

ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 11
NOVEMBER 2023

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CLUB MEETING

Wednesday, November 8
7:00 pm Start Time
No. Domingo Baca Center
7521 Carmel Ave NE

Guest Speaker:
Kurt Coonrod
See Page 3 for details

Hope to see you there!
Bring your family and friends!

PRESIDENT'S MESSAGE

We put on two Club races within 30 days: Mt. Taylor 50k was on September 30 and **Forever Young** was on October 29. Both races were a success! As this was my first year helping with Mt. Taylor, I was very impressed with the planning and organization that go into such an event. Tip of the hat to **Ken and Margaret Gordon and Kurt Coonrod** for directing this event since its inception. Between those two Club races was the Duke City Marathon, and our Club's assistance with DCM was impactful. Many racers expressed appreciation for our volunteers who staffed the Bag Drop, and no doubt the runners who had a particular finish time as a goal were glad to have a Pacer to guide them (the Club recruited six volunteer pacers!). Our thanks to **Glenda Muirhead** for leading the DCM efforts; thanks to **Joyce Fafard and Justine Fox Young** for sharing the load at Forever Young; and thanks to all the others who gave of their time for these events. Our club could not undertake these activities without support from our volunteers – their efforts are greatly appreciated.

On a different note, please keep Joyce Fafard (our vice-president) and Ana Romero Jurisson (long-time club member and past vice-president) in your thoughts and prayers as they battle serious health issues. And sadly, we lost one of our long-time members, **Chuck Fuller**, this month. Chuck and his wife Jane have volunteered at countless events, in particular staffing the refreshment table at Women's Distance Festival for the past several years. Chuck even helped with the Bag Drop at DCM just days before his death. He will be sadly missed in the Club and our condolences to Jane and their family.

Finally, it is not too early to start thinking about next year. If you are interested in being an officer or board member, please let me or another officer of the club know. I am not certain which positions might be vacant at this time but interested parties are encouraged to ask questions and learn more about what is involved in a particular position. The election will be held at our annual Holiday Party in December.

Tom Besson

RACE Report



Held Sunday, October 29, 2023
Placitas, NM

An ARR Club Race

Though participant numbers were down slightly from last year, the 18th Running of the Forever Young Races, in honor of Charlie Young, was a great event! **Tom Besson** and **Joyce Fafard**, Club President and Vice-President respectively, put the pieces into place to create a fun time for everyone. As always, **Justine Fox-Young**, Charlie's daughter, generously provided the Top Male and Female awards for both the 6-Mile and 3-Mile races and burritos for post-race enjoyment. This year also saw the return of the traditional keepsake magnet awards for age group winners!

Our thanks go out to all of the outstanding volunteers who made this race possible!

| 3 MILE RACE | | | | 6 MILE RACE | | | |
|----------------------|------------------|--------|-------|----------------------|------------------|--------|-------|
| First Overall Female | Rochelle Macias | Age 28 | 28:47 | First Overall Female | Kellie Nickerson | Age 37 | 48:51 |
| First Overall Male | Steven Nickerson | Age 65 | 27:29 | First Overall Male | Solomon Kandie | Age 45 | 38:12 |



Solomon Kandie, 6M First Male



Steven Nickerson, 3M First Male
Kellie Nickerson, 6M First Female



ARR Members
From left: Geoff Tweed, John
Carpenter, Gene Kersh



ARR Members
Joyce Fafard (at left) and
Cece Niemczyk

Upcoming **EVENTS**

■ **CLUB MEETING** **Wednesday, November 8, 2023 – 7:00 pm** **North Domingo Baca Center**



Kurt Coonrod, one of the founders of ABQ Road Runners and a multi-year Club President, will be our guest speaker this month. Kurt will offer a recap of the Mt. Taylor 50K which he has co-directed, and also share some details about his recent trip to Japan.

Hope to see you there! – Bring your family and friends!

■ **TRAIL CLEANUP** **Friday, November 17, 2023 – 9:00 am**



Cece Niemczyk, Trail Cleanup Coordinator, has planned a cleanup project on Friday morning, November 17. Meet at the usual location near the McDonald's Restaurant at Tramway and Montgomery NE beginning at 9 am. Cece will provide trash bags, water, snacks, and gloves. Any help is appreciated – there's no need to sign up, just come out as your schedule permits to improve the cleanliness of the paved bike path that runs north-south along the east side of Tramway, heading north from Montgomery. Thanks!

