



AIRRN News

Newsletter of Albuquerque Road Runners Club
February 2016

Vol 33, No 1

President's Corner

First off, a big thank you to Gwen Walker for steering this big ol' barge of a club the last two years. She's made great contributions to the running community!

I'm excited for the New Year! It's hard to believe the club is entering its 31st year. I believe this is the first time we've had a vice president who is younger than the club. Ana Romero Jurisson has jumped into her role as a club leader.

Our January monthly membership meeting welcomed back many of you whom we hadn't seen in a while! Ana's been busy coordinating this year's **Volunteer Banquet** on **February 26th** to celebrate our successes of the past year.

We've got dates set for most of our club races. First up is the fabulous **Forever Young 5K and 10K in Placitas on April 3rd**. Start working on your six pack or your muffin top because our illustrious race director, Alan Overmeir, will give you **\$2 if you finish shirtless**. Registration for the club's ultra race, the Mount Taylor 50K opens up in just a few days!

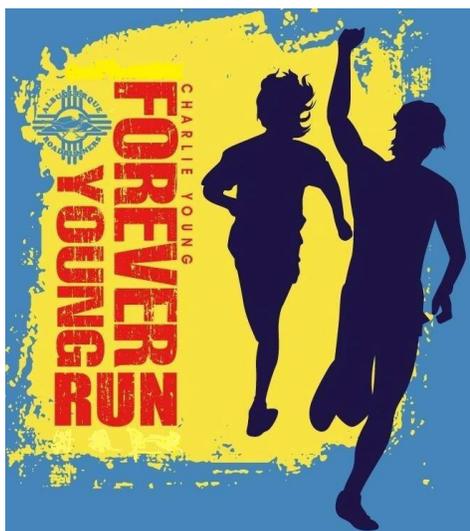
My mission this year is to emphasize the 'community' in running. Yes, people care about your times and pace and your next race. You'll be inspired by our members, from National Champions like Mbarak Hussein to beginning runners who are finishing or improving their training like last year's self-named Fab Five group from our Women in Training program. (They are not beginners anymore!)

I hope to see you at our next club meeting on February 3rd. We'll have Dr. Gloria Cohen, M.D. giving tips on injury prevention. Ian Maddieson will give us the Ultra Update and you'll get the real lowdown on upcoming local races and club events.



Happy Running!

Wendy Wiggins



UPCOMING CLUB RACES

12TH ANNUAL FOREVER YOUNG RUN AND WALK

Sunday, April 3, 2016, 9:00 am Placitas

Join us for a fun event with a beautiful view, breakfast burritos, and coffee at the base of the Sandia Mountains in Placitas. Kids and dogs are welcome!

TREASURER'S REPORT

Hi, my name is Joyce and I am the treasurer for Albuquerque Road Runners. I wanted to give you an idea of how we made money and how we spent money in the last fiscal year.

We do great things with giving back to the community, with 43% going to wonderful charities and non-profits. We also like to give back to our members who are brave enough to volunteer and attend meetings with over 30% going there.

On the income side, about 80% of our income comes from our races and programs. Only 15% came from membership dues, with a small portion coming from two donors. One was anonymous and one donor was Bill Gilmore. Thank you to our supporters, racers, members, and program participants.



ARR Barrett House donation



ARR donates funds to Boy Scouts

We especially want to thank our volunteers, because without you we would not be able to do these wonderful things. We hope to meet and engage even more of you this coming year! Please contact me at treasurer@abqroadrunners.com with comments or concerns. —Joyce Fafard

ARR BOARD

PRESIDENT	Wendy Wiggins
VICE PRESIDENT	Ana Romero Jurisson
SECRETARY	open
TREASURER	Joyce Fafard
MEMBERSHIP	Anna Williamson
RACE DIRECTION	Rodger Sack
ADVISORY	John Farrow

CONTACTS

VOLUNTEERS	Fred Bonnell
NEWSLETTER	Stephanie Barton
FACEBOOK	Wendy Wiggins

ARR NEWS

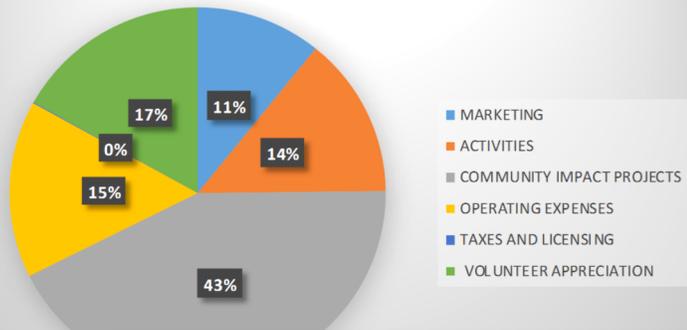
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The Albuquerque Road Runners Club is a non-profit corporation as an affiliate member of Road Runners Club of America (RRCA).

