

ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 4
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PRESIDENT'S MESSAGE

Spring is finally showing signs of appearing (although temps have been below normal) and runners are hitting the streets and trails. Red Bull is sponsoring the Wings for Life World Run, a virtual 5k to benefit research for spinal cord injuries. Registration is \$23 and you can enter or get more information on their website - <https://www.wingsforlifeworldrun.com/en>. If you enter this run, please let me know so I can get a total number of club participants, as Red Bull has offered to give each participant a can of their product.

For those of you who missed it, or maybe are too young to receive the *AARP Bulletin*, here's an article I read recently.

CLAIM: Running will damage your knees.

"What the evidence shows: Studies in recent years reveal that running does not raise your risk of knee problems. In fact, pounding the pavement seems to protect your joints. One large study found that runners were half as likely to develop knee osteoarthritis compared to non-runners. Runners typically have stronger quadriceps muscles which helps to protect the joint, explains Grace Lo, a researcher at Baylor University College of Medicine."

Some good news for us runners that maybe will silence some skeptics.

Tom Besson

NEXT CLUB MEETING

Wednesday, April 12, 2023 - 7:00 pm
North Domingo Baca Center, 7521 Carmel Ave NE

LONGEVITY HACKS FOR RUNNERS OVER 40

**You don't stop running
because you get old,
you get old because
you stop running.**

Guest Speaker: Andie Talmadge, MS

Certified Triathlon Coach | Personal Trainer | Lifestyle & Weight Management Consultant

Being able to continue running after 40, 50, 60, or 70 takes more than good genetics. It takes caring for your body tissues, your nutrition, cross-training, and paying attention to how recovery needs change as we age. Come learn some of the latest research on trends, tricks, and trials for the aging athlete.

Everyone is invited - Bring friends and family!

FREEforALL FUN RUNS

Pi(e) Day Run

Held Tuesday, March 14, at Flying Star Café

□ Led by Beth Davenport

It was Pi Day, so of course the run was 3.14 miles ...exactly! Beth even used a measuring wheel to be sure. And Craig brought mini-pies for everyone to enjoy after the run. Thank you both for putting the FUN in the RUN!

EVENT report



ARR Member Race Series UPDATE

By Ian Maddieson, Series Coordinator



The 2023 ARR Race series kicked off on March 12 with the **Shamrock Shuffle 10k**, followed by the **Chocolate and Coffee 5k** two weeks later. The promised “Bound for Boston” Marathon at Mariposa Park on Albuquerque’s West Side failed to materialize. It was advertised for the same day as Chocolate and Coffee; the organizer’s website now says there will be such an event on March 26 2024, which is a Tuesday! As a replacement, the **Ruidoso Marathon on July 7th has been added to the list of races** for this year; not so convenient as the West Side, but a great place to visit — check out Noisy Waters Winery.

Next race in the series is the Albuquerque Half-Marathon on April 15th. Still time to register.

In the new scoring system this year, your score is the winning time for the male or female winner (matched to your gender) as a percentage of your time. So if the winner has a score of 100, someone who took twice as long would score 50.

Current standings in the series are Tony Recker (M70-79) with 92 points, having scored in both races, followed by Geoff Tweed (M30-39) with 72 points, Diana Bibeau (F60-69) with 59 points, Kelley Garcia (F50-59) with 53 and Joaquin Garcia (M50-59) with 39, all from the Chocolate and Coffee 5k.

More information on the Race Series can be found on the Club’s website on the [Member Race Series page](#).

If you sign up now and have done either of the earlier races, they will count in the series results!

CURRENT STANDINGS

Racer	Category	Points
Tony Recker	M70-79	92
Geoff Tweed	M30-39	72
Diana Bibeau	F60-69	59
Kelley Garcia	F50-59	53
Joaquin Garcia	M50-59	39

TRAIL CLEAN-UP Planning Ahead

Friday, May 12 – 9:00 am

Cece Niemczyk, the ARR Trail Clean-up Coordinator, has planned the Spring trash pickup volunteer event for Friday, May 12th at 9 am. As usual, we will meet at the corner of Tramway and Montgomery near the McDonalds restaurant that is located there. We’ll collect trash on the east side of Tramway along the paved path, heading north.

No need to sign up – just come out and help if you can. Thanks!

BURQUE BREWERY TOUR

Final Stop

Crowning of Series Winners

Held Saturday, March 25, at Bombs Away Beer Company

□ Kelley "Perky" Garcia, Brew Tour Coordinator

EVENT report

Series Results

The Crowning was the final event in the Burque Brew Tour series of 22/23. It was held at Bombs Away. The course was a 3.785-ish mile loop-ish route with a bit of a cold-ish breeze. Overall, 27 people finished – 22 officially plus 5 unofficially.

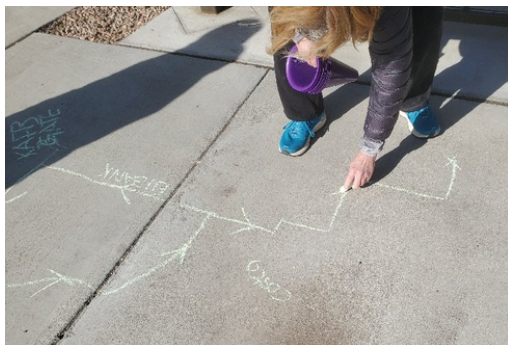
Congratulations go to deadhead and Jamie Aagaard for winning the series.