■ **BURQUE BREWERY TOUR** **BLACK FRIDAY TURKEY TROTS**



When: Friday, November 24, 2023

Location: Tractor Brewing in Nob Hill (118 Tulane SE)

Time: Starts at 11:00 am sharp!

Distance: 3.5 miles (but we can pretend it was 4)

It's time for the Burque Brewery Tour kickoff!

Are your in-laws getting cranky? Are the kids in need of unwinding? Did you eat too much pie yesterday? Here is the solution to all your problems! You can run or walk, with a stroller or without, with a dog or without. This is a free fun event that starts off Small Business Saturday. Tractor Brewery does not serve food but there are plenty of venues around that will deliver. See you there!

<https://www.facebook.com/events/243804552011808>

IN MEMORIAM

Charles Thomas Fuller (1946 - 2023)



Charles "Chuck" Fuller, age 76, a proud father and loving grandfather, passed away on October 27, 2023. Chuck was an active volunteer for Boy Scouts and Asbury UMC, and a dedicated runner and volunteer with Albuquerque Road Runners and New Mexico Track Club. He worked at Sandia National Laboratories for 47½ years. Chuck is survived by his wife Jane (Taylor) Fuller; his children Christian Fuller (Sky Fuller) and Anna (Fuller) Tedeschi (Stephen Tedeschi); and his grandchildren Cavan, Sierra, Rosa, and Giuseppe. He is also survived by two brothers, William Fuller and James Fuller.

MEMORIAL SERVICE

Saturday, November 11, 2023
2:00 pm
Asbury United Methodist Church
10000 Candelaria Rd NE
Albuquerque, NM

LEGACY.COM

CONDOLENCES

Jane Fuller
5416 Hines Dr NE
Albuquerque NM 87111



Chuck in October 2022 at the Forever Young 3 Mile Run turnaround



Chuck and Jane Fuller were inducted into the ABQ Road Runners Volunteer Hall of Fame at the Volunteer Banquet for 2013



Chuck in October 2023 at the Duke City Bag Drop with Cece Niemczyk

Photo courtesy of Tom Besson



You will be missed, Chuck

For 20+ years, Chuck collected parts to assemble a Ford Cobra kit car. Post retirement, the project became a reality. Pictured here, a group of friends and neighbors gathered this summer to join the body to the chassis.

ARR Volunteers at DUKE CITY MARATHON!

I am very grateful to the volunteers who helped make the experience better for DCM participants on October 22!

Joining me at BAG DROP were newbies Ursula Wilkinson and Ginny Ricciardelli; Cece Niemczyk and Tom Besson, who both worked the booth before and after their own races; and Frank Griggs. Additionally, Chuck Fuller (always a Bag Drop volunteer) was so pleased to be there enjoying the excitement and camaraderie and friendship.

We also recruited six volunteer PACE GROUP LEADERS – two for the Half Marathon and four for the Marathon (check out their names, photos, and assigned finish times below). When you see them, **congratulate them and THANK THEM!!**

– Glenda Muirhead

HALF MARATHON PACERS



John Ricciardelli, Official Pacer - 2:00
Brian Johnson, Assistant Pacer

MARATHON PACERS



Patrick Goschke - 3:30



Adam Drozek - 3:45



Juan Mendez Granado - 2:15



Melissa Tencza - 4:00



Clifford Matthews - 5:00

CANYON DE CHELLY ULTRA – Running with the Navajo

*Held 13 October 2023 in Chinle, Arizona
Shaun Martin - Race Director*

Humbly submitted by Kathy Kirsling

You can't see me, but just thinking of this Epic race moment in time makes my heart well up with emotion. I am full. I am blessed. I Am. I have so much feeling for this race...

SOME OF MY HISTORY:

In 2014, I was entered. There's was no lottery yet back then...I was IN! I had already arrived in Chinle (about a 4-hour drive from Edgewood) when I got a phone call regarding a potentially dire family emergency. I contacted Shaun Martin, who was out marking the course and cell service could be unpredictable. I left him a text and voice message saying I was leaving immediately for Kansas due to family emergency and would not be starting the race. I drove straight through to Wichita, a very rough emotional drive. Ultimately, thankfully, all was well with my son.



