAR, the RRCA, and Tucson Medical Center for being long-term partners in helping us improve downtown. Thanks to all the folks who pitched in on a hot day and hot night! In addition to the groups listed below, more than 60 individuals lent a hand!

Thanks to all of the following groups:
• The runners who run with us at The Workout Group for all the pre-race advice, all the setup, all the race-day chipping in, and all the late-night cleanup.
• The Tucson Tri-Girls and friends for handling the Gabe Zimmer-Man Triple Crown tent on race night.
• The gang from Southwest Endurance Training for handling the finish line water stop.
• Sonoran Desert Mountain Bicyclists for handling the Beer Garden.
• Southern Arizona Roadrunners (SAR) board members Diane, Greg, Dave, Heather, Caroline, Steve, and Sheryl for all the race-day help.
• SAR office manager Lucas Tyler and the full SAR Board for all the pre-race communications and preparation help.
• All the volunteers from Educational Enrichment Foundation for handling the 2-mile water station.
• Greater Tucson Leadership’s leadership class of 2019 for handling the water stop near the 5-Points band.
• Sharon Bart and the rest of the gang from The Running Shop for helping with packet pickup before the race and all the post-race follow-up.
• Linda Whelan for all her pre- and post-race planning help and her race-day efforts, and Kerry Whelan for his amazing photographs.
It’s a lot of work to catalogue a race like this—we’re grateful to Kerry for his time and skill!
• Damion Alexander for being the lead bike rider on the race course and also taking outstanding photos.
• The band members of Rayleigh Thompson Instability for volunteering their rock and roll services on race night at the Educational Enrichment Foundation water station.
• The band members of AFTER 7 and Parties with Townies for rockin’ out with us on race night!
• Amy and the gang from Tucson Medical Center for helping with race day and preparations.

Leah Rosenfeld (1448) and Courtney Barnes (220) battle to first and second place, respectively, for the women in the 5k at the TMC Meet Me Downtown 5k Night Run and Festival of Miles. Photo by GoatOGRAPHER.
We’re Turning 49, Again!
A Brief History of the Saguaro National Park Labor Day 8-Mile Run

by Heather Hopkins

The next race in the SAR calendar is the Saguaro National Park Labor Day 8-Miler and 5k on September 2. Race director Randy Accetta was deep into planning how to celebrate the 50th anniversary of this iconic event, when we received an email from SAR founder Gary Cary, who questioned whether the race really was turning 50 this year. He provided some interesting details about how it all began. Here are some of his words about the event:

The very first Saguaro Monument race was in the summer of 1971. We got permission for the race from Wayne Corder, who was the Palo Verde CC and Track Coach and in the summer was a ranger at the Monument. . . . Those of us involved were mostly in college, or going to college and so we had it at the end of the summer. Fred Emerling, a Palo Verde grad, and for a long time the city two-mile record holder, was an All American runner from Alabama. We were all obsessed with how fast we could actually run this course. We became training partners and, of course, friends and he won the first one. No one was a close second as he ran 43:18.

An article by Bob Cooper in Runner’s World in 2002 confirms that Fred Emerling, home from the University of Alabama before his senior year, founded the race in August 1971, and Gary Cary was the timer. The following year, Gary started a running club called the Southwest Truckers, which eventually became the Southern Arizona Roadrunners, and continued the race. He came in second that year behind Spencer Smith, a University of Arizona graduate.

Starting the annual count with the 1971 race would make this year’s race the 49th, not the 50th. Gary offers some insight into how the count might have gotten off track:

Early in the club’s history, we held a winter race at the monument. All of us loved the course as it was a great distance and was such a challenging run but beautiful and exhilarating. Runners had all kinds of personal goals to run it fast and that was harder on Labor Day due to the heat. Some wanted to break an hour. Some wanted to run their age. Some wanted to run it without walking. Some just wanted a PR on the course and the cooler weather helped. So it is very likely that some of those early races got rolled into the count.

We’re going to use 1971 as the official first year of the race and count only those times it was held on or near Labor Day (i.e., one per year), making this the 49th Annual Labor Day race (again). Our thanks to Gary for pointing out the discrepancy. Next year, we’ll celebrate the big 5-O!

If you want to run Saguaro this year, make sure to sign up soon; the race is capped at 750 total participants. If you’re not ready for the paved 8-mile loop through the rolling hills of the Saguaro Cactus Forest, there is also a 5k Fun Run/Walk that is an easier out-and-back course but has the same gorgeous scenery.

The 8-Miler is part of The Running Shop SAR Grand Prix and is the RRCA Arizona State 8-Mile Championship, with special commemorative medallions to the first men and women in the following divisions: Open, Masters (40+), Grand Masters (50+), and Super Grand Masters (60+).

There is also a Race Director Prize Money Challenge: The first man who breaks Randy Accetta’s course PR of 42:48 will receive $424.80 in cash. The first woman who breaks an age-graded equivalent of 47:48 will receive $474.80 in cash. The current course record holders are Nicholas Hilton, who ran 41:33 in 2018, and Katie James, who ran 46:39 in 2016.

The National Park Service has been gracious about allowing us access to the beautiful park. They ask that all participants pay the standard $5 entry fee to the park, which will go directly to the National Park Service. If you buy an annual pass to the national parks (or are under 16 years old), this fee will be waived if you provide your permit number on your entry form.
SAR is Now Accepting Proposals for the 2019 Children’s Fitness Fund

Background
In 1991, the Southern Arizona Roadrunners established the Children’s Fitness Fund to provide money for community endeavors that promote life-long fitness for children. The programs funded by SAR focus on the development of healthy lifestyles for children, with emphasis on running-related activities. SAR seeks to fund programs that prepare children for a lifetime of individual exercise, regardless of physical condition or ability. Each SAR race contributes approximately 10% of profits to the Children’s Fitness Fund.

