



ARR News

Newsletter of Albuquerque Road Runners Club
DECEMBER 2017 Vol 34 No 6



*No monthly meeting in December
... We're having a party instead!*



ANNUAL HOLIDAY PARTY and Board Elections

Friday, December 8 – 6:30 pm

Park Plaza Condominiums Hospitality Room

Entrance on 14th Street SW between Central Avenue and Park Avenue SW

Join other ARR members and family for a holiday celebration!

We'll provide catered entrées, green salad, soft drinks, and water.

Please bring a favorite dish to share. There will be drawings for door prizes!

Please RSVP to your online invitation by December 4!!

Elections for 2018 officers and board members will be held.

STILL SEEKING A CANDIDATE FOR PRESIDENT

PLEASE REFER TO PAGES 3 and 4 for details about these candidates:

Vice President – Ian Maddison

Director – Jim Schnitzler

Secretary – Linda Stiles

Director – Geoffrey Tweed

Treasurer – Glenda Muirhead

Director – Jeff Rienstra



SOCK DRIVE !

*Socks are among the most needed items for people without permanent housing in the winter. If you'd like to contribute, please bring **PACKAGES OF NEW SOCKS** to any of the upcoming ARR events, such as the **FREE for ALL** Fun Run on December 2, the **HOLIDAY PARTY**, or the **weekly runs**. Thank you!*

Coming Up

Adopted Trail

FRIDAY, DECEMBER 1

8:30 am

This will be our final cleanup of the Club's Adopted Trail along Unser Blvd NW. Come out and help as we retire this stretch of paved pathway, after 10 years under the direction of **Richard Harris**, the club's coordinator for this program.

Click here for more information



FREE for ALL FUN RUN

Saturday, December 2

8:30 am Start

Academy Hills Park

Two-person relay run – Bring a partner or we'll find one for you! Staged start, handicapped times. Potluck gathering afterwards at the home of Dennis and Glenda Muirhead (directions at event).

Winner will receive a gift card. PLUS we'll have a drawing for a \$30 gift card and other goodies at the end of the event ... all participants will receive an entry into the drawing!

Contact Shannon Zanelli

Click here for more information



Kelley Garcia invites you to Stop #2 on the

Burque Brewery Tour

SATURDAY, DECEMBER 30

Grinch Lunch – 3 Miles

Blue Grasshopper Taproom

6361 Riverside Plaza Lane NW

Start Time: 10:30 am

Free and open to all!

Click here for more information



Member Race Series

Congratulations to everyone who participated in this inaugural year of the ARR Member Race Series! Ian Maddieson, series coordinator, has announced the winners in their respective age/gender groups, listed below. Awards will be presented at the ARR Holiday Party on December 8th. Be sure to sign up for next year's Series with Ian!

AWARD WINNERS 2017



MALE

- 20-29 Fadi Jamaledin
- 30-39 Geoffrey Tweed (max points)
- 40-49 Spencer Briggs
- 50-59 Clifford Matthews
- 60-69 Richard Knapp (max points)
- 70-79 Ian Maddieson
- 80+ Jim Schnitzler

FEMALE

- 30-39 Ana Romero Jurisson
- 40-49 Anna Williamson
- 50-59 Dina Hammad / Teresa Brobeck

Membership Update

NEW

- Aurelie Goldblatt
- Derek Oien
- Meghan Pflapsen Zender
- Michael Sbarge

RENEWED

- Benjamin Anderson
- Laura and Eric Biedermann
- Jane Cudney-Black + Christopher Black + Saskia & Ellisif Leishman
- John Emmons
- Ken and Margaret Gordon + Josh & Alex
- Lenore Hennie
- Arne Leonard
- Charrissa Lin + Derek Surka
- Jackie Malone
- Chris Martin + Veronica & Breana Martin
- Rodger and Connie Sack
- Roger Squires
- Carl and Marilyn Weik



Ian Maddieson **Vice President**

Linguistics Professor at UNM. Born in the UK and moved to the USA in 1972. I ran cross-country in high school and college, then took a 15-year hiatus before getting back into running in 1976.

Exhausted my potential as a marathoner, so I got into ultras. Especially fell in love with the granddaddy of them all, the Western States 100, and am proud to be one of only 41 runners to have finished the race 10 times in under 24 hours.