Five years later, 2019, I'd wrapped my heart around doing this race again. But now it was a lottery! "Mama's stew pot" name drawing was in August. I was not one of the 150 picked...but I was number FIVE on the Waitlist! Ken Gordon, race director for Mt Taylor, said "make plans, you will get in" - and I did! And I accomplished what I couldn't in 2014.

And so I tried every year since but I was so deeply waitlisted (as deep as 600!) that there was absolutely no chance. Then COVID happened...but then I got to participate virtually. Until 2023, when I was FIVE on the waitlist again! And I remembered Ken's encouragement to go ahead and make plans. I did and got it accomplished again but with such turmoil of emotion in the beginning.

Since 2019, my body has aged and betrayed my mind's goals. I have worked so hard at overcoming this, but it truly has been and still is a very rough mental challenge. So this is how I came to Chinle, with much angst in my heart. Shaun gave me peace and calm which allowed me to take in the sacredness and spirituality of the Canyon. He allowed me to celebrate my experience, to offer up my prayers, to be open to learn what the Canyon would teach me, and to heal.

There is a massive history with the Canyon, as related by Shaun: how the Navajo people were chased by the US Military Cavalry and how well the Canyon took care of her people. Everyone makes their own Spiritual journey into the Canyon surrounded by this sacred environment. As did I. I have so much to treasure. My mind, heart, soul are full. I thanked the Canyon deities for wrapping me in their arms. The Canyon walls get so close that I really felt wrapped within a warm hug. My memories are boundless. I am peaceful and happy with my hours in the Canyon.



This is a fragile space, a fragile but strong community. The Canyon walls are beautiful, so high, so layered. So colorful and changeable. Respect for this needs to be upmost on entering this sacred place. In that regard nothing needs to be taken from it; no feathers, no rocks, not even horses (as if these wild ones would let you! I was not fortunate enough to see them, though many were). But I could take out two shoes full of SAND which I saved, a treasure for my medicine pouch! Many thanks and hugs did I give to Shaun's crew, the volunteers, his mama!



The sweepers were my favorites – they were sweeping in a Jeep, a very cool mode! Well, I have seen horse riders sweeping in a race, why not a Jeep?!

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CANYON DE CHELLY ULTRA – Running with the Navajo

by Kathy Kirsling

continued

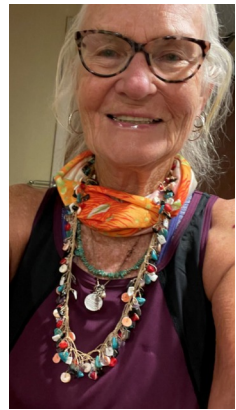
My awards are many; memories top them all, but the material awards are treasures on their own. Each finisher was gifted a handcrafted turquoise necklace placed on you by Shaun. I was also honored with a much treasured, beautiful, and meaningful necklace for being the eldest female to finish! The eldest male received one as well. As eldest I also received a beautiful scarf!

I loved the runners I got to know before, during, and after the race. We are the best...are we not?!!

So loved the vegetable soup and fry bread that replenished and nourished. Such hard effort goes into this race and I am most appreciative! Run it again? If not, I'd love to volunteer!! I thank Jean Herbert for hanging out and waiting for me to finish! And Alexa Whittenburg!

Canyon de Chelly is beyond special, worthy of protection and respect. It is an honor to be chosen to run in the Canyon. Shaun Martin grants us this privilege of running the Canyon with his Ancestors. This honor should *never* be taken lightly.

I will always have endless memories. Always in my heart and soul. With Love.



