

MONTHLY MEETING

Wednesday, February 1, 2017 - 7:00 pm

North Domingo Baca Center - Room 5

at Carmel and Wyoming Blvd, west at first stoplight north of Paseo del Norte

Visit with fellow members, enjoy some snacks, and listen to our guest speaker, Dr. Eric Dahl

... from Apollo Chiropractic Health & Wellness, ABQ West Side. As a distance runner for over 40 years, Dr. Dahl understands the specific stresses that our sport places on the body. His topic will be "**Lower Extremity Runner Injuries – Prevention and Treatment.**" Get your questions ready!



Dr Eric Dahl

ARR BOARD : CHANGES TO REPORT



Mariah Harrison

We are sorry to be losing **Mariah Harrison** as ARR secretary, after a year in this vital position on the board. This was not an easy decision for Mariah, but she has found that expanding obligations in her professional and personal life require more of her focus and attention. She still plans to be active as an ARR member and volunteer when her busy life permits. We appreciate her service to the club and wish her the best with her career ... and her running!

The club is fortunate that another member, **Linda Stiles**, has volunteered to serve as ARR Secretary for 2017. Thank you, Linda, and welcome to the board.

Linda Stiles



VOLUNTEER HALL OF FAME

Albuquerque Road Runners Club is pleased to announce our Volunteer Hall of Fame inductees for 2016:

Laura Biedermann
Joyce Fafard
Mary & Richard Overmier

These club members have been outstanding volunteers for ARR for many years, and we are looking forward to honoring their achievements at the annual Volunteer Banquet. This is an "invitation only" event!

VOLUNTEER BANQUET

Saturday, February 11

Did you volunteer for ARR during 2016?

If so, we've sent you an online invitation from the club to attend the upcoming Volunteer Banquet. Haven't gotten it yet? Please check your "spam" or "junk" folder to see if it got misdirected – or contact us to verify that you're on our list. And don't forget to RSVP soon ... we don't want you to miss a lovely meal and celebration!
(president@abqroadrunners.com)

MEMBER RACE SERIES

It's new - it's fun - it's competitive - it's for ARR members only!

And it's courtesy of Ian Maddieson, ARR Ultra Rep and new member of the Board!

Modeled on a program of his former northern California running club, the series consists of local and state races of various distances, and you'll earn points for each event based on your placement in age group and gender categories versus other club members.

You must register to participate!

Contact Ian, race series coordinator, to sign up and get started!

Coming Up

BURQUE BREWERY TOUR
Stop #4 - Ponderosa Brewing
1761 Bellamah Ave NW
Saturday, February 18 at 10:30 am



Mark your calendar!
There's running, there's beer, there's food!

Kelley Garcia sets up a route, gets everyone going, times the finishers ... and it's free! What more could you want? And afterward, you can eat and drink (well, that part's *not* free) in the great company of ARR members and friends. Come out and give it a go!

This is the last timed stop on the Brewery Tour for the season, but there's a BONUS run on March 26 at Santa Fe Brewing (Green Jeans Farmery) ... save that date, too!



Coming Up

February Handicap Run

**Saturday, February 25, 2017 – 9:00 am
Placitas, NM**

David & Katherine Wilson will host the February handicap at their beautiful home in Placitas. It's the **"Run and Eat Biathlon"**!

You can expect a hilly course (it is the Sandia Foothills, after all) of about 3.5 miles. There will be **two-person teams** ... come with your own partner, or let handicaps coordinator Shannon Zanelli pair you up. No watches are allowed ... because this event is also a **time prediction run**. There are prizes for the winners. Bring a dish to share for the "eating" part after the "running" part. Go north for the morning and get your hills in!

