

ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 6
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JUNE

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PRESIDENT'S MESSAGE

We are still collecting new and gently used running shoes for underdeveloped countries. Bring your donations to our next monthly meeting, scheduled for **Wednesday, June 14**, at North Domingo Baca Multigenerational Center at 7:00 pm.

Also, volunteers are needed for the **Women's Distance Festival 5k on June 25** at UNM North Golf Course. Click on the link below to view tasks and sign up. (See more on Page 2.)
<https://www.signupgenius.com/go/5080944A5AE2FA4FB6-womens>

During the summer, the club usually has a picnic or potluck at one of our monthly meetings. This year we are doing something different. Our July meeting, scheduled for **July 12, 2023**, will be held at **Icon Cinemas** located at 4591 San Mateo Blvd. NE at 7:00 pm, for an exclusive showing of the movie **Patriot's Day**, starring Mark Wahlberg, Kevin Bacon and John Goodman, about the bombing at the 2013 Boston Marathon. Because the theater only seats 78 guests, I am asking, if you want to attend, that you please **email me your request** as soon as possible. Seating will be limited to one club member and one guest. However, if we don't fill the theater I will be compiling a wait-list for additional family members or guests. If you and a guest sign up and have others who also want to attend, let me know the number of additional seats needed and I will contact you if space is available. The theater has large comfortable seats with built-in speakers and plenty of leg room. Admission to the movie is paid by the club but does not include drinks or snacks.

Tom Besson

CLUB MEETING

When: Wednesday, June 14 at 7:00 pm

Where: No. Domingo Baca Center on Carmel NE

Guest Speaker: Ian Maddieson

Ian attended this year's Road Runners Club of America Convention, and will catch us up on all the RRCA news, as well as updates about the ARR Member Race Series. (NOTE: this presentation, scheduled for May, was postponed until June).

upcoming **EVENT**

OUR FIRST CLUB RACE OF

2 0 2 3

36th Annual Women's Distance Festival 5K Run & Walk

Sunday, June 25, 2023
University of New Mexico
NORTH GOLF COURSE
7:00 am Start



[REGISTER ONLINE](#)

[DOWNLOAD BROCHURE & ENTRY FORM](#)

[VIEW WEB PAGE](#)

VOLUNTEERS ARE NEEDED

**Women's Distance Festival 5K on
June 25** at UNM North Golf
Course. Click on link below to view
tasks and sign up. **THANKS!**

SIGN UP HERE!

Saturday packet pickup

Hand out packets and register participants

Set up

Unload truck and set up equipment for race

Race Day registration

Register participants and hand out race packets

Water stop / turnaround

Hand out water to participants at half way mark

Split times

Call out split times at mile marker 1 & 2

Course monitor

Direct participants where course goes
off trail & back

Candy & flowers at finish

Hand out candy and flowers to finishers

Finish line refreshments

Hand out refreshments to participants at finish

Tear down

Tear down equipment and load truck

RACE DIRECTOR:

Tom Besson



SEEKING PACE GROUP LEADERS

for the **40TH DUKE CITY MARATHON** *and Half Marathon!*

Sunday, October 22, 2023

FOR MANY YEARS, ABQ Road Runners Club has arranged for volunteers to lead Pace Groups at the Duke City Marathon. This year is extra special because it's the 40th running of the event, and the DCM organizers have requested pacers for a larger number of finish times (see below). So we're looking for some additional help this time!

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 shared 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!

About Pace Groups and Leaders

A pace group is a collection of runners who run a race together with the objective of finishing at a certain time. The group is guided by an experienced runner — a pace group leader — who tracks their pace and keeps them on track to finish the race at their goal time. There is most often no cost associated with participating in these groups and pace group leaders are rewarded with free race participation.

Pace groups are a source of camaraderie and conversation, too. Runners meet other runners, encourage one another, and offer congratulations at the end.

Pace group leaders may not worry so much about the pace from mile-to-mile, but rather if they are hitting the goal pace at major milestones, such as mile 5 or mile 10.

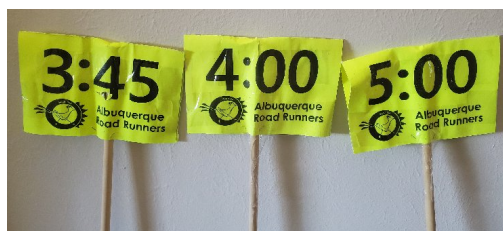
And when nearing the finish line, pace group leaders should let the group split up — encouraging those who are struggling while pushing those who can kick it in.

– various online sources

REQUESTED FINISH TIMES

FULL MARATHON	HALF MARATHON
3:15	1:30
3:30	1:45
3:45	2:00
4:00	2:15
4:15	
4:30	
4:45 – Aidan Thompson	
5:00 – Cliff Matthews	
5:30	

Here's Cliff Matthews after leading his Pace Group to a 5:00 finish in 2022.



