

ARR news

Newsletter of Albuquerque Road Runners Club | Vol 37 No 7

SEPTEMBER 2021

PRESIDENT'S MESSAGE

*This is the best time of the year for running in New Mexico.
Get out there and enjoy it!*

Sandia Snowshoe Race (tentatively scheduled for Saturday January 22, 2022)

Ian Maddieson and I recently met with members of "Friends of the Sandia Mountains" (FOSM) to discuss the Sandia Snowshoe race. FOSM has been sponsoring this event for about 15 years with Steven Roholt as the race director. Steven is passing on his duties this year to Mike Madden. Mike is interested in working with other local groups to continue this event. Specifically, he is looking for experienced help to handle various aspects of the race. These include but are not limited to: timing, registration, course control, and start/finish. FOSM is also looking for an appropriate group to receive the donation of run proceeds. Anyone interested in getting involved with this great event can contact Mike at mikemadden52@gmail.com.

Congratulations to Ken and Margaret Gordon on their finish at the Cascade Crest 100. They stayed together for the entire run.

Many club events are coming up in the next couple of months:

- **Women's Distance Festival 5K. Saturday, September 11** at UNM North Golf Course. **Tom Benson, Race Director.** Please **contact Tom** for information on the run and to volunteer.
- **Mt. Taylor 50K. Saturday, September 25.** We are specifically looking for volunteers with a medical background to assist at aid stations. We will have paramedics on the mountain but also need some basic first aid at each aid station. To volunteer for this year's run, please **contact Margaret Gordon.**
- **Forever Young Run. Sunday, October 24.** **John Clady, Race Director.** Usual course in Placitas. 6 and 3 mile races. Please **contact John** for information and to volunteer.

And thank you to Cliff Matthews for his excellent talk at last month's meeting!

- Kurt Coonrod

This Month's CLUB MEETING

DATE: Thursday, September 9, 2021

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

TIME: Meeting starts at 7:00 pm

Everyone is welcome to attend...current and prospective members, family, friends. Enjoy some food and drink if you'd like, as well as socializing and some updates on Club news. Share your own news about recent or upcoming races!

B2B Brewery serves appetizers, sandwiches and tacos, and beverages (alcoholic and other). We plan to be seated as a group in their covered outdoor courtyard.

VOLUNTEER

WOMEN'S DISTANCE FESTIVAL

Saturday, September 11, 7:30 am start



Race Director **Tom Besson** is looking for volunteers.

[CONTACT TOM TO VOLUNTEER!](#)

Please help with:

- race day registration/packet pickup
- timing and scoring results
- awards (organizing awards table)
- water stop at the turnaround
- set up, tear down, and other tasks as needed

DUKE CITY MARATHON

Sunday, October 17

● 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 1 pm. Receive racers' drop bags, organize numerically by race, and then return bags as racers complete their event. [CONTACT GLENDA MUIRHEAD TO VOLUNTEER!](#)



ARR NEWSlets

- Both **Cece Niemczyk (Trail Cleanup Coordinator)** and **Shannon Zanelli (FREEforALL Fun Runs Coordinator)** report that their activities are likely to resume in November. We'll let you know in advance so you can sign up!
- From **John Farrow, member of Duke City Marathon Race Committee:** ARR members are eligible for a 10% discount off any race distance! To receive the discount when registering online, go to dukecitymarathon.com/registration. When you get to "I Have A Coupon Code", check the box and then enter this coupon code: **RRCA21**.

Please note: this is a benefit available to ARR members only!

**Get 10% off
any Duke City
Marathon
event!**

MEMBER RACE SERIES

August Update

from Ian Maddieson, *Race Series Coordinator*

Competition in the 2021 ARR Race Series is off to a somewhat slow start. with so far rather few participants signed up. The series, cut short to just the second half of the year, began on July 18 with the **Chunky Monkey 5 and 10k** races and has since included results from the **Cherry Garcia 5 and 10k** and the **Lovelace Half-Marathon and 5k**.

