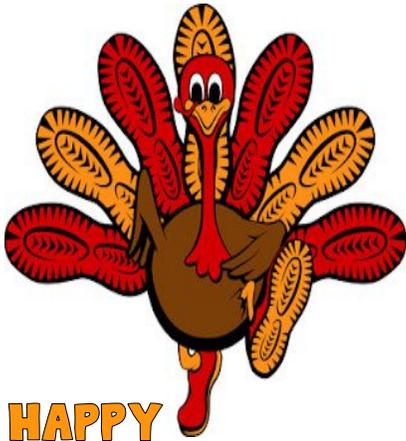


# ARR News

Newsletter of Albuquerque Road Runners Club | Vol 37 No 9

NOVEMBER 2021



**HAPPY  
THANKSGIVING**

## CLUB NOTES

We have **LOTS** of news for you this month. ARR is back with many of our activities in November and in future months – opportunities for volunteering and also for running + food + drink!

Up first is the announcement of our **next club meeting** (*details below*). We are heading inside because of the cooler weather, and will be back to a previous meeting location, **North Domingo Baca Center, on November 11, at 7 pm.**

Next, we are very pleased that the **Burque Brewery Tour** is back this Fall...yay! **Kelley Garcia** has lined up a season of four official Tour Stops, and the final Crowning of the Series Winners in March 2022. *Read more on Page 2.*

The **ARR Trail Cleanup** is on for **Friday, November 19, starting at 8:30 am.** Cece Niemczyk will meet volunteers in the parking lot above the Tramway paved path at Montgomery, providing trash bags, water, and snacks. *Read more on Page 2.*

On **December 5** there's the exciting return of the **FREEforAll Fun Runs!** Coordinator **Shannon Zanelli** will host a relay of two-person teams alternating one-mile loops at **Academy Hills Park.** *Read more on Page 3.*

We've also got a race report from the **Forever Young Run** by director **John Clady**, a recap on **Mt Taylor 50K** by **Kurt Coonrod** and **Ken Gordon**, and finally a **fun article from Ian Maddieson in Paris**, with great photos of where he has been and what he has seen as he explores the parks and trails to piece together running routes during his 2½ months' stay.

*Happy Reading!*

## See you at the Club Meeting!

**Date:** Thursday, November 11, 2021

**Time:** 7:00 pm

**Location:** North Domingo Baca Multigenerational Center, Room 1

*7521 Carmel NE just north of Paseo del Norte, west off Wyoming*

### Speakers:

**Simon Gutierrez** (*Physical Therapist and multi-time La Luz Trail Run winner who spoke at our July 2021 meeting*) will talk about Functional Dry Needling and running-related injuries that respond well to the treatment. And if time permits, he will take questions about current injuries you may have. Also, **Shannon Zanelli** will tell us about her adventures at the recent Boston Marathon!

# THE BURQUE BREWERY TOUR IS BACK!

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.

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!



## FIRST STOP

Friday, November 26, 2021

### BLACK FRIDAY TURKEY TROTS

Tractor Brewing Company

118 Tulane Dr SE, ABQ NM (Nob Hill)

Start time: 11:00 am

A trip from the red tractor to the Chevy on a Stick and back. The nearly 4-mile course is dog and stroller friendly.

[view Facebook Event](#)



**View all the STOPS for the 2021-2022 Season [HERE](#)**

*and put them on your calendar!*

## TRAIL CLEANUP On Nov 19

Cece Niemczyk, the Club's Trail Cleanup Coordinator, has scheduled a service project for this month. Come on out to help pick up debris and beautify a section of the popular Tramway bike path used by our Saturday morning running group...and many others!

**DATE:** Friday, November 19, 2021

**START TIME:** 8:30 am

**LOCATION:** the multi-use trail on the northeast corner of Tramway and Montgomery near McDonald's

[Trail Cleanup page](#)

## Thank you to these VOLUNTEERS

### DUKE CITY MARATHON BAG DROP

**Staffed by your fellow Club members**

**Held October 17**

Joyce Fafard, Jim Schnitzler, Tom Besson, Dennis & Glenda Muirhead, Chuck Fuller, Cece Niemczyk, and Frank Griggs ...plus Karen who jumped in from the crowd to lend a hand when things got hectic!

# ARR's Free for All Fun Runs – THE TRIUMPHANT RETURN !

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.

