

ARR news

Newsletter of Albuquerque Road Runners Club | Vol 40 No 2
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PRESIDENT'S MESSAGE

Our members who volunteered for a club event in 2023 were honored at our annual Volunteer Banquet on January 31. Our club could not put on these events if not for our volunteers, and you are truly appreciated. Thanks to all who volunteered. Also, two names were added to our **Volunteer Hall of Fame: Peter Falk**, who has served as ARR secretary and treasurer for the past few years, and **Spencer Briggs**, who has volunteered several times for Mt. Taylor 50K and currently serves on our board of directors. Also honored was **Glenda Muirhead**, who has served the club as president, vice-president, treasurer, newsletter publisher, and webmaster among other tasks and duties she works on. Congratulations and thanks to these honorees.

The City's 50+ Games kick off in April with the 5k and 10k road races, followed by 50m, 100m, 200m, 400m, 800m, 1500m, and 4x100m relay. More information will be available at February's monthly meeting. Check out the photos of some club members in the catalog, including the late Chuck Fuller.

The annual ARR Women in Training Program starts April 15. For more information contact **Jane Cudney-Black** at wit@abqroadrunners.com. WIT concludes with the club's Women's Distance Festival 5k on June 23.

I am pleased to announce that **Chris Martin and Brian Johnson have agreed to co-direct the Forever Young Run** which is scheduled for September 8. I will work with Chris and Brian through the transition so this event will continue to be a successful club race.

Finally, Robin Hopkins has informed the club that she is stepping down as **Volunteer Coordinator**. So we are seeking someone to take her place. If you are interested or have questions, please [contact me](#).

Tom Besson



CLUB MEETING

Thursday, February 15 - 7:00 pm

North Domingo Baca Center – Wyoming NE at Carmel

Our guest speaker will be Shelley Rael, registered dietitian. Shelley has a Master of Science in Nutrition degree and will share guidance about healthy eating. She is a regular presenter during ARR's Women in Training Program, where she addresses issues unique to sports nutrition in addition to general health. Maybe those club members training for the upcoming River to River Relay can get some tips on what to eat between relay legs!

Because the second Wednesday in February is Valentine's Day, our monthly meeting will be on the following day instead.

Upcoming EVENTS

BURQUE BREWERY TOUR



V Day Run!



Saturday, February 24, at 11:30 am

Hops Brewery, 7220 4th St NW, ABQ

Course Length: 5K

[view Facebook event](#)

Kelley and Joaquin Garcia host this fourth Stop on the Tour! Participants are timed and results tallied for each event and for the season, and the overall top male and female runners both win a prize. Come for a run or walk, then enjoy a drink and maybe some food!

OPEN TO ALL - FREE TO PARTICIPATE!

Mark your calendar

Final Stop of the Season!

Crowning Event - Saturday, March 23, 2024 - 10:00 am

Bombs Away Beer Company, 9801 Acoma Rd SE, ABQ

Course Length: 3.5-ish miles | [view Facebook event](#)

FREE4ALL FUN RUNS



Pi Day Run!

Thursday, March 14, 2024

Start: 6:00 pm

Distance: 3.14 miles

Location: Flying Star Café, 4501 Juan Tabo NE (north of Montgomery)

Come run PI and eat PIE on Pi Day!

This annual Fun Run will be held on 3.14, at 6 pm (yes, this is a weeknight run!). We will meet at the Flying Star on Juan Tabo near Montgomery to run 3.14 miles along the Bear Canyon Arroyo bike path. After the run, we will enjoy some pie! Please park in the lot behind the Flying Star, near the baseball fields.



ARR BOARD OF DIRECTORS

CLICK ON TITLE TO SEND EMAIL

President	Tom Besson
Vice President	Brian Johnson
Secretary	Juan Mendez Granado
Treasurer	Peter Falk

Director	Shannon Zanelli
Director	Spencer Briggs
Advisory	Kurt Coonrod
Advisory	Chris Martin / Membership



By Ian Maddieson
Race Series Co-ordinator

The Albuquerque Road Runners Race Series returns for 2024. This is a set of public races in Albuquerque or not too far away in which club members are encouraged to take part in friendly competition with each other, with encouragement to try a variety of distances and conditions. As before, there are 6 categories of races, four distances on the roads (5k, 10k, half-marathon, and marathon) and two trail categories (long trail and short trail). Only your best score in each of the six categories counts in the final year-end total. Points are awarded based on the winner's time as a percentage to your finish time, with male and female times calculated separately. So, if you take twice the time of the winner, your points would be 50. Competition is within 10-year age brackets, with age as of July 1 2024 deciding which group you belong in.

For 2024 a larger number of races are included, compared to 2023. Limiting the number of races last year seems to have contributed to fewer participants in the series. The races are listed below, by category. For the list of eligible races in calendar order with registration details, please consult the ARR website's [MEMBER RACE SERIES PAGE](#).

Please consider signing up. Send me an e-mail to sign up at either
raceries@abqroadrunners.com or ianm@berkeley.edu.

