



ARRR News

Newsletter of Albuquerque Road Runners Club
December 2016

Vol 33, No 6

ANNUAL HOLIDAY PARTY!

6 pm, December 10
Park Plaza Condominiums

(1331 Park Ave SW in downtown Abq)

Come jingle and mingle with fellow Road Runners to celebrate a year of merry miles!

Elections for 2017 board positions will be held. Any member may run for any position, so if you would like to take a leadership role with the Road Runners, we encourage you to enter the election.

We will also be collecting donations of food for the Road Runner Food Bank.



President's Corner

It's been a good year with the Road Runners. [We've got a great Holiday Party and election coming up.](#) Come and celebrate your accomplishments for 2016 or just meet new people. It will be good to see everyone and hand over the reins of the club. I really need to thank the board for keeping things going. It's been business as usual. [The handicap series kicked off thanks to](#)

[Shannon Zanelli and Kelley Garcia.](#) The Trail Clean-up went off without a hitch. The year goes by fast. We had successful club races, thanks to our race directors. The Women in Training group was one of the most positive, inspiring group of participants we've had to date. I was thrilled to add them to the ARR community.

Next Club Meeting

Wednesday, Dec. 7, 7:00 pm
**North Domingo Baca Center/
Classroom 4**
at Carmel and Wyoming Blvd,
west at first stoplight north of
Paseo del Norte

With this issue of the newsletter we [say farewell to our editor](#), Stephanie Barton. She's leaving the Land of Enchantment for Hawaii. She has been a creative, funny, steady force in the club for the past 3 years. I'm sad to see her go.

It's been an honor to serve on the board for the past 5 years. [I've met so many strong people and cherished friends](#) over as a member of this club. I wish I could give back all that you have given me. You've taught me to live my life with more resilience and happiness than I could have imagined before meeting you.

[Best wishes to the 2017 board.](#) I won't be disappearing into the sunset and look forward to a great year under your leadership.

Happy Holidays and Happy Running,

Wendy Wiggins
ARR President

ARR BOARD

PRESIDENT	Wendy Wiggins
VICE PRESIDENT	Ana Romero Jurisson
SECRETARY	Mariah Harrison
TREASURER	Joyce Fafard
MEMBERSHIP	Anna Williamson
RACE DIRECTION	Rodger Sack
ADVISORY	John Farrow

CONTACTS

VOLUNTEERS	Gwen Walker
NEWSLETTER	TBA

ARR NEWS

ARR News is published bimonthly by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Check with the [editor](#) for deadlines.

The Albuquerque Road Runners Club is a non-profit corporation as an affiliate member of Road Runners Club of America (RRCa).

Albuquerque Road Runners Club
PO Box 2001 I
Albuquerque, NM 87154

Visit us at www.abqroadrunners.com

HANDICAP SERIES



Friday, Nov. 25
Tractor Brewing Co.
118 Tulane Dr SE
 (Nob Hill)
Start: 11:30 am
 The nearly 4-mile course is dog and stroller friendly.

Sunday, December 11
Academy Hills Park
Start: 8: 30 am

Relay course, 1 mile loops, two-person teams

Handicap runs are free, time-handicapped fun runs designed to equalize participants of different speeds.

Participants are started based on their handicap time so that walkers and slower runners start first and faster runners start last. The idea is that everyone finishes around the same time - and the fastest person isn't always the winner! At each event, participants are awarded points based on their finish place; everyone receives at least five points for participating, hosting, or volunteering. At

Welcome New Members!

Bruce Bell
 Hayley Aragon-Bell
 Tricia Aragon
 Priscila Hernandez
 Alex Nocella
 Jaclyn Shipley
 Easton Shipley
 Jeremy Shipley
 Rachel Tuuri

the end of the series, the person with the most points wins a free pair of shoes. Contact [Shannon Zanelli](#) for more info.

