

La Luz Trail Run Race Details

Point-to-Point Race:

The La Luz Trail Run is a point-to-point race and no return transportation is provided. There are several return options:

- Run back down the La Luz Trail: Please wait until most of the runners have finished.
- Ride the Tram: The Sandia Peak Tram is about 1 mile away to the east of the finish line along the South Crest trail. Cost is \$9 one-way. You can also park at the base of the Tram, and have an easy 1.5 mile warm-up run down to the starting line. If you ride down on the tram, you'll end at the tram parking lot!
- Have someone pick you up at the finish line, or hitch a ride back down the mountain.

Accommodations:

There are many hotels in the Albuquerque area. All are within about 30 minutes of the La Luz Trail Run starting line.

Late Registration:

NO RACE DAY REGISTRATION, NO EXCEPTIONS!!!

Aid Stations:

Water stations at Start and Finish, and 4 locations on the race course.

Parking:

Parking only on the shoulder of Tramway Road near Forest Service road 333 or at the base of the Tram.

Directions:

Here are two routes to follow to the La Luz Trail Run *starting line*:

From I-40 East:

Exit at Tramway Boulevard NORTH (exit #167). Follow Tramway Boulevard into the far northeast heights (approximately 8 miles) to the four-way stop near the County Line Restaurant. Continue north on Tramway Road approximately 1 mile to Forest Service road 333, the road to the Juan Tabo Picnic Ground.

From I-25 North:

Exit at Tramway Road EAST (exit #234). Continue east on Tramway Road 4 miles to Forest Service Road 333, the road to the Juan Tabo Picnic Ground.

The only vehicle access to the La Luz Trail Run finish line at the Sandia Crest is via the Sandia Crest Highway, NM 536. This is a very scenic paved NM state road and is a "NM Scenic Biway". Enjoy the view!

Here are two routes to follow to the La Luz Trail Run *finish line*:

From I-40 East:

From the Albuquerque city limit, continue east to NM 14 north (Tijeras, exit #175). The exit ramp will branch. Stay on the left branch toward Cedar Crest. Continue to follow NM 14 north approximately 6 miles to the intersection with NM 536. A large brown sign on the left side of the road points to crest highway. Turn left and continue approximately 14 miles to the parking lot at the top of the Sandia Crest near the TV and radio towers.

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From I-25 North:

Warning -- This route is passable by passenger car but may not be for the faint-hearted! From the Albuquerque city limit, continue north to US 550/NM 165 (Bernalillo, exit #242). Turn east (right) on NM 165 and continue east for 9 miles, through the village of Placitas. Shortly after the village of Placitas, the pavement ends. Continue following the gravel road approximately 8 more miles, occasionally rough in spots, to the intersection with NM 536, the crest highway, just above the Sandia Peak Ski Area. Turn right and continue to the parking lot at the top of the Sandia Crest near the TV and radio towers. This is a very scenic route but can be slow traveling in spots.

Age Divisions:

01-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and up.

Race timing by the Albuquerque Road Runners:

Total overall and age category results at finish and posted on website.

Packet pick-up:

Fleet Feet Sports, 8204-A Menaul Blvd. NE (southwest corner of Menaul & Wyoming), on Saturday, August 1, 2009 between 11:00 am and 5:00 pm. RACE DAY PACKET PICK-UP is available for special circumstances. Please contact the race director.

T-Shirts:

ONLY to those who finish the race at the finish line at the top of the mountain - NO EXCEPTIONS!!! Race numbers will NOT be transferable.

Awards:

Overall: 1st place male and female
Masters: 1st place male and female
Age Groups: 1st, 2nd and 3rd place awards
No prize money.

Race Director:

Rodger Sack, (505) 270-1613