



# ARR NEWS

newsletter of Albuquerque Road Runners Club

FEBRUARY 2015 Vol 32, No 1

## Volunteer Banquet

Three Inducted into Volunteer Hall of Fame  
Friday, January 30 – Church Street Café



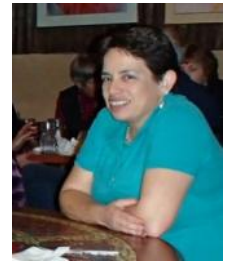
**Eric Biedermann, Kathy Kirsling, and Wendy Wiggins** are the Club's newest inductees into the Volunteer Hall of Fame. They were awarded gift cards in recognition of their several years of service to the club. President Gwen Walker presented brief bios of each and details of their many contributions, including (but by no means limited to):

Eric — director of Women's Distance Festival  
Kathy — host of April Handicap, race volunteer  
Wendy — former co-president, Take Back the Trail organizer

In attendance were many members who volunteered for the club during 2014. Everyone received a cobalt blue aluminum water bottle with the club's logo, and enjoyed a delicious buffet meal. Thank you to all who give back to the club and the community with your volunteer hours.

From left, President Gwen Walker, Eric Biedermann, VP Meredith, Eddy, Wendy Wiggins. Inset, Kathy Kirsling

**Those who couldn't make it to the banquet:**  
Gwen Walker has your gift. Please contact her at [president@abqroadrunners.com](mailto:president@abqroadrunners.com).



When you volunteer for Albuquerque Road Runners Club or at other running community events during the year, please be sure to notify our **Volunteer Coordinator**, Fred Bonnell, so that you will be invited to the 2015 Volunteer Banquet!

# President's Corner

By Gwen Walker

## ***Greetings, Road Runners!!***

I cannot believe the first month of the year has already sped by, and spring (along with all of the fun spring running events) is just around the corner!

January saw our club host the **Take Back the Trail** event on January 10, thanks to the genius and passion of the most amazing **Wendy Wiggins**. This event gathered several hundred runners and walkers for a 1 or 3 mile run, culminating with a group gathering and photo op at the top of the John Roberts Dam at the approximate time of an attack on a runner on that same trail in December 2014. This event was held in order to draw attention to the rights of everyone in the community to use our trails without the threat of sexual violence or bodily harm. We made a statement, and whether you were out there with us, or with us in spirit, we THANK YOU for your presence. We were a formidable force, standing atop the dam with our headlamps as dusk settled.



**Wendy Wiggins** was also among the inductees who were voted into our Volunteer Hall of Fame for 2014. Rounding out the 2014 inductees were **Eric Biedermann and Kathy Kirsling**, and we celebrated their efforts (and the efforts of all the other volunteers) with a banquet on January 30. Thanks so much to everyone who donates time and hard work to make this club so wonderful! If you volunteered last year but could not make the banquet, PLEASE contact me ([president@abqroadrunners.com](mailto:president@abqroadrunners.com)) to arrange to pick up your gift! If you'd like to volunteer some of your time this coming year, please contact **Fred Bonnell**, our Volunteer Coordinator, at [volunteers@abqroadrunners.com](mailto:volunteers@abqroadrunners.com).

Last (but certainly not least) I'd like to let you all know that we've added a "Social Coordinator" position to the club. This spot is being filled by **Myriah Gomez and Ana Jurisson**, and I know they're excited to be involved with some event planning later in 2015!

I wish you all the best and hope to see you at a race, a handicap run, or a monthly meeting sometime soon!

*Gwen*



## **Next Club Meeting**

**Wednesday, February 4, 2015**

**7:00 pm**

**North Domingo Baca Center**

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

## Member Spotlight

# Meredith Eddy

By Wendy Wiggins, ARR Board Member

As you may know Meredith Eddy is our vice president for 2015.

**Wish her luck on the The Mount Taylor Quad this month!** Meredith is doing the snowshoe leg for the No Limits team! Rumor has that she makes a mean hot buttered rum, which will come in handy after that race.

### *What's your favorite distance?*

"My favorite distance is 0.0...lol!! They are all hard, but I think my favorite distance is 5K. I am making the transition to ultras and I hope that I like the longer distances soon!!"

### *What's your favorite local race?*

I love the Valles Caldera 1/2 marathon course and I love the Big Tesuque Trail run...they are both so scenic, difficult, and have the best volunteers!