After 34 years in California, I moved to New Mexico in 2006 and immediately joined ARR.

Contributor of the 'Ultra Update' on ultra-marathon achievements of ARR members and others at club meetings and on the club website. Developer and Coordinator of the ARR Race Series.

Successfully applied to the national RRCA (Road Runners Club of America) for "RUNNER-FRIENDLY COMMUNITY" designation for Albuquerque. For the past eight years I have been a member of the

Greater Albuquerque Recreational Trails Committee (GARTC) and three times its chair. GARTC advises the city and other governmental agencies on development of trails. I am also on the advisory committee on the Mayor's 50-mile loop plan, and am an enthusiastic supporter of expansion of the trail network in our area.

"I am a strong supporter of the club, volunteering for ARR races such as La Luz and Mt Taylor 50K, as well as Cedro Peak and Deadman Peaks Ultras."



Linda Stiles **Secretary**

I retired three years ago from Sandia National Laboratories where I worked in the areas of toxicology and occupational health. My PhD is in Public Health and, thus, I have a great interest in running as a solution to our country's chronic health issues and obesity epidemic. I have lived in New Mexico for 48 years. I loved running track in high school, but because women were not able to participate in track in the 1960s, I was never able to compete. I started running longer distances with my husband after college, and ran my first La Luz in 1989. It was through my annual participation in the La Luz run that I first learned of ARR.

Following retirement, I started participating in the Saturday morning runs.

I have volunteered for Mt. Taylor, Women's Distance Festival, and the Forever Young club races, as well as the semi-annual ARR adopted trail clean-up and the Duke City Marathon. My favorite activity is acting as a mentor for the Women in Training Program. Currently serving as ARR secretary and board member.

"I will be completing my first year as ARR secretary and hope to continue to serve ARR in this capacity. I am very proud to inform runners I meet of this great organization and the opportunities offered through our sponsored activities and races."

Glenda Muirhead

Treasurer

Retired communications and budget administrator. B.A. English, MBA. New Mexico resident since 1983. I started running 20 years ago, after two years as a competitive racewalker. Joined ARR ~2002. Served as Vice President for three years from 2012-2014 and designed and maintained a new ARR website and edited/published the club's newsletter for 3½ years. As President during 2017, I published email and "print" club newsletters, directed Women's Distance Festival 5K in July, served as Volunteer Coordinator, and planned and hosted club meetings, outings, and parties. I have enjoyed volunteering at the club's four races, acting as a mentor for ARR's 10-week Women in Training Program, and participating in the Saturday morning group runs, handicap series, adopted trail cleanups, and brewery runs. I also volunteer for ABQ Wildlife Federation (formerly president, vice president, newsletter editor, and treasurer) and Cielito Lindo Neighborhood Association. Married to Dennis for 37 years.



"Service in furtherance of activities and issues you support is challenging but rewarding. It takes many people to make things happen, to create and sustain good works for the larger community. ARR volunteers are the best!"

Jim Schnitzler

At-large Director



Retired VP/general manager/CEO; B.S. Mechanical Engineering. Have lived and worked in Wisconsin, Albuquerque, California and Illinois. A resident of Jubilee Community in Los Lunas, where I serve as board member and Finance Chairman of the HOA. A Certified Personal Trainer and manage Jubilee Fitness Center. Completed my 51st marathon in Milwaukee October 2016 and have run 66 half marathons. Director of “Wounded Warrior Project” fund-raising events in Los Lunas since 2011 and just completed the 6th Annual “WWP – Believe in Heroes” event. In October 2012, I organized and directed “Dash on the Ditch” fund-raising run for La Vida Felicidad, a Los Lunas non-profit. Served as At-Large Director on ARR Board for 2017. Married to my wife Mary for 57 years.

“It is an honor to serve on the Board of Directors of Albuquerque Road Runners. I have enjoyed running for over 44 years in various capacities and these past nine years as a member of ARR. I feel that I can further contribute to this great organization.”