5k Races

Super Bowl 5k (Feb 11, ABQ)
Albuquerque 5k (Apr 6, ABQ)
Run For the Zoo 5k (May 5, ABQ)
Cherry Garcia 5k (Jun 16, ABQ)
Lovelace Rio Grande 5k (Aug 11, ABQ)
Great Balloon Chase 5k (Oct 6, ABQ)
Duke City Marathon 5k (Oct 20, ABQ)
Doggie Dash and Dawdle (Nov 3, ABQ)

10k Races

Super Bowl 10k (Feb 11, ABQ)
Albuquerque 10k (Apr 6, ABQ)
Run For the Zoo 10K (May 5, ABQ)
Cherry Garcia 10k (Jun 16, ABQ)
Great Balloon Chase 10k (Oct 6, ABQ)
Duke City Marathon 10k (Oct 20, ABQ)

Half-Marathon Races

Albuquerque Half-Marathon (Apr 6, ABQ)
Shiprock half-marathon (May 4, Shiprock)
Run For the Zoo half-marathon (May 5, ABQ)
Ruidoso half-marathon (July 20, Ruidoso)
Lovelace Rio Grande half-marathon (Aug 11, ABQ)
Great Balloon Chase half-marathon (Oct 6, ABQ)
Duke City Marathon half-marathon (Oct 20, ABQ)

Marathon Races

El Paso Marathon (Feb 11, El Paso TX)
Shiprock Marathon (May 4, Shiprock)
Ruidoso Marathon (July 20, Ruidoso)
Duke City Marathon (Oct 20, ABQ)

Short Trail Races

Sierra Vista Trail Runs 10k (Mar 2, Las Cruces)
Forever Young 6 mile (Sept 8, Placitas)
La Llorona Ditch Witch Run 10k (Oct 13, Corrales)
Deadman Peaks Trail Runs 8 mile (Nov 2, Cuba)
Bosque Bigfoot 8-miler (Nov 30, ABQ)

Long Trail Races

Sierra Vista Trail Runs 50k (Mar 2, Las Cruces)
Cedro Peak 50k (Apr 20, Tijeras)
Cactus to Cloud Trail Run 50k (May 4, Alamogordo/Cloudcroft)
Jemez Mountain Runs 50-mile and 50k (May 11, Los Alamos)
Mt Taylor 50k (Sep 28, Grants)
Deadman Peaks Trail Runs 53 mile and 55k (Nov 2, Cuba)
Bosque Bigfoot 50k (Nov 30, ABQ)

**For the list of eligible races in calendar
order with registration details,
please consult the ARR website
[MEMBER RACE SERIES PAGE](#)**

EVENT Report

RESOLUTIONS STINK RESULTS ON WEBSCORER
SERIES RESULTS ON WEBSCORER

BURQUE BREWERY TOUR

Resolutions Stink!

Held Saturday, January 27, 2024
Canteen Brewhouse

By Kelley Garcia, Brew Tour Coordinator

The weather was absolutely perfect for Resolutions Stink, the third stop on the Brew tour. There were 47 who ran or walked, and an additional 10 who came to cheer. The run was four miles out and back along the north diversion channel. The first finisher was **Luis Martinez** in 27:27. **Kellie Nickerson** was the first female finisher in a time of 28:47. They both received cans of Vienna sausages as well as a beer. Valuable trophies!

Ramzi provided the Pay-It-Forward gift and Greg Gerwin received it.

Canteen Brewery also happened to be holding a "Blind Date with a Book" event, so many people enjoyed a book with their beer (or root beer)!



1	Luis Martinez	M	27:27.6
2	Pappa gene	M	28:09.0
3	Nick Piggy Style	M	28:39.2
4	Kellie Nickerson	F	28:47.6
5	deadhead	M	30:44.7
6	James Duplain	M	30:45.4
7	Steve Nickerson	M	32:38.4
8	Ana Romero Jurisson	F	32:59.3
9	Natalie Rabon	F	33:16.1
10	Travis Rabon	M	33:16.6
11	Gregory Gerwin	M	34:56.7
12	Dina	F	38:20.5
13	Brian Johnson	M	38:21.0
14	coondog & Cappie	M	38:53.9
15	Dayverson St. Phard	M	39:04.5
16	Valerie Denton	F	39:19.2
17	Joel	M	41:04.3
18	Dennis	M	41:09.2
19	Patrice Leddy	F	41:23.3
20	Nicole Highfill	F	42:07.2
21	Bex Friedberg	F	42:42.1
22	Monica Rosas	F	42:49.6
23	Natasha	F	43:04.2
24	Monica Padilla	F	43:15.4
25	Denise Haskins	F	43:15.9
26	April T. Taylor	F	43:28.3
27	Tomoko Hama	F	43:30.0
28	KK	F	43:47.0
29	Glenda Muirhead	F	43:51.4
30	Kim Gieck	F	44:07.8
31	Jaime Aagaard	F	44:49.7
32	Alison Webster	F	45:25.5
33	Yoda	M	46:54.1
34	Diana B	F	49:14.2
35	Veronica M	F	50:49.0
36	Chris M	M	50:49.5
37	Kim Florio	F	51:08.8
38	Paige Williams	F	51:41.1
39	Dietrich	M	51:41.7
40	Cheryl D	M	51:46.6
41	Anna W	F	52:24.6
42	Wendy W	F	52:25.7
43	Christine Ford	F	52:53.0
44	Julie Hotz	F	52:53.6
45	Tony Recker	M	53:17.7
46	Lori Staub	F	1:03:19
47	Nick J	M	1:03:20

Coming Up

V-DAY RUN!

