



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 8

AUGUST 2023

PRESIDENT'S MESSAGE

Congratulations to Ken & Margaret Gordon and Kurt Coonrod, directors of the Mt. Taylor 50k. After 10 years of directing the race (11, if you count the pandemic year), they have reached an agreement with Arlene and Jesse Armijo, who founded the Albuquerque Dukes, to become the new race directors of Mt. Taylor. Arlene and Jesse will be learning from Ken, Margaret, and Kurt this year and then the former crew will be advising the new crew as they take the lead in 2024. Jesse and Arlene have committed to continuing the relationship with the Albuquerque Road Runners, as well as the entities that benefitted from the event in the past. This also assures that the race will continue, and as a club race.

Would you like to be our Membership Coordinator? After 5 years, Dennis Muirhead would like to turn the job over to someone else. The job involves maintaining a database of our members and notifying club members when their membership is about to expire, checking the post office box for renewals and new member applications, and reporting data to the officers and board of directors. Let me know if you are interested or know of someone who would be a good fit for the job. Dennis will work with anyone to get them comfortable with the processes.

Jennifer Hartman contacted me that she is concerned about her 30-year-old daughter running the Bosque Trail at 4:00 am by herself and was looking for someone who might also be running in that area (she said SW, so I'm guessing between Bridge Blvd. and Rio Bravo) at that time of the morning that her daughter could run with. If you can provide any help or know of someone who does run in that vicinity, please contact me and I will pass the information on to Ms. Hartman.

And remember, we are still collecting running shoes that will go to underdeveloped countries. Bring your used or new running shoes to our next monthly meeting, Aug. 9 at North Domingo Baca Multigenerational Center. No boots, flip flops, dress shoes, sandals, or cleats, please.



Tom Besson

In This Issue

- 2 Member Race Series - REPORT
Membership Update
ARR Board of Directors
- 3 VOLUNTEER OPPORTUNITIES
 - Promote ARR at Canteen Brewhouse on Saturday, August 12
 - Duke City Marathon-Pace Group Leaders on Sunday, October 22
- 4 the deadhead chronicles
Cliff Matthews at BARGE Fun Run

CLUB MEETING

When: Wednesday, August 9 at 7:00 pm

Where: No. Domingo Baca Center 7521 Carmel Ave NE

With regular care of a professional chiropractor, runners can actually prevent injury and promote peak performance. A trained chiropractor can find and correct imbalances that may lead to injury before they become a problem. Come listen to runner and chiropractor **Dr A. Glenn Gardner** at our monthly meeting for more information.

Hope you can make it!

REPORT



By Ian Maddieson
Member Race Series Coordinator

Here is the latest news on the ARR Race series, including results from June and July, plus some additions from earlier in the year. In June there were three races and in July there were two races included in the series, as follows:

- June 4. Run to Break the Silence 10k (ABQ)
- June 11. Taos Marathon (Taos)
- June 18. Cherry Garcia Run 5k (ABQ)
- July 16. Chunky Monkey 5k (ABQ)
- July 22. Ruidoso Marathon (Ruidoso).

None of our current participants entered the Run to Break the Silence, a very worthy fund-raiser for the Presbyterian Ear Institute's School for Oral Deaf Education (but if you did run it, you can still sign up for the series). This race should probably have been considered a "short trail" but the course was not clear when the list of races was drawn up. It appears that the Taos Marathon did not take place (again) this year, as no results are posted. So we are back to the reliable schedule of events put on by RunFit in Albuquerque by the redoubtable Steve Pino. Both the "ice-cream" races, Cherry Garcia and Chunky Monkey, in their 5k versions

were on the series race list. Despite the attraction of free ice-cream (Cherry Garcia is my personal favorite), no current entrants to our series ran these events either, and the same is true for the Ruidoso marathon.

One important update on previous results is that **Geoff Tweed** ran the Shiprock Marathon back in May with a time of 4:04:21, so he is the only entrant with scores so far in four of the six categories of races and he goes to the top of the overall scoring table independent of age and gender, with 311 points in total.

In August the focus is on trail races, with the Taos Ski Valley Up and Over Trail Race (10k) at Taos Ski Valley on August 5, and the Cloudcroft Ultra 53k in Cloudcroft on August 19. If you plan to take part in one of these races, or have already finished one of the races earlier in the year, why not send me an e-mail to sign up for the series? More information, including all the races in the series, can be found on the ARR web site at abqroadrunners.com/member-race-series.html

Contact me at:
raceseries@abqroadrunners.com or ianm@berkeley.edu

ARR Board of Directors

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Click on TITLE for email address

Membership Update – July 2023

Renewed Members

Casey Citrin
Amy Shrouf

New Members

Tom Chu
Jason Hall



VOLUNTEER Opportunities

Promote ARR at an outdoor adventure fair

Saturday, August 12

11 am – 3 pm

“THIRST for the OUTDOORS”

Canteen Brewhouse on Aztec NE

Sign up to represent the Club at a fun venue!

Staff the ARR table for a 2-hour shift!

Sign up using the link below:

SIGNUP GENIUS – THIRST FAIR

Lead a Pace Group for The Duke City Marathon and Half Marathon!

Sunday, October 22

You can participate in the Marathon or the Half Marathon **at no charge to you** – by serving as the leader of a Pace Group! ABQ Road Runners will register you, and we'll have a shirt for each Pace Group Leader. Signing up early means you get to choose size and style – singlet or short-sleeve.

