

ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 1
January 2023



Our New President's MESSAGE

from Tom Besson

Outgoing President's

MESSAGE *from Kurt Coonrod*

I want to welcome the incoming slate of officers for this year. **Tom Besson** will be taking over as President, **Joyce Fafard** as Vice President, **Peter Falk** as Treasurer, **Juan Mendez** as Secretary, and **Shannon Zanelli and Spencer Briggs** as our two At-Large Directors.

After four years as president, I'm looking forward to stepping back a bit. I will keep working with Norm Gagne on returning the La Luz Trail Run, and with Ken and Margaret Gordon on directing the Mt. Taylor 50K.

I want to give a special thanks to those officers who have served since before Covid and are now stepping down. **Dina Hammad** has been a rock in performing her duties as club treasurer, easily the position requiring the most work. **John Clady**, at-large board member, was a major help with legal advice as we pursued our efforts on La Luz, as well as director of the Forever Young Run. Others that need special thanks include: **Glenda Muirhead** for her dedicated work on the club newsletter and website among many other tasks; **Shannon Zanelli**, hosting the FreeforAll Fun Runs; **Kelley and Joaquin Garcia**, hosting the Burque Brew Tour runs; **Tom Besson**, directing the Women's Distance Festival; and **Ken and Margaret Gordon**, directing the Mt. Taylor 50K.

I want to wish all club members a **Happy and Healthy New Year!**

Kurt

As I begin my term as president of your club, I have three goals in mind. For two of these I am asking for your input. You may respond to the first two listed below by emailing me at president@abqroadrunners.com. If you prefer to reply anonymously, you can mail your response to: ARR President, P.O. Box 20011, Albuquerque, NM 87154.

GOAL #1: INCREASE ATTENDANCE AT CLUB MEETINGS

Our membership has remained steady, even through the pandemic, but attendance at our monthly meetings has dwindled. If you don't attend our monthly club meetings, why not? Below are some choices, but feel free to add your own reason.

- Location of meetings isn't convenient [too far; not centrally located; not consistent]
- Meetings topics don't appeal to me
- Time of meetings is not convenient [day and/or time]
- Meetings aren't my thing

What would interest you in attending meetings? What would you like to see at the meetings?

- More guest speakers
- More technical and/or training advice
- More social activities
- Access to food and adult beverages
- Door prizes

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NEXT CLUB MEETING

Wednesday, January 11, 2023

7:00 pm at North Domingo Baca Center

Guest Speakers for the January meeting will be representatives from two of the groups that received donations in 2022, Running 505 and Running Medicine/NHI, who will speak about their programs.



GOAL #2: RECRUIT YOUNGER MEMBERS TO THE CLUB

I think most of us can agree we would benefit from input and participation of younger people, but how do we do this? I don't have the answer to this one, but am open to any and all suggestions regarding this issue.

GOAL #3: RETURN THE LA LUZ TRAIL RUN AS A CLUB EVENT

This race has been the club's main source of revenue for many years, not to mention the fact it is on many runners' bucket list and is a destination to showcase New Mexico's climate, terrain, food, culture, and tourist attractions. Kurt Coonrod and Norm Gagne have been working on this issue for months and we are hopeful their efforts will bear results soon.

We value and encourage your participation in club activities and know you'll enjoy an enthusiastic welcome from your fellow members. I personally invite you to *attend our monthly meetings!*

Tom

upcoming **EVENTS**

FREEforAll Fun Runs! #1 – PJs and PBJs

Sunday, January 15, 2023 - 8:30 am



Location: Albuquerque Academy perimeter trail (~ 3.3 mi.) PJ outfits are definitely welcomed and encouraged (*but not required!*). After the run, enjoy some assorted peanut butter and jelly sandwiches.

[more information](#)



Burque Brewery Tour

2022-2023 Season: 5 Stops. Led by Kelley "Perky" Garcia!

[View webpage](#)
[View schedule as pdf](#)

THIRD STOP RESOLUTIONS STINK!