### *When you're not out on the trails, how do you spend your time?*

When I am not running I am trying to keep up with my four year old, Isabella, and my almost two year old, Julianna. I am a total book worm, drink way too much coffee, and love to watch college basketball!



Meredith makes Polly's Run a family affair!



MEREDITH'S "QUAD" TEAM

### ARR BOARD

PRESIDENT	Gwen Walker
VICE PRESIDENT	Meredith Eddy
SECRETARY	Charrissa Lin
TREASURER	Joyce Fafard
MEMBERSHIP	Anna Williamson
RACE DIRECTION	Rodger Sack
ADVISORY	John Farrow
ADVISORY	Wendy Wiggins

### CONTACTS

VOLUNTEERS	Fred Bonnell
NEWSLETTER	Glenda Muirhead
FACEBOOK	Wendy Wiggins

### ARR NEWS

ARR News is published bimonthly by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Check with the [editor](#) for deadlines.

The Albuquerque Road Runners Club is a non-profit corporation as an affiliate member of Road Runners Club of America (RRCA).

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Visit us at  
[www.abqroadrunners.com](http://www.abqroadrunners.com)





## 2014-2015 ARR HANDICAPS SEASON

### UPCOMING

# February Handicap Saturday, Feb 21 – 9:00 am

**Hosted by David & Katherine Wilson**  
**Predicted time run - no watches!**  
**Everyone starts at the same time!**  
**Teams of two!**

For the past several years there has been a Handicap race in Placitas, which is always a challenge in terms of topography. This year is not different, with a course that will be 4 miles, plus or minus, up and down. It will again be a **Run and Eat Biathlon** (in that order, please!) and is hosted by David and Katherine Wilson, at 9:00 am on February 21. Please see the maps and direction below.

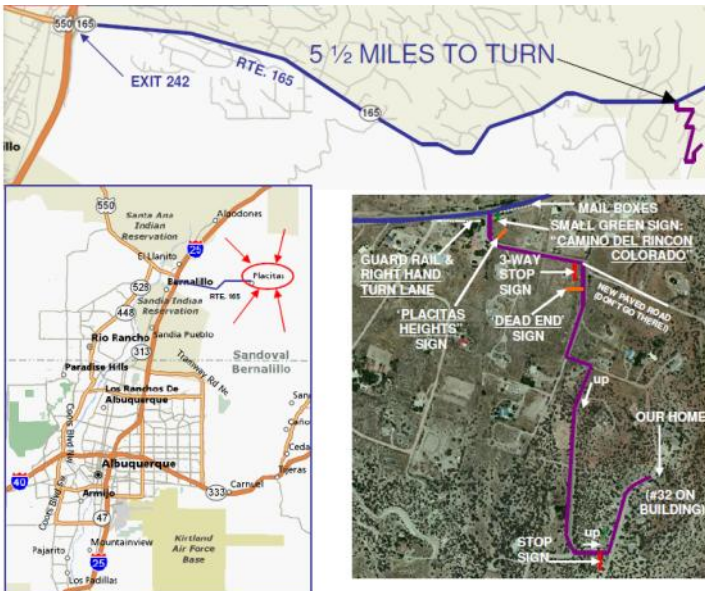
Once again the run will be a prediction race (no watches allowed) and a partners race – if you don't come with a partner, one will be awarded to you. It is a pot-luck, so bring something you like to eat and share. It will be wonderful to see you!

— *David Wilson, Handicap Host*

### DIRECTIONS

#### 32 Camino a las Estrellas — Placitas, NM — 505-903-0880

To get to the start of the race, go north on I-25 and get off at exit 242 (the northern of the two Bernalillo exits). Go east (right) toward the mountains. This is Route 165. Go about 5.5 miles, and on the right look for a guardrail, some mailboxes, and a small turning lane onto Camino del Rincon Colorado. There will be some kind of sign indicating the race. Follow the signs to Camino a las Estrellas (#32). You can call us at 554-2337.