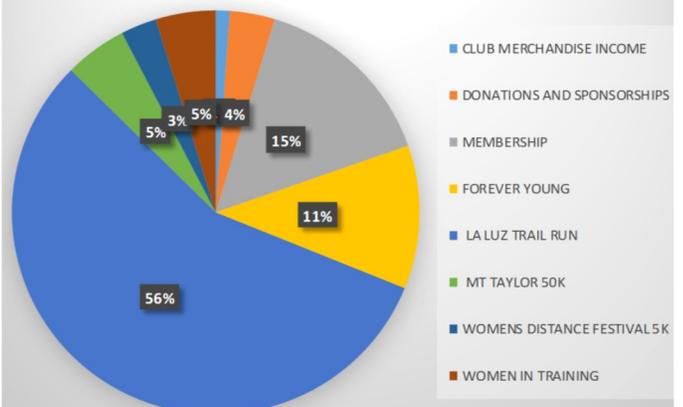
Albuquerque Road Runners Club
PO Box 20011
Albuquerque, NM 87154

Visit us at www.abqroadrunners.com

EXPENSES



INCOME



ARR ULTRA UPDATE

Future Planning

Winter months for many ultra runners are less a time for competition and more a time to plan what races to try for in the coming year. This often means entering a lottery or 'keyboard race' months before the actual race. Some major races include:

Western States 100 (June 25-26). Lottery Dec 5 with 3510 applicants for 270 slots. Of 18 NM applicants, only Chris McElveny was successful.

Vermont 100 (July 16-17). Priority entries Jan 10-14. First-come first-served application for remaining slots opened Jan 17

Leadville 100 (Aug 20-21). Lottery entries closed end of December, with drawing results on Jan 7 "or thereabouts"

Wasatch Front 100 (Sept 9-10). Application window was Dec 1 - Jan 4. Lottery drawing Feb 6.

Hardrock 100 (July 15-17). Registration closed Nov 22; lottery was held December. Jason Halladay, David Coblenz, Ken Gordon, Randy Isler, Neil Blake, Brian Murray Kristen Kern, Susan Gardner and Denis Drey were picked from Albuquerque, with Petra Pirk and Blake Wood from Los Alamos. Kilian Jornet is returning to defend his 2-time winning streak.

Tahoe Rim Trail 100 (July 16-17). Entry window was Dec 6-20, lottery on Jan 1. Brian Pilgrim is entered; Misty Pilgrim in 55km.

Ultra-Trail de Mont Blanc (UTMB) and related races (August 22-28). Application period was Dec 16 - Jan 4. Lottery results published Jan 13.

Of more **Local Interest**, the following ultra races in New Mexico are on the 2016 calendar:

Mar 5: **Sierra Vista Trail runs**, Las Cruces. 50 km, plus 30 km and 10 km events.

Apr 21: **Cedro Peak**, Tijeras. 45 mile and 45 km plus a half-marathon.

May 7: **Cactus to Cloud Trail Run**, Cloudcroft. 50 km.

May 21: **Jemez Mountain** races, Los Alamos. 50 mile and 50 km, plus a 15-mile.

June 11: **Angel Fire Endurance runs**, Angel Fire. 100 mile, 100 km, 50 mile, 50 km.

Oct 1: **Mt Taylor**, Grants. 50km.

Oct 15: **Deadman Peaks**, Cuba. 50 mile, plus marathon and 30 km.

Current Races

But there were also events not too far away

Jan 9. **Bandera** 100km, 50km, 25km. Bandera, TX. Brian Pilgrim, Misty Pilgrim, Roger Squires, Rondi Thornton among those entered. (USATF 100km trail national championships)

Jan 23-24. **Coldwater Rumble** 100 mile, 52 mile 52 km. Goodyear, AZ. Betsy Kapiloff entered 52 km race.

Feb 6-7. **Rocky Raccoon** 100 mile. Huntsville, TX. Dennis Drey entered. (USATF 100mi trail national championships) —*Ian Maddison*

INDOOR TRACK OPEN IN FEBRUARY

The only indoor track in New Mexico is now open to the public through February 19. With its resurfaced lanes, the track at Albuquerque Convention Center was recently named the second fastest Olympic track in the world.

Open Tuesday–Thursday; 6 pm to 9 pm.

Spiked running shoes not allowed.

December 2015 HANDICAP RECAP!

Thank you to all of you who came out for our December 19 handicap. This event was hosted by the Bosque Running Shop and they provided us with not only a wonderful 4-mile course but also refreshments at the end. The course was a 2-mile dirt loop close to the shop. Each participant ran 2 loops so it was a great course for spectators to cheer everyone on. It was a cold morning but beautiful for the run.

