



## March Meeting



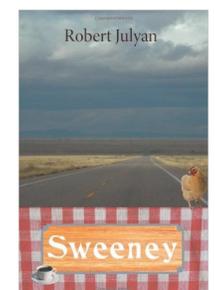
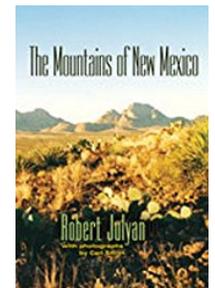
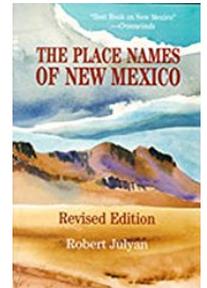
Bob Julyan

**Wednesday, March 1, 2017 - 7:00 pm**  
**North Domingo Baca Center - Room 5**

at Carmel and Wyoming Blvd, west at first stoplight north of Paseo del Norte

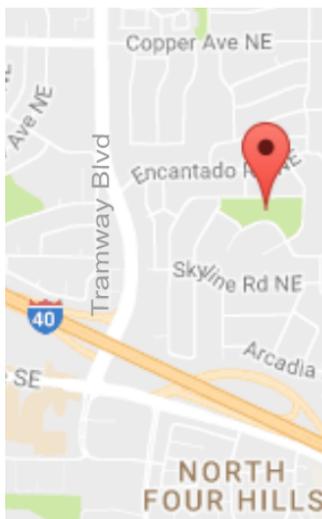
### Guest Speaker : ROBERT JULYAN

Bob is an Albuquerque-based writer and lecturer; his many books include *Place Names of New Mexico*, *Wilderness Areas of New Mexico*, *Mountains of New Mexico*, *Best Hikes with Children in New Mexico*, and the award-winning novel, *Sweeney*. He's also a runner (this year marking his 50th), and a longtime on-again-off-again member of ARR.



"My presentation will include a brief introduction to English fell running (think of it as trail-running without the trails), followed by a discussion of the South Downs Way, a 100-mile National Trail that my wife and I hiked last summer. Though most people do it as a hike, as we did, its unique topography and soil make it excellent also for running, and we saw many runners."

## March Handicap Run



**Sunday, March 19th - 8:30 am**

**Supper Rock Park**

**Hosted by Meredith and John Eddy**

The March Handicap will start at the intersection of Monte Alto and Turner at Supper Rock Park. There is plenty of parking on adjacent streets, and Meredith and John's house (600 Turner Dr NE 87123) faces the park for a quick walk over after the run to enjoy a potluck meal. Please bring a dish to share!

The March Handicap will follow the usual handicap format.

If you plan to attend, please RSVP to Shannon Zanelli ([handicaps@abqroadrunners.com](mailto:handicaps@abqroadrunners.com)), and also provide your 5K time so she can place you in the starting lineup.

# Annual Volunteer Banquet

On February 11, ARR celebrated those members who made things happen for the Club in 2016. Our annual banquet was held at Church Street Cafe in Old Town, where about 50 attendees enjoyed dinner and received a gift of appreciation from ARR ... this year, a bottle of wine!

In addition to having a party to recognize ARR's volunteers from last year, we also inducted four special members into the Volunteer Hall of Fame. *Congratulations to these outstanding volunteers, and thank you for your service to the club!*



## Volunteer Hall of Fame – New Inductees



**Laura Biedermann**

Laura has been the club's Webmaster for almost two years, and was also an integral part of putting on ARR's Women's Distance Festival for several years while husband Eric was race director. She has helped lead the club's trail runs, has volunteered at many club and community races, and has always been a friendly and welcoming face to newcomers.



**Joyce Fafard**

Currently in her fourth year as club Treasurer, Joyce has also been a volunteer at each of the club's four races. She helped make the 50th Annual La Luz Run extra special with some unique touches, and especially enjoys helping at Mt. Taylor 50k. She has been the ARR Funds Committee Chair, awarding grants to local fitness groups. Joyce has great ideas...and she makes them happen!



