



# ARR News

Newsletter of Albuquerque Road Runners Club | Vol 37 No 8

OCTOBER 2021



## CLUB NOTES

It's that time of year when nature changes things up – the air is getting cooler, the days are getting shorter. While it has been pleasant convening at B2B Brewery for the past few months in their covered outdoor space, Club president Kurt Coonrod is seeking an alternate venue for our meetings to accommodate the realities of Fall. The date and time for the October meeting are set (*see below*), but the location is still to be determined. We will let you know when he finds a place. Any suggestions for Kurt? Contact him at [president@abqroadrunners.com](mailto:president@abqroadrunners.com).

**Our races are back!** Two of the Club's races (our first to be held since late 2019—*see more on P.3*) are now on the books, thanks to the planning and organizing efforts and the depth of experience of our fantastic race directors:

- Tom Besson – **Women's Distance Festival 5K – September 11** (*read Tom's Profile on P.4*)
- Ken Gordon, Margaret Gordon, and Kurt Coonrod – **Mt. Taylor 50K – September 25**

Our thanks to all of these dedicated people for the countless hours they spend to make their events the best possible experience for participants – and for the race volunteers who help make the magic happen!

Next up is the 16th **Forever Young Run** on Sunday, October 24, directed this year by John Clady. Come out and run the 6 mile or the 3 mile in beautiful Placitas ... or help make this event extra special by volunteering! Read more on Page 2, and also on our website [HERE](#).

**See you at the Club Meeting!**

**DATE:** Thursday, October 14, 2021  
**Time:** 7:00 pm

## READY TO WEAR SOME CLUB APPAREL?

These sharp white tech-fabric caps feature a black-and-white appliqued logo patch, as well as a reflective edge on the brim.

**\$12 EACH**

**[CLICK HERE FOR ORDER FORM](#)**



Adjustable buckle fit

16th

# FOREVER YOUNG RUN

OCTOBER 24, 2021

An ARR Club Race

**VOLUNTEER** Contact John Clady

**REGISTER** Click here

**6 Mile & 3 Mile Races**

9:00 am Start

Placitas, NM  
Forest Loop Road

## REGISTRATION INFORMATION

Race fee is \$30 online for each event.

Online registration ends at midnight on Friday, October 22.

Runners may also register at Heart and Sole during pre-race packet pickup (see below). *Cash or check only.*

Day of race registration is \$35.  
*Cash or check only.*

### PRE-RACE PACKET PICKUP

Albuquerque Heart and Sole Sports Stores  
2817 San Mateo NE - Friday, Oct 22, 4-6 pm  
3601 Eubank NE - Saturday, Oct 23, 3-6 pm

As with all of this year's Club Races, we are very happy to have the Forever Young Run back! It was canceled in April 2020, and postponed again in April 2021 – until now.

This event was started by ARR member Alan Overmier in memory of Charlie Young, an avid runner, cyclist, and outdoorsman who was killed in a bike accident in Colorado in August 2004.

As Charlie lived in Placitas, the race is held there in a beautiful pinon/juniper area on a hilly dirt course (the Forest Loop Road). And since Charlie always ran without a shirt even in the winter, participants are encouraged to run shirtless (*not topless*) in his memory.

There are two distances: a challenging 6-mile run around the full Forest Loop Road, and a 3 mile walk/run, out-and-back on rolling hills. Both races are run simultaneously but finish in opposite directions.

John Clady is Race Director this year, assisted by Dave Clark. Charlie's daughter, Justine Fox-Young, and her mother Lucy Fox also participate in organizing and supporting this event, for a true celebration of Charlie's life.

For more information and photos from past Forever Young events, please visit the ARR website's **FOREVER YOUNG** page.

NEW THIS YEAR



The first 200 to pick up their race packets will receive a Forever Young commemorative hoodie.