NEW MEMBERS
 Monique Anderson
 Mercedes Clemens
 Tim Harris
 Amy Heflin
 Kristy Ott-Meyer
 Gregory Smithkier & Allison Smithkier
 Geoffrey Tweed

ARR Board

- President : Glenda Muirhead
- Vice President : Ana Romero Jurisson
- Treasurer : Joyce Fafard
- Secretary : Linda Stiles
- Director At-Large : Ian Maddieson
- Director At-Large : Stephen Jett
- Advisory Director : Kelley Garcia
- Advisory Director : Rodger Sack
- Advisory Director : Jim Schnitzler
- Advisory Director : Anna Williamson

HANDICAP RACE SERIES Cumulative Standings through December 2016

Name	Points
Anna Williamson	70
Nick Juskiwicz	69
Nara Olivas	66
Jeff Rienstra	49
Christine Hajek	48
Dina	47
Allison	46
Magi Ezzard	45
Andrea Schoellkopf	44
Susie Rand	39
David Infante	37
Mike Recker	35
Gloria Cohen	33
Linda Stiles	32
Natasha Sutherlin	32
Alejandro	30
Bill Hall	29
Melani Farmer	28
Louella Buchanan	25
Dave Clark	24
Beth Davenport	24
Ana Romero Jurisson	23
Jennifer Serrano	20
Peter Falk	18
Dennis Muirhead	17
Wendy Wiggins	17
Cliff Matthews	16
Kathy Kirsling	16
Chuck Fuller	14
Juliana Astrachan	12
Kellie Nickerson	9
David Kaufman	8
Grace Lassiter	7
Jean Herbert	6
Kurt Coonrod	6
Aleca Forsberg	6
Rob	6
Elicia Chavez	6
Dave Vickers	5
Mehmet	5
Anastasia	5
Eric Hanson	5
Rebecca Torrez	5
Ann Swickard	5

Compiled by Shannon Zanelli,
Handicaps Coordinator

What's Been Happening?

CLUB MEETING HELD ON JANUARY 4

Thank you to everyone who attended our first meeting of 2017! We talked, we asked questions – and several of you went home with some cool ARR gear for the correct answers! We also generated some good information and ideas. Here are a few:

- We might look into ARR shirts for you to purchase, or maybe hats ... what would you like?
- For the evening trail runs led by Eric Biedermann, we may ask for leaders or a “sweep” for a more moderately-paced group ... would this make you more likely to participate on Mondays or Wednesdays?
- We may host informal marathon training ... would you volunteer to lead occasionally?

BURQUE BREWERY TOUR STOP #3

Held January 22 - “Resolutions Stink” at Nexus Brewing

Jeff Rienstra finished first overall, defending his position in the 2016-2017 series. He has been in the coveted top spot for three years on the Burque Brewery Tour ... way to go! Top female finisher on this day was first-timer Nina Harrell. After the run, good beer, good food, and good conversation prevailed at a long table filled with ARR members and friends. Not a bad way to spend an afternoon! Don't miss Stop #4 on February 18 at Ponderosa Brewery.

VOLUNTEER OPPORTUNITIES

For the club

Newsletter Editor

ARR is seeking a volunteer Newsletter Editor. Gather stories and images to highlight ARR events and people; create the bimonthly newsletter with ideas from the Board, members, and the internet, then work with the ARR president to publish.

Volunteer Coordinator

Do you have spreadsheet skills? ARR needs someone to collect names and contact information of club members who volunteer for our races and events during 2017; coordinate with race and event directors for requirements before and data after each occasion. This is the list used to invite members to the Volunteer Banquet, so accuracy is important!

For the community

USATF LOOKING FOR VOLUNTEERS

USATF New Mexico is hosting the **Indoor Masters and Indoor Elite Meets** in 2017 at the ABQ Convention Center. This is an amazing opportunity to experience some of the finest adult athletes in the world competing, up close and personal. Volunteers are needed to make these exciting events happen!

Indoor Masters Meet: February 17-19

If you can volunteer, email communications@newmexico.usatf.org with: name - cell phone - email address - availability on February 17, 18, 19.

Indoor Elite Meet: March 3-5

If you can volunteer, please email Denise Suttle from VisitABQ at suttle@visitabq.org with: name - cell phone - email address - availability on March 3, 4, 5.