Saturday, Jan 28, 2023
Canteen Brewhouse



2381 Aztec NE, ABQ NM
Start time: 11:00 am
Course Length: 4 miles
[view Facebook Event](#)

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](#)

EVENT report

The sky was mostly overcast with only occasional glimpses of the sun, but that didn't discourage the 30+ people who came out to run and walk the course, and also enjoy the "after-event" at Bosque Brewing. Kelley and Joaquin set up an enjoyable 3-ish mile route on paved paths and streets with (of course) ups...and downs. Thanks for a fun time!

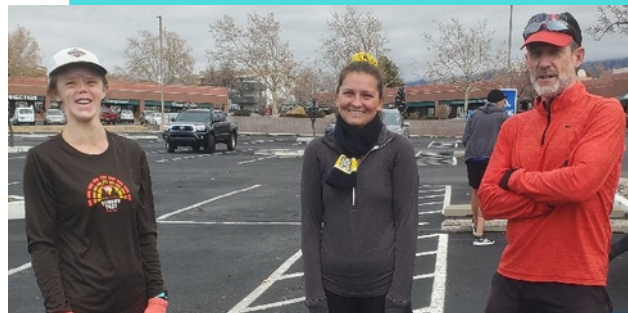
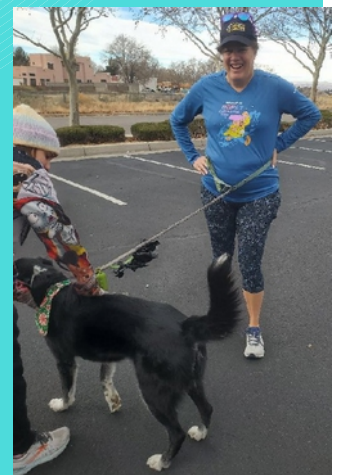
BURQUE BREWERY TOUR Grinch Lunch

Held Saturday, December 31 - Bosque Brewing Co / Heights



RESULTS

1	Piggy Style	M	22:04.00
2	deadhead	M	22:28.70
3	Ana Romero Jurisson	F	22:46.20
4	Steve Nickerson	M	23:21.50
5	Kellie Nickerson	F	23:56.40
6	Brian Johnson	M	24:33.40
7	JR Ricciardelli & Maci	M	24:34.00
8	Jaime Aagaard	F	25:40.50
9	Dina Hammad	F	25:42.20
10	Larry Marcas	M	25:54.70
11	Aubrey	F	27:00.80
12	Destiny Ann	F	27:54.20
13	Raoul Lopez	M	28:01.90
14	Karl Rysted	M	28:07.50
15	Andrea Schoellkopf & Porter	F	29:19.70
16	Patrice Leddy	F	31:14.60
17	Sonia Puccini	F	32:11.40
18	Cheryl D	F	32:15.60
19	Kathy Kirsling	F	33:50.70
20	Dianna B	F	34:53.80
21	Dennis	M	34:54.40
22	Kelly Bowles	F	35:17.10
23	Rhondi Thornton	F	35:17.80
24	Glenda Muirhead	F	35:28.30
25	Jennifer Dugan	F	39:01.80
26	Paul Kennerty	M	39:56.10
27	Anna W	F	40:17.70
28	Tony Recker	M	45:44.50
29	Chuck	M	45:45.70



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

RUNNERS BALL 2023

80's Prom Party



A fundraiser for Running 505

April 8, 2023

6 pm-10 pm

Lava Rock Brewery

Live Music by *The Disclaimers*

Great Food!

Great Company!

Fabulous Silent Auction

Running 505 website

Runners Ball - info, tickets, sponsorships

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

MISSION STATEMENT

The Albuquerque Road Runners Club is an organization of runners and walkers committed to bringing the benefits of physical and social activity to our community by sponsoring and supporting running and walking events, training and running groups, volunteerism in club and community events, supporting local non-profits with donations, and other means of education and encouragement of physical activity in and around Albuquerque.

MEMBERSHIP UPDATE

December 2022

Renewed Members

Gene & Ellen Kersh
Joel Melendez
Andrea Telmo

New Members

Carl Light
Jon Roberts
Nat Rivera
Karl Rysted