



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 10

OCTOBER 2023

PRESIDENT'S MESSAGE

The NM State Fair is over, the Balloon Fiesta is around the corner, and if you've been training all summer ... then it's time to race!

Here are just a few upcoming races:

October 14 - Beat the Eclipse 5K at Canteen Brewhouse

October 22 - Duke City Marathon 5K, 10K, Half Marathon, Marathon and Marathon Relay

October 29 - Forever Young 3-mile and 6-mile in Placitas

If you aren't into racing or perhaps have trained for another event, you can always volunteer at one of these events. The club is **staffing the bag drop at DCM**, plus we are looking for **marathon pacers**. And volunteers are always needed and appreciated at the Club's **Forever Young races**. Please see Page 3 for sign-up information for both of these events. Thanks!

Don't forget we are still collecting new and gently used sneakers for **Sneakers 4 Good** at the monthly meetings. So far we have made 3 shipments. Thanks to all who have donated!

Tom Besson



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CLUB MEETING

Wednesday, October 11, 2023

7:00 pm Start Time

**No. Domingo Baca Center
at 7521 Carmel Ave NE**

ARR member **John Farrow** will join us with a presentation of his trip to Antarctica. Also, **Matt Glasier** from **Heart and Sole Sports** will share information about trail/hiking shoes.

Hope to see you there!

Bring your family and friends!



RACE Report

PHOTOS BY CHRIS BLACK



Ben Stout, Overall Winner

Saturday, September 30 – 6:30 am Start

Another Mt. Taylor 50K on the books – another great success for race directors Kurt Coonrod, Ken Gordon, and Margaret Gordon!

Benjamin Stout (Los Alamos), who won this race last year in a record-setting 4:10:19, was first overall again in 4:16:37. Second-place finisher **Stephen Kersh (Flagstaff AZ)**, son of ARR members Gene and Ellen Kersh, came in at 4:23:51.

Johanna Hamblett (Santa Fe) was the first woman over the finish line, in a time of 5:55:57. She recently competed in the Silverton Alpine 50K and the Jemez Mountain 50 Miler.

Our thanks go out to all of the outstanding volunteers who make this race possible year after year!

COMPLETE RESULTS

TOP 5 Men

1. Ben Stout 4:16:37
2. Stephen Kersh 4:23:51
3. Jeff Cuno 4:46:02
4. Adam Doe 4:52:57
5. Michael Carilli 4:59:36

MASTERS Men

1. George Sefzik 6:24:42
2. Mike Engelhardt 6:26:04
3. Jonathan McKinney 6:29:33

VETERANS Men

1. Senovio Torres 6:33:49
2. Tommy Stockton 6:54:33

TOP 5 Women

1. Johanna Hamblett 5:55:57
2. Sophia Torres 6:29:40
3. Julia Andreas 6:48:31
4. Joanna Zhang 6:54:54
5. Tara Carter 7:10:45

MASTERS Women

1. Miranda Harrison 7:16:00
2. Karin Wadsack 7:17:17
3. Lynette Padilla-Trujillo 7:31:22

VETERANS Women

1. Julie Arter 10:38:07



Johanna Hamblett, First Place Woman

TOP 5 MEN



TOP 5 WOMEN





VOLUNTEER Opportunities

DUKE CITY MARATHON - Sunday, October 22

LEAD A PACE GROUP!

You'll get a free entry! [SIGN UP HERE](#)

Run the COMPLETE MARATHON

- Get an official time in the results listing

Split the MARATHON
into two halves with another runner - No official time

Run the HALF MARATHON

- Get an official time in the results

Requested Finish Times

FULL MARATHON

3:15

3:30 - Patrick Goschke

3:45 - Adam Drozek

4:00 - Melissa Tencza

4:15

4:30

5:00 - Cliff Matthews

HALF MARATHON

1:30

1:45

2:00 - John Ricciardelli & Brian Johnson

2:15 - Juan Mendez

STAFF THE BAG DROP!