Top scorer to date is **Kellie Nickerson** (F30-39) with 140 points from the Chunky Monkey 10k and 162 from the Lovelace 5k for a total of 302. **Dennis Muirhead** (M80-89) has a total of 223 points, 128 from the Chunky Monkey 5k and 95 from Cherry Garcia 10k. **Todd Nickerson** (M30-39) was the overall winner of the Cherry Garcia 10k, but had scored a higher point total at Chunky Monkey 10k, so his overall score is 151. Similarly **Steve Nickerson** (M60-69) scored more points at Chunky Monkey and stands at 117. **Dina Hammad** (F50-59) has 120 points from the Chunky Monkey 10k and **Chuck Fuller** (M70-79) has 115 from Cherry Garcia 5k. (Recall that only the highest score in each category of race is retained in the overall total). Each of these runners is leading their age/gender division at this point.

CURRENT POINT TOTALS

Kellie Nickerson (F30-39)	302
Dennis Muirhead (M80-89)	223
Todd Nickerson (M30-39)	151
Steve Nickerson (M60-69)	117
Dina Hammad (F50-59)	120
Chuck Fuller (M70-79)	115

No-one currently entered in the series competed in the Ruidoso Marathon or half-marathon held on July 27, or in the first trail races in the series, at Cloudcroft on August 21. If you have taken part in any of the races, and enter the series later, your time will still count. And there is plenty of time still to sign up. Just contact me with required info (name, e-mail address, date of birth and gender) at raceseries@abqroadrunners.com.

Coming events include all the events that are part of the **Duke City Marathon**, the **Sandia Crest Marathon and Half-marathon**, and the club's own **Mt. Taylor 50K** and *Forever Young* trail races. The full list of races in the series is posted on the **CLUB WEBPAGE**.

MEMBERSHIP UPDATE

August 2021

RENEWED MEMBERS

Prudence Calabrese
Gloria Cohen
John Farrow
Kim Gieck
Kathy Kirsling
Will Steinberg
David Stewart
Irene Terronez
Carol Trujillo-Fay & Daniel Fay

NEW MEMBERS

Meta Hirschl

HOW TO FIND OUT what's happening:

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

The ARR private Facebook group works better for communications among members rather than as a source for up-to-date info.

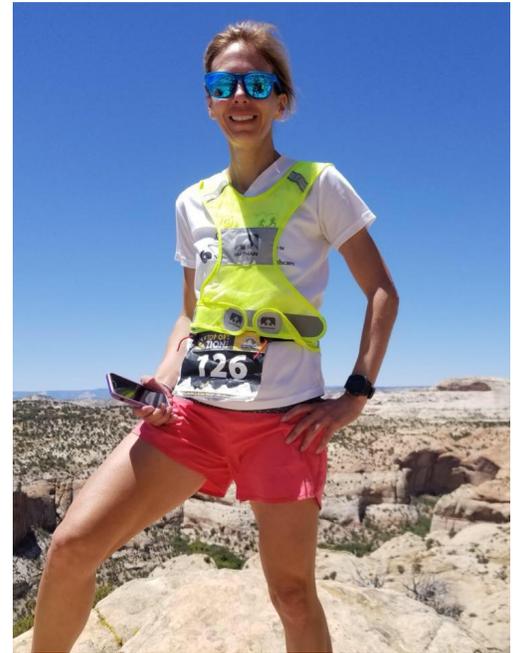


Shannon Zanelli, ARR Fun Runs Coordinator

TELL US YOUR RUNNING STORY

When I started high school my dad told me I needed to find a sport to play because it would look good on a college resume. I wasn't good at any of the traditional ball sports so I decided to try running. I liked that it didn't require a lot of coordination plus my dad was a runner so I could learn the ropes from him. After my first cross-country season he signed me up for a local race, which was 5 miles. Up to that point the longest run I had done was 3 miles. But he told me if I could run 3 miles then I could run 4 and if I could run 4 I could run 5. He was able to convince me with this fuzzy logic so I raced that day and came in next to last. But I was hooked on running from that point on. I liked the idea of challenging myself to go further and faster.