OPTIONS

Run the complete Marathon

– Get an official time in the standings

Split the Marathon into two halves with another runner – No official time

Run the Half Marathon

– Get an official time in the standings

If this sounds like something you might like to do, please let us know!



REQUESTED FINISH TIMES

FULL MARATHON	HALF MARATHON
3:15	1:30
3:30	1:45
3:45	2:00
4:00	2:15
4:15	
4:30 – Geoff Tweed	
4:45 – Aidan Thompson	
5:00 – Cliff Matthews	
5:30	

the deadhead chronicles

Musings by Clifford Matthews

BFR 2023 - BARGE Fun Run (or Walk or Unicycle)

It was fun! (Duh! It's in the ... name).

The Plan: We will meet a little before 7am (and probably wait a little for stragglers—like we always do) outside the North Tower entrance. That's the entrance nearest the North Garage. We'll head out in a clockwise direction going on Joe Brown toward Karen. Then it's a bunch of right turns. People who want to do a 5k will make a loop. People who want to do a shorter distance will need to turn around at the halfway point for whatever distance they want to do.

GamboMouse and mickdog ran. It hadn't yet hit 100F. Blues walked. I walked with him so as not to spill my beer. We four had left at 7 am promptly, which was a first but not what I said we'd do. But it was hot. We were in Las Vegas, in July, in the middle of a heat wave, and the sun was shining.

Although an annual tradition, we knew—with this temperature—we'd be few. After the weather forecast, only two others had expressed an interest: Messenger of Doom (he'd had been up late the night before¹, [and didn't show], and one woman). It's Vegas...I played the odds [on her showing up] ... and lost. Her text was polite, but she was a little surprised and mildly disappointed that we had left without her. I gave vague directions to Blues, then "ran" back for her.

She and I jogged our way around, discussing our paths to increased fitness and eventually wondering where Blues was. We finished our lap and GamboMouse was waiting for us. And for Blues². And for mickdog³. It was a complete success if you ignore the fact that we lost two of the five participants and that I didn't actually bring the BARGE Fun Run bottle openers that I had promised to bring⁴.

I can't wait until next year!



¹ Specifically, he was finishing eighth, which was "in the money", in the Pot Limit Omaha tournament.

² My directions were too vague or perhaps outright misleading. Bob continued walking on Joe Brown until he got to Sahara. I called him from the finish line to find out where he was, then ran back to tell him that unlike normal race directors, I would charge him for the extra mileage, but I sobered up before I got to him.

³ I did not have mickdog's contact info, but I wasn't worried. GamboMouse said they stayed together up until the last tenth of a mile or so. He must have gone in through a different door. Since he must have, that is indeed what he had done.

⁴ I did eventually send them.

⁵ On July 20, 2009, Ron sent:

Folks,

Final details of the 2nd Annual BARGE Fun Run, the only free unofficial BARGE event:

- The Fun Run will be 2 miles long, you don't have to run the entire way, but if you aren't running, you will have to be observant (you are a poker player, so of course you are observant!) and be able to follow the trail markings.
- Meet at 8:15am on the Binion's side of Freemont St. Experience Friday morning before the TOC. We will have a pre-run briefing and start promptly at 8:30am.
- There is no sign up, no participation fee, and no liability insurance. I recommend you bring your own water. Any and all are encouraged to attend. We will probably mob Starbucks for smoothies after the run.

⁶ When they tried to get us to do this in elementary school, I walked part of it. I did, however, play a lot of ultimate Frisbee in high school and that involves a lot of running, but with time to catch one's breath in between, at least at my level of skill.



BARGE is a gathering of people who have an interest in gambling who typically have some sort of tie to people who were exploring gambling on the internet before the World Wide Web.

In addition to the officially scheduled activities, groups of BARGErs get together for both ad-hoc and recurring unofficial activities. Want to get a group of people to go indoor skydiving? You're not alone, a bunch of BARGErs have done it. Pinball Museum? Check. Do you love sushi? Some of us go there every year. Ethiopian? That was a regular event too (until it wasn't).

In 2008, after taking second place in a BARGE weight loss bet, during which he acquired a running habit, Ron Grossberg proposed a BARGE Fun Run. It wasn't widely announced and nobody—not even Ron—attended. He liked running, but early morning and heat were not for him. Not that year.

Perseverance pays and the following year the Fun Run was once again announced⁵ and this time it was actually held. Turns out BARGE already included a few runners (I certainly wasn't one of them though!). Who knew?

In 2009, I had been hiking for a few years and thought it would be fun to show up for the fun run and attempt to run a mile with a few of my fellow BARGErs even though I had never (to my knowledge) run a mile non-stop in my life⁶.

I guessed my fitness from hiking would be enough to allow me to do that, but I honestly knew nothing about running and as BARGE 2009 approached, I got nervous. A family member of a friend had a seizure one day when simply walking a bit in the heat. Maybe before I get to Las Vegas, I should try running just to see what it's like. So that's what I did. On July 22, 2009, safely in Albuquerque, I ran my first mile and was gobsmailed that I liked it.

One thing led to another (rolls eyes)... and now I run a lot. The toughest race I do each year is the Sandia Snowshoe, but the funnest run I do each year, well, now you know...the rest of the story.