



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 3
March 2023

PRESIDENT'S MESSAGE

A suggestion was made at the club meeting in February, but I will repeat it for those who were not present. Would you be interested in forming a team to enter the **Run for the Zoo, May 7?** This could take different forms – runners on a team, each running a different event (5k, 10k, half marathon); or runners forming a team to all run the same event (5k team, 10k team, or half marathon team). The club could possibly supply team shirts, based on the level of participation and interest. If you are interested, contact [me](#) or [Glenda Muirhead](#).

Good news! I am excited to announce that Ian Maddieson has graciously agreed to bring back the Member Race Series after its absence during the pandemic. See the details on Page 3.

Dates have been set for the Club's major events:

- **Women in Training – starts April 17**
Jane Cudney-Black, program leader
- **Women's Distance Festival 5k – June 25**
Tom Besson, race director
- **Mount Taylor 50k – September 30**
Ken & Margaret Gordon and Kurt Coonrod, race directors
- **Forever Young 3m & 6m – October 15**
Tom Besson and Joyce Fafard, co-race directors

It's looking like a busy year, so join in, participate or volunteer at one or more of our club events!

Tom Besson



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Membership Update

NEXT CLUB MEETING

Wednesday, March 8, 2023 - 7:00 pm
North Domingo Baca Center, 7521 Carmel Ave NE

Our speaker for the March 8th meeting is Seb Romero, Head Coach for Sandia High School's cross country team. Seb also hosts a running podcast, sharing the stories of New Mexicans and New Mexico running. He's looking forward to connecting with local runners!



upcoming **EVENTS**

1 FREEforAll Fun Runs! **#3 – Pi(e) Day Run**

Tuesday, March 14, 2023 - 6:00 pm

Location: Flying Star Café, 4501 Juan Tabo (north of Montgomery)



Come run PI (3.14 mi) and eat PIE on Pi Day!

Our annual Pi(e) Day is on 3.14.2023, at 6 pm. We will meet at the Flying Star on Juan Tabo near Montgomery to run 3.14 miles along the Bear Canyon Arroyo bike path. After the run, we will enjoy some pie!

Please park in the lot behind the Flying Star, near the baseball fields.

[more information](#)

2 Burque Brewery Tour - **FINAL STOP**



Series Winners to be Crowned:

deadhead (C. Matthews) and Jamie Aagaard

Saturday, March 25, 2023

SERIES CROWNING

Bombs Away Beer Company, 9801 Acoma Rd SE

Start time: 10:00 am

Course Length: ~3.5 miles

[view Facebook Event](#)

3 FREEforAll Fun Runs! **#4 – Berta Fun Run**

Saturday, April 1, 2023 – 8:30 am Start

Location: 17 Berta Dr, Edgewood, NM (home of Kathy Kirsling, 505-450-8956)

From Kathy: Exciting fifteenth annual Berta Run awaits you! Welcome!

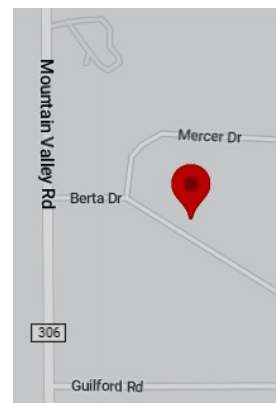
As per my usual I'm plotting a new course. Hills, for sure, but not too bad...really! How many miles? I'm working on that, but not greater than seven.

And it is another world out here in the East Mountains, so come prepared with clothes to layer and change into after the run.

PLEASE NOTE: To be considerate of my neighbors, please park on my side of the road. And absolutely **NO DOGS!** Please have them wait for you at home. Also, if you are sick: Stay Home and Get Well!

POT LUCK: Bring something for the table, if you would like.

[more information](#)



Member Race Series ... back for 2023!

■ Ian Maddieson, Race Series Coordinator

The **2022 Race Series** was a bust, partly because of race cancellations but mainly because I spent a good part of the year out of the US and felt out of touch with events back home. My apologies.

