



Newsletter of Albuquerque Road Runners Club | Vol 40 No 3

MARCH 2024

## PRESIDENT'S MESSAGE

**As the temperatures warm, we start thinking about what we want to accomplish** in our running this year. Maybe we want to do a race on our bucket list or perhaps get a non-runner to discover the joys of running. Or maybe we want to do a PR in a particular distance or race. Regardless of your goals, you will find camaraderie with other club members, either at our monthly meetings OR weekly workouts, or at other club events.

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#### 2 UPCOMING EVENTS

Pi Day Run. March 14 (3.14)  
Burque Brewery Tour FINALE  
Crowning. **March 23**  
Berta Run. April 6

#### 3 EVENT REPORT

- Burque Brewery Tour  
V-Day Run held February 24

#### 4 ARR DONATIONS IN 2023

MEMBERSHIP UPDATE  
RUNNING 505 SPRING EVENT  
- Silver Lace Gala. April 13

#### Registration is open March 1 for Huntsman World Senior

**Games** in St. George Utah. The Games offer various competitions for those of us age 50 or older, including a 5k and 10k in mid-October. This event attracts senior athletes from around the world.

**We are looking for a volunteer(s)** to provide child care for women who participate in the Women In Training Program. This person or persons would need to attend (or job share) every training session which starts in April and runs through June, so that the women can participate and not have to worry about their child being left alone. For more information, contact Jane Cudney-Black or Deborah Renteria. They can both be reached at [wit@abqroadrunners.com](mailto:wit@abqroadrunners.com).

**If you have been doing some spring cleaning**, we are still accepting donations of new or gently used running shoes at our monthly meeting. These shoes will go to underdeveloped countries through the Sneakers 4 Good program.

Tom Besson

## CLUB MEETING

**Wednesday, March 13 - 7:00 pm**

**North Domingo Baca Center – Wyoming NE at Carmel**

**Albuquerque's own Sofie Schunk** will be our guest speaker, to talk about qualifying for the women's Olympic trials, and her experience there. She is the third-ever Type 1 diabetic to qualify for Olympic Trials, while also working a full-time engineering job, coaching, playing soccer, pursuing diabetes research, and volunteering. Come join us for Sofie's personal account of her adventures!



# Upcoming EVENTS



## FREE4ALL FUN RUNS

### Pi Day Run!

**Thursday, March 14, 2024**

**Start: 6:00 pm**

**Distance: 3.14 miles**

**Location: Flying Star Café, 4501 Juan Tabo NE**

**Come run PI and eat PIE on Pi Day!**

This annual Fun Run will be held on 3.14, at 6 pm (yes, this is a weeknight run!). 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.

## BURQUE BREWERY TOUR

### Crowning of Winners *Final Stop of the Season!*



**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](#)

**Come for a run or walk**, then enjoy a drink and maybe some food! This is your last chance to participate in the fun until next November (next season of the Brew Tour). This season's winners, Nick Piggy Style and Ana Romero Jurisson, will receive whatever awards our hosts Kelley and Joaquin Garcia have dreamed up!

## FREE4ALL FUN RUNS

### 16th Annual Berta Run!

**Saturday, April 6, 2024**

**Start: 8:30 am**

**Distance: 6+ miles**

**Location: Kathy Kirsling's Home – #17 Berta Dr, Edgewood 87015 (505-450-8956)**

**Kathy has a new course** (of course!) to keep everyone interested in coming out to the East Mountains. Plan on plenty of hills on pavement and dirt trails. If you would like, bring something for a post-run potluck meal, but our host always provides plenty to eat!

#### ARR BOARD OF DIRECTORS

*CLICK ON TITLE TO SEND EMAIL*

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

# EVENT Report

V-Day Results on Webscorer  
SERIES RESULTS ON WEBSCORER

## BURQUE BREWERY TOUR

# V-Day Run

Held Saturday, February 24, 2024  
**Hops Brewery**

By Kelley Garcia, Brew Tour Coordinator

**The weather was summer-ish for the V-Day Run**, the last official run of the Burque Brew Tour series. The 5K course was a mix of paved and ditch with LOTS of marking and cones. No one got lost.