**Mary and Richard Overmier**

Long-time club volunteers, Richard and Mary have always been there, when and where they are needed. They help with race registration and packet pickup, finish chute duties, timing and race results, especially at Forever Young and La Luz races. They bring their competence and friendliness to every task, and are committed to continued volunteerism.

### ARR Board

President : Glenda Muirhead  
Vice President : Ana Romero Jurisson  
Treasurer : Joyce Fafard  
Secretary : Linda Stiles  
Director At-Large : Ian Maddieson  
Director At-Large : Stephen Jett  
Advisory Director : Kelley Garcia  
Advisory Director : Rodger Sack  
Advisory Director : Jim Schnitzler  
Advisory Director : Anna Williamson

# BURQUE BREWERY TOUR

The Brewery Tour 2016-2017 Series finished with the final timed event on Saturday, February 18, at Ponderosa Brewery. Including Sasha The Dog (who apparently edged out her human by a mere fraction of a second), 17 individuals completed the course that morning.

No surprises in the final Series standings: Jeff Rienstra ended up as first runner overall/first male, while Kellie Nickerson reigned supreme over the field of ladies. Kellie received a lovely tiara as her prize, and Jeff took home a handsome crown for his regal efforts. Well done, Kellie and Jeff...congratulations!

Thank you, Kelley Garcia and Joaquin Garcia, for putting together all the details to make this outstanding series possible!

## V Day Brewery Run RESULTS

1	Jeff Baker	M	24:27.80
2	Jeff Rienstra	M	24:28.20
3	David Clark	M	27:27.00
4	Kellie Nickerson	F	28:28.20
5	Ana Romero Jurisson	F	28:28.70
6	Kathy Kirsling	F	31:34.20
7	Linda Stiles	F	32:19.90
8	David Kaufman	M	33:41.90
9	Dave Vickers	M	33:57.30
10	Wendy Wiggins	F	36:30.20
11	Anna Williamson	F	37:15.50
12	Beth Davenport	F	38:38.20
13	Sam Quesada	F	41:27.30
14	Sasha The Dog	F	42:44.40
15	Mike Silbert	M	42:44.80
16	Nick Juskiewicz	M	43:17.80
17	Nara Olivas	F	43:38.20

## Brewery Tour Series 2016-2017 OVERALL RESULTS

- 1 Jeff Rienstra
- 2 David Clark
- 3 Kellie Nickerson
- 4 Kathy Kirsling
- 5 Nick Juskiewicz
- 6 Anna Williamson
- 7 Ana Romero Jurisson
- 8 Dennis Muirhead
- 9 Linda Stiles
- 10 Steve Nickerson
- 11 Susie Rand
- 12 Wendy Wiggins
- 13 Dave Vickers
- 14 Nara Olivas
- 15 Beth Davenport
- 16 Melani Buchanan Farmer
- 17 Louella Buchanan
- 18 Ruth Horowitz
- 19 Jeff Baker
- 20 Kessick Blech
- 21 Steph Linkus
- 22 Jeff Linkus
- 23 Alejandro
- 24 Todd Nickerson
- 25 Bill Hall
- 26 Jackie Malone
- 27 Rueben Drumm
- 28 Larry Marcas
- 29 Peter Falk
- 30 Carl Jurrison
- 31 Cliff Matthews
- 32 Nina Harrell
- 33 Chris Kelleher
- 34 Vemon Abeyta
- 35 David Kaufman
- 36 Bernard Google Holmes
- 37 Keith Ferguson
- 38 Grace Lassiter
- 39 Andrea Schoellkopf
- 40 David Infante
- 41 Natasha Sutherlin
- 42 Mehmet
- 43 Magi Ezzard
- 44 Eric Hanson
- 45 Dina
- 46 Allison Miller
- 47 Mike Recker
- 48 Chris Martin
- 49 Aimee Abeyta
- 50 Gloria Cohen

## Coming Up

### But Wait ... There's ONE MORE!

While the "timed" series is over, a BONUS RUN awaits. Mark your calendar for the untimed, just for fun FIFTH stop on the Tour:

**Santa Fe Brewing**  
Green Jeans Farmery near  
Carlisle NE & I-40  
March 11 at 10:30 am



## What's Been Happening?



# February Handicap Run

A beautiful morning rewarded those who traveled to Placitas for the Handicap Run on Saturday, February 25. This race featured a mass start, a no-watches rule as this was a time-prediction run, and teams of two! The "Run and Eat Biathlon," hosted by David and Katherine Wilson, presented racers with a wicked course of ups and downs, mostly on Sandia foothills trails.