But the Race Series is back again for 2023 with a couple of new twists. A simpler scoring system will be used. For each race you finish, you'll **score points based on the winner's time divided by your time and expressed as a percentage**. For example, the winner finishes in 45:00 and you run 60 minutes, your score is 75 points ($45/60 * 100$); male and female results calculated separately. The list of eligible races is also shorter.

There are 6 categories of race: standard 5k, 10k, half-marathon and marathon distances, plus short trail and long trail races. To encourage people to try different things, only your best score in each category counts for the year-end total. As before, 10-year age/gender divisions will apply, with your age on July 1 2023 determining which age-group you fall into.

The list of races is given by category and by date. In a few cases there may be some uncertainty about the date or even whether the race will take place. If a race is cancelled, a substitute will be named if a suitable one can be found on the calendar. **Send me an e-mail** if you'd like to be part of the series.

2023 Races in Calendar Order

March 12	NM Shamrock Shuffle 10k	Rio Rancho
March 26	Chocolate and Coffee Run 5K	ABQ
March 26	I'm Bound for Boston Marathon	ABQ
April 15	Albuquerque Half-Marathon	ABQ
April 22	Cedro Peak Marathon	Tijeras
April 30	Cinco de Mayo Run 10k	ABQ
May 6	Shiprock Marathon	Shiprock
May 7	Run for the Zoo Half-Marathon	ABQ
May 20	Jemez Mountain Trail Runs 50k	Los Alamos
June 4	Run to Break the Silence 10k	ABQ
June 11	Taos Marathon	Taos
June 18	Cherry Garcia Run 5k	ABQ
July 16	Chunky Monkey 5k	ABQ
Aug 5	Taos Ski Valley Up and Over Trail Race	Taos Ski Valley
Aug 19	Cloudcroft Ultra 53k	Cloudcroft
Sept 11	Chips & Salsa Half-Marathon	ABQ
Sept 17	TyRUNnosaurus 5k	ABQ
Sept 23	Corrales Ditch Run 10k	Corrales
Sept 30	Mt Taylor 50k	Grants
Oct 1	Sandia Mountain Shadows Trail Run 5k	ABQ
Oct 15	Forever Young 6 mile	Placitas
Oct 22	Duke City Marathon Half-Marathon	ABQ
Oct 22	Duke City Marathon	ABQ
Oct 28	Great Pumpkin Chase 10k	ABQ

2023 Races by Category

5k

March 26. Chocolate and Coffee Run (Albuquerque)
 June 18. Cherry Garcia Run 5k (Albuquerque)
 July 16. Chunky Monkey 5k (Albuquerque)
 Sep 17. TyRUNnosaurus 5k (Albuquerque)

10k

March 12. NM Shamrock Shuffle 10k (Rio Rancho)
 April 30. Cinco de Mayo Run 10k (Albuquerque)
 June 4. Run to Break the Silence 10k (Albuquerque)
 Oct 28. Great Pumpkin Chase 10k (Albuquerque)

Half-Marathon

April 15. Albuquerque Half-Marathon (Albuquerque)
 May 7. Run for the Zoo Half-Marathon (Albuquerque)
 Sept 19. Chips & Salsa Half-Marathon (Albuquerque)
 Oct 22. Duke City Marathon Half-Marathon (Albuquerque)

Marathon

March 26. I'm Bound for Boston Marathon & Half Marathon (ABQ)
 May 6. Shiprock Marathon (Shiprock)
 June 11. Taos Marathon (Taos)
 Oct 22. Duke City Marathon (Albuquerque)

Short trail

Aug 5. Taos Ski Valley Up and Over Trail Race (Taos Ski Valley)
 Sept 23. Corrales Ditch Run 10k (Corrales)
 Oct 1. Sandia Mountain Shadows Trail Run 5k (Albuquerque)
 Oct 15. Forever Young 6 mile (Placitas)

Long Trail

April 22. Cedro Peak Marathon (Tijeras)
 May 20. Jemez Mountain Trail Runs 50k (Los Alamos)
 Aug 19. Cloudcroft Ultra 53k (Cloudcroft)
 Sept 30. Mt Taylor 50k (Grants)

FREEforALL FUN RUNS Relay Replay

Held Sunday, February 19
Academy Hills Park

□ Shannon Zanelli, Fun Runs Coordinator

EVENT report

[more photos online](#)

It was kind of gray and chilly for the Relay Replay, but a good number of 2-person teams set out on the almost one-mile course around Academy Hills Park...three times around for each team member, tagging off with their partner between rounds. Everyone put in a great effort, whether running super-seriously or run-walking their fastest.

