



ARR News

Newsletter of Albuquerque Road Runners Club | Vol 37 No 10

DECEMBER 2021

PRESIDENT'S MESSAGE

VOLUNTEERS: Sincere thanks to *Kelley Garcia (and Joaquin)* for starting up the Brew Tour again; *Shannon Zanelli* for restarting the Free-for-all fun runs; *Cece Niemczyk* for organizing the trail cleanup; *Glenda Muirhead* for her work on the website and newsletter; *John Clady, Tom Besson, Ken and Margaret Gordon* for race directing; *Norm Gagne* for his work on the La Luz Run effort; and all those others who volunteered throughout the year, especially *the Club's officers and directors!*

CELEBRATION: We will hold a **holiday celebration on Sunday, December 12 at 2 pm, at the Canteen Brewhouse** on Aztec NE (*read more on p2*). This will also act as our December general club meeting which includes the **yearly club elections**. Positions to be voted on are President, Vice President, Treasurer, Secretary, and two At-Large Directors. I have been president the past 3 years and would welcome someone new taking on this role. Anyone interested in one of these positions can contact any board member for information on duties and responsibilities. Contact info is on the [club website](#).

LOSSES: On a sad note, **Larry Johnson has passed away at age 101** (*read more on p3*). Larry was an icon of the Albuquerque running community and will be greatly missed. I also found out recently that we lost another member of the running community from La Luz, New Mexico, last year. **Louie Telles** was a great friend and an avid runner, and he will also be missed by many.

Hope to see many of you at the **Free-for-all Fun Run on Sunday, the next Brew Tour run on SUNDAY THE 12th**, and at the club party on the 12th. Stay safe, healthy and enjoy the Holidays.

Kurt

DATE
CHANGE

See you at the HOLIDAY PARTY & Annual Meeting!

Date: Sunday, December 12, 2021

Time: 2:00 pm

Location: Canteen Brewhouse (2381 Aztec Rd NE, ABQ 87107)

- Join other Club members and their families to enjoy food, drink, and merriment at Canteen Brewhouse in a heated outdoor setting.
- Take part in Club Elections for 2022 officers and directors. Maybe even consider running for one of these positions yourself!
- Help celebrate the winners of the Member Race Series 2021!
- Please consider bringing **TOYS** or **SOCKS** or **HATS** to donate for those in need this winter!



For even more fun, take a walk or a run along the nearby Diversion Channel before the party! And stay after the party for music starting at 4 pm by Squash Blossom Boys.

Read more about the party on p2

You're invited to the ABQ Road Runners

HOLIDAY PARTY

and Annual Meeting

Sunday, December 12, 2021
Canteen Brewhouse | 2-4 pm
2381 Aztec Rd NE, ABQ 87107

Board Elections!

Race Series Awards!

Volunteer Appreciation!

Celebrate the Holiday Season with ARR Club members and their families on December 12 at Canteen Brewhouse in a heated outdoor space. There will be food, drink (adult beverages on your own), and some fun games for all!

Please consider bringing **TOYS** or **SOCKS** or **HATS** to donate for those in need this winter!

VOLUNTEER JOIN THE BOARD

Have you ever wondered how things happen at Albuquerque Road Runners? ...had a great idea for the running community? ...or wanted to get involved in planning events for ARR? We are always looking for new volunteers in the Club and now is a great time to participate. Just email **Kurt**, current ARR president, to put your name forward for the Board or other opportunity to serve your Club, such as **Facebook Coordinator** or **Volunteer Coordinator!**



In our memory. In our hearts. Larry Johnson. 1920-2021

“Albuquerque’s beloved Larry Johnson finished his incredible journey on Monday, November 22, 2021, surrounded by his children.”

From the Obituary for Larry Johnson: ([read the complete obituary](#))

“At the age of 50, Larry ventured into distance running, joined the Albuquerque Road Runners, and went on to compete in hundreds of races across the country, including twenty-eight marathons, [especially] his bucket list Boston Marathon in 1989 at the age of 69. His favorite race was the La Luz Trail Run, where he competed every year until he made his last ascent with his grandson Jay Kory in the 2005 race at 85...”