*Because the January Handicap was cancelled due to illness, the season has been extended.*

### MARCH HANDICAP

Saturday, March 14, 2015

Details TBD

Hosted by Mandi Walker

### APRIL HANDICAP

Saturday, April 4, 2015

Edgewood, NM - 8:30 am

Hosted by Kathy Kirsling

### MAY HANDICAP

Date TBD

Supper Rock Park

Hosted by Meredith and John Eddy

### CURRENT POINT STANDINGS

PTS PARTICIPANT	PTS PARTICIPANT
58 Lauril Sachet	15 Sarah Gonzales
50 Vange Pena-Jenks	15 Jim Weddell
50 Tracie Laubert	15 Anna Williamson
49 Karen Foster	14 Dave Clark
48 Nick Juskiwicz	14 Matt Glasier
44 David Kaufman	13 JoAnna Johnston
32 Jason Sempsrott	13 Jill Broderick
32 Bridget Guenther	12 Krista Runtz
31 Mandi Walker	12 Terry Casey
30 Sam Conley	12 Jennifer Warren
30 Jeff Rienstra	11 Natty Plunkett
30 Ellen Hatch	11 Clinton Herrera
29 Randy	11 Matt Rogers
29 Jean Herbert	10 Likhaya Dayile
29 Tom Broderick	10 Laura Biedermann
28 Ben Anderson	10 Eric Biedermann
27 Jessica Dennis	9 Kathy Kirsling
26 Ana Jurisson	9 Jerry Sutherlin
25 Josh Gordon	9 Natasha Arnold
25 Nick Camino	8 Wendy Wiggins
25 Zach Hartman	8 Maria Ladd
23 Jean Kurtz	7 Chuck Fuller
22 Matt Rogers	6 Anna Hoard
22 Rachel Kinney	6 Chris Hoard
22 Nina Harrell	5 Mona Ramlawi
22 Rebekah Bellum	5 Melani Farmer
20 Cornelius	5 Andrea Schoellkopf
20 Kelley	5 Emily Schoellkopf
19 Myrriah Gomez	5 Mike Grow
19 Sara Chudnoff	5 Bethany Grow
19 Nicole Buerger	5 Melissa Watson
18 Erica Luna	5 Gwen Walker
17 Beth Davenport	5 Allison Miller
16 Rodger Sack	5 Darrell Armstrong
16 Glenda Muirhead	

# Doing “The Dopey” at Disney

By Charrissa Lin, ARR Secretary

**Twenty-two years ago**, Disney introduced a marathon. Over the years, they’ve added races to marathon weekend: first a half marathon, then a 5k, and last year a 10k. The races are held on consecutive days which means that people can do more than one – in fact, they can do all of them. Never shy to pick up on a revenue opportunity, Disney introduced the **Dopey Challenge: a 5k, 10k, half marathon, and full marathon on four consecutive days.**

**Derek and I signed up** to do the Dopey this year and we met up with several sets of friends from around the country. Each of us had a bit of an extra challenge...Derek had gotten injured in the Fall and hadn’t trained much and I had decided that I didn’t want to have to run another marathon this year (besides this one and Boston), so I wanted to BQ during the full marathon so that I could run Boston in 2016.

**The tough thing** about Disney races is the early wake-up call. Start times are always early (5:30 am for the 10k, half, and full; and 6:15 am for the 5k), and with the crowds, transport to the staging area, corralling, etc., you’re typically setting that alarm for 2:30-3 am...four mornings in a row! I’m a relatively good early-morning person, so for me it just meant trying to get to sleep earlier. For Derek it meant black circles under his eyes in most pictures. ☺

**The morning of the 5k was cold:** 27 degrees after wind-chill. Everyone was standing in large clumps in the staging area, huddling for warmth. Because of the size of the races, they assign corrals based on expected finish times. For the 5k and 10k, they had 6 corrals (A-F). We were fortunate enough to be assigned corral A, but we had decided to run the 5k with a friend in corral F. This was a good learning experience. For one thing, runners were finishing before we even started! And standing around those extra minutes on a freezing day really tested our friendship! Second, there are a lot of walkers in the last corral, which made any semblance of running difficult. But we had a great time running around Epcot with our friend and then headed quickly back to the hotel to warm up.

**For the 10k**, the weather warmed somewhat, into the 40s. We had intended to wear costumes (Mulan and Mushu) but never got our act together. The 10k was another trip

around Epcot (yes, we got to run through this park 3 times during the weekend) and we ran it with friends in corral B – we were getting quite the tour of the corrals! Fun and easy and we crossed the finish line all together.