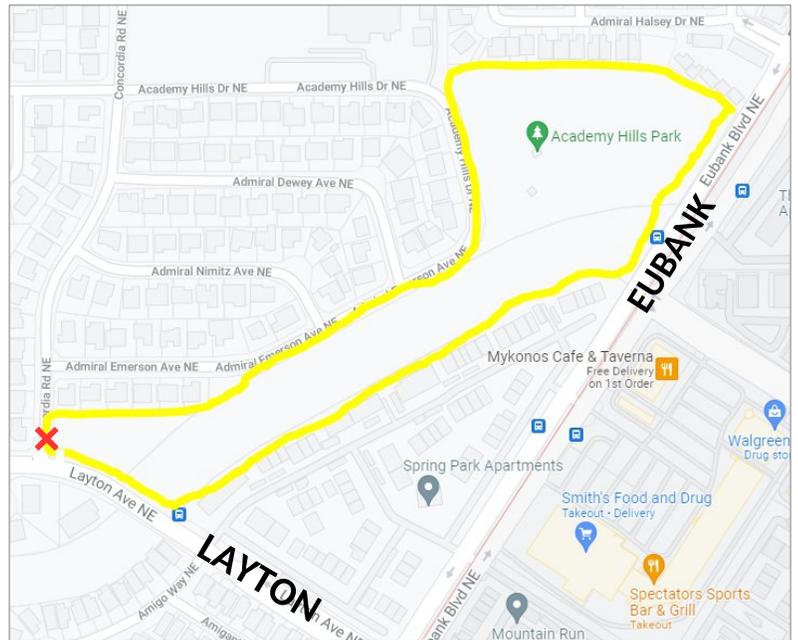
Our December event will be held at **Academy Hills Park at 8:30am on Sunday, December 5th.** This event will be done relay style with each member of the relay team running 1 mile around Academy Hills Park (off Eubank south of Academy NE) and then tagging off with their partner. Each person will run three 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 be doing a **cookie 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](mailto:handicaps@abqroadrunners.com) and let her know what **pace** you plan to run that day and if you have a **partner**.

**ACADEMY HILLS PARK**  
*(west off Eubank NE on Layton, south of Academy)*  
**Sunday, December 5 at 8:30 am**

Here's a map of the park -- we will meet at the red X.



## Shout out to the UNM Women's Cross Country Team

Now this is a great way to get young people excited about running!

OCTOBER 29, 2021. **The No. 1 Lobos women's cross country team** showed why they are ranked first in the nation with a record-breaking performance in the Mountain West Championships. The women placed first in the 6k race.

The Lobo women's team scored 15 points to take first place, the third perfect score in conference championship history. The team broke records as the only team in Mountain West history to finish the championships with the top seven runners all being from the same school.

- from [golobos.com](http://golobos.com)

RECAP

16th

# FOREVER YOUNG RUN

Held October 24, 2021

An ARR Club Race

We had the 16th running of the Forever Young 3 mile and 6 mile races on a beautiful Sunday morning in Placitas on October 24. After a 1½ year pandemic-related delay in having this event, 155 registrants arrived to find sunshine and perfect temperatures setting the scene to compete, have fun, and enjoy refreshments and burritos afterwards!

This annual event is held in memory of our member **Charlie Young**, an avid runner, cyclist, and outdoorsman, who was killed in a bike accident in Colorado in August 2004. Charlie lived in Placitas so Forever Young is held on a dirt loop course in that community, with rolling hills in a beautiful piñon/juniper area on land owned by the U.S. Forest Service. A portion of the proceeds benefits area non-profit groups.

**Volunteers from the Placitas library**, brought together by Lynnette Fields, included Susan & Mike Brown and Susan & Steve Craycraft. We also had Matt Glasier from Heart and Sole Sports, Rachel Kinney, Jeff and Suzan Bierly, Judge Cecelia Niemczyk, and other volunteers who contributed greatly to the success of the event.

This event would not have been possible without the tireless efforts and behind the scenes work of our very own Albuquerque Roadrunner club and board members, David Clark, Glenda and Dennis Muirhead, Tom Besson, Joyce Fafard, Dina Hammad, and Kurt Coonrod. Also, special thanks to Magi Ezzard and her band of volunteers, including board member Roger Sack, for providing outstanding timing support; our on-site medical team with Roxie and John Carpenter; and especially Justine Fox Young, Charlie Young's daughter, who provides advice, continuity, and support for the event. And last but not least, we thank Mary Overmier who arranged for the age-group awards, and Alan Overmier and Cyndi Vaughan for their many years of service in starting this event and putting on 15 great previous runs, and for ensuring we had a smooth passing of the baton for the 16th running.

See you next year!