# Club Races RECAP

## Women's Distance Festival September 11

The 34th Annual Women's Distance Festival 5K was held on September 11 at the UNM North Golf Course perimeter trail. Entries were down from previous years, probably due to concerns about COVID, but those who participated seemed to enjoy this course and we may use it again next year.

Top three were **Kellie Nickerson, Lisa Valle, and Crissey Amberg**. Lisa Valle would have won first place in the masters division also, but it was decided there would be no duplication of awards. Crissey Amberg ran track for Eldorado High School and also NMSU. Maybe she can convince her twin sister to enter next year.

**Beth Davenport** was honored with a special award for having run every Women's Distance Festival since it started.

*Tom Besson*  
Race Director

[FOR MORE RACE PHOTOS, CLICK HERE](#)

### Top three finishers in the Run

Kellie Nickerson (20:54)  
Lisa Valle (21:06)  
Crissey Amberg (21:16)

### Top three finishers in the Masters Division

Dorota Gruca (22:04)  
Jennifer Pontzer (25:07)  
Kathy Foucar (25:22)

### Top three finishers in the Walk

Alison Wagner (46:56)  
Cathy Rickards (47:18)  
Connie Sack (49:17)

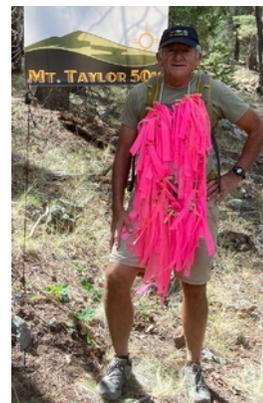
[FOR COMPLETE RACE RESULTS, CLICK HERE](#)



## Mt. Taylor 50K September 25

Thank you to our amazing Race Directors Ken & Margaret Gordon and Kurt Coonrod, the resolute participants, and our wonderful volunteers for making this a great event again this year!

[MT TAYLOR 50K website](#)



Gail Leedy and Ernie Garcia, Race Sweepers collecting course markers



Sophia Torres, Female Winner



Luke Paulson, Male Winner



ARR member Mauro Perego after his first Ultra - Congratulations!



This is how it begins: smoking meat for the post-race feast by Chef Zach and Wade!

# MEMBER PROFILE

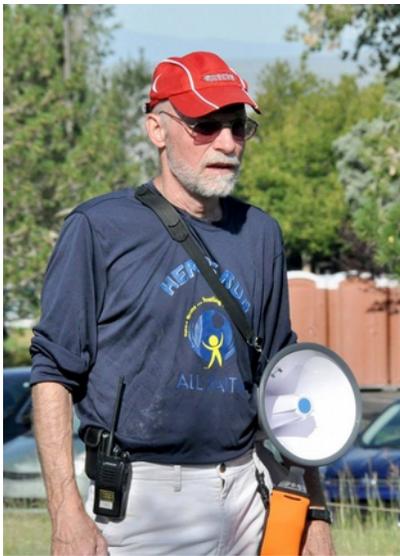
## Tom Besson

### ARR Board Member & Director of Women's Distance Festival

#### TELL US YOUR RUNNING STORY

I ran track in mid school (back then it was called junior high). I did not excel on the track, so I gave it up. I took up running again in my early 30s, motivated by my then father-in-law and a colleague who eventually became my business partner. I have run four full marathons but never felt that distance suited me ... I feel most comfortable running 10Ks and half marathons. I have run with Olga Appell in Steve Gachupin's King of the Mountain race in Jemez Springs, and with Joan Benoit Samuelson in the OKC Memorial Marathon. I have run in races in many parts of the US, including the Sacramento Marathon, the Indianapolis Mini-Marathon, the Pueblo Marathon, and the El Paso-Juarez 15k.

I started the Hero's Run for All Faiths in 2014, which raised over \$15,000 for the non-profit before it was abruptly canceled.



Tom directing the Hero's Run for All Faiths

#### AGE, MARITAL STATUS, ETC.

I am 68 years old, married to Sara Nurnberg, and a native of Albuquerque.