All photos by Kathy Kirsling
(except for the wild horses)

Membership Update September 2023

Renewed Members

Sylvia Carpio
Andrea & Brad Carvey
Juan Mendez Granado
Jeff Puterbaugh
Sigifredo Saenz
Lon Waters

New Members

Mary & Richard Altenberg
Travis Tabet
Sue Vandewalle
Wolfgang Wagner

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 | Chris Martin / Membership |

Click on TITLE for email address

Army Staff Sgt. Matthew Q. McClintock

Serving During Operation Freedom's Sentinel 30, of Albuquerque, NM; died Jan. 5 in Marjah District, Afghanistan, from wounds suffered when the enemy attacked his unit with small-arms fire. He was assigned to the 1st Battalion, 19th Special Forces Group (Airborne), Washington National Guard, Buckley, Washington.



American Hero
SFC Matthew Q. McClintock and son

October 21, 2023

The 8th Annual Tatonka 5K Run/Walk is a fundraising fun run to raise money for the Green Beret Foundation in memory of SFC Matthew Q. McClintock. The Green Beret Foundation helps soldiers and their families with needs like family care, medical support, travel, careers, etc. Matthew passed away on January 5 2016 while helping to save his teammates in Afghanistan. All of his teammates survived the mission. He will always be remembered as an American Hero.

This was the eighth edition of the Tatonka 5k "Fun Run." This was my second time running it. I only learned about it last year.

Declan, Matthew's son, turned eight today, but couldn't be here. He lives back east. So, pre-race, his grandmother led the crowd, singing Happy Birthday, which was recorded and sent to him. Happy Birthday, Declan!

Matthew's mother and brother organize this event, and they're supported by amazing volunteers, including JROTC students from the local high schools. In addition to it being a celebration of Matthew's life, this run is a fundraiser for the Green Beret Foundation.

PRE-RACE

Once again, my buddy Don was there and although I remembered his name, I had forgotten that this Don was the same Don who taught Physics at USMA, which is where Iris, one of our (my wife's and my) twin daughters is going to school. Don introduced me to Amy, who was to take first in the female 50-100 age group.

There are only two age groups: 10-49 and 50-100¹. Pre-race I ran into my friend George and his son George. George is 48, while George is 18. I don't remember George's father's age, but I do remember his name: George. That George, i.e., George's father, was a liaison (I think that's the name of the position) for high school students who apply to USMA. George, himself, went to the Air Force Academy. His son, George, goes to UNM, which is where Margaret—our other twin daughter—is enrolled.

After readying my ruck (there's no separate rucksack division; I just use this race to help me ease into my Bataan Memorial Death March training), I hung out with Don and Amy as we all sang (at least those of us who weren't too choked up) Happy Birthday to Declan. The color guard and National Anthem were next. After a description of the course, we started promptly at 10 am.

THE RACE

Like last year, the race was held in the New Mexico Veterans Memorial. This year, however it was much more twisty, because it was basically two 1.55 mile loops as opposed to last year when it was approximately three 1.16 mile loops².

This year, a combination of a foot injury and a rib injury kept me from running, much less running with a pack, for the last several months. As such, I knew I was out of shape, so I pulled out all the stops. I had a double espresso a little more than a half hour before the race started; I wore my ice hat filled with ice and I carried two hand-helds, each filled with ice water.

My goal was to not go out too quickly, but to rev my heart up to around 160 beats per minute and hold it there. If there were people to pass or people to prevent from passing while I was up in my redline, I'd try my best, but nope. Sadie came in 26th, in 29:29.6. Eighteen seconds later I finished at 27th in 29:47.7 and I didn't see Erin in back of me, but she finished less than seven seconds after I did, in 28th at 29:54.5.

I'm happy that I was able to rev up my heart rate and keep it up. I'm realistic enough to not be surprised that I was 38 seconds per mile slower this year even though my average heart rate was 4 beats per minute faster. Fitness is a thing, and I've lost a bunch.

POST RACE

This year I drank my rice milk and ate my recovery fortified oatmeal before drinking my celebratory beer. I took a few photos as Amy and George took first in their (age, sex) divisions and chuckled as the announcer wasn't completely sure what was going on with George Sefzik taking first and George J. Sefzik taking fourth. I suggested that cheating might be involved.

It was a largely unknown event held in a largely unknown venue. And yet...it's growing.

Before leaving, I hugged mom McClintock and tried to speak.

¹ I plan to keep doing this for forty-one more years, just to cause them trouble when I'm 101. Thinking of you, Ben.

² Yup, last year's course was a little long, but this year's was just right.