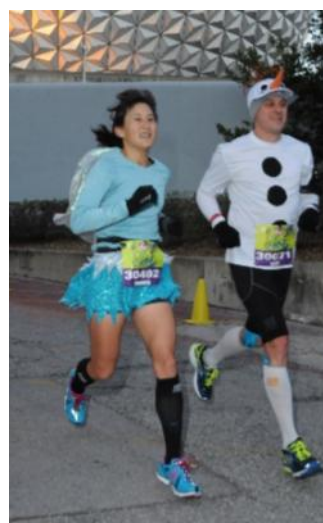
## Half marathon day – and we have costumes!

With two of our friends, we went as Elsa (me), Kristoff, Olaf (Derek), and Anna from the movie **Frozen**.

## For the half and the full,

Disney has greatly expanded the corrals (A-P now), particularly in the front – they’ve made the front corrals pretty small which has been great. It used to be that

corral A would hold runners ranging from 5 min/mile to 9 min/mile and people were not always great about standing where they “should” in the corral – so it could take awhile to thin out and weave around. But now the front corrals are much smaller, so while Derek was still in A, I was in C. The great thing is that the corrals *really* take off – you can pretty much run your pace from the start line...awesome.



Charrissa as Elsa, and husband Derek Surka as Olaf

**Derek still decided to run with me**, so “Olaf” and “Elsa” ran the half together. “Olaf” got a lot of love during the race with tons of spectators calling his name. “Elsa” was not recognized nearly as often (hmmm...could it be the Asian thing?). This of course explained to me why Elsa froze everything – she was pissed that Olaf got all the love! We had a really comfortable and fun half and got ready for the big day.

*Editor’s Note: “Walt Disney World® Marathon Weekend took place January 8th through 11th and welcomed over 60,000 participants and spectators during four fun-filled days...”*

**Charrissa’s Marathon: 3:48:55**

**Overall Place: 1075/20079**

**Gender Place: 230/10357**

**Division Place: 29/1652**

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## Doing “The Dopey” at Disney

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**Marathon Day.** The weather was really pretty good – upper 50s to start, overcast for the most part, a bit humid. For the marathon, you run through all four parks. I started out at a pace that I would regret later – but I felt great! It was really hard to know what pace was the right one, not knowing how much the accumulated miles would affect your legs. And then I got to the **Magic Kingdom. Main Street! The Castle! Space Mountain!** And I ran a little faster...

From there, you traipse through the **Richard Petty Speedway** and onto **Animal Kingdom.** Animal Kingdom is a short visit. I’m told that there were animal keepers out with animals, but I don’t recall seeing any...I think I had started to enter my zone of pain.

Next is the **Wide World of Sports** and you run a ridiculous number of miles in this complex. Really, how many miles can you fit in there? You do get to run on their track (nice soft surface) and also on the infield of the baseball stadium, where they often announce your name as you go by. But there are a lot of sharp turns in this part...which my legs were not appreciating.

**You hit mile 20** after the Wide World of Sports – just a 10k from there, right? In the last 10k, you visit **Hollywood Studios** and then run the **Boardwalk area over to Epcot**, where you run around **World Showcase.** I’ll tell you – that felt like the longest trip ever around World Showcase. There is a small bridge between the England and France pavilions that you barely notice normally – it felt like a mountain at this point. After you leave Epcot, there’s **a gospel choir and then the finish line!**

Because Derek started in A, and he wasn’t trained, he figured I would pass him at some point. He did so well that I didn’t pass him until mile 22...crazy! He ran / walked his way to a sub-4 hr marathon on very little training. I met my goal of BQing for 2016...slower than I wanted, but sufficient! We celebrated with a little champagne and beer as we waited for friends!

The rest of our stay was filled with eating and drinking – the best part of marathoning.

We had a ton of fun, and it was really great to be able to run with friends who we might

normally not have. We love the Disney races – the atmosphere is always so positive and energetic, the characters and other entertainment are fun to see, and it’s fun to run through the parks.



### DID YOU KNOW...

One of the benefits of ARR membership is access to the club’s private FACEBOOK page, where you can post questions, information, and requests, and get the latest news from the club and others.

If you aren’t using this resource yet, because you’re a new member or haven’t been “invited” yet, please let president Gwen Walker know and she’ll get you included in the group.

