

ARR news

Newsletter of Albuquerque Road Runners Club | Vol 39 No 9

SEPTEMBER 2023

PRESIDENT'S MESSAGE

Finally, the heat wave has subsided – and Fall is a great time for training and entering races. The club has two events upcoming: the Mount Taylor 5K in September, and Forever Young 3 mile and 6 mile in October. Consider entering or volunteering for either ... or both!

The club had a booth at Canteen Brewhouse's *Thirst for the Outdoors* Fair on August 12. Many folks stopped at visited the booth, asked questions, picked up pamphlets about the club, and talked running. We did have one member renew her membership and possibly some new members joined afterwards.



Kathy Kirsling (right) and Anna Williamson (center) staff the ARR table at Thirst for the Outdoors at Canteen Brewhouse. At left is Melani Buchanan-Farmer of Running 505 (adjacent table).

Overall, I think it was a good event for us. My thanks to Kathy Kirsling, Anna Williamson, and Andrea Schoellkopf for volunteering to staff the booth, and to **Shannon Zanelli** for bringing the fair to my attention. Also, Jamie at Canteen Brewhouse said they plan to host a run on Saturday, October 14, to celebrate the solar eclipse.

Good news! ARR member Chris Martin has volunteered to take over as **Membership Coordinator** from Dennis Muirhead. Chris brings excellent skills to these tasks and we're very happy to welcome her to this position – **Thanks, Chris!**

Finally, we are still collecting slightly used and new running shoes for Sneakers 4 Good. Please bring your donations to this month's meeting.

Tom Besson

CLUB MEETING

Wednesday, September 13

7:00 pm Start Time

No. Domingo Baca Center

at 7521 Carmel Ave NE

Running happy is all
in your head ... *or is it?*

Join us to hear
psychologist Robert
Annett, PhD, present
on sports psychology
at our September
Meeting!



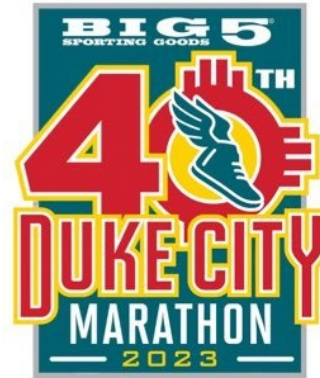
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VOLUNTEER Opportunities

DUKE CITY MARATHON
SUNDAY, OCTOBER 22



LEAD A PACE GROUP!

*We're still looking for more
Pace Group Leaders for the
MARATHON or HALF
MARATHON! – can you help?*

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 listing

*You'll get a free entry and a short-sleeved
ARR shirt! If this sounds like something
you might like to do, please let us know!*

REQUESTED FINISH TIMES

FULL MARATHON

3:15
3:30 – Patrick Goschke
3:45
4:00 – Melissa Tencza
4:15
4:30
5:00 – Cliff Matthews
5:30

HALF MARATHON

1:30
1:45
2:00 – John Ricciardelli & Brian Johnson
2:15 – Juan Mendez

STAFF THE BAG DROP!

We are also looking for volunteers to help with the BAG DROP on RACE DAY. As you know from your own experience, this is a very important function provided at races. ARR has been staffing the BAG DROP for years, and we'll do so again for this 40th year of DCM! The early hours are the most important, starting at 6 am. We like to have volunteers for two-hour shifts, but any time you can offer is very helpful...even if you're going to be racing yourself! **SIGN-UP GENIUS FORM WILL BE AVAILABLE SOON.**



August Update

By Ian Maddieson

Member Race Series Coordinator

member race series

There were a couple of trail races in the series during the month of August. On August 5 the **Up and Over Trail 10k** took place in Taos Ski Valley, followed on August 19 by the **Cloudcroft Ultra 53k** in the charming village of Cloudcroft around 9000 ft high in the Lincoln National Forest. A new men's course record of 53:16 was set in the Taos race by Patrick Smyth. There were familiar names to long-time ARR members among the finishers, but not ones who have signed up for the series.