Geoffrey Tweed

At-large Director



Budget analyst. B.A., MBA. I'm originally from New Jersey but after joining the Army, I ended up in Texas over 10 years ago and recently relocated to New Mexico in January 2017. I joined ARR immediately as a way to meet local runners. I've been running basically forever and I love it. I started really getting into ultras the past couple years and am hooked. I mostly run trails but hit the pavement/track occasionally. When I'm not out racing, I enjoy volunteering at the events and seeing others obtain their goals. I'm married to my wonderful wife Jackie who is always there to support me in my crazy expeditions. I've met a lot of wonderful people through ARR and hope to strengthen those relationships as well as build new ones.

“I support ARR and love to volunteer and compete in the races. Running is freedom and I look forward to sharing the road or trails with you soon.”

Jeff Rienstra

At-large Director



I came to Albuquerque on an Air Force assignment in 1984 and I've been working at Sandia Labs since 1988. I started running cross country in high school and it's been in my blood since then. I've usually raced moderate distances like 5K's and 10K's. After joining ARR almost 4 years ago to meet up with other runners I've done some longer races, including my first marathon a couple years ago. I may try an ultra sometime, but I'm still thinking about it. My daughter finished her first 50K this summer, so she's thrown down the challenge! I really enjoy the weekend runs, and the friends I've made there are very special to me. It's great to meet new people, too, and it's a real treat to see people from out of town show up at our runs due to our web presence and welcoming attitude.

“I'm really impressed with the way the club reaches out to the community to encourage running and fitness.”

ARR OFFICERS AND BOARD | 2017

Glenda Muirhead, President

Ana Romero Jurisson, Vice President

Linda Stiles, Secretary

David Kaufman, Treasurer

Ian Maddieson, At-large Director

Jim Schnitzler, At-large Director

Kelley Garcia, Advisory Director

Rodger Sack, Advisory Director-Property

Stephen Jett, Advisory Director

Dennis Muirhead, Advisory Director-Membership

Newsletter Editor: Glenda Muirhead

HELP WANTED

We are still seeking a new **PRESIDENT** for 2018. Ideal candidate will be an ARR member with knowledge of club activities, races, and events. Able to plan and conduct monthly membership meetings and periodic board meetings. Organizational skills a must.

Also seeking **VOLUNTEER COORDINATOR** to maintain database of club members who help with club programs, races, and events and provide assistance in planning annual Volunteer Banquet. Willing to recruit volunteers via emails and online sign-up tools.

Also seeking **NEWSLETTER WRITER/PUBLISHER** for club publications, detailing upcoming and past events. Publication formats include email newsletter and traditional bi-monthly "paper" versions.

If interested in any of these positions, please apply to: ARR Board



ARR makes \$2,500 Donation

ARR recently contributed to Native Health Initiative to support the organization's Running Medicine program.

Ana Romero Jurisson, ARR VP, presented the Big Check to Running Medicine representative Danielle Kie at our November 1st meeting. Danielle spoke about her experience with the program and its family orientation.

Running Medicine requested \$2,500 for these specific needs: \$750 to defray costs for races, shirts, and travel to races; \$1000 toward RM incentives; \$750 toward Running Medicine Wellness Grant program.

UPCOMING AREA RACES

Registration details and info on ARR website [RACE CALENDAR](#)

DECEMBER 2017

- 2 **Santa Shuffle 5K** | ABQ, NM-Balloon Museum | 5K Run, Elf Scoot 1K | presented by Special Olympics NM
Participants will receive a Santa hat, beard and finisher's ornament. Elf Scoot participants will get a T-shirt.
- 2 **Jingle Bell Run for Girls on the Run** | Santa Fe, NM | 5K Run | Racers encouraged to bring new hats & gloves for Communities in Schools Program
- 3 **Run Run Rudolph Half Marathon** | ABQ, NM - Bosque RS | 13.1M, 6.55 M, 5K, and Reindeer Dash
- 3 **Jingle Bell Run** | ABQ, NM - Balloon Fiesta Park | 5K run/walk | benefits the Arthritis Foundation
- 9 **Festivus 5K** | ABQ, NM - Mariposa Basin Park | 5K run/walk
- 9 **Lady of the Mountain Half Marathon** | Alamagordo, NM | 13.1 M run/relay, 10K, 5K run, kids' run
- 16 **Farolito 5K** | ABQ, NM - SIPI | 5K run/walk