In honor of Presidents' Day, Shannon awarded \$1bills (*George Washington*) for correct answers to Presidential trivia questions, plus a Teddy Bear (*Theodore Roosevelt*) for the participant who had lived through the most Presidents. Snacks included jelly beans (*Reagan*), peanuts (*Carter*), and almonds (*Obama*).



BURQUE BREWERY TOUR V-Day!

Held Saturday, February 25, at Hops Brewery

□ Kelley "Perky" Garcia, Brew Tour Coordinator

EVENT report

V-Day Results

Series Results

The last official stop on the Burque Brewery Tour was held at Hops Brewing in Los Ranchos. It was a little 3-mile course with a sweet ditchbank run to the finish. Several people got extra distance since the RD forgot the cones to highlight the turn into the finish.

Cliff Matthews was the first finisher and **Ana Romero Jurrisson** was second. Kathy Kirsling brought the "gift it forward" treasure and Paige Williams received it.

The 2022-2023 SERIES WINNERS are deadhead and Jamie Aagaard. Six women and three men completed all four races. Congratulations to Jamie Aagaard, Kathy Kirsling, Glenda Muirhead, Cheryl D, Anna W, Jennifer Dugan, deadhead, Dennis, and the JR & Maci team.

The series winners will be crowned at the final stop on the tour, which will be held at **Bombs Away** on **Saturday, March 25**, starting at 10 am.



[more photos online](#)

RESULTS

1	deadhead	M	23:08.80
2	Ana Romero Jurrisson	F	23:51.80
3	Stefan Jeunson	M	25:59.60
4	Gregory Gerwin	M	26:00.20
5	Aubrey	F	26:16.70
6	JR Ricciardelli & Maci	M	26:31.20
7	Brian Johnson	M	26:32.10
8	Jaime Aagaard	F	26:33.50
9	Raoul Lopez	M	27:40.10
10	Carl Steinhauser	M	30:33.20
11	Karl Rysted	M	30:34.20
12	Matt Rogers	M	32:09.30
13	Dennis	M	33:18.70
14	Kathy Kirsling	F	34:49.90
15	Diana B	F	35:08.70
16	Glenda Muirhead	F	35:09.70
17	Tony Recker	M	40:46.80
18	Jennifer Dugan	F	40:49.90
19	Frank Griggs	M	41:57.50
20	Anna W	F	42:52.30
21	Wendy W	F	42:53.40
22	Nick J	M	48:47.10
23	Lori Staub	F	48:47.80
24	Martha Cascante	F	53:22.60
25	Perky	F	53:58.20
26	Joaquin	M	54:00.00
27	Bridget G	F	54:38.40
28	Paige Williams	F	57:51.80
29	Cheryl D	F	57:52.90

At the V-Day Run February 25, 2023 The fourth run of the Burque Brewery Tour

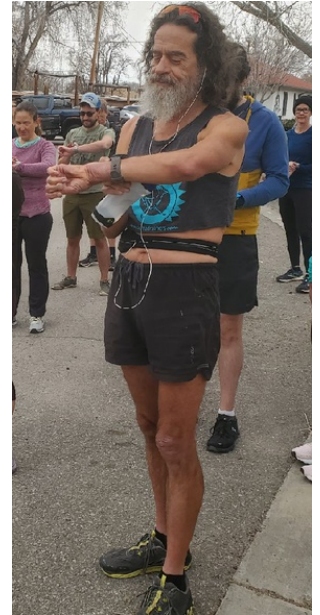
Overcast, not particularly windy, warm for me. The course was new, but I had been to the Hops Brewery previously with [Team RWB](#) after an invigorating group bike ride.