Along the 3.86 mile route, there were frequent treacherous sections and occasional encounters with cactus. There were also a couple of racers who ventured off course a bit - or maybe a lot - but thankfully everyone returned safely to the finish line to begin the eating portion of the event – yum!

Thank you to the Wilsons for hosting again this year, and to Shannon Zanelli, the club's Handicaps Coordinator, for doing her timing and math magic.

View more February Handicap photos on the [ARR website](#).



Anna Williamson and Nick Juskiwicz are battling for the top spot in the Handicap Series

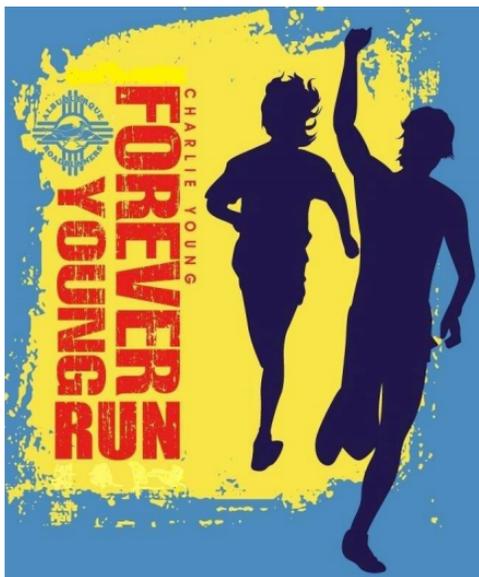


Dennis Muirhead, below left, and Chuck Fuller were the winners of the February Handicap Race, with their actual run times coming closest to their predicted times. They're shown here selecting their prizes from Shannon Zanelli's bag of treasures.



# Club Race

## Forever Young Run & Walk | 6 Mile Run and 3 Mile Run/Walk Sunday, April 2 – 9 am Placitas, NM – Forest Loop Road



The 13th Annual Forever Young Run & Walk is a celebration in memory of Charlie Young, an avid runner, cyclist and outdoorsman. This is a fun event with a beautiful view, breakfast burritos, and coffee at the base of the Sandia Mountains in Placitas. The course is cross-country, on rolling hills in a pinon/juniper area along the Bernalillo Watershed Road. Since Charlie always ran without a shirt even in the dead of winter, shirtless (not topless) participants are given a two dollar refund at the finish line.

**Cost: \$25** (add \$5 for race day registration)  
- includes long-sleeved hooded shirt  
No Shirt Option: \$5 Less

**Registration:**  
Online at [ultrasignup.com](http://ultrasignup.com)  
OR [download entry form](#)



**Awards:** First three finishers (male and female): Under 20, Ages 20-29, Ages 30-39, Masters (40-49), Grand Masters (50-59), Seniors (60-69), Geezers (70+)

*A portion of proceeds benefits the Placitas Community Library.*

## ENTRY FORM

### 13th Annual Forever Young Run & Walk Registration Form

Mail-in deadline is March 29, 2017, or register online at [ultrasignup.com](http://ultrasignup.com) by March 31. You can also register on Race Day (\$5 will be added to the registration fees below).

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Sex	M	F	Age on Race Day	
	_____	_____	_____	3 mile Run/Walk (hooded shirt incl.) \$25
	_____	_____	_____	3 mile Run/Walk (no shirt) \$20
	_____	_____	_____	6 mile Run (hooded shirt incl.) \$25
	_____	_____	_____	6 mile Run (no shirt) \$20

Shirt size \_\_\_\_\_

**Waiver:**

I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the Albuquerque Road Runners Club, the National Forest Service, and any other organizers and sponsors; their representatives, successors, and/or assigns of Forever Young Run & Walk for any injuries or damages I may sustain as a race participant on April 2, 2017. I give race officials permission to obtain medical aid for me should I, in their judgment, require it. I understand that volunteer first aid assistance may or may not be available at Forever Young Run & Walk, and I agree that such volunteer medical assistance may be rendered to me.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Signature of parent or guardian \_\_\_\_\_ Date \_\_\_\_\_  
if under 18 years of age

**Mail this form and entry fee to:**

Alan Overmier  
309 14th Street SW, Albuquerque, NM 87102

**Make checks payable to Albuquerque Road Runners**

# Club Race



## Saturday, September 30 Grants, NM

See views of volcanic plugs to the north, forested trails of the continental divide, open high mountain meadows, and the 360 degree view from the summit.

