



AJRRN News

Newsletter of Albuquerque Road Runners Club
DECEMBER 2015

Vol 33, No 6

ABQ RUNNER COMMUNITY



SHOW US YOUR CANS!

Bring canned and non-perishable goods to the December 2 meeting North Domingo Baca Center/ Classroom 4 for our Annual Food Drive. The Albuquerque Road Runners are teaming up with Bosque Running Shop, the Dukes Track Club, Heart and Sole Sports, No Limits Fitness, and the Sole Sisters to collect food for Road Runner Food Bank to help out members of our community as the holiday season approaches. If you can't make the December meeting, feel free to drop off items at the following locations:

Heart & Sole 2817 San Mateo Blvd NE or
4301 Eubank Blvd NE

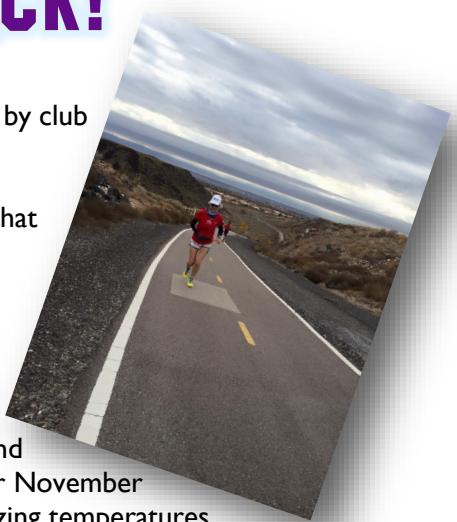
Bosque Running Shop 6001 Winter Haven Dr NW
No Limits Fitness 2429 Quincy St NE

WINTER HANDICAPS ARE BACK!

by Shannon Zanelli

The ARR handicap series runs November to April, with monthly runs hosted by club members at their favorite running routes. Times are handicapped so slower runners start first and faster runners start last with the intention of everyone finishing around the same time. The beauty of handicap runs is that the fastest person isn't necessarily the winner. And, one of the best parts of the run is the potluck afterwards.

The 2015 – 2016 series kicked off Sunday, November 15 with a 4.6 mile run at Mariposa Park and a potluck hosted by our wonder president, Gwen Walker. This is the second year Gwen has hosted the November handicap and the second year of bad weather. For those who ran our November 2014 handicap, you'll remember driving winds and freezing temperatures forced some volunteers to seek shelter on a protected hillside. Luckily this



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PRESIDENT'S CORNER

By Gwen Walker

Greetings, Road Runners!

It's hard to believe that 2015 is coming to an end. I have had such a wonderful time getting to know many of you at club events, monthly meetings, and races! I hope to continue that trend, even after I pass the reins along to the next President!

We had a wonderful turnout for the Adopted Trail Cleanup last weekend, about 20 ARR members helped to clean up our part of the trail along Unser between Dellyne and Western Trail! Thanks to all who came out to lend a hand!

I hope you can join us for the Holiday party on December 11 at Albuquerque Meadows. At the party, we'll be voting in the new President and Vice President. There will be some catered food thanks to member David Kaufman, and we'll have everyone bring along a dish to share as well.

Don't forget that our next monthly meeting is Wednesday, December 2, at Domingo Baca. We'll be presenting donations to Barrett House and the Boy Scout Troop that helps us out with La Luz.

It has been a pleasure serving as your President for the past two years, and I really appreciate the relationships I've had a chance to build with all of you! I can't wait to see how the club grows under new leadership and I look forward to continuing to volunteer and run with all of you!

Gwen

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	Stephanie Barton
FACEBOOK	Wendy Wiggins

ARR NEWS

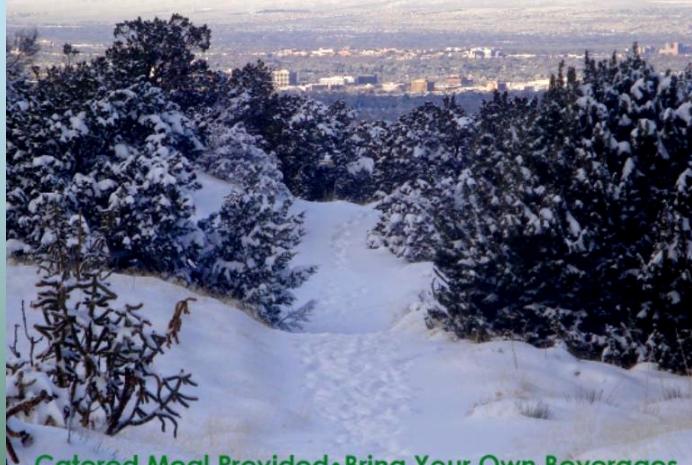
ARR News is published bimonthly by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Check with the **editor** for deadlines.

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

Albuquerque Road Runners Club
PO Box 20011
Albuquerque, NM 87154

Visit us at www.abqroadrunners.com

Let's Party!!



