

# ARRNews

Newsletter of Albuquerque Road Runners Club | Vol 39 No 7

JULY 2023



## JULY

In This Issue

- **2 Event Report**Women's Distance Festival
  Held Sunday, June 25
- 3 Seeking Pace Group Leaders Duke City Marathon Sunday, October 22, 2023

**Duke City Marathon Turns 40!** by John Farrow

4 Cliff Matthews at Western States Membership Update ARR Board of Directors

## **PRESIDENT'S MESSAGE**

**The heat is on!** Can't think of a better time to spend an evening in an air-conditioned theater with friends watching a good movie! So sign up now for our **July 12 Club meeting** which will be at Icon Cinemas to view **Patriots Day** starring Mark Wahlberg, Kevin Bacon and John Goodman, an action thriller film about the Boston Marathon bombings in 2013 and the subsequent terrorist manhunt.

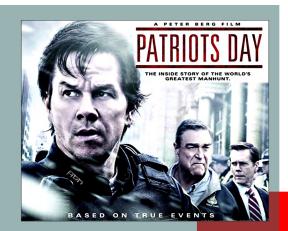
**The movie starts at 7:00 pm.** Seating is limited so **email me** to reserve seats for you and a guest. If you have more friends or family that would like to attend, let me know how many and I will add that to my wait list. If space becomes available, I will contact you. **This will take the place of our usual summer picnic, so come join the fun.** 





We are still collecting running shoes for Sneakers 4 Good, so bring your gently worn, used or new running shoes to our movie night. All donated shoes go to over 24 underdeveloped countries such as Haiti, Honduras, Ukraine, and Colombia. Remember, athletic shoes only. No boots, flip flops, dress shoes, sandals, or cleats please.

Tom Besson



## Movie Night for ARR!

Special Showing of Patriots Day

When: Wednesday, July 12 at 7:00 pm Where: Icon Cinemas - 4591 San Mateo Blvd

(just north of Montgomery, behind Hooters)

Sign Up! Details are in Tom's Message above.

## **EVENT** report

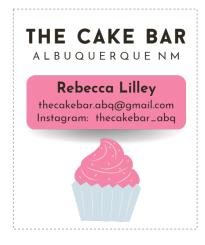
# ABQ Road Runners' Women's Distance Festival 5K Run and Walk

## By Tom Besson, Race Director

**Our Club's 36<sup>th</sup> Annual Women's Distance Festival** was held Sunday, June 25 at the UNM North Golf Course. Entries were up slightly over last year. Of course, sunshine is more inviting that last year's rain. Let me share a few glimpses of what some participants experienced.

- Luz Antonio, age 17, entered her first race, running with her aunt. She finished her event...and also won first place in her age group. Way to start your running career!
- Irene Terronez, age 79, has run this race many times and wrote a glowing review of the event on Race Entry.com. Thanks, Irene, and congratulations for winning your age group too.
- Former Deputy Robin Hopkins, who was injured in the line
  of duty when a gunman went on a rampage through the streets
  of Albuquerque about 10 years ago, entered her first
  competition since her injury. She completed the course quite
  successfully, and served to motivate and inspire others to battle
  back against setbacks and regain their physical fitness.

Thanks to all the volunteers and to all the participants whom I had the chance to talk to afterwards, for your encouraging feedback.



Also, many thanks to **Rebecca Lilley**, who not only raced but also provided tasty, pretty cake bars for all the finishers and age group winners – which made the event even more special!