When I got to college I would run a few miles a week to stay in shape but it wasn't until I graduated that I decided I wanted to run a marathon. About a year after graduation I moved to San Francisco and, as a way to meet people and achieve my marathon goal, I signed up to run with a fundraising team called Joints in Motion. The team raised money for arthritis research and in exchange we received coaching and a team trip to Vancouver to race. I don't think my dad ever envisioned that his "if you can run 3 miles then you can run 4" logic would be used over and over again nor would it be used to run a marathon or beyond but I have since run 20 marathons, one 55K, two 140.6 triathlons, and many, many shorter races. Running wasn't just a hobby, it became a lifestyle. Although I have done one 55K and probably will do more, my sweet spot really is the half marathon. My goal now is to always be in good enough shape that I could run a half marathon on a whim.



Racing in 2018



2017 Fun Run at Academy Hills Park

HOW OLD ARE YOU?

50

WHERE ARE YOU FROM?

Grew up in Memphis, TN, and lived in San Francisco, CA, for 12 years before moving to Albuquerque.

WHEN AND WHY DID YOU COME TO NEW MEXICO?

I moved to Albuquerque in July 2007. My ex-husband got a job here and we moved from California for that reason. I fell in love with New Mexico – the people, the landscape, the wide open areas, and the variety of outdoor activities that are available year round.

HOBBIES & INTERESTS

In addition to running, my other love is tennis. I probably would do more longer distance running if I didn't enjoy tennis so much. I now try to strike a balance between the two. I also enjoy cycling, hiking, travel, wine tasting, dogs, and spending time with friends and family.

SCHOOLING

B.A. in Marketing from The University of Tulsa (1993)

M.S.B.A. in Business Analysis from San Francisco State University (2001)

Old, Slow, and STUBBORN

By Ian Maddieson

What do you do if you have basically passed your “sell-by” date as a runner and can’t even finish a mass big-city marathon in the time allowed and YET you are perverse enough to STILL want to do ultra-marathons? Search high and low for easy courses with generous time limits!

Hence I found myself in the early morning of July 31 in the hamlet of Orangeville in northern Illinois ready to tackle the **Badger 100 mile race**. This takes place on part of the former Illinois Central Railroad tracks, now a rail-trail. From Orangeville it heads north to the even smaller settlement of Basco, Wisconsin, home of (the allegedly) historic Dot’s Tavern where the 35 mile aid station is, and where some runners stop in for a beer, then back to Orangeville to turn around again and head back north to finish in Belleville, Wisconsin, where race headquarters is situated. A series of shorter associated races start and finish from this location while the 100 mile race is ongoing.



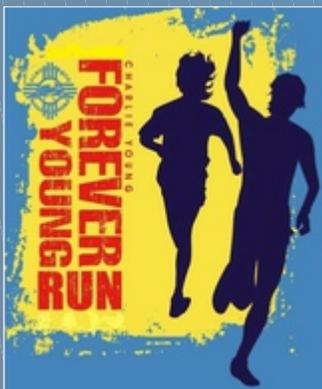
As an old rail line, the route is relatively flat, except that the Stewart Tunnel, through which the runners would normally pass three times, is closed due to danger from “sections of loose and falling rocks from the ceiling and side walls.” Not wishing dead or damaged runners on their watch, organizers put in place a 1½ mile detour around the tunnel on a hilly road. By the third time around, these hills had grown impressively higher. But wind and weather cooperated: the temperatures were merely hot whereas they had been scorching a few days earlier, and the smoke plume from western fires moved further north. Both had been major worries leading up to the day. Much of the trail is tree-lined (*see photo*) which gives shade in the daytime, as well as home to a variety of wildlife that can take you by surprise at night. I’m still not sure what the scraggly canine-like creature I saw around 3:00 a.m. might have been.



Ten Junk Miles Racing allows a full 36 hours to finish the 100 miles. I needed almost the full allowance but came home in 35:28:04 as the final finisher, and, don’t you know it, I won my age group. Huge thanks to Caroline, my super crew chief (*see photo*) and all the volunteers who made it possible. Runners in the shorter races were very encouraging as I plodded home and they zipped past. If the 100 mile distance tempts you and the mountain courses seem beyond your capacity, this is definitely a race to consider. □

For more information on Ten Junk Miles and the race visit tenjunkmilesracing.com, and for more information on the trail see wisconsin.gov/topic/parks/badger/history.





FOREVER YOUNG

OCTOBER 24, 2021
9:00 am Start

Placitas, NM
Forest Loop Road

[Click here](#) for online registration.



Our 2021 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
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



ARR BOARD

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