Come celebrate the season with your
Albuquerque Road Runners
Friday, December 11, 6:00-10:00 pm
Albuquerque Meadows
7112 Pan American Freeway

DELITTERING DOZEN DEMOLISH TRAIL TRASH

By Richard Harris

Many hands made light (and quick) the work as eleven ARR volunteers (a hearty mix of old hands and first-timers) and one “coordinator” braved a near-freezing starting temperature Saturday , November 21, to eliminate litter from the useful stretch of bike/pedestrian trail the club has adopted.

Our segment starts across the street from the Unser-and-Western-Trail entrance to Petroglyphs National Monument and heads north for about a mile to Dellyne. Six thoroughly stuffed lawn trash bags plus another half-bag, a 4-foot plastic tub lid, and a foot-long metal bar were collected for City of Albuquerque pickup, leaving a trail we ARR “parents” can be proud of.

The working eleven of the Delittering Dozen consisted of ARR President Gwen Walker, Past Present Wendy Wiggins, Club Treasurer Joyce Fafard, Volunteer Coordinator Fred Bonnell, and volunteers extraordinaire Juliana Astrachan, Mike Donovan, Joaquin Garcia, Kelly Garcia, Mariah Harrrison, Nick Juskiewicz, and Cece Niemczyk, Dick Harris brought the bags and gloves and enjoyed watching all that dedicated work.

Thanks, all!

There's plenty of room on the trail and trash bags and other equipment in the club's supply box for everyone who wants to participate in May cleanup (specific date TBD). In the meantime, next time you're running along Unser, feel free to bring a plastic bag and collect any litter that has dared to sneak back onto the trail. You can deposit your “finds” in the dumpster at The Garage (near the southern end of “our” section of trail), whose manager has given us his OK. If you do, please let Dick Harris and/or Fred Bonnell

(volunteer@abqroadrunners.com) know how much time you spent on this contribution to the club and the running/biking communities.





RACE CALENDAR

DECEMBER

- 5 **Kringle Jingle** | ABQ, NM | 10K, 5K, Kids K | [active.com](#) | costume awards
- 5 **Reindeer Run** | Roswell, NM | 10K Run/Walk, 2M Run/Walk | [active.com](#) | benefits local food pantries
- 5 **Picacho Peak Fat Ass Trail Run** | Los Cruces, NM | 50 k | [information](#)
- 12 **Lady of the Mountain** | Alamogordo, NM | half marathon, half marathon relay, 10K, 5K, Kids 1M | [registration](#)
- 12 **Festivus for the Rest of Us 5k** | ABQ, NM | 5K | [active.com](#) | benefits UNM Cancer Center
- 19 **NM Farolito Trail of Lights 5K** | ABQ, NM | 5K, Kids K | [active.com](#) |

JANUARY

- 1 **Egg Nog Jog** | ABQ, NM - Los Poblanos Fields | 5K Run or Walk | [active.com](#) |
- 1 **Foothills 50K** | ABQ, NM - Foothills | [facebook](#) |
- 10 **Santa Fe Snow Shoe Race** | Santa FE, NM —Big Tesuque | 7K snow shoe race | [details & info](#) |
- 23 **Sandia Mountain Snow Shoe Race** | Santa Fe, NM - Big Tesuque Campground | 3.8M Race | [download entry + info](#)

FEBRUARY

- 6 **La Corrida de los Locos** | Santa Fe, NM | 5.8 mi trail run | [facebook](#) |
- 7 **Superbowl “Touchdown for the Homeless” Run** | ABQ, NM | 10K, 5K, kids run | [registration](#) |
- 13 **Cupid's Chase** | ABQ, NM — Balloon Fiesta Park| 5K, team run | [registration](#) |
- 27 **Kymera's Independent 35th Pecos Valley Stampede** | Roswell, NM | half marathon, 10K, 2 mi | [active.com](#) |

WINTER HANDICAPS

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year we dodged the weather bullet, with only a tiny amount of rain starting to fall as runners finished. It seems the fear of bad weather may have kept some people home, but those that did show up enjoyed pleasant running weather and a not-so-pleasant hill in the middle of the course.

Krista Runtz was our handicap winner this month. Peter Keith, who came out to test his short distance speed was our fastest, turning in an impressive 6:14 pace! We also had several amazing volunteers on the course – Rachel Kinney, Lorna Kindel, David Kaufman, and Gwen Walker. They did a great job making sure the runners made correct turns (and nobody got lost!).

UPCOMING HANDICAP Saturday, December 19, 2015

Bosque Running Shop | 9:00 am

Hosted by Bosque Running Shop

The December handicap will be held Saturday, December 19 at 9:00am and will be hosted by Likhaya and the Bosque Running Shop. The course will be a 4 mile out-and-back from the store. This will not only be a super fun run but will be a great opportunity to do any last minute holiday shopping. Hope to see you all there.

NEXT CLUB MEETING

Wednesday, December 2, 2015, 7:00 pm
North Domingo Baca Center/Classroom 4
(at Carmel and Wyoming Blvd, west at the first stoplight north of Paseo del Norte)

Runners and Research

A researcher at Old Dominion University contacted the club seeking runners for a study on nutrition and marathons; if you'd like to participate, visit the link

https://odu.co1.qualtrics.com/jfe/form/SV_a98bUsKCTQ6RHvL