



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 5
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PRESIDENT's MESSAGE

Congratulations to Los Tortugas for again bringing home the first-place silver plate from the River to River Relay Run in Southern Illinois! Although the team has had various members throughout the years, they have always represented New Mexico well by setting records and bringing home awards time after time. Kudos to Dennis Muirhead for being on the team every year since its inception, and to Joyce Fafard for taking on the team management tasks and continuing the long-standing tradition.

Albuquerque Road Runners is teaming up with Sneakers 4 Good to collect gently worn, used or new athletic shoes that will go to countries such as Haiti, Honduras, Ukraine and Columbia. Each year over 300 million pairs of shoes end up in landfills, and this effort will help reduce that amount plus boost local economies in developing countries. We will be collecting shoes at the monthly meetings so bring your shoes to the next meeting or if you can't make the meeting, drop me an [email](#) and we can make arrangements to collect your shoes. Sorry, no boots, flip flops, dress shoes, sandals, or cleats will be accepted.

Tom Besson



UPCOMING EVENTS

ARR Trail Clean-Up

NE CORNER OF TRAMWAY & MONTGOMERY NE
Friday, May 12 – 9:00 am

Cece Niemczyk, the ARR Trail Clean-up Coordinator, announces the Spring trash pickup volunteer event. As usual, we will meet at the corner of Tramway and Montgomery near the McDonalds restaurant that is located there. We'll collect trash on the east side of Tramway along the paved path, heading north. Cece will have bags and gloves – plus water and snacks.

No need to sign up – just come out and help if you can. Thanks!



Cece Niemczyk and Chuck Fuller at the November 2022 Trail Clean-Up

Full Moon Run by Heart & Sole Sports



THURSDAY, MAY 4, 2023 – RIO GRANDE PARK at 1744 Kit Carson Ave SW
Sign-in starts at 7:00 pm. Fun Run/Walk starts at 7:45 pm.
Run, walk, skip or roll is the evening's goal, all at your own pace.

There's some special Fun at this month's Full Moon Run. Many people have waited and asked for a MAY THE FOURTH BE WITH YOU run. Well, Here it is! No, we won't have any Jedi present so we'll have to bring our own fun with us. We'll start signing folks in at 7 pm as it's staying lighter later. Our run/walk will start at 7:45 pm.

We will have all of the usual revelry: a Fun Run/Walk in moonlight, snacks and raffles after, and fun being out with other happy adventurers. Walk or run 20 minutes out, then back, along the paved Bosque Footpath.

Invite your friends & family, find the dog's leash, share this event and come on out. It's free, and everyone is welcome. We hope to see you all there!

Matt Glasier



ARR Member Race Series

UPDATE

By Ian Maddieson, Series Coordinator

Three events in the ARR Member Race Series took place in April, starting with the Albuquerque Half-Marathon on April 15. Stalwarts in the series **Steve and Kellie Nickerson** both had great runs, with Kellie third overall female and Steve winner of his age group. They scored 92 and 69 points respectively. **Geoff Tweed** came in between with 73 points.

The next race up was supposed to be the marathon distance at the Cedro Peaks trail races on April 22. However, although this distance had been advertised early in the year, it was not part of the final program. The 50k distance is therefore considered as a replacement. No runners currently in the series completed this distance, but anyone who did finish this race and enters the series during the year will be able to count this race. Given the absence of this trail marathon on the calendar, the Bull of the Woods trail marathon at Taos Ski Valley on September 9 has been added to the series.

On April 30 the Cinco de Mayo 10k was held. Kellie Nickerson was the overall winner in 42:34.20, chased home by men's winner, **Geoff Tweed**, in 42:51.61. Both these outstanding performances score 100 points! **Tony Recker** was second in his age-group (M 70-79), scoring 57 points; this replaces his earlier 10k result from the Shamrock Shuffle as it is a higher score. **Diana Bibeau** was also second in her age-group (F 60-64), also scoring 57 points.

Overall points leaders at this stage are – not surprisingly – **Kellie Nickerson** on the female side with 292 points and **Geoff Tweed** with 245 points on the male side. Both have notched up points in three different categories, 5k, 10k and half-marathon. In May there are three races in the series, each in a different category: the Shiprock marathon on May 6, the Run for the Zoo half-marathon on May 7, and Jemez Mountain Trail Runs 50k in Los Alamos.

If you want to join the series, contact me at raceseries@abqroadrunners.com and I'll add you to the list. If you have taken part in any of the races before signing up, your results will still be counted.

More information on the Race Series can be found on the Club's website on the [Member Race Series page](#).

Membership Update April 2023

Renewed Members

Robert Annett & Renate Savich
Paula Dodge-kwan & Angela Graham
Rachel Eberman
Pamela Green
Becky Leenheer & Family
Robert Sandoval
Tom Spadafora
Miguel Valero
Miyuki Vaughan
Ashley Wilson

New Members

Joel Belding
Gus Leyba
Amber Ervin
Marcos Vasquez

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



Go Tortugas!