L to R: Kelley Garcia, Ian Maddieson, Kathy Kirsling, Joaquin Garcia

Yours truly, Ian Maddieson, entered the **Cloudcroft Ultra** on very short notice, but found that someone has chucked a lot more rocks onto the Rim Trail since I last ran in this area in 2016. I don't do rocks any more. The result was a DNF at the first time cut-off at the 13-mile mark. The good news was that the aid station was manned by Kelley and Joaquin Garcia and Kathy Kirsling (photo) and so I had a great welcome from ARR friends and made my way back to the start on the roads and trails in my own time. No points scored.

There are a bunch of races coming up in September, as listed below, including conventional 5k, 10k and half-marathon, as well as more long trail races. **Hope to see race series runners in these, and, as always, if you have done any of the earlier races in the series, your scores count.**

Sept 9 Bull of the Woods Marathon (Taos Ski Valley - long trail)

Sept 10 Chips & Salsa Half-Marathon (Albuquerque)

Sept 17 TyRUNnosaurus 5k (Albuquerque)

Sept 23 Corrales Ditch Run 10k (Corrales)

Sept 30 Mt Taylor 50k (Grants - long trail)

Contact me:

Ian Maddieson, ARR race series co-ordinator
raceseries@abqroadrunners.com

MEMBER Spotlight

Chris Martin

- ▶ ... just recently volunteered as the Club's new **Membership Coordinator**, and she's already up and running! She has taken over from Dennis Muirhead, so future messages and updates will come from Chris.
- ▶ ... brings outstanding computer skills and administrative expertise to this position. She'll be terrific!

Brian Johnson



Brian, at right, in a selfie with Juan Mendez, ARR Secretary

- ▶ ... has become a **Frequent Poster** on the Club's private Facebook group.
- ▶ ... chronicles the Club's Saturday and Sunday morning runs in photos! Look for Brian's fun pics on Facebook and our website.

DEAR ROAD RUNNERS.

Louis S. Marjon, born in Santa Cruz, New Mexico, long time Albuquerque resident, attorney, and Road Runner, died on March 25, 2023.

The family is hosting a Celebration of Life for Lou on his birthday, September 8, from 4:00-7:30 pm.

We would very much like to extend the information and an invitation to the Albuquerque running community.

Running was Lou's passion.

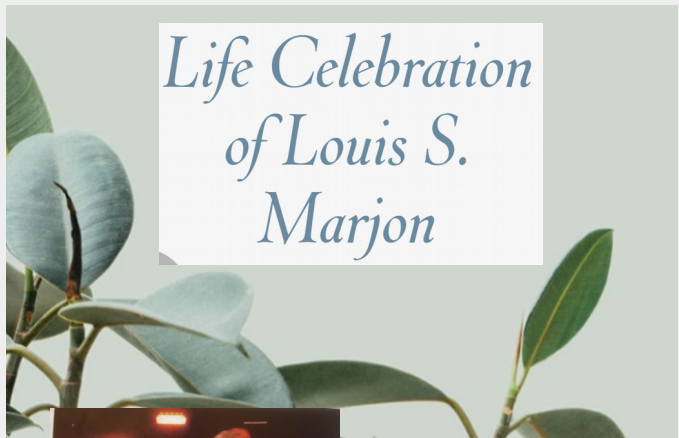
PLEASE JOIN US IN CELEBRATING THE WONDERFUL
JOURNEY AND INSPIRING LIFE OF LOU

Hosted by Joachim Marjon

**Friday, September 8
4:00 pm – 7:30 pm**

LOCATION

Marjon Law Office, 9621 Fourth St NW



ARR Board of Directors

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Vice President	Joyce Fafard
Secretary	Juan Mendez Granado
Treasurer	Peter Falk
Director	Shannon Zanelli
Director	Spencer Briggs
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Advisory	Chris Martin / Membership
Advisory	Glenda Muirhead / Publications

Click on TITLE for email address

Membership Update – August 2023

Renewed Members

Gloria Cohen
Paul Fyfe
Kim Gieck
Meta Hirschl
Lorna Kindel
Laura Maclay
Will Steinberg
Melissa Tencza & Patrick Goschke
Matthew Wirth

New Members

Alexander Connolly
Christopher Dollesin
Ann & Jim Hund
Julian Padilla
Ursula Wilkinson
Brian Wright

Life Members

Jane & Norm Gagne
Kathy Kirsling