

ARR news

Newsletter of Albuquerque Road Runners Club | Vol 37 No 6

AUGUST 2021

PRESIDENT'S MESSAGE *from Kurt Coonrod*

Hope all is well with everyone in the ARR. The state finally opened last month – are you getting out there and enjoying the freedom?

For my part, I had the privilege over five days at the end of July to hike part of the Colorado Trail with a friend who was attempting the whole 484 miles. The trail runs from outside Denver to the outskirts of Durango. The scenery is incredible and the hike super challenging. The 80 miles I did were from Spring Creek pass outside of Lake City, to the Purgatory Ski area. Almost all was above tree line with lots of vertical, lots of rain, and lots of lightning. After five days, my body broke down, so I missed hiking the final miles into Durango. Guess I should have prepared better. If any of you get the chance to hike parts of this trail, don't pass it up. *But be prepared.*

We're hoping to see many of you at our next club meeting on the 12th of August at B2B Brewery (see below). Familiar faces are terrific, and having new members attend to introduce themselves and meet others is great too.

THIS
MONTH'S
CLUB
MEETING

DATE: Thursday, August 12, 2021

LOCATION: B2B Garden Brewery - 8338 Comanche Rd NE, ABQ 87110

TIME: Meeting starts at 7:00 pm

Come join other club members to get ARR news, catch up with everyone's goings-on, and meet newcomers. Plus enjoy our guest speaker: Clifford Matthews

Cliff, a long-time club member and exuberant runner who continues to check off bucket-list ultra races, ran the Hardrock 100 in July in Silverton, CO. This race started at 6 am July 15 and ended with the cut-off at 6 am July 17. A new course record of 21:45:50 was set by winner Francois D'Haene from France. Cliff ran 43:50, finishing 81st. He will share his experiences from this grueling event, with details about the elevation gains and losses, the terrain, and the multiple challenges of the course (including the potential for bear encounters!).

B2B Garden Brewery serves a variety of beers, ciders, and seltzers, and offers appetizers, "torta" sandwiches, and tacos. We plan to be seated as a group in their covered outdoor courtyard.



VOLUNTEER

- With our Club Races back on the calendar, we are looking for a new **VOLUNTEER COORDINATOR** to recruit and track members to help make these events a special experience for participants.
- Who's a frequent user/viewer/poster on the club's private **Facebook group**? Who know its ins and outs? We need you to be our **FACEBOOK COORDINATOR** to post important news about our events (such as: *Hey, did you get the latest newsletter in your email? – Our next meeting is coming up. – One of our race directors is looking for volunteers.*) You get the idea!

★ Please contact **Kurt Coonrod** if you can take on one of these very important jobs for ARR!

NEWS FROM THE MEMBERSHIP DUDE

I am pleased to report that club membership numbers are on the rise, following the drop-off we experienced during COVID restrictions ...which was not surprising since, like everyone else, the club wasn't able to present our races or hold monthly meetings, so not much was happening. Nonetheless, we still received many renewals and several new memberships during the "down time" – which are much appreciated.

And the meetings are back! Kurt Coonrod conducted meetings in June and July, and our next is coming up on August 12. Additionally, the **Saturday and Sunday morning runs** are in full swing – check the **Weekly Workouts** page on the website for locations, times, and contact person. All are welcome!

This August Newsletter is our sixth published this year. If you missed the previous five issues, [contact the editor](#) to have them sent/re-sent to you.

Membership brings benefits!

- ARR members receive a discount at several local running shops. These vary by store, so be sure the check with the staff and have your member card available to present.
- Access the private ARR Facebook group. Once you're a member, send a request on the page to join.
- Participate in the Member Race Series, coordinated by Ian Maddieson.
- Get a monthly newsletter sent to your email INBOX, with news, reports, and future events highlighted. There's a Member Profile every month ...and this could be YOU! [Contact the editor](#) if you'd like to be featured.
- Earn an invitation to the Annual Volunteer Banquet at a local restaurant, for those who volunteer for club events during the year.
- And enjoy monthly meetings – not limited to members, though, so bring friends and family with you!

If your e-mail address changes, [please let me know](#). This is how we communicate with you, through e-mails via Constant Contact.

Dennis Muirhead (membership dude)
membership@abqroadrunners.com

MEMBERSHIP UPDATE

June and July 2021

RENEWED MEMBERS

Tom Besson & Sara Nurnberg
Joyce Fafard
Peter Falk
Angela Janda
Ana Romero Jurisson
Bobby Martinez
Kristy Ott-Meyer
Alan Overmier & Cyndi Vaughan
Amy Shrouf
Meredith Taylor

NEW MEMBERS

Adam Banks, Sophia Banks & Lisa Martinez
Pat Bethke
Jane and Norm Gagne
Allyson Granados
Mariah Lujan
Dave and Gloria Moyer
Amy Purcell
Russell Reynolds
Rachael Wissenburg

HOW TO FIND OUT what's happening:

- **WEBSITE** (abqroadrunners.com)
- **Newsletter** (*sent to you via Constant Contact*)

The Facebook group works better for inter-member communications rather than as a source for up-to-date info.

MEMBER RACE SERIES

The 2021 series will run from July till the end of the year, with eligible races listed on our website. Some dates and races are unconfirmed, so the list may change.