**Nick Piggy Style blasted through the finish in 22:02**, with deadhead (24:32) and Ana Romero Jurisson (24:41) rounding out the top three. There was a fierce battle for DFL (dead frogging last) between Nick J and Alan Haskins. Alan persevered and received the DFL award. Greg Gerwin brought the "pay it forward" gift and Tim Gallegos received it.

**Nick Piggy Style and Ana Romero Jurisson won the series** and will be crowned at **Bombs Away on March 23 at The Crowning**. Attending all races were Nick Piggy Style, deadhead, Brian Johnson, Dennis M, Ana Romero Jurisson, Glenda Muirhead, and Anna W.

1	Nick Piggy Style	M	22:02.3	18	Greg Bunting	M	30:39.5
2	deadhead	M	24:32.3	19	Dina	F	31:49.4
3	Ana Romero Jurisson	F	24:41.8	20	Brian Johnson	M	31:50.4
4	Gregory Gerwin	M	25:20.5	21	Sammi Reynolds	F	32:04.1
5	Coondog	M	26:18.2	22	Evan Johnson	M	32:05.7
6	R. Lewis	M	26:41.5	23	Joel	M	33:01.2
7	Aubrey H	F	27:13.1	24	Rachel	F	33:38.3
8	Charles L	M	27:30.5	25	Amanda Rodriguez	F	33:57.2
9	John R	M	27:40.4	26	Kim Geick	F	33:59.8
10	Dennis	M	28:05.3	27	Matthew Rodriguez	M	34:01.8
11	Jaime Aagaard	F	28:13.0	28	Ginny Ricciardelli	F	37:32.9
12	Glenda Muirhead	F	28:48.6	29	Paige Williams	F	39:01.7
13	Jared Martinez	M	29:04.4	30	Cheryl D	F	39:02.6
14	Ashley Archuleta	F	30:05.6	31	Tony Recker	M	40:06.4
15	Monice Padilla	F	30:06.6	32	Anna W	F	44:58.5
16	Denise Haskins	F	30:07.1	33	Nick J	M	50:11.4
17	Tim Gallegos	M	30:37.6	34	Alan Haskins	M	50:11.9

*Still to come ...*

**FINAL EVENT  
of the season!**



**CROWNING  
OF WINNERS**

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**10:00 am**

**Bombs Away Beer Company**

9801 Acoma Rd SE, ABQ

**Course Length: 3.5-ish miles**

view Facebook event



# Did YOU KNOW?

ABQ Road Runners made these donations in 2023.

## PROCEEDS FROM CLUB RACES

### MT. TAYLOR 50K

- Navajo YES \$5,500
- Grants Ham Radio \$200
- Cibola Search & Rescue \$250
- NM FM Society \$200
- Grants Trail Group \$250
- Sandia Search Dogs \$400
- Gift to Chef Zack Waddell \$150

### WOMENS DISTANCE FESTIVAL 5K

- Running 505 \$1,000

### FOREVER YOUNG RUNS

- Placitas Community Library \$500

## SPONSORSHIP OF 2023 GRATITUDE RUN

- Native Health Initiative (Running Medicine) \$1,000

**\$9,450 TOTAL**

## Membership Update February 2024

### Renewed Members

Kelley & Joaquin Garcia  
Kenneth Marschall  
Luis Alberto Martinez Castro &  
Monica Rosas Lemus  
Cecelia Niemczyk  
Wendy Wiggins

### Lifetime Members

Kathy & Elliott Foucar

### New Members

Christina Meyer

## Running 505 SPRING EVENT

APRIL 13, 2024

Silver Lace Gala



Purchase Tickets  
BENEFITTING RUNNING 505

**TICKETS and SPONSORSHIPS HERE**

Silver Lace Vine  
Native to New Mexico

### DRESS CODE

SILVER OR WHITE

(THAT'S IT!)

### DECORATE

YOUR TABLE WITH THE SAME THEME

HAVE FUN, BE CREATIVE.  
THINK: ELEGANCE, RUNNING,

Melani Buchanan Farmer, PhD  
Bfit505 \* BurqueCrossFit \* Running505  
[www.running505.com](http://www.running505.com)  
[@Running505](https://www.instagram.com/Running505) [@BFit505](https://www.instagram.com/BFit505) [@MelBFarmer](https://www.instagram.com/MelBFarmer)