Last year's pacers encountered rain and wind on the course, and their signs got a bit bedraggled. Expect an upgrade for this year!

EVENT Report

ARR Trail Clean-Up

By Cece Niemczyk

ARR Trail Clean-Up Coordinator

A small but enthusiastic group of seven volunteers helped with the ARR spring trail cleanup project on the morning of May 12th. We met at 9:00 am near the McDonald's Restaurant at Montgomery and Tramway. It was a beautiful spring morning with comfortable temperatures, clear blue skies, and very little wind.

Before beginning this cleanup session, coordinator Cece Niemczyk met with the manager at McDonald's to request permission to use their dumpster. As always, permission was granted without hesitation.

The volunteers made their way north along the trail, picking up any trash that they found. There were some large items such as a piece of particle board that Cliff Matthews immediately brought to the McDonald's dumpster before going back out to pick up more trash. Numerous bags were filled with a variety of items including many small pieces of paper, cigarette butts, fast food wrappers, straws, and bottles. Even though there were many passes through of the same areas by the volunteers, there was always more debris to find. There seems to be a never-ending supply of trash if one chooses to look closely. Thanks to the work of our ARR volunteers, the trail looked clean and debris free after our time out there.

There are always a number of positive comments that are directed toward our group while we are doing this task. People who walk, run, or ride on their bicycles often express their gratitude with a kind expression of thanks. This makes the task more rewarding and allows us to see how even the small, simple act of picking up trash can enhance the community where we live.

A sincere thank-you is extended to the positive, generous, and hard working ARR members who participated in this project.

TOM BESSON, Club President
KURT COONROD
ELLIOTT FOUCAR
RICHARD KNAPP
CLIFF MATTHEWS
JOEL MELENDEZ
KRISTY OTT-MEYER

The next trail cleanup will take place in November 2023. See you there!

TOM BESSON



RICHARD KNAPP



JOEL MELENDEZ



ELLIOTT FOUCAR



KRISTY OTT-MEYER & KURT COONROD



CLIFF MATTHEWS



ARR Member Race Series – Update

By Ian Maddieson, Series Coordinator

With three more races in the series in the books during the month of May – the Shiprock Marathon, the Run for the Zoo Half, and the Jemez Mountain 50k – some entrants have added to their scores, while some have yet to complete a race (including yours truly). **Richard Knapp**, a regular participant in the Shiprock Marathon, finished the race in just over 4 hours. **Diana Bibeau, Kellie Nickerson and Steve Nickerson** all ran the Run for the Zoo Half. This was Diana's first half-marathon score, so all her 57 points are added to her total, which now stands at 173, currently the third highest of all. Kellie and Steve both had earlier taken part in the Albuquerque Half-Marathon back in April, but both scored a little higher at the Run for the Zoo half, so the earlier scores are replaced. Steve now has 139 points from two races, and Kellie a very impressive 299 from three — only one point off the maximum possible.

Coming up in June there are three more races in the series: on June 4, the Run to Break the Silence 10k in Albuquerque; on June 11, the Taos Marathon; and on June 18, the Cherry Garcia 5k, also in Albuquerque. If you plan to take part in any of these races, why not send me an e-mail to sign up for the series? More information, including all the races in the series, can be found on the [ARR web site](#).

Ian Maddieson | raceries@abqroadrunners.com or ianm@berkeley.edu

La Luz Trail Run

A Brief (Hopeful) Update

Recently ARR President Tom Besson sent a letter to the office of Senator Martin Heinrich, inquiring about the progress of reinstating our Club's La Luz Trail Run. In reply, he received a note from one of the Senator's staffers, including this:

“Thank you for your letter on the La Luz Trail Run...I have shared your letter with our field representatives and legislative staff. Senator Heinrich’s office is currently exploring legislative options to address the cancellation of the La Luz Trail Run to see what the best path forward is.”

Subsequently, Norm Gagne (ARR member and attorney who has been advocating to reinstate the event) informed the ARR Board of the following:

“We are getting more detailed information through Mike Sullivan, one of Senator Heinrich’s legislative assistants. The priorities are appropriations, reintroducing previously offered bills and then new bills which will include the Sandia Mountain bill with a LLTR authorization. He is reaching out to Representative Stansbury’s office to make sure they have the same schedule. It will be introduced but it may be a bit. It will make some tweaks to the Sandia Mountain Wilderness but create no new Wilderness areas”

Membership Update

May 2023

Renewed Members

Yolanda Hernandez
April Taylor
Mike Williamson

New Members

Glenn Brock
River Ludington
Jenny Situ

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

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