Running strong since 2004

8 Racers
80 Miles
24 Legs

Actual Elapsed Time
11:12:59
Team Handicap
4:11:40
Official Finish Time
7:01:19

My Take-Aways

from River to River Relay 2023

By Joyce Fafard, Team Manager [and ARR VP]

- Shannon saying she couldn't run a 23-minute per mile pace, then blowing that out of the water by running 2.5 miles at 17:18!
- Jean deciding she needed to run faster than she did her first leg and taking almost 45 seconds per mile off her second leg. Who does that?! How?!
- A facebook post saying, "I couldn't even catch your #3 runner on the last leg. He got up that hill so quick!!" That runner was 82-year-old Dennis Muirhead!
- Kathy, with a huge grin and the baton held out, coming in on her last leg to applause by other teams' runners because of her amazing speed and presence!
- The second-place team's post-race write-up calling us "a perennial powerhouse."
- All the "New Mexico!" or "Albuquerque!" shout-outs that every one of us got.
- So grateful to Mike, Elliott, and Jeff for driving through that crazy maze of vans and people!
- Thanks to Larry Ruggles for timing throughout the day!
- But mostly grateful that everyone had a great time, no one got injured, and we won our [Handicap] Division.

It is my privilege to know, feed off of, and run with this group of people and every alumni runner to this race. Go, Los Tortugas!

RIVER TO RIVER RELAY

Teams of eight runners compete on an 80-mile course. Each runner completes three sections that range in length from 2.5 to 4 miles. The race starts at McGee Hill in LaRue Pine Hills on a bluff overlooking the Mississippi River Valley. The course follows country roads (mostly paved but some stretches of gravel) through the Shawnee National Forest to its finish at the Ohio River in Golconda.



Jean Herbert, #8 runner, clutches the baton and sprints toward the Finish Line accompanied by her teammates in Golconda IL.



From left: Jeff Rienstra, Kathy Foucar, Dennis Muirhead, Joyce Fafard, Mike Williamson, Shannon Zanelli, Elliott Foucar, Jean Herbert. At the Ohio River in Golconda IL.

Shannon hands off to Elliott.



the deadhead chronicles

Musings by Clifford Matthews

BERTA FUN RUN

BACKGROUND

This was the final event in the Albuquerque Road Runners FreeforAll Fun Run Series. I accidentally missed the first event due to forgetting to put it on my calendar. I ran with John Farrow as a partner in Relay RePlay, the second event. I chose not to run the third event, Pi(e) Day. It was on a Tuesday evening and I couldn't get myself out the door.

This is the fifteenth Berta Run. The run is named after the street that Kathy Kirsling, the hostess, lives on. Each year the course is a bit different, but it's in Edgewood NM, so most of the course is going to be about 7,000 feet above sea level, and there will be hills.

RACE DAY

Other than a few usual suspects, I didn't really know who all would attend. I was happy to see my friend Spencer there. He had to cancel out of Shenanigans at the last minute, so it's been a while since I saw him. Turns out, he kept me honest and I, him.

Since this is a Road Runner event, I wore my ARR crop-top pre-run, but took it off for the race itself. Yay! I remembered something. It wasn't until after we were running that I realized I had forgotten to take my pre-race double espresso. Oh well.



Spencer and I took the lead within the first mile. He's light on his feet and would get ahead of me on the uphill, then I'd pass him on the downhills. Uh oh. This is going to be an actual race, where if I push myself fairly hard I have a chance of winning, but if I don't, it'll be another second.

Although the course was explained to me, and I had a map, I wanted to turn where the course didn't go and then almost missed a turn. Luckily, Spencer let me know when I was about to go off course. I also wasn't completely sure where all the hills would be, nor the total distance of the course, so when it looked like I was on the final downhill, I cranked up my pace until my HR was at around 160 and did seven tenths of a mile in 4:18, a 6:09 pace. I did not want Spencer catching me in the final stretch (which turned out to be a .3 mile uphill).

According to my GPS watch, there was 541 feet of gain. I averaged an 8:22 min/mile pace, with an average heart rate of 146 bpm, with my best mile being 7:03. Strava's numbers are similar.

FOOD

Post Race "Pot-Luck" □ □The post race spread was glorious, most of which was homemade by KK, although Perky and Prince Charming brought a vegan cherry pie. Here's what I remember I ate (all vegan): tomato and veggie casserole, bean stew, slice of cherry pie, overnight oats with tiramisu-like topping, chips and salsa, grapes, mixed nuts and gummy candy. There was also beer and mimosas—but it's not June 25th yet—and plenty of non-vegan food, apple juice, coffee, etc.