“...He joined Spin Class to complement his road bike training. Spinning became his favorite activity three days a week... At the age of 90, through his 99th birthday prior to the pandemic, his Sunday spin class hosted “Larry’s Century Ride,” where the class would spin 100 miles to celebrate his April birthday each year. This core group of friends inspired Larry to endure to the very end.”

A memorial service will be held at **First Presbyterian Church at 1:00 p.m. on Saturday, December 11.** In lieu of flowers, the family requests that donations be made to the Museum of Nuclear Science & History, Sandia Peak Ski Patrol, Sandia Prep T&F, Animal Humane NM, or the charity of your choosing.



A line of cars wrapped around the block to help celebrate Larry Johnson’s 100th birthday in April 2020. His advice for living a long life: “Keep moving, keep exercising, love everybody. Don’t get too angry about anything —that too shall pass.”

The Albuquerque running community – and all who knew him – lost a friend, a hero, a star. He was a small man, but magnificent, ageless, and seemingly indestructible.

MEMBERSHIP UPDATE Thru November 30, 2021

RENEWED MEMBERS

Jaime Aagaard
David Clark
Jane & Chuck Fuller
Jean & Rick Garlie
Ken, Margaret, Alex, & Josh Gordon
Richard Knapp
J.P. Quattrone
Carl & Marilyn Weik

NEW MEMBERS

Greg Bussey
Corinne Douglas
Diane Fay
John Kelly
Andraes Lovato
Kenneth Marschall
Beth Montgomery
Anna Zijlstra

Greetings of the Season to All



ARR's Free for All Fun Runs

by Shannon Zanelli
Fun Runs Coordinator

Just as the name implies, these are fun runs that are FREE for all participants - both ARR members and non-members. The purpose of these runs is purely social and we usually mix running with food in some way. This will be a five-to-six month series with an event each month.

Our December event will be held at Academy Hills Park at 8:30 am on Sunday, December 5th. This will be a relay-style with each member of the relay team running 1 mile around Academy Hills Park (off Eubank south of Academy NE) and then tagging off with their partner. Each person will run three laps total. You can treat this as a social run or run them as intervals, and if you don't have a partner we will pair you with someone.

Afterwards we will have a **blind taste test** to see who has the best **chocolate chip cookie** in Albuquerque!

If you plan to participate, please email Shannon at handicaps@abqroadrunners.com and let her know what pace you plan to run and if you have a partner.



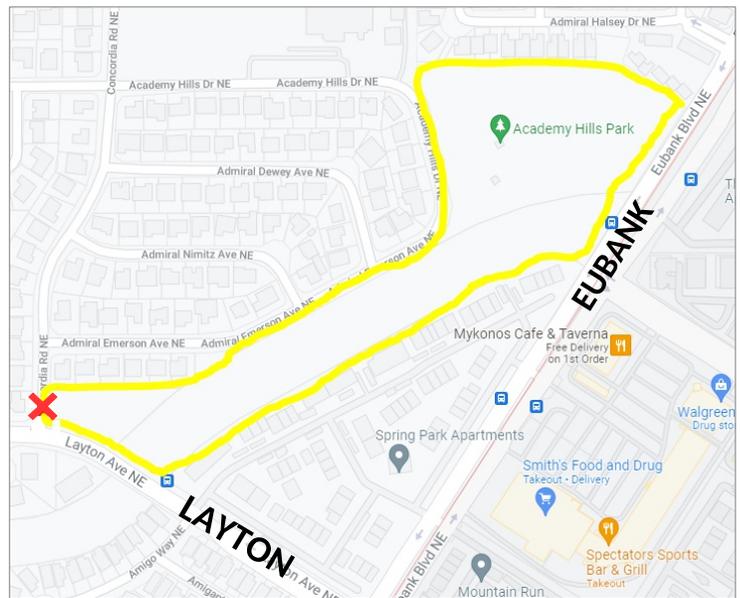
[View the Facebook event](#)

ACADEMY HILLS PARK

(west off Eubank NE on Layton, south of Academy)

Sunday, December 5 -- 8:30 am

Map of the park -- we will meet at the red X.



