

# ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 2  
February 2023

## IN THIS ISSUE

- 2 **UPCOMING EVENTS**  
Fun Run #2 Relay Feb 19  
Brew Tour #4 at Hops Feb 25
- 3 **VOLUNTEER BANQUET**  
Event Report + Pics
- 4 **MEMBER SPOTLIGHT**  
Diana Bibeau + Tony Recker
- 5 **Event Report + Pics**  
Fun Run #1 Pjs & PBJs
- 6 **Event Report + Pics**  
Brew Tour #3 at Canteen
- 7 **Race Report**  
Cliff M. at Canteen Run  
**Save the Date**  
Runners Ball April 8  
**ARR Board**  
**Membership Update**

## PRESIDENT'S MESSAGE

**Spring is just around the corner** and some of us are gearing up for a spring race. I want to take this opportunity to give a "shout out" to all of you who volunteered at a club event last year. While assembling the guest list for this year's volunteer banquet, I was pleasantly surprised to find that nearly 40% of our members volunteered at a club event in 2022. Volunteers are the heart and soul of our club and we couldn't have successful events without you.

**I also want to thank** those of you who responded to my request for input in January's newsletter. All your input will be carefully considered.

**We have many things in the works** for the near future, including resumption of our Trail Runs in the Spring, the Women in Training program starting in April, and some variation of the Member Race Series.

**Stay tuned** to this newsletter and our website for future announcements.

Stay healthy!

*Tom*

## NEXT CLUB MEETING

**Wednesday, February 8, 2023**

**7:00 pm**

**North Domingo Baca Center**

7521 Carmel Ave NE

Guest Speakers for the February meeting will be representatives from other local training groups, including Bob Samala of Albuquerque Fit; David Salazar of NM Track & Field Club; and Roleen Younis of Team Red, White, & Blue.

Our Club meetings welcome members, non-members, visitors – bring your friends and family!



# upcoming **EVENTS**

## **FREEforAll Fun Runs! #2 – Relay RePlay**

**Sunday, February 19, 2023 - 8:30 am**

**Location: Academy Hills Park at Layton and Concordia NE**



**Our February FreeforAll** will be held at Academy Hills Park on February 19. This event will be done relay style with each member of the 2-person team running 1 mile around the park, and then tagging off with their partner. Each person will run three laps total. You can treat this as a social run or run the laps as intervals, and if you don't have a partner we will pair you with someone. We will be awarding various prizes, and not necessarily for the fastest team, so come out and see what we have planned!

**If you plan to participate:**

Please email Shannon at [handicaps@abqroadrunners.com](mailto:handicaps@abqroadrunners.com) and let her know what pace you plan to run that day and whether you have a partner.

[more information](#)

## **Burque Brewery Tour**



### **FOURTH STOP**

**Saturday, February 25, 2023**

**V DAY**

**Hops Brewery**

7222 4th St NW

Los Ranchos de ABQ, NM

**Start time: 11:30 am**

Course Length: 5K

[view Facebook Event](#)



### **FINAL STOP**

**Saturday, March 25, 2023**

**SERIES CROWNING**

**Bombs Away Beer Company**

9801 Acoma Rd SE, ABQ NM

**Start time: 10:00 am**

Course Length: ~3.5 miles

[view Facebook Event](#)



# ABQ ROAD RUNNERS CLUB VOLUNTEER BANQUET

HONORING CLUB  
MEMBERS FOR  
VOLUNTEER  
SERVICE IN  
2022

Held Wednesday, February 1, at Tomato Café

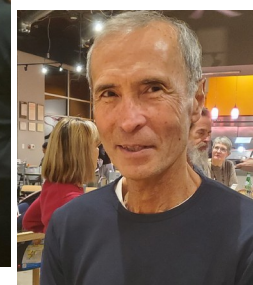
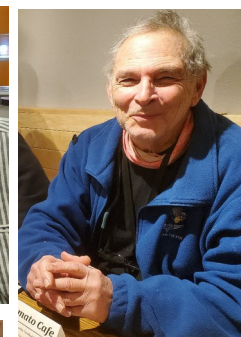
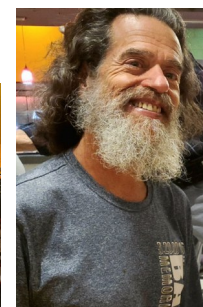
**This special annual ARR tradition** returned after a two-year hiatus due to closures, and it was a pleasure to gather again in celebration of the multitude of volunteers – nearly 40% of our membership – who assisted at Club events in 2022!

**With 40 people attending**, President Tom Besson announced the two newest inductees into the ARR Volunteer Hall of Fame:

- Norm Gagne, attorney, for his ongoing advocacy for the return of the La Luz Trail Run, an ARR Club race;
- Dina Hammad, for her four years serving as Club Treasurer.