Proposal Submission Deadline
Proposals can be submitted now through 5 pm on August 4. Proposals must be received by August 4 in order to be reviewed by the SAR Board at the Annual Meeting on August 24. Applications may be opened again later if funds for the year are not exhausted by the initial round of applicants. Historically, proposals have asked for $100 to $1000.

Guidelines after Receiving Funds
Approval and distribution of funds will occur by mid-September. The funding is contingent on all essential factors in the proposal remaining the same (i.e., activity, site, beneficiaries, duration, etc.). SAR does not approve funding for administrative costs, such as instructor salaries. A thank you letter must be sent to SAR after the approved funds have been used to highlight the benefits brought to the recipients. If the funding is used incorrectly, the program will not be permitted to submit proposals for future grant requests.

Successful Proposals Should Include:
• Description of the scope of the project, including level of funding sought and description of organization (historically proposals have asked for $100 to $1000)
• Line item budget of potential expenses (Note – SAR does not approve funding for administrative costs such as instructor salaries.)

Submitting Proposals:
Proposals can be submitted online at: www.azroadrunners.org
Or by mail to:
Southern Arizona Roadrunners
Children’s Fitness Fund
PO Box 64215
Tucson, AZ 85728-4215

Questions? Contact Lauren Erdelyi at ccerdelyi22@gmail.com or call the SAR office at 520-326-9383.

Running in Inclement Weather
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Running in the Rain

Dress for the Temperature: When it rains, dress for the temperature, not for the rain. If it’s hot, wear the loose, moisture-wicking shirt and shorts you would normally wear. Add a thin waterproof jacket or a trash bag over your outfit to stay dry. Add a hat with a visor to keep the rain out of your eyes.

Be Bright: Motorists may have more trouble seeing you when it’s raining. Wear bright clothes or a bright jacket to help be seen. If you wear a trash bag to keep dry, wear a bright hat and shoes with reflecting strips to increase your visibility.

Don’t Run When There’s Lightning: While running in the rain may sound heavenly to most summer Tucson runners, be especially careful during monsoon thunderstorms. If there is any sign of lightning, best to postpone your run until it has passed. Running in the morning can help you avoid the afternoon storms.

Running in the Humidity

Try a Midday Run: This advice contradicts our earlier tip for avoiding midday runs in the heat. Although early morning or evening temperatures tend to be cooler, it will be more humid at those times of day. You will have to experiment with what works best for you. If you prefer heat over humidity, then a midday run is right for you. Try to run when the humidity is 30% or less.

Adjust: Your body also needs to adjust to humidity. It can take up to 2 weeks to fully adjust if you have been running somewhere that’s not humid. Start slowly and build up your distance and speed again. Humidity makes the temperature feel even hotter, because you don’t get the cooling effect of your sweat evaporating. Check the heat index as well as the temperature to see what it will actually feel like outside.

Hydration is Key: As with running in the heat, hydration is important when you run in the humidity. There is not a set amount you need to drink at prescribed intervals; pay attention to your thirst and note the color of your urine. Dark urine may indicate that you’re not hydrating adequately.

Don’t Do a Midday Run: Try running in the morning or evening when the temperature is cooler. A midday run is going to be far hotter than one at other times of day.

Pick a route that has more trees then most, try to work that shade. If there’s a wooded path or road, try to do that into your route. The shade will help keep you cool and protect you from the sun.

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Summer can be a great time to explore different paths and nearby trails!

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2019-2020 SAR BOARD MEMBER NOMINATIONS AND BALLOT

We are seeking nominations for the 2019-2020 Southern Arizona Roadrunners Board of Directors. Currently, there are 11 board members who are up for re-election. All 2019-2020 SAR board nominees must be approved by the current board at the Annual Meeting in August 2019, with the election governed by the SAR bylaws.

The SAR Board is considered a “working board,” and board members are expected to attend monthly board meetings (second Monday night of every month), volunteer at club races, volunteer at club events, and spend between 10 and 20 hours a month on board duties, depending on committees, race season, etc. SAR is currently seeking individuals with experience in marketing, website production, strategic planning, and law, but anyone interested in being more involved with promoting fitness through running and walking is welcome to join.

Directions for voting:

- The voting ballot may only be submitted by current SAR members.
- Each SAR member has a total of 11 votes to cast. You may vote once for each person listed or designate any number of votes per person (the total must be 11). Fractional votes are not permitted. If you would like to nominate a person(s) not listed on the ballot, use the designated “Write In” space to enter the nominee's name, phone number, email address, and total number of votes for the nominee. New nominees will be sent an application form to complete. The applications for new nominees will be reviewed by the board at the Annual Meeting on August 24.
- Mail the complete voting ballot to the following address by July 31, 2019: Southern Arizona Roadrunners, SAR Board Nominations, PO Box 64215, Tucson, AZ 85728-4215.

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NOTICE OF ANNUAL BOARD MEETING

All members are invited to attend our annual membership meeting at the Tucson Osteopathic Medical Foundation (3182 N. Swan Rd.) at 8 am on Saturday, August 24, 2019. For more information, please email sar_office@yahoo.com.