Trail Cleanup Nov 19 – Recap

by Cece Niemczyk, Trail Cleanup Coordinator

On a beautiful and crisp November morning, fourteen enthusiastic volunteers participated in ARR's semi-annual trail cleanup. This was the first post-pandemic (or mid-pandemic) cleanup. It was a pleasant surprise to have such a tremendous response from many dedicated ARR members.

The multi-use trail on Tramway Boulevard looked great after the couple hours that were spent picking up trash and other debris. Even though it was a rather windy morning, the team worked hard to leave the trail in great shape.

In addition to the club members who helped, there were two non-members who pitched in: Teresa Edens and Nancy Capels. They walk the trail numerous times each week, and routinely pick up trash on Monday mornings. When they saw our group they jokingly accused us of stealing their thunder! Still, they kindly chose to help us out.

It is amazing that our group always receives such positive responses from people passing by as we are doing our volunteer work. To have two non-members such as Teresa and Nancy help us out is like icing on the cake. It is a good reminder of how a small act of generosity can bring out the best in people.

Thanks again to all who helped with this effort!

THE ARR VOLUNTEERS (in addition to Cece):

Tom Besson	Gene Kersh
Larry Bowles	Cliff Matthews
Dave Clark	Dennis & Glenda Muirhead
Kurt Coonrod	Rodger Sack
Peter Falk	Jim Schnitzler
Elliott Foucar	David Wilson



Glenda, Dennis, Cece, Elliott
For more photos of participants, [CLICK HERE](#)

BURQUE BREWERY TOUR STOP #2

Kelley "Perky" Garcia hosts different stops on the 5-month tour, which runs from November through March. Participants are timed and results tallied for each event and for the season. Fabulous prizes are awarded ...well, maybe not fabulous...but there *are* prizes! You can be a serious competitor, a casual runner or walker, or even just come for the after-party!

*Come for a run or walk, then enjoy a brew or two, and maybe some food.
OPEN TO ALL - FREE TO PARTICIPATE! ...except for the beer and food.*

DATE
CHANGE

SECOND STOP

SUNDAY, December 12, 2021

GRINCH LUNCH

HOPS BREWERY

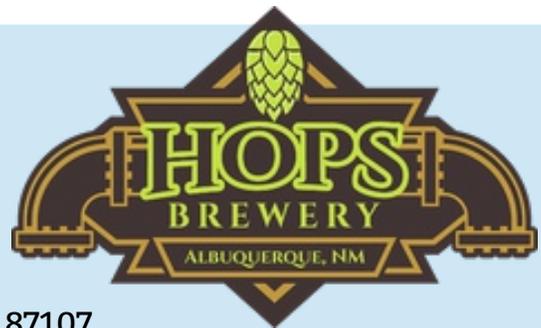
7222 4th St NW, Los Ranchos de Albuquerque, NM 87107

(near 4th & Los Ranchos, across the street from Moses Kountry Health Food)

Start time: 11:30 am

Distance: 3 miles

[view Facebook Event](#)



View all the STOPS for the
2021-2022 Season [HERE](#)
and put them on your calendar!

BREW TOUR STOP #1 - RESULTS

by Kelley Garcia, Brew Tour Coordinator

The first stop on the Burque Brewery Tour was the **BLACK FRIDAY TURKEY TROTS** on November 26, hosted by **Tractor Brewing**. The run started at the Red Tractor in Nob Hill, went to the Chevy on a Stick, then back to the Tractor. The day was beautiful: 38 people turned out for the event, and 29 chose to do the entire 4 miles.

The challenge for first place in the men's division came down to a neck and neck and neck race between Ken Gordon, Cliff Matthews, and James Duplain. Ken Gordon won the men's race and received a VALUABLE prize as well as a not so valuable beer. The women's race was won by Ana Romero Jurisson, followed closely by Jaime Agaard. Full results can be found at webscorer.com

And we picked up a new ARR member! John Kelly, a nearby neighbor, followed the runners to Tractor to find out what was going on - and then joined the Club. Welcome, John!



PHOTO BY JOHN KELLY