**Thank you to ALL our volunteers!** We would be unable to make things happen for the club and the community without the many, many hours provided by these generous people!

[Visit our website's VOLUNTEER PAGE](#)





## ARR MEMBER

# S P O T L I G H T

# A Running Couple

## Diana Bibeau and Tony Recker

**Diana and Tony met somewhere in the first mile** of the 1999 Tucson Marathon. They ran together for several miles but got separated by mile 10. About mile 22 they got back together and with a combined effort finished together in 3:45.

**Tony was in Phoenix** on a business trip the following February and looked up Diana's phone number in the white pages and gave her a call. Their first date was a run in the Phoenix Mountain Preserve and the second was a run on South Mountain the next evening. That was the beginning of a relationship and lifestyle that over the next 22 years led to 113 marathons for Tony and 126 marathons for Diana, a marathon in each of the 50 states and DC, and several trips to run the Boston Marathon.

**Tony is a lifelong runner** starting with cross country in high school and continuing running to maintain fitness in his career as a forester with the Bureau of Indian Affairs. He rarely ran any races as he lived in rural areas. At the beginning of 1999 Tony set a goal to complete a marathon before 2000. Two months later he discovered he had prostate cancer. After several months contemplating the numerous treatment options, he went to his family in Minnesota and stayed there for parts of June and July while he went through surgery and recovery. He went for a walk the first day out of the hospital and began running again as soon as the doctor said he could.

**Diana took up running in 1991** to maintain fitness. She was living in Midland, TX, at the time so usually had to run in windy conditions. One of her friends asked her if she would run the 5K leg of a triathlon. Diana didn't know what a 5K was but she knew she could run for 30 minutes. She loved it. Diana moved to Phoenix in 1998 to be closer to her sister and to get out of the windy TX environment. She got involved in the running community in Phoenix and completed the Desert Classic Marathon, her first, in early 1999. She loved the distance and decided to follow a training plan with her goal race as the Tucson Marathon in December of that year.



**Tony and Diana married in June 2001.** Shortly after that, Tony accepted a position with the BIA in Nashville, TN. Moving day was 9/10/2001 and on 9/11/01 they were in a hotel in Ruidoso ready to depart when the world changed. They drove across the country to empty skies and long gasoline lines.

**They quickly got involved** with the Nashville Striders, a running club and race management group in the Nashville area. Diana served on the board of directors for 10 years, was volunteer coordinator for 7 years, and President of the organization for 2 years. Tony was a volunteer in the organization for nearly 18 years including managing the Strider's website for several years. The Striders managed about 30 races a year, so if the couple weren't out of town to run a marathon, they were involved with a local race.

**Tony retired from the BIA** at the beginning of 2011 and went back to part-time work selling running shoes at local running stores. Diana retired from Nashville Public Schools in 2020 with her retirement impacted by the unplanned shutdown of schools in March 2020 due to COVID-19. Plans to move back to her hometown of Albuquerque went on hold. Tony's running career also changed with surgery to both hips and changed to walking and biking.

**In June 2021,** Tony and Diana were finally able to travel to Albuquerque and selected lots and floor plans for new homes in Rio Rancho, one for them and one for Diana's Mom and older sister. After many construction delays, they were able to move

into their new homes in June 2022. Diana decided to return to work and now teaches in the Rio Rancho School District.

**They have enjoyed learning new routes** in the Albuquerque area, especially the bosque. Diana refers to the bosque as her "new happy place." Participating in running/walking events with the Albuquerque Road Runners and making new friendships is proving to be gratifying for them, and they look forward to upcoming events this spring.



# EVENT report

## FREEforALL FUN RUNS PJs and PBJs!

Held Sunday, January 15

Albuquerque Academy perimeter ~3.3 mi

□ Shannon Zanelli, Fun Runs Coordinator

Many assorted pajamas (at least pajama *bottoms*) were on display as about 20 runners and walkers (including Cappy the Dog) circled the Albuquerque Academy under an overcast sky. Afterwards, the group enjoyed a delicious assortment of peanut butter and jelly sandwiches. Thanks to everyone who came out for the event – and to Shannon and Beth D. for the PBJs!

[more pics here](#)





# EVENT report

## BURQUE BREWERY TOUR Resolutions Stink!

Held Saturday, January 28, at Canteen Brewhouse

□ Kelley "Perky" Garcia, Brew Tour Coordinator

**Thirty-four people showed up** to run the 4-mi Resolutions Stink! There were actually 39 people who attended. We saw several new faces and several faces we haven't seen in a while. There were lots of hugs, a lost key, a found key, laughter, and a little bit of good competition. Canteen Brewery was an incredible host!

**The course was a simple out and back**, leaving from Canteen and heading north on the bike path. The turnaround was just before Singer. There was a tailwind on the way out that allowed everyone to get warm, followed by a cooling headwind on the way back.