My big concern was my foot. Last month, I pushed my Saturday long run to Sunday, so I could race "Resolutions Stink!" For this V Day Run, I chose to do my long "run" the day before. So, the day prior I "ran" 24 miles with a 41- pound pack. It did not go well, and I wound up taking my shoe and sock off a few times. With my sock off, I noticed a speck in the center of my hot-spot that could have been the tip of a goathead ... After finishing my long "run", I used my wife's X-Acto knife and removed what appeared to be (bad eyesight caveat) some sort of splinter. Yes, my foot bled a little. No, I didn't need stitches. It did leave my foot a little tender, but I knew that the following day I'd have the V-Day race and would get a chance to test my handiwork.

I ran fine. My official time was 23:08. [Cliff finished first, and won the Series]

Running with a shirt was an accident. I had intended to doff my crop-top before the race, but I was too busy yacking at people.

I gave my free beer coupon to the Muirheads, whom I've used my scruffy appearance to scam pity beers from at both the Black Friday Turkey Trots and the Grinch Lunch earlier in the season. I kept the penguin *[fastest male award]*.



Gene Kersch sent a correction to Cliff's write up about the Canteen run in our February Newsletter.

Cliff "mentioned that I ran a '5K' last month in a fast time... It was not a 5K as it was way short."

Thanks, Gene, for clarifying.
We're still impressed!

At the Mt Taylor Quadrathlon February 18, 2023 Excerpt from Cliff's [unfinished] Quad Report



Skiing shirtless was an accident.... I hadn't even planned on running shirtless.

I had intended to pack my purple JJ100 short-sleeve shirt in my bike/run transition bag. However, ... I wound up not packing a short-sleeve shirt in either of my drop bags, but I thought I had.

... I didn't think I needed to review my gear because this was my twelfth [Quad] and each year I copy my gear list from the previous year and only make a few changes based on weather.

So, on race day, when I got off my bike, I took off my long sleeve shirt and was going to put my short sleeve shirt on, then I saw there wasn't one. I could have just worn my short-sleeve bike jersey, but I thought I must have accidentally put my short-sleeve shirt in my other drop bag. I figured I could just run to the ski transition and put it on there, but ... it wasn't there, either, nor was it in my snowshoe backpack.

[Oops. Hence...shirtless skiing]

**1,668 stairs.
One challenge at a time.**




**UNM'S 6TH ANNUAL
STADIUM STAIR
CHALLENGE
APRIL 29, 2023**

ARE YOU UP FOR THE CHALLENGE?
University Stadium has 1,668 of them. Tackle them all and be a part of Albuquerque's ultimate stair climb challenge.

**Kids K @ 8:15 a.m.
Stair Challenge @ 8:30 a.m.**

TIMED EVENT | PRIZES AWARDED!

REGISTRATION FEE
\$35 - UNTIL JAN 31
\$45 - UNTIL APRIL 28
\$55 - DAY OF EVENT

\$160 - Tuition Remission for 6-wk Training & Race



HR.UNM.EDU/WELLNESS/STADIUM-STAIR-CHALLENGE

FUNDRAISER for Running 505

**SATURDAY
APRIL 8, 2023
LAVA ROCK BREWERY**

**RUNNERS BALL 2023
21+ EVENT**

GET TICKETS TODAY

80'S

PROM PARTY

INTERESTED IN SPONSORING?

**TICKETS AT
WWW.RUNNING505.COM**

GALA FUNDRAISER




April 8, 2023
6 pm-10 pm
at Lava Rock Brewery
Live Music
Great Food!
Great Company!
Silent Auction

Running 505 website
Runners Ball info/tickets

Membership Update

February 2023

Renewed Members

Katie & Pat Abbott	Sonia Puccini
Jeff Edgar	John & Ginny Ricciardelli
Marcia Edgar	Sebastian Romero
Charles Fatta	Anna Williamson
Richard Iverson	

New Members

LeAnn Chavez
Thomas & Jessica Jung
Kelly Klein

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