PLANNING AHEAD:

The 2023/24 Series will kick off November 24, Black Friday, at 11:00 am from Tractor Brewing Company in Nob Hill, 118 Tulane Dr SE, Albuquerque, NM 87106, USA. See you there!

BOMBS AWAY RESULTS

1	Ana Romero Jurisson	F	30:47.6
2	deadhead	M	31:01.4
3	Matt Rogers	M	31:16.7
4	Dina	F	31:21.0
5	Brian Johnson	M	31:22.7
6	Aubrey	F	32:30.8
7	Jaime Aagaard	F	32:39.3
8	Gregory Gerwin	M	32:48.9
9	Raoul Lopez	M	32:57.5
10	Coondog	M	36:06.9
11	Carl Steinhauer	M	37:14.7
12	Dennis	M	37:16.5
13	Glenda Muirhead	F	44:16.3
14	Linda Romero	F	45:46.5
15	Diana B	F	45:51.8
16	Anna W	F	46:11.1
17	Tony Recker	M	50:25.5
18	Paige Williams	F	56:05.1
19	Dietrich	M	56:06.6
20	Cheryl D	F	56:07.7
21	Frank Griggs	M	57:35.7
22	Kathy Kirsling	F	58:00.3



EVENT report

FREEforALL FUN RUNS Berta Run

Held Saturday, April 1, in Edgewood NM

□ Shannon Zanelli, Coordinator



MANY MORE PHOTOS ONLINE

By Kathy Kirsling, our Host for this event

OKAY! Berta #15 is a Wrap! Start time was close to 8:30 am, when 16 runners went off! Weather couldn't have been any better. Cool, about 30° but minimal wind ~7 mph. A wonderful success!

I wasn't sure, though, as on Friday evening I got gifted an April Fool's joke...grrrr. I was out marking the course, and surprise – a gate had been placed across access to roughly one mile of my course. It wasn't there two days ago. So first I had a “baby” meltdown... then, let's solve this. I chose another trail and got close to my original mileage. So there, April Fools! (Turned out to be 6.05 miles. Yay, not quite 10k but I'm happy it was 6.)

A total of 17 showed for the event (oh yes, one late invite equals 18). Glenda Muirhead was my awesome support crew; Colleen Burns and Shannon Zannelli (doubling as race timer) went for their own 3-mile speed workout. You should have seen them finish. Wow – fasties!

And this year I had two official sweepers, Katherine & Adam Drozek (they volunteered ahead of time). They also took pictures and gave out cheers and compliments on the run.

AWARDS

- **Cliff Mathews, first finisher**, got a Sprints GAZELLE cap.
- **Jean Herbert, first female** – Sprints GAZELLE cap
- **Gail Leedy and Anna Williamson**, middle runners – Sprints swatch bags
- **Christine Ford**, last finisher – cool Sprints SLOTH cap
- **Julie Hotz**, lost runner – socks (for rescue dog tracking!)
- **Shannon** got gifted a Baggu bag for timing.
- **Katherine and Adam** got a Baggu and Sprints cap. Katherine laid claim to the cap. (Adam promised next year to get his own cap by beating Cliff.)
- **AND GOATz (Greatest Of All Time) – Perky and Joaquin Garcia** have the distinction of attending EVERY single one of my races – fifteen! They got Sprints GOAT caps. I have much love and appreciation for you both!

April 6, 2024 – next Berta Run!

I'm always grateful for everyone who puts me on their race calendar and comes out to Edgewood. And I miss the ones who could not come!

Some words I forgot to have the runners consider while they were out there:

Cognitizing – Thinkeration – Ponderology

And this last one:

Decrepitude (but I'd change it to Decrapitude!)

And I love the title of the children's book by Marc Colagiovanni, "When Things Aren't Going Right, Go Left". And now in thinking on having to reset my course at the last minute, I did exactly that!

**1,668 stairs.
One challenge at a time.**

**UNM'S 6TH ANNUAL
STADIUM STAIR
CHALLENGE
APRIL 29, 2023**

ARE YOU UP FOR THE CHALLENGE?
University Stadium has 1,668 of them. Tackle them all and be a part of Albuquerque's ultimate stair climb challenge.

**Kids K @ 8:15 a.m.
Stair Challenge @ 8:30 a.m.**

TIMED EVENT | PRIZES AWARDED!

REGISTRATION FEE
\$35 - UNTIL JAN 31
\$45 - UNTIL APRIL 28
\$55 - DAY OF EVENT

**\$160 - Tuition Remission
for 6-wk Training & Race**

HR.UNM.EDU/WELLNESS/STADIUM-STAIR-CHALLENGE

FUNDRAISER for Running 505

**SATURDAY
APRIL 8, 2023
LAVA ROCK BREWERY**

**RUNNERS BALL 2023
21+ EVENT**

**GET
TICKETS
TODAY**

**80'S
PROM PARTY**

**INTERESTED IN
SPONSORING?**

**TICKETS AT
WWW.RUNNING505.COM**

GALA FUNDRAISER

April 8, 2023

6 pm-10 pm

at Lava Rock Brewery

Live Music

Great Food!

Great Company!

Silent Auction

Running 505 website

Runners Ball info/tickets

Membership Update

March 2023

Renewed Members

Tammy Ali-Carr
Thomas Camacho
Beth Davenport
Ed Heller

New Members

Ateefa Chaudhury
Brian Johnson
Bethany Little
Amy Martinez
Donna Riley & Dave Stein
Jari Rubio
David Santo Domingo
Jane Voelkel

ARR BOARD OF DIRECTORS

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Vice President	Joyce Fafard
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Treasurer	Peter Falk
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