*John Clady*

Forever Young Race Director, 16th Running



From left: David Clark, John Clady, Kurt Coonrod



Check out the **EVENT PAGE** for results and photos

*Thank you*  
**RACE DAY VOLUNTEERS**  
Katie Abbott  
Tom Besson  
Jeff & Suzan Bierly  
John & Roxie Carpenter  
John Clady  
David Clark  
Kurt Coonrod & Kelly Bowles  
Joyce Fafard  
Matt Glasier  
Dina Hammad  
Rachel Kinney  
Juan Pedro Mendez Granado  
Dennis & Glenda Muirhead  
Cece Niemczyk  
Rodger Sack  
Anna Williamson  
  
From the Placitas Library:  
Susan and Mike Brown  
Susan and Steve Craycraft

# MT TAYLOR 50K

Held September 25, 2021

An ARR Club Race



It was great to see the Mt Taylor family old and new on Tsoodzil again. Big thanks to all the ABQ Road Runners Club volunteers and support folks who make this very successful race happen. Ken and Margaret Gordon once again orchestrated an amazing event. Even though the race organization was a bit rusty from missing a year due to COVID, and some last minute obstacles had to be overcome, we all still had a blast putting the race on. Because of this, we will be able to make a generous donation to the [Navajo Yes](#) organization.

Packet pickup and pre-race pasta meal were once again hosted by the Grants Knights of Columbus; special thanks go out to them for all their efforts. Many of the 80+ volunteers camped out on the mountain and experienced an awesome night sky. Thanks to all those who volunteered, including many ARR members, the Cibola SARs, the Cibola Sheriffs SARs, and the Grants Amateur Radio Club. Special thanks to Jim Dalton who was Net Control for the radio communications.



Last-minute obstacles to overcome included having our EMT medical test positive for COVID the night before; and finding the course markings vandalized the night before. If not for Spud Patch aid station captains Ryan Wixom and Sean Cuniff, who discovered and fixed the markers, it would have been a long day for many runners.

This year we had 135 finishers out of 148 starters. The run sold out faster than ever and had the most folks on the wait list (60), yet we had the smallest start number which we attributed to folks not wanting to travel or train during the COVID year.



Luke Paulson won the men's category, in 4:22:36 – the fourth fastest time ever. Sophia Torres won the women's event for the second time, in 5:28:56 – the seventh best ever and two minutes faster than her previous win in 2017. Sophia's dad Senovio Torres, 67, ran a remarkable time of 6:05:03 in 30th place – the oldest finisher in front of him was 51.



Six runners have run all 9 editions of this race: Randy Silva, Barry Roberts, Cliff Mathews, Eddie Dimas, Jim Bean, and Crystal Anderson. Eddie Dimas had an inspiring finish despite breaking his big toe in the first half and running in pain, which was evident from his grimace the rest of the way.



The post-race cookout was once again a big hit. As always, Chef Zach went the extra mile and prepared a BBQ feast at the finish line, thanks to the generous donation from Ben Keith Foods. And on Thursday after the race, many volunteers and runners got together at Marble Brewery downtown to socialize and tell tall tales from the weekend.

*Hope to see you all out there next year!*

# Ah, Paris!

## The City of Light ...and parks, and trails, and a marathon!

by Ian Maddieson

**Every now and then life throws you a good curve-ball.** After several years of servitude, UNM offers some of its faculty a sabbatical year to devote to research (at two-thirds salary). My talented wife, Caroline Smith, earned this distinction for the academic year 2021/2022 and since she does research on French phonetics, I was happy to go along with her plans to spend two and a half months in the fall in Paris. We last spent significant time in Paris 16 years ago and it's interesting to see how the place has changed in these years. A real effort has been made to 'green' the city with more parks and open spaces and a huge increase in dedicated bike lanes — not for pedestrians to share! Electric scooters are everywhere and it can take considerable agility to dodge them.

**More of the banks of the Seine have been opened** for pedestrians and cyclists to use, and an ongoing project is converting parts of the former petite ceinture ("little belt") railroad that used to circle Paris into a rail trail. Ten sections, some very short but three over a mile long, have been opened so far. The center of Paris has no big parks but a lot of little ones, and with ingenuity it's possible to cobble together routes with a good proportion of off-road distance. I've designed a four mile loop near where we are staying that goes through 11 parks, squares or gardens, including a section of the petite ceinture, with not too much by way of connecting streets between them.