## LA LUZ TRAIL RUN 50th Anniversary! Sunday August 2

This is a premier race of our club — It has a national reputation and its entries are much sought-after.

Do you have any ideas to help make this year’s event extra-special? Please share your input with Rodger Sack, La Luz Race Director and Board Member.

- **Registration for the La Luz Lottery** begins on May 1st and closes on May 7th.
- **Current Winter Trail Conditions Report** is on the website (under the La Luz tab). Check this frequently for updates if you plan to hike. Be prepared!





# RACE CALENDAR

See ARR website RACE CALENDAR for registration details

## FEBRUARY

- 7 Indoor Cherry Silver Track Meet | ABQ, NM - Convention Center
- 7 [30th Annual Corrida de los Locos](#) | Santa Fe, NM | 5M Cross Country Race
- 14 [Cupid's Chase](#) | ABQ, NM - Balloon Fiesta Park | 5K Run - Individual, Team
- 14 [Cupid's Chase](#) | Santa Fe, NM | 5K Run - Individual, Team
- 14 [Sweetheart Run](#) | ABQ, NM - Bosque School | 10K Run, 5K Run, Kids K
- 14 [Mt Taylor Quadrathlon](#) | Grants, NM | Bike - Run - Cross Country Ski - Snowshoe
- 21 Loco Hot Cocoa Race | ABQ, NM - Kirtland AFB | 5K Run/Walk, Kids Fun Run
- 28 Pecos Valley Stampede | Roswell, NM | Half Marathon, 10K Run, 2M Run/Walk
- 28 Sertoma's Superhero Freedom Run | Alamogordo, NM | 10K, 5K - Costume prizes
- 28 Tooth Fairy Run | ABQ, NM | 5K Run/Walk, Kids 100m Dash

## MARCH

### NM State Parks Series

- #1 7 [Ute Lake State Park](#) | Tucumcari, NM | Marathon, Half Marathon, 5K
- #2 8 [Conchas Lake State Park](#) | Tucumcari, NM | Marathon, Half Marathon, 5K
- 7 [Sierra Vista Trail Runs](#) | Las Cruces, NM | 50K, 30K, 10K
- 14 King of the Hill Trail Run | Los Lunas, NM | 10K, 5K
- 15 [Shamrock Shuffle](#) | Rio Rancho, NM | 10 Mile, 10K, 5K, Kids K
- 21 Do it for the Kids 5K | ABQ, NM - Calvary Christian Academy | 5K Run/Walk, Kids 1M |
- 22 [Bataan Death March Memorial](#) | White Sands, NM | 26.2M Team/Individual, 14.2M
- 22 [Miles for Minds](#) | ABQ, NM | 5K, Kids K
- 28 [Small Steps Spring Sizzler](#) | ABQ, NM - Hoffmantown Church Parking Lot | 10K Run, 5K Run, 1Mile

## APRIL

- 4 Run Nerds Run! | ABQ, NM - UNM Campus | 5K and Kids K Runs -- Dress like a Nerd!
- 4 Run for Refugees | ABQ, NM - Hispanic Cultural Ctr | 5K Run/Walk |
- 11 Cedro Peak Ultra | Tijeras, NM | 45M, 45K
- 11 The Super Run | ABQ, NM - Balloon Fiesta Park | 5K Run/Walk, Fundraising 1K Fun Walk
- 12 [Forever Young Race](#) | [Placitas, NM - Forest Loop Road](#) | **6M Run, 3M Walk** CLUB RACE**
- 18 [Albuquerque Half Marathon](#) | ABQ, NM | Half Marathon, 10K, 5K, Kids K
- 18 [Mighty Mujer Triathlon](#) | El Paso, TX - Memorial Park Pool | All-Female Events: Super Sprint, Sprint
- 18 [New Mexico/Texas Challenge](#) | Lovington, NM | Half Marathon, 10K, 5K
- 25 [Valles Caldera Runs](#) | Valles Caldera National Preserve, NM | Marathon, Half Marathon, 10K



## FULL MOON RUN

Presented by Heart & Sole Sports

**Tuesday, February 3 — 7:00 pm — Kit Carson Park**

Free and open to everyone - Come early to sign in. Head north at your own pace on the Bosque Path for 20 minutes, then turn around and come back to Kit Carson Park for snacks and raffles and chumming around. Bring your friends and family and dogs.