[SIGN UP HERE](#)

Sign up for a two-hour shift, or any time that you can offer, even if you're racing yourself!

6:00 - 8:00 am

8:00 - 10:00 am

FOREVER YOUNG RUN - Sunday, October 29

We are asking for volunteers to help put on this Club Race
in Placitas at the Forest Loop Road!

Here's how you can help:

- staff pre-race packet pickup/registration on Friday or Saturday evenings at Heart & Sole Sports
- set up the race site (carry boxes, set up canopies, pick-up/registration and refreshment tables, finish chutes, etc.)
- handle race day packet pickup or registration
- staff the refreshments table
- establish and staff the 3-miler turnaround point
- take race day photographs
- be a course monitor
- help at the finish line
- assist with awards presentation
- help with clean-up

[CLICK HERE](#)
[SIGN UP TO HELP](#)

[CLICK HERE](#)
[REGISTER TO RACE](#)

September Update

By Ian Maddieson

Member Race Series Coordinator



September was a month that included events in the Race Series each weekend, including the Chips and Salsa Half-Marathon on the 10th, the TyRUNnosaurus 5k on the 17th, and the Corrales Ditch Run on the 23rd. Results of the Mt Taylor 50k on the 30th as well as from the Sandia Mountain Shadows on Oct 1 are available.

The Nickerson family were very busy. Todd Nickerson scored 79 points in the Chips and Salsa Half as well as 92 points in the TyRUNnosaurus 5k, so now has a total of 171. **Kellie Nickerson** was second female in the TyRUNnosaurus 5k, a performance worth 93 points but she already has a 100 score from an earlier 5k, so remains on 292 points.

Gene Kersh ran TyRUNnosaurus also and finished 7th overall, winning his age-group by a large margin, with a haul of 84 points. **Diana Bibeau and Tony Recker** both ran the Corrales Ditch 10k, a 'short trail' race, scoring 61 and 56 points respectively. Diana now has a total of 177 points and Tony 152. **Cliff Matthews** is on the board with 50 points from Mt. Taylor 50K, a race in the long trail category. Sandia Mountain Shadows 5k is a 'short trail' race: **Tessa Nickerson** was the women's winner and so banks 100 points. In a result from earlier in the year that got overlooked due to differences in the spelling, **Steve(n) Nickerson** improved his half-marathon score to 74 at the Run for the Zoo back in May and so has a total of 139 points.

October brings the Duke City Marathon and Half-Marathon as race series events on October 22. The club is involved in helping with pace groups and bag security. The marathon is the West regional RRCA marathon championships, and the half-marathon is the state RRCA championship at the distance.

Our club's own Forever Young 6 mile race on October 29 (*note: date was wrong in the original race series listing, now corrected*) is in the 'short trail' category, and the **Great Pumpkin Chase 10k** on the 28th finishes the announced road races in the series.

The series has usually ended with the Doggie Dash 5k at the Balloon Fiesta Park. It was an oversight to omit this race from the series calendar this year, so it is added as the year's **final event on November 5**. As before, the 5k with dog will be scored separately from the race without dog. Hope to see you there!

Contact me:

Ian Maddieson, ARR race series co-ordinator
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SERIES STANDINGS		TOTAL POINTS
Todd Nickerson	+ 79 + 92	171
Kellie Nickerson		292
Gene Kersh	+ 84	
Diana Bibeau	+ 61	177
Tony Recker	+ 56	152
Cliff Matthews	+ 50	50
Tessas Nickerson	+ 100	
Steven Nickerson	+ 74	139

UPCOMING SERIES EVENTS

October 22	Duke City Marathon & Half Marathon
October 28	Great Pumpkin Chase 10K
October 29	Forever Young 6 Mile
November 5	Doggie Dash & Dawdle 5K

Membership Update September 2023

Renewed Members

John Clady
Tony Recker & Diana Bibeau
Gary Schancer
David Stewart

New Members

Emily Cotter
Tamara Hartenberger
George Jordan
Ava Leyva

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

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