**Trains, subways and trams can take you out** to (or back from) larger open spaces in the suburbs or beyond. Or you can run there, as is the case for the **Paris Marathon**, which goes out to both the Bois de Vincennes on the east and the Bois de Boulogne to the west. I was able to follow a good part of this race, which took place on October 17. It doesn't get the same kind of attention as other big city marathons, like New York, London, Chicago or Berlin, despite an impressive new men's record this year of 2:04:23 by Kenyan runner Elisha Rotich (New York's record is 2:05:05). It does hit many of the iconic landmarks of the city and is very well organized: the same company directs the Tour de France bike race so they know how to get things done.



Recently rehabilitated section of towpath along the Seine, Épinay-sur-Seine, Paris suburbs, 11/1/21



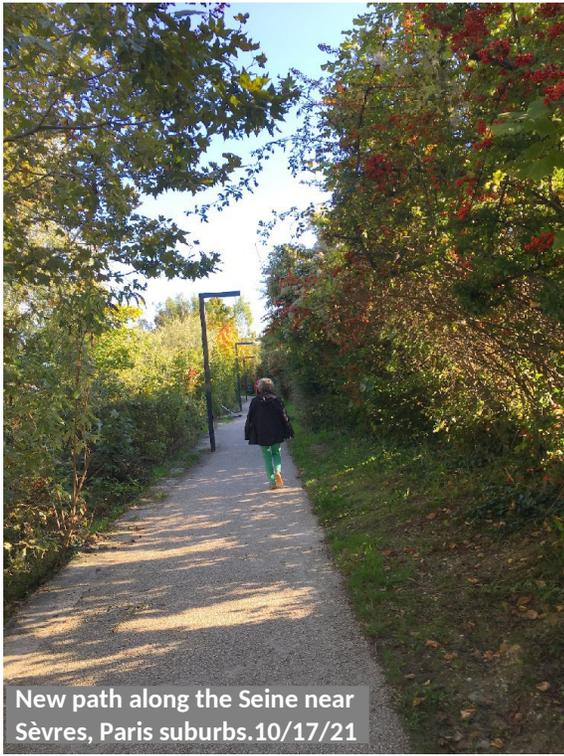
Lower Lake, Bois du Boulogne, west side of Paris. 10/28/21



Route des Lacs, Forêt de Meudon, south of Paris. 10/9/21

I've included a little gallery of pictures illustrating some of the places I've been able to visit on this trip (when I'm not doing my own research at the French National Library). Weather has been better than expected and the sun is shining in many of them. □

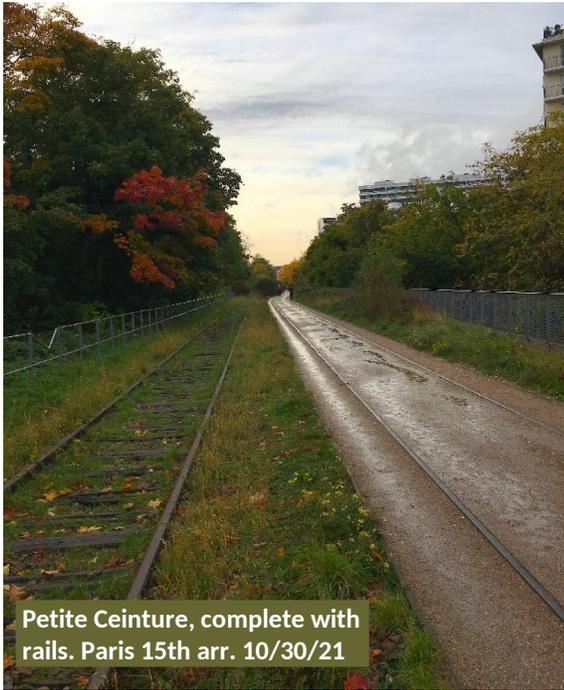
[View more of Ian's photos on the next page](#)



New path along the Seine near Sèvres, Paris suburbs. 10/17/21



Elite women lead pack on the banks of the Seine at mile 10, Paris Marathon. 10/17/21



Petite Ceinture, complete with rails. Paris 15th arr. 10/30/21



Path along the Canal d'Ourcq, Aubervilliers, Paris suburbs. 10/17/21



Parc de Sceaux, south of Paris. 9/26/21



Replica of the Statue of Liberty, Isle des Cygnes, Paris.

**MEMBERSHIP UPDATE**  
**Through October 15, 2021**

**RENEWED MEMBERS**  
 Matt Glasier  
 Gary Schancer  
 Rick Scott  
 Lon Waters

**NEW MEMBER**  
 Juan Pedro Mendez Granado