[website](#)

register on [ultrasignup.com](http://ultrasignup.com)

# Member Race Series Report

## First Event of the New Series: Feb 5 - The Super Bowl Run

Five members entered in the ARR Race Series scored maximum points in their age/gender group by finishing the Super Bowl 5K or 10K:

**Dina Hammad**  
**Jim Schnitzler**  
**Ian Maddieson**

**Geoffrey Tweed**  
**Anna Williamson**

Keep in mind that these standings can change if others who ran these races subsequently sign up for the series. Also, note that runners who will age up to a higher age group before June 30 are counted in the higher age group. So run well...and be strategic!

**All ARR members are welcome to sign up for the year-long series. Contact series coordinator [Ian Maddieson](#) to get your name on the list and learn the details.**

**Next Event: Sierra Vista Trail Runs  
Las Cruces, NM – March 4**

# Other Area Races

## March 11 | King of the Hill 5k - 10k - Half Marathon

Los Lunas, NM

Online registration & course maps: <http://www.loslunasnm.gov/721/King-of-the-Hill>

Race Director: Marcos Castillo | [castillom@loslunasnm.gov](mailto:castillom@loslunasnm.gov)

## March 19 | Bataan Memorial Death March 26.2M Team/Individual, 14.2M

White Sands, NM | [registration](#)

## March 19 | Miles for Minds 5K, Kids' K

ABQ, NM - Nusenda Stadium | [registration](#)

## March 26 | Safari Run 8K, 5K Fun Run/Walk, 1K Kids Run + Clinic

ABQ, NM - UNM North Golf Course | benefits Global Health Partnership | [registration](#)

## May 27 | Believe in Heroes / Cops for Kids Memorial Day Run 5k Run/Walk - 10k - Kids K - 5k Rucksack

Los Lunas, NM | Fundraiser to benefit Valencia County Veterans & Los Lunas "Cops for Kids" Program.

Note from **Jim Schnitzler, ARR Board of Directors, and race director & organizer for this race:** "This is our 6th annual event and first joining with the Police Department "Cops for Kids."

Registration: [www.LosLunasVets.com](http://www.LosLunasVets.com) or <https://register.chronotrack.com/r/23614>

