



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 7
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JULY

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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 36th 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 than 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.

THE CAKE BAR
ALBUQUERQUE NM

Rebecca Lilley

thecakebar.abq@gmail.com
Instagram: thecakebar_abq



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

Sunday, October 22, 2023



You can participate in the Marathon or the Half Marathon **at no charge to you** – by serving as the leader of a Pace Group! ABQ Road Runners will register you, and we'll have a shirt for each Pace Group Leader. Signing up early means you get to choose size and style – singlet or short-sleeve.

OPTIONS

Run the complete Marathon

- Get an official time in the standings

Split the Marathon 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 MARATHON

3:15

3:30

3:45

4:00

4:15

4:30 – *Geoff Tweed*

4:45 – *Aidan Thompson*

5:00 – *Cliff Matthews*

5:30

HALF MARATHON

1:30

1:45

2:00

2:15

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 but also the Southwest.

Ordinarily the third weekend in

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
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

Membership Update – June 2023

<div>Renewed Members</div> <div>Tom Besson & Sara Nurnberg</div> <div>Joyce Fafard</div> <div>Peter Falk</div> <div>Robin Hopkins</div> <div>Nara Olivas</div> <div>Irene Terronez</div>	<div>New Members</div> <div>Stephen Brellenthin</div> <div>Natalie Earthman</div> <div>Edward Fenton</div> <div>Joshua Gandarilla</div> <div>Gregory Hadlock</div> <div>Alison Hope and Family</div> <div>Wanda Ortiz</div> <div>Joy Stein</div>
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