Adopted Trail Cleanup Magnificent Seven Wage Two-Day Battle with Litter

One session wasn't enough to eliminate all the litter on ARR's adopted section of trail along Unser Blvd, across from Petroglyph National Monument. First, on Friday, 11/18, the Fab Five (Dennis and Glenda Muirhead, Kelley Garcia, Joyce Fafard, and Cecilia Niemczyk) braved the threat of the season's first freeze plus (the threat of) very high winds to clear three quarters of the trail and vacant lots of virtually all litter. Then, on Saturday morning, in weather that was in fact freezing, the Dauntless Duo of Linda Stiles and Fred Bonnell completed the cleanup. (Dick Harris brought ARR' bags, grabbers, and gloves to both sessions.) Ten large bags of litter plus some scrap lumber were collected for City of Albuquerque pickup, leaving a trail we ARR "parents" can be proud of. There's plenty of trash bags and other equipment in the club's supply box for everyone who wants to participate in the May 2017 cleanup, so keep an eye out for announcements.

The next time you're running along Unser, feel free to bring a plastic bag(s). You can deposit your "finds" in the dumpster at The Garage (near the southern end of "our" section of trail), whose manager has given us his OK. Let Dick Harris and/or Volunteer Coordinator (volunteer@abqroadrunners.com) know how much time you spent on this contribution to the club and the running/biking communities.

From top: Linda Stiles, Fred Bonnell, Kelley Garcia and Cecilia Niemczyk, Dennis Muirhead, Joyce Fafard and Glenda Muirhead





RACE CALENDAR

DECEMBER

- 3 **Kringle Jingle 5K/10K** | ABQ, NM - *Four Hills* | 5K, 10K run/walks | [info, register online](#)
- 10 **Lady of the Mountain Half Marathon** | Alamogordo, NM | 13.1 M run/relay, 10K, 5K run, kids' run | [info, register online](#)
- 10 **Festivus 5K for the Rest of Us** | ABQ, NM - Bosque | 5K run/walk | [active.com](#)
- 17 **Faralito 5K** | ABQ, NM - SIPI | 5K Run/Walk, Kids' K | [info and registration](#)

JANUARY

- 1 **Egg Nog Jog** | ABQ, NM - Los Poblanos Fields | 5K Run or Walk | [active.com](#) |
- 1 **Foothills 50K** | ABQ, NM - Foothills | [facebook](#) |
- 10 **Santa Fe Snow Shoe Race** | Santa Fe, NM —Big Tesuque | 7K snow shoe race | details & info |
- 23 **Sandia Mountain Snow Shoe Race** | Santa Fe, NM - Big Tesuque Campground | 3.8M Race | download entry + info

FEBRUARY

- 6 **La Corrida de los Locos** | Santa Fe, NM | 5M Cross Country Race |
- 7 **Super Bowl "Touchdown for the Homeless" Run** | ABQ, NM - *Valley High School* | 10K, 5K, Kids K | [active.com](#) | benefits APS Title I Homeless Project
- 6-7 **Rocky Raccoon** | Huntsville, TX | 100M National Championship | [register online](#)
- 13 **Mt. Taylor Winter Quadrathlon** | Grants, NM | 43 M Bike, Run, Ski, Snowshoe | [register online](#)
- 13 **Cupid's Chase** | ABQ, NM - *Balloon Fiesta Park* | 5K Run - Individual, Team | [register online](#) | benefits Community Options Inc
- 13 **Cupid's Chase** | Santa Fe, NM | 5K Run - Individual, Team | [register online](#) | benefits Community Options Inc
- 13 **Cupid's Chase** | Roswell, NM | 5K Run - Individual, Team | [register online](#) | benefits Community Options Inc
- 14 **Sweetheart Run** | ABQ, NM | 10K, 5K Run - Individual, Couples, Kids's K | [register online](#)
- 27 **Pecos Valley Stampede** | Roswell, NM | Half Marathon, 10K Run, 2M Run/Walk | [active.com](#)

NEWSLETTER EDITOR WANTED: ARR is seeking a volunteer Newsletter Editor. Gather stories and images to highlight ARR events and people. You'll create the bimonthly newsletter in Microsoft Publisher with ideas from the Board, members and the internet then work with the ARR president and web site director to distribute the PDF version online. Contact volunteers@abqroadrunners.com for details.



FULL MOON RUN

with Heart & Sole Sports
Tuesday, December 13
Starts at 7:30 pm

Free and open to all; bring your kids & dogs!

Refreshments & drawings

Arrive early to sign in and get your name entered into drawings for cool gear.