## View the Race Photo Album HERE

A HUGE THANK YOU to our photographer, CHRIS BLACK

## RACE RESULTS

All Results - webscorer.com

All Results - pdf

#### **5K RUN TOP 3 OVERALL**

- 1 Kellie Nickerson Age 37 20:48.0
- 2 Ellen Silva Age 39 20:53.0
- 3 Nelly Ferreira Age 24 21:59.5



#### **5K RUN TOP 3 MASTERS**

- 1 Shannon Zanelli Age 51 22:38.1
- 2 Polly Padilla Age 62 25:26.0
- 3 Elizabeth Wagner Age 61 25:34.5



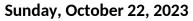
#### **5K WALK TOP 3**

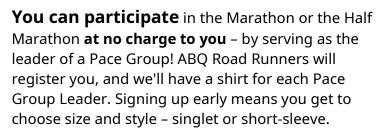
- 1 Laura Draelos Age 61 33:07.1
- 2 Melinda Gonzales-Hibner Age 62 46:54.3
- 3 Laura Greenleaf Age 67 48:42.4



# ARR is Seeking PACE GROUP LEADERS

# For the 40TH DUKE CITY MARATHON and Half Marathon





## **OPTIONS**

## Run the complete Marathon

- Get an official time in the standings

## <u>Split the Marathon</u> into two halves with another runner

- No official time

#### **Run the Half Marathon**

- Get an official time in the standings

If this sounds like something you might like to do, please let us know!

## **REQUESTED FINISH TIMES**

| FULL  | HALF     |
|---|----------|
| MARATHON                                      | MARATHON |
| 3:15  | 1:30     |
| 3:30  | 1:45     |
| 3:45  | 2:00     |
| 4:00  | 2:15     |
| 4:15 4:30 - Geoff Tweed 4:45 - Aidan Thompson |          |
| <b>5:00</b> – <i>Cliff Matthe</i> 5:30        |          |



# THE DUKE CITY MARATHON TURNS 40! By John Farrow

This year will be the 40th edition of Albuquerque's Duke City Marathon. Begun in 1984 by Tico & Marge Navarro with only a marathon and half-marathon, they expected it to last for only ten years at most. A 5K was added for the second year and thereafter came a marathon relay, a 10K, and various walks. The Duke City race shirts were the first in New Mexico to be long sleeve and they garnered awards from Runner's World magazine for the best race shirt (1992) and race poster (1993). The Navarros thought they might be able to close the race after twenty years, except that it has become a fixture of the fall running scene in not only the city and state of New Mexico

## Ordinarily the third weekend in

but also the Southwest.

**October,** this year the Duke City Marathon is scheduled for October 22, 2023, with the race expo at the Albuquerque Convention Center the previous day. There is no race-day registration or packet pickup, so race packets must be picked up at pre-race locations or at the expo, or they can be mailed.

#### Runners from all over the United States

as well as several dozen countries have come to the Duke City Marathon. The past few years they have been able to place a pin on a map at the race expo indicating their home town.

Many Fifty Staters have come to the Duke City to complete their tour of the United States and, where possible, are given the number of the state that the Duke City represents.

#### The Albuquerque Road Runners Club

has been an integral part of the Duke City, staffing the **Bag Drop** on race day as well as providing **marathon pace teams.** Because of these services, all ARRC club members are entitled to **a 10% discount** for whichever race they choose to run by using the discount code ARRC23DCM at registration. *Please do not share this code with non-club members!* 



# Cliff Matthews at Western States June 24-25, 2023

Place Time Bib#

317 29:45:12 115 Clifford Matthews M 60 Albuquerque NM

## Sent by Kathy Kirsling:

Pictures off Facebook by friend Peter Livingstone

## Massive Congratulations Cliff!







## **ARR Board of Directors**

President Tom Besson Vice President Joyce Fafard

Secretary Juan Mendez Granado

TreasurerPeter FalkDirectorShannon ZanelliDirectorSpencer Briggs

Advisory Rodger Sack

Advisory Dennis Muirhead / Membership Advisory Glenda Muirhead / Publications

Click on TITLE for email address

## Membership Update - June 2023

## Renewed Members

Tom Besson & Sara Nurnberg
Joyce Fafard
Peter Falk
Robin Hopkins
Nara Olivas
Irene Terronez

#### New Members

Stephen Brellenthin Natalie Earthman Edward Fenton Joshua Gandarilla Gregory Hadlock Alison Hope and Family Wanda Ortiz Joy Stein