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*Mission: the awareness and acceptance of social nudism and nude recreation in this region.*

#### WHY AANR-SW INVESTS PART OF OUR LIMITED RESOURCES TO THE 5K SERIES

In AANR-SW we say our business is the awareness and acceptance of nudism. Conversations I've had at this Spring's three 5Ks have demonstrated to me that the race series is doing just that. The following are stories of people coming to their first nude 5K, coming to their first nudist resort, and for all except one, having their first nude in public experience.

At Wildwood, I met and interviewed a remarkable young woman after the race and awards. Amanda, age 33, is a CPA from Duncan, Oklahoma. In several articles, I have included a story about a first-time nudist, but this first-timer is over the top. When she was signing in, I was nearby with my computer, finishing an article about the Star Ranch race, and overheard her say something about this being her first time. That could have just meant it was her first time at Wildwood. After the race, she told me that she knocked a lot off her bucket list. It was her first race of any kind. It was, then, obviously her first nude race. It was her first time nude in public. It was her first medal of any kind. She was the first over-all female, and it was her first time at Wildwood. I do believe that that's 6 firsts.

After saying something really erudite, like "Wow," I commented that she appeared to be very comfortable in her skin. She said she's been a little anxious inside, but that the place and people made her feel so comfortable. "It feels so comfortable. Everyone's so nice. It rubs off on you." I asked her how she found out about it. She said she was just looking online for 5k's, and until she saw the bit about this race, she had no idea there was such a thing as nude racing or that there was such a thing as nudist resorts in such a conservative area. She said she's never even been a back yard nudist. My preparation for races involves mostly streets in my neighborhood. She said she didn't just need to prepare to run; she needed to prepare to run naked, to see how that feels. She put a treadmill in her garage where she could get the feel of running naked. She soon decided that a jog bra was in order, but other than that and shoes, she got the feel of what race day would be like. "It is comfortable, something I may just have to do from now on." She said she also looked up nude racing on Reddit, and read reviews that said things like: "It wasn't weird or sexual, just fun and relaxed." And that finished selling Amanda on trying the experience.

Around the dinner table a former winner of the over-all prize for women for the whole series explained how the series awards work. Amanda was very interested in that. We get points based on our times related to the time of the over-all winner, who gets a 100. Whoever has the highest sum of his or her best three scores gets a series prize, for over-all or for age group. I've gotten some series prizes for age group. The only thing I was ever first overall was for the number of times I fell on a wet, slippery trail at Oaklake Trails.

My favorite Psychologist, William Glasser, wrote a book called, "Positive Addiction." It seems to me that in one afternoon Amanda acquired several positive addictions; she is addicted to nude running; she is addicted to being nude with other nudists; she is addicted to medals; and

she is addicted to being first. She may also be addicted to being nude on her treadmill in her garage, but I'm only guessing. She learned that a lot of the runners show up on Friday to park RV's or pitch tents, so she's planning on pitching a tent on the lawn behind the chapel at Oaklake Trails on Friday, May 7, to get the camping part of the experience, and settle in for the race on May 8.

I have never met a more interesting first timer.

After the Oaklake Trails race, Amanda and I didn't get a chance for much of a visit, so I did a Zoom interview the next week. Here's some of what Amanda had to say about the period after the Wildwood race. "I was really amped up on the drive home. When I got home, I felt really good. A lot more nude treadmilling. More nude time in the house. More relaxed at home and work. I would never have thought the after-effect would last that long, the freeing feeling.

I asked her if she had shared the experience with others. She said that on the drive home, she had stopped by her dad's house to tell him. Later she shared with her mom and sisters and with one of her friends. They asked a lot of questions like what it was like and what the people were like, and they were more open than she had expected.

She experienced excitement during the two weeks leading up to the OLT race: "I knew what to expect and was really amped up about that, but, most of all, just relaxed." As soon as she had set up her tent at OLT, she took a solo naked hike: "Never felt so relaxed and free." While at OLT, "Got to talk to more people, longer conversations, everyone was really nice. Once the clothes are gone, nothing to focus on except the other person. Conversation was more focused on the real talk. It's a game changer, real connections with people."

There were two couples and one individual who were having their first experience at OLT. (I don't yet have their permission to share much personal information, because I haven't had time to interview them.) There was a couple from another state. He had been nude at some hot springs over 25 years ago. She had never been nude in public. When they got out of their car he asked her if she was OK with getting naked. With ever so slight a pause, she said, "I guess so," and off came the clothes. In a brief email exchange, they said they're ready for more. A school teacher in the Dallas area, who's been a nude runner and participant in YNOTU, invited two of her teaching colleagues. The male, who was totally nude when I met them just minutes after their arrival, said he was not so concerned about being nude, as he was concerned he might be the only black person there. He experienced considerable relief when checking in to find that the office manager at OLT is black. And, unless it's really cold, the entire office staff is always nude, giving people the first impression that here nude is normal. Then he met Hunney, a very gregarious black woman from near Austin, and at least one other black runner, and felt totally at ease about being naked and being there. His mate was working on being comfortable being topless, though, again, they'd only been there a few minutes. The other was a hasher who'd been nude in public at one of their hash runs, but she'd never been to a nude race. I'm interviewing her on Zoom in the near future. All these stories, and I didn't even make an announcement that I was looking for first-timers.

Our 5K series is the only nude racing series in the country (probably in the world). In other regions there are individual clubs that have nude 5Ks, but we're the only region with a series and series prizes along with the prizes of each individual race. Some of these people may join AANR, some won't. The hasher asked me how she could join AANR on our Zoom conversation. Even if none had joined, it is my understanding that our mission is about promoting nudism, not about promoting a particular organization.