



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 40 No 1
JANUARY 2024

PRESIDENT'S MESSAGE

Happy New Year! Maybe you received some new running gear for Christmas or put on some extra holiday pounds. Either way, it's time to get motivated and get back out there. Welcome to our newly re-elected officers and board members (see Page 2), and especially to Brian Johnson who is the new ARR vice-president.



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We are still accepting donations of new and gently used running shoes so bring them to our next monthly meeting. Perhaps you got some new shoes for Christmas and have some old ones that still have some life left in them that you need to discard.

Also, we are still looking for a race director for Forever Young. I will be glad to mentor someone who is interested in taking over this club race which will celebrate its 19th year in 2024.

If you volunteered at a club event this year, watch for your invitation via email to the annual Volunteer Banquet in late January. Also at that time, the Volunteer of the Year recipient will be announced and their name added to the Volunteer Hall of Fame.

Tom Besson

CLUB MEETING



Wednesday, January 10 - 7:00 pm

North Domingo Baca Center – Wyoming NE at Carmel

The January monthly meeting will feature guest speaker Gary Schancer, a physiologist, club member, and former director of the Albuquerque Fit program. Gary will tell us what a physiologist does, where they are usually employed, and when we might need to visit one.

Upcoming EVENTS

FREE4ALL FUN RUNS

● PJs & PBJs



Saturday, January 6, 2024 at 8:30 am

Course: Albuquerque Academy perimeter trail - one loop

Distance: Approximately 3.3 miles

Come out and run or walk in your coziest pajamas around the Albuquerque Academy! PJ outfits are welcomed and encouraged, but not required if that's not your style. After the run, enjoy assorted PBJs (peanut butter and jelly sandwiches) at the finish area.

[Click here for parking information](#)

**Mark
your
calendar**

Relay RePlay Fun Run/Walk - Date To Be Determined

Location: Academy Hills Park at Layton and Concordia

Pi Day Fun Run/Walk - Thursday, March 14, 2024

Start: 6:00 pm

Distance: 3.14 miles

Location: Flying Star Café, 4501 Juan Tabo NE

BURQUE BREWERY TOUR

● Resolutions Stink!



Saturday, January 27, 2024 at 11:00 am

Canteen Brewhouse, 2381 Aztec Rd NE, ABQ

Course Length: 4 miles

[view Facebook event](#)

Kelley and Joaquin Garcia host this third 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**

V Day Run - Saturday, February 24, 2024 - 11:30 am

Hops Brewery, 7220 4th St NW, ABQ

Course Length: 5K | [view Facebook event](#)

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](#)

EVENT Report

GRINCH LUNCH RESULTS ON WEBSCORER
SERIES RESULTS ON WEBSCORER

BURQUE BREWERY TOUR

Grinch Lunch

Held Saturday, December 23, 2023
Brew Lab 101 Heights

The Grinch Lunch was held on Saturday, December 23, at the new Brew Lab 101. It used the course from the Wednesday night ReSource run group. Brew Lab 101 recently assumed control of the venue. The rain stopped just in time for the race to start. Twenty-four runners participated and seven additional people witnessed the race.

The winners, Nick Piggy Style and Kellie Nickerson, received a Twinkie and a beer for their efforts. The Pay-It-Forward gift was provided by Theresa Kester and received by Ramzi.

| Place | Name | Gender | Finish time |
|-------|---------------------|--------|-------------|
| 1 | Nick Piggy Style | M | 24:50.4 |
| 2 | Kellie Nickerson | F | 24:55.0 |
| 3 | deadhead | M | 25:13.6 |
| 4 | Steve Nickerson | M | 26:55.7 |
| 5 | Ana Romero Jurisson | F | 27:01.7 |
| 6 | Dina | F | 29:02.0 |
| 7 | Jaime Aagaard | F | 29:06.3 |
| 8 | Greg Bunting | M | 29:37.8 |
| 9 | Ramzi | M | 29:54.6 |
| 10 | Carl Steinhauer | M | 33:12.2 |
| 11 | Gabriel Rodriguez | M | 34:01.6 |
| 12 | Dennis | M | 34:02.9 |
| 13 | Evan Johnson | M | 34:07.6 |
| 14 | Brian Johnson | M | 34:08.9 |
| 15 | Glenda Muirhead | F | 34:11.0 |
| 16 | Cheryl D | F | 34:15.1 |
| 17 | Patrice Leddy | F | 35:22.1 |
| 18 | Bex Friedberg | F | 36:18.5 |
| 19 | Anna W | F | 46:03.4 |
| 20 | Wendy W | F | 46:04.4 |
| 21 | Christine Ford | F | 57:50.1 |
| 22 | Julie Hotz | F | 57:51.2 |
| 23 | Lori Staub | F | 58:40.7 |
| 24 | Nick J | M | 58:41.6 |



Dina Hammad, Sonia Puccini, Patrice Leddy



Dennis Muirhead



Tony Recker. In the background, Overall Winner Nick, Carl Steinhauer, Gabriel Rodriguez



Brian Johnson with son Evan

Coming Up

RESOLUTIONS STINK!

Saturday, January 27, 2024 - 11:00 am
Canteen Brewhouse, 2381 Aztec Rd NE
Course: 4 miles
[view Facebook event](#)



ARR Volunteers

To the **ARR Board Officers and Directors** and all the Coordinators of ARR activities, to the Directors of club races and to all those loyal members whose volunteer efforts make those races and activities possible ...

You are the best!

Volunteers are the foundation of an active, fun, and energetic club, and ARR volunteers are greatly appreciated for their contributions to the running community. Each year, the Club recognizes the many hours spent by our members in service to the Club with the Annual ARR Volunteer Banquet.

If you are an ARR member who volunteered your time in 2023 for any Club-sponsored or Club-promoted activity, you will receive an invitation to the Banquet which will be held later this month.

Watch for it in your email Inbox!

Contact **Robin Hopkins**,
Volunteer Coordinator,
to volunteer in 2024!

GOT IDEAS?



ARR is seeking
GUEST SPEAKERS
for our monthly meetings

*YOUR SUGGESTIONS ARE
APPRECIATED!*

Please Contact

TOM BESSON – President
BRIAN JOHNSON - VP

Membership Update - December 2023

Renewed Members

Gail Leedy
Steven & Donna Rospopo
Chris Martin + *Veronica*
& *Breana Martin*
J. P. Quattrone
Anne Schmidt
Roger Squires

New Members

Javier & Carolyn Delgado
Sophia Genovese
Barb Hecht
Devon & Michael King
Luis Alberto Martinez Castro
& Monica Rosas Lemus

ARR BOARD OF DIRECTORS

| | |
|----------------|---------------------------|
| 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 |

CLICK ON TITLE TO SEND EMAIL

holiday PARTY

In Photos

DECEMBER 13 at Sol Event Palace: *Food - Friends - Festivity*



Kurt Coonrod and Tom Besson



Ken Gordon, Ed Heller, and Margaret Gordon



Ellen and Gene Kersh



Tom Spadafora and Tony Recker



Cece Niemczyk at the buffet table.
At far left in red, newly-elected
Vice President Brian Johnson