A brief reminder of how the series works: there are six categories of races, 5k, 10k, ½ marathon and marathon on the roads, and "short" and "long" races on the trails. Any runner entered in the series can score points in each category, but only the best score in each category counts at the end of the year. The idea is to encourage people to try different things. Eligible races you have already completed before signing up also count!

A runner's score for any event is the median finisher's time in the race as a percentage of their finish time. If you are faster than the median time, you'll score over 100 points; if you are slower you'll have fewer than 100. The competition is divided into ten-year age-groups for both women and men, so you are only competing against members of your cohort.

Don't forget
to sign up!

If you want to be in the series, send an e-mail with your name, age, and gender to Ian Maddieson at raceseries@abqroadrunners.com

Margaret Gordon, Mt. Taylor 50K Co-Director



TELL US YOUR RUNNING STORY

After running track in high school and getting average results, I only ran occasionally during college. I started running again in grad school, when some friends and I signed up for a triathlon. We did a few 5K's and 10K's; in our 3rd year we put on a 5K race as a fund raiser for our student group - the Adrenaline Rush 5K. One day, in my last few months before graduating, my advisor calls me into his office. I thought I was going to get assigned another task. But instead he shows me a magazine article about the Leadville 100 mile race. He said, "Some day you are going to do this race, Margaret!" To which I said, "Do you know how FAR that is? I haven't even run a marathon. I'm not going to run that!" He just shook his head and said that he could tell I was going to run that race.

I came to Albuquerque to work at the Labs, and discovered trail running with the Monday night ARR run group. Little did I know what kind of running I would get drawn into! I ran a couple of road marathons, pretty slow and not that fun. But I loved trail running. It didn't take much for the Monday night crowd to talk me into running my first 50K at Bandera, TX. I was still running

triathlons, and was training for the St. George Ironman with several friends. Kurt Coonrod, however, was hesitant to sign up. We kept ribbing him, but he didn't like the chaos of the swim start. After a bike ride, my friend (now husband) Ken Gordon turns to me and says, "I know how we can get Kurt to sign up!" I'm all ears until he explains, "We say that you'll run the Leadville 100 if he does the Ironman!" That did not sound like a good deal to me - I said no way. But Ken did an end run around me - on the next group run, he told everyone, "Hey Kurt, Margaret will run Leadville if you do the Ironman!" and before I could squeak out a protestation, Kurt said, "I'm in!" and Maria Ladd said she'd pace me.

My first Leadville 100 (yep, I ended up liking it enough to do it twice) was so fun. I remember running through the night with Maria, and being amazed that I was still running at mile 75. It just seemed impossible. I have done eight 100's since then, and keep looking forward to running through the night in my next 100.

HOW OLD ARE YOU?

I'm 46 in August.

WHERE ARE YOU FROM?

I'm from Menomonie WI. I moved to Albuquerque after grad school.

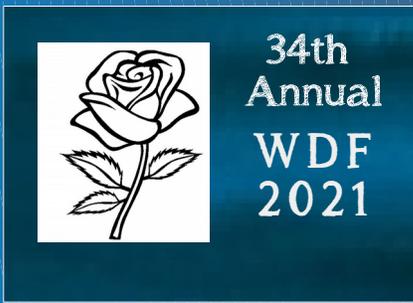
SCHOOLING

- Bachelors of Science in chemistry and French from UW Madison
- PhD in inorganic chemistry from Northwestern University

HOBBIES & INTERESTS

I like to volunteer to coach track at Holy Ghost, and to help with Women in Training. Ken, I, and Kurt put on the Mt. Taylor 50k. I also read whenever I get the chance.





Women's Distance Festival

An Albuquerque Road Runners Race

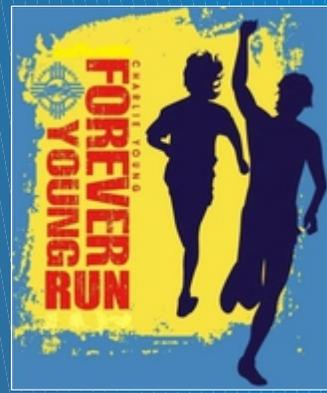


SEPTEMBER 11, 2021

7:30 am Start

UNM North Golf Course
1117 Stanford Dr NE, ABQ NM

[Click here](#) for online registration.
Mail-in registration form available [HERE](#).



Forever Young Run

An Albuquerque Road Runners Race



OCTOBER 24, 2021

9:00 am Start

Placitas, NM
Forest Loop Road

[Click here](#) for online registration.

Our Club Races

Sign up ... or volunteer!

RACE	DATE	LOCATION	DISTANCE	Click on name to contact
Women's Distance Festival	Saturday September 11, 2021	UNM North Golf Course	5K run 5K walk	Tom Besson
La Luz Trail Run	<i>ON HOLD UNTIL FURTHER NOTICE</i>	<i>[We're working to reinstate this event for the future]</i>		
Mt. Taylor 50K	Saturday September 25, 2021	Grants, NM	50K mountain trail run	Margaret Gordon
Forever Young Run	Sunday October 24, 2021	Placitas, NM Forest Loop Road	6 mile run 3 mile run/walk	John Clady