Saturday, February 24, 2024 - 11:30 am
Hops Brewery, 7220 4th St NW
Course: 5K
[view Facebook event](#)

VOLUNTEER BANQUET



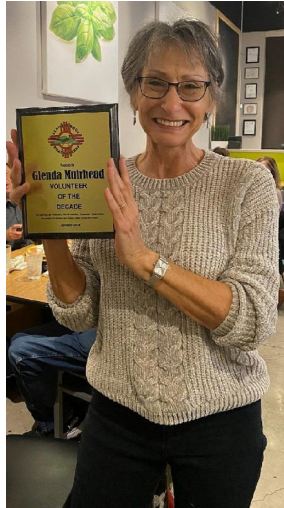
*Volunteers are the foundation
of an active, fun, and energetic club ...*

... and ARR volunteers are greatly appreciated for their contributions to the running community. The Club recognized the many hours spent by our members in service to ARR during 2023 with the **Annual Volunteer Banquet** held on **January 31 at Tomato Café**.

Club president Tom Besson and his wife Sara Nurnberg hosted the group totaling 41 attendees for dinner and drinks, gifting all with a white coffee mug emblazoned with the ARR color logo. Tom also announced two new inductees into the **ARR Volunteer Hall of Fame: Spencer Briggs and Peter Falk**, whose names have been added to the official plaque. **Glenda Muirhead** was also honored as a long-time volunteer. *Congratulations to everyone. And please keep up the great work!*



Spencer Briggs, left, new inductee into the ARR Volunteer Hall of Fame. Peter Falk was unable to attend.



Glenda Muirhead, also honored in 2024



Sara Nurnberg & Tom Besson



Jane Cudney-Black & Chris Black



Robin Hopkins & Kathy Kirsling



Larry & Anna Williamson



John & Roxie Carpenter



Gene & Ellen Kersh

MORE PHOTOS ON THE ARR WEBSITE

Membership Update January 2024

Renewed Members

Jane Cudney-Black & Christopher Black
Juliana Hanneman & Tony Hills
Gene & Ellen Kersh
Richard Knapp
Patrice Leddy
Joel Melendez
Gwen Ray
Nat Rivera
Gabriel Rodriguez
Meisha Smith-Bystrom

New Members

Ian Flude
Paul Martin
Margaret McDonnell + Sophia
Carrie Noren + Sylvain, Annette, Sophie, and
Scott Noren

GOT IDEAS?



ARR is seeking
GUEST SPEAKERS
for our monthly meetings

YOUR SUGGESTIONS ARE
APPRECIATED!

PLEASE CONTACT:
TOM BESSON – President
BRIAN JOHNSON - VP

THE FATHER OF AMERICAN DISTANCE RUNNING

Cliff Matthews wishes everyone a **HAPPY TED CORBITT'S BIRTHDAY**
"If you don't celebrate it, you're missing out."

Ted Corbitt passed away in 2007 at the age of 87, but his legacy lives on in the countless runners he inspired and mentored. Fred Lebow (founder of the New York City Marathon) called Corbitt "the father of American distance running." January 31 would have been Ted's 104th birthday.

Ted Corbitt was the first Black American runner to compete in the Olympic marathon (Helsinki 1952) and the founding president of New York Road Runners. He completed 223 marathons and ultramarathons—winning 30 of them—and ran more than 170,000 lifetime miles. He was also an innovative physical therapist, the inventor of accurate course measurement, and a tireless champion of inclusivity across all ages, races, genders, and abilities. Corbitt was among the first five runners to be inducted into the National Distance Running Hall of Fame, and the first to be inducted into the American Ultrarunning Hall of Fame

[Ted Corbitt's] many contributions—in leadership, technology, competition, training, and physical therapy—make him the single most effective individual in establishing the American marathon as a modern sport.

– Pamela Cooper Chenkin, *The American Marathon* (Syracuse University Press)

From the New York Road Runners website:
Happy Birthday, Ted Corbitt



On January 31, we celebrate the birthday of Ted Corbitt (1919-2007), the founding president of NYRR. Without Ted, so much about running would not be what it is today — and NYRR wouldn't be the organization it has become. As our first president, Ted established NYRR as a service organization for the community of runners, focused on New York but open to the world.