Krista Runtz killed it on this course and ran one of her fastest times in recent months. She was our handicap winner, beating out Joaquin and Kelley for first place. As a prize, Bosque Running Shop gave her a hat to commemorate her win. As the first male, Joaquin also received a hat as a prize. Everyone was a winner, though, as we all got to enjoy breakfast burritos and hot coffee after the run.

Upcoming Handicaps:

Saturday, February 27th at the Wilsons' home in Placitas (8:30am)

Sunday, March 20th - hosted by Meredith Eddy (8:30am)

Saturday, April 2nd - hosted by Kathy Kirsling in the East Mountains (8:30am)

Please check the ARR website for directions and additional details on each of the upcoming events! —*Shannon Zanelli*

NEXT CLUB MEETING

Wednesday, February 3 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)



RACE CALENDAR

FEBRUARY

- 6 [La Corrida de los Locos](#) | Santa Fe | 5M Cross Country Race |
- 7 [Super Bowl "Touchdown for the Homeless" Run](#) | ABQ - *Valley High School* | 10K, 5K, Kids K | [active.com](#) | benefits APS Title I Homeless Project
- 6-7 [Rocky Raccoon](#) | Huntsville, TX | 100M National Championship | [register online](#)
- 13 [Mt. Taylor Winter Quadrathlon](#) | Grants, NM | 43 M Bike, Run, Ski, Snowshoe | [register online](#)
- 13 [Cupid's Chase](#) | ABQ - *Balloon Fiesta Park* | 5K Individual, Team | [register online](#) | benefits Community Options Inc
- 13 [Cupid's Chase](#) | Santa Fe | 5K - Individual, Team | [register online](#) | benefits Community Options Inc
- 13 [Cupid's Chase](#) | Roswell | 5K - Individual, Team | [register online](#) | benefits Community Options Inc
- 14 [Sweetheart Run](#) | ABQ | 10K, 5K - Individual, Couples, Kids's K | [register online](#)
- 27 [Pecos Valley Stampede](#) | Roswell | Half Marathon, 10K, 2M Run/Walk | [active.com](#)

MARCH

- 5 [Sierra Vista Trail Runs](#) | Las Cruces | 50K, 30K, 10K | [ultrasignup.com](#)
- 12 [King of the Hill Trail Run](#) | Los Lunas | 10K, 5K | [register online](#)
- 13 [Shamrock Shuffle](#) | Rio Rancho | 10M, 10K, 5K, Kids' K | [register online](#)
- 20 [Bataan Memorial Death March](#) | White Sands | 26.2M Team/Individual, 14.2M | [registration](#)
- 27 [Dust Bowl Marathon Series, Day 5](#) | Clayton | 26.2M, 13.1M | [register online](#)

APRIL

- 3 [Forever Young](#) | Placitas, NM | 6M run, 3M run/walk | [check back for registration](#) | **||| CLUB RACE |||**
- 9 [The Super Run](#) | ABQ, NM - *Balloon Fiesta Park* | 5K Run/Walk, Fundraising 1K Walk | [active.com](#) | benefits Small Steps Int'l
- 16 [Albuquerque Half Marathon](#) | ABQ | Half Marathon, 10K, 5K, Kids K | [active.com](#)
- 16 [Color Vibe 5K](#) | Santa Fe, | 5K run | [register online](#) | benefits 4-H
- 23 [Cedro Peak Ultra](#) | Tijeras | 45M, 45K | [register online](#)
- 23 [Rio Grande Retro Triathlon](#) | ABQ | Sprint tri | [register online](#)
- 23 [Mighty Mujer Triathlon](#) | El Paso, TX - *Memorial Park Pool* | All-Female: Super Sprint, Sprint | [register online](#)
- 30 Wood Gormley Panther Run | Santa Fe | 5K, 2M walk, 1K kids' run | [facebook site](#) (sorry, no flyer or website)

LOOKING FOR MARATHON RACE BUDDIES? IT'S MILLER TIME!

ARR club member Jeff Miller has been running since elementary school, and he has a goal to run a marathon in all 50 states. **"I'd like to put together a group of runners who are interested in going to marathons together, because it's more fun when you're in different cities for a weekend, and you have a crew of people to socialize with.** I've done 11 marathons so far, and I have a flexible schedule about where to go, depending on which marathons would work for anyone who wants to attend. Typically I go to [MarathonGuide.com](#) - Marathons, Running Directory and Community and see what works for my work and family schedule!

I'm happy to take emails at my address (jeffmarcel@yahoo.com), but using the ABQ Road Runners Facebook page would really broadcast our plans to our community. The attached photo shows how I looked after my 10th marathon, which was a PR! I would love to come up with a catchy name for our team, once we get more people in it than just me."