#### HOBBIES & INTERESTS

I enjoy doing home improvement projects and recently completed a home remodel project that involved removing our fireplace and expanding the kitchen into that space, adding additional cabinets and countertop. I also enjoy classic cars, muscle cars and hot rods.

In 2005, I ran the Indianapolis Mini-Marathon, one of the largest half marathons in the country, which goes from downtown Indianapolis to the Indianapolis Motor Speedway (approx. 5 miles) and around the historic race track (2-1/2 miles), then returns to downtown Indianapolis. I finished in 367th place out of nearly 25,000 participants. *[editor's note: WOW!]*

#### WHAT YOU MAY NOT KNOW ABOUT ME

I have a twin sister. Also, my opinions and letters to the editor are often published by the *Albuquerque Journal*.

#### CONCERNS for the future of ARR and running in general

The officers and board of directors are aware of the need to attract younger members to the sport and to the club. That is one reason, as race director for the Women's Distance Festival, I have agreed that proceeds of the event should benefit Running 505, a group that encourages running in our schools. But we need to do more. Any input or suggestions from our club members towards this goal are both invited and welcome.

## Tom's Next Challenge

I am planning a 50-mile walk through the streets of Albuquerque next May to benefit **Saranam**, a non-profit that offers a hand up, not a handout, to the homeless, primarily single mothers and families, by providing living quarters, meals and education in an effort to break the cycle of homelessness.



Tom was inducted into **ARR's Volunteer Hall of Fame** in January 2020.

Each year, ABQ Road Runners Club members take on PACING and BAG DROP in support of the DUKE CITY MARATHON. Please help us again this year by signing up for one of these opportunities!



● **BE A PACER FOR THE MARATHON**

Either run the entire race and receive an official finish time, or run half of it (split it with another runner, but neither of you receives a finish time). You register through **John Farrow**, at no cost to you. And you carry a pace sign displaying expected finish time for the full marathon. **CONTACT JOHN TO VOLUNTEER!**

● **STAFF THE BAG DROP ON RACE DAY.**

Two-hour shifts from 6 am through noon. Receive racers' drop bags, organize numerically by race, and then return bags as racers complete their event. Coordinated by **Glenda Muirhead**. **VOLUNTEER THROUGH SIGNUP GENIUS HERE**

## Trail Cleanup Planned

Cece Niemczyk, the Club's Trail Cleanup Coordinator, has scheduled a service project for November. Here are the details. We'll remind you next month, too!

**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*

## Correction

Last month in *ARR News*, Ian Maddieson shared his adventures at the Badger 100 in Orangeville, IL. In his article (titled *Old, Slow, and Stubborn*) he said, "I...came home in 35:28:04 as the final finisher and, don't you know it, I won my age group."

However, being a full-disclosure kind of guy, he subsequently sent the following update:

*"It turns out that there was an error in the early on-line results for the race, with David Blaylock's name left out. In fact he finished an hour or more ahead of me and won the age-group, not me."*

Thanks, Ian. We appreciate your concern with accuracy...and we are still impressed with your accomplishment!

## MEMBERSHIP UPDATE September 2021

### RENEWED MEMBERS

- Nancy Augustus
- Alberta Bates
- John Clady
- Paul Fyfe
- Laura Maclay
- Linda Stiles
- Melissa Tencza
- Shannon Zanelli

### NEW MEMBERS

- Arlann Erskine
- Mike Fitzpatrick
- Elizabeth Grillo
- Olivia Harlow + Daniel Hermanns



## ARR BOARD

- PRESIDENT- Kurt Coonrod
- VICE PRESIDENT - Gary Schancer
- SECRETARY - Peter Falk
- TREASURER - Dina Hammad
- DIRECTORS - Tom Besson
- John Clady
- Joyce Fafard
- ADVISORY - Dennis Muirhead
- Glenda Muirhead
- Rodger Sack