# ARR Financial Report to Members

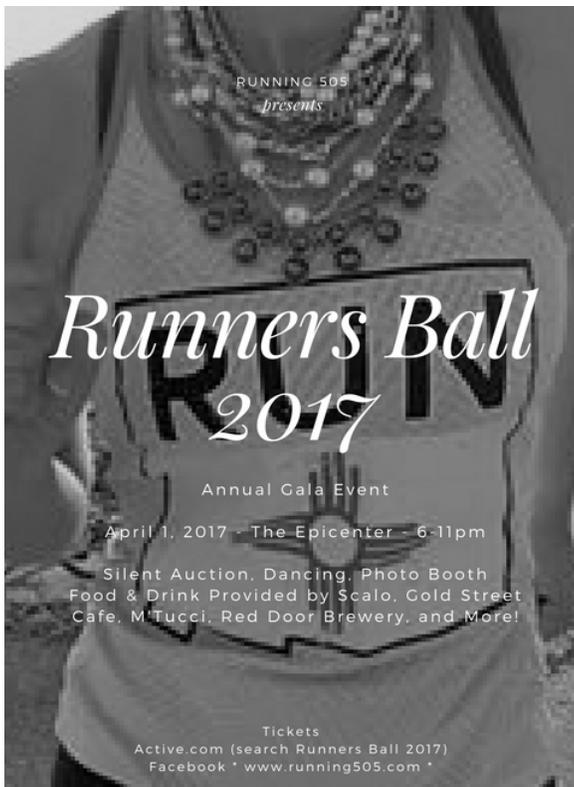
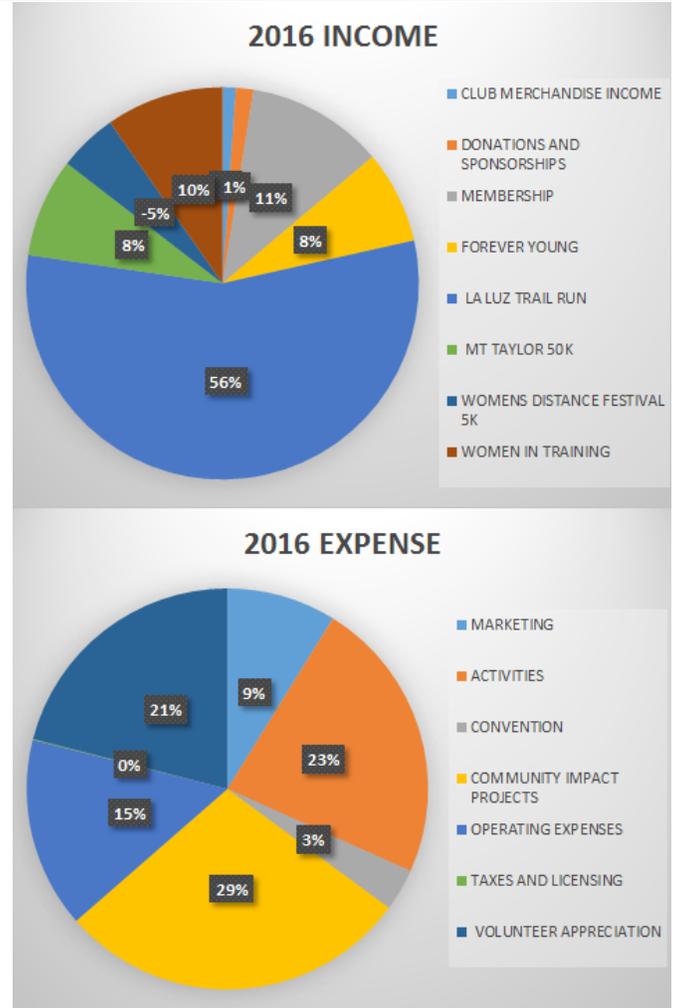
## Have you ever wondered where the Club's money comes from and goes to?

**Joyce Fafard**, now in her fourth year as Club Treasurer, has created these colorful and informative pie charts to give us an understanding of incoming and outgoing fund sources and uses.

**Income:** The club is largely financed by proceeds from La Luz Trail Run. Our other races also contribute, as does the Women in Training Program. Membership dues are an important component as well.

**Expense:** The largest portion of outgoing funds, Community Impact Projects, incorporates the Club's donations of race proceeds and grants to non-profit groups. Next are social activities including the Holiday Party, Volunteer Banquet, and meetings, followed by operating costs such as website, Constant Contact service, insurance, etc.

If you have any questions, please contact **Joyce** at [treasurer@abgroadrunners.com](mailto:treasurer@abgroadrunners.com)



**Saturday, April 1**  
**6 pm - 11 pm**

The Epicenter, located on the NE corner of Gold & 2nd St.

Wear your fancy clothes and your running shoes  
... or your running clothes and your fancy shoes!

Silent Auction from 6 pm - 9 pm  
Benefits Running 505

Great food from places like High Noon, Scalo,  
and Gold Street Cafe

Lots of dancing and a great opportunity to come enjoy  
the night with fellow runners from around our city!

Tickets may be purchased on [active.com](http://active.com)  
Updates: [Facebook.com/Running505](https://www.facebook.com/Running505)

*Runners Ball*  
**2017**  
Annual Gala Event  
April 1, 2017 - The Epicenter - 6-11pm  
Silent Auction, Dancing, Photo Booth  
Food & Drink Provided by Scalo, Gold Street  
Cafe, M'Tucci, Red Door Brewery, and More!  
Tickets  
Active.com (search Runners Ball 2017)  
Facebook \* [www.running505.com](http://www.running505.com)