**The first gentleman was Nick, and the first lady was Ana Romero Jurisson.** Sonia Puccini brought the pay-it-forward gift and Kathy Kirsling was the recipient.

## RESULTS

1	Piggy Style	M	29:07.00
2	Gene	M	29:10.20
3	deadhead	M	30:06.70
4	Ana Romero Jurisson	F	32:23.50
5	Tony Hills	M	32:24.30
6	JR Ricciardelli & Maci	M	34:11.00
7	Brian Johnson	M	34:11.60
8	Gregory Gerwin	M	34:51.20
9	Sunshine	F	35:57.80
10	Jaime Aagaard	F	35:58.80
11	glumy	M	35:59.90
12	Dina	F	36:27.50
13	Carl Steinhauser	M	38:37.10
14	Andrea Schoellkopf & Porter	F	38:49.70
15	Juliana Hanneman-Hills	F	42:08.50
16	coondog & Cappie	M	42:12.80
17	Cheryl D	F	42:25.30
18	Ellen Kersh	F	43:38.20
19	Kathy Kirsling	F	44:15.30
20	Bex 505 Fried	F	46:58.50
21	Diana B	F	47:04.00
22	Glenda Muirhead	F	49:39.30
23	Anna W	F	50:32.30
24	Dennis	M	51:09.40
25	Nicole Naber	F	54:02.30
26	Jennifer Dugan	F	54:02.80
27	Julie Hotz	F	55:12.90
28	Hippie Christine F	F	55:32.00
29	Rebecca Torrez	F	56:04.30
30	David Wilson	M	57:21.50
31	Heidi R	F	01:01:26.20
32	Tony Recker	M	01:01:27.90
33	Marc Space	M	01:12:51.40
34	Martha Cascante	F	01:12:52.60



more pics and links to [webscorer.com](https://www.webscorer.com) results [HERE](#).

**"Resolutions Stink!" was the third stop on the Burque Brew Tour.** Pre-race I had a chance to chat with **Gene Kersh**, a runner I mostly know from seeing his name way before mine on various results pages. He's a few years older than I, so sometimes we're in the same age group, sometimes he's in a more advanced group. Although I've seen Gene's results "forever," I only recently started chatting with him pre- and post-race. Turns out he's a fellow deadhead. We are everywhere.

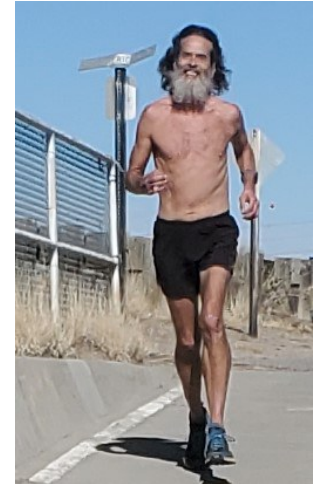
Similar to the Black Friday Turkey Trots and the Grinch Lunch, Nick ("Piggy Style") ran with us initially, barely breaking a sweat while Gene and I pushed fairly hard. Yup, Gene was tagging along, or so I thought. Turns out he was innit to winnit. I did pull ahead of both of them very briefly when running the downhill in the first half, but Gene and Nick more than made up for it on the corresponding uphill. After the turnaround I never caught up with them again, but I had a nice view.

Once again, I knew I was beat and so I ran fast enough to remain in third, but I didn't run painfully fast. Nick pipped Gene at the end.

I had actually meant to bring my iPod touch and listen to my Speed 3 playlist. If I had, I suspect I'd have run a little faster, but I don't think I could have caught either. Gene ran a 16:46 5k earlier this year. That's a 5:24 pace for over three miles. I believe my fastest mile ever was just barely under six minutes and that was years ago when I was doing more speedwork. I am not worthy.

The weather was excellent, so people gathered together outside to relax and drink beer. I got to catch up a bit with several of the Albuquerque Road Runners, including meeting Doug, a runner who is older than I and younger than Gene. I also got to meet Gene's wife, Ellen.

My official time was 30:06.7.



## ARR BOARD OF DIRECTORS

President	Tom Besson
Vice President	Joyce Fafard
Secretary	Juan Mendez Granado
Treasurer	Peter Falk
Director	Shannon Zanelli
Director	Spencer Briggs
Advisory	Rodger Sack
Advisory	Dennis Muirhead / Membership
Advisory	Glenda Muirhead / Publications

*Click on TITLE for email address*

## FUNDRAISER for Running 505



**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

**January 2023**

### Renewed Members

Dina Hammad  
 Frederic Moras  
 Cecelia Niemczyk  
 Alan Overmier & Cyndi Vaughan  
 Mauro Perego  
 Geoffrey Tweed  
 Wendy Wiggins

### New Members

Jackie Cromeans  
 Nicole Gibson  
 Luis Martinez Castro & Monica Rosas Lemus  
 Gabriel Rodriguez