



# ARR News

Newsletter of Albuquerque Road Runners Club | Vol 36 No 3

APRIL 2020

## President's Message

Hello all Roadrunners! What a wild couple of weeks. Seems like just yesterday that we had the board meeting [it was on March 18th] deciding to cancel spring Club events. At the time, I thought we might have been too extreme on cancellations. Then came the order to avoid groups of more than five. Guess not. This Sunday would have been the Forever Young Run. I think to help with my sanity I may just go do the course anyhow.

I encourage everyone to keep at it. Running now is more important for our mental health than ever before. Get outside and load up on the vitamin D. It's good for your immune system.

Losing out on our group activities is disheartening, but remember, others have much greater worries. I encourage everyone to look out for people you know in the community that are in need of help at this time, and do whatever you can do. This crisis will eventually pass. See you all on the other side.

Stay safe.

*Kurt Coomrod*

## Berta Fun Run

### OK Road Runners!

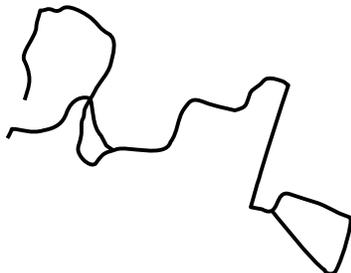
This Saturday, April 4 at 0830, I was to host my 12th Berta Race, but it has been canceled. So all of you who were thinking of coming ... **JUST DO IT VIRTUALLY IN YOUR OWN AREA!!**

My course looks like the shape of a Duck and is 7.2 miles (shhhh—longest yet!).

I'd like to see posting of your pictures of where you did it and if "your" course made a duck!!

**HAVE FUN!!**

*Kathy Kirsling*



## Burque Brewery Tour

The Burque Brewery Tour has been put to bed. The Crowning course from Black Snout Brewing was marked last Saturday morning following physical distancing guidelines. The white chalk arrows should be there until it rains if anyone wants to explore. [11500 Menaul Blvd NE]

**The winners of the series are Andrea Schoellkopf and James Duplain.** I have the VALUABLE prizes to pass on. Please contact me at [volunteers@abqroadrunners.com](mailto:volunteers@abqroadrunners.com) to make arrangements.

The tour will start back up in November on Black Friday at Tractor Brewing in Nob Hill.

*Kelley Garcia*

## BOARD OF DIRECTORS

Kurt Coonrod – President  
Ian Maddieson – Vice President  
Peter Falk – Secretary  
Dina Hammad – Treasurer  
Tom Besson – Director at Large  
Cheryl Williams – Director at Large  
John Clady – Advisory Director

Rodger Sack – Advisory/Property  
Dennis Muirhead – Advisory/Membership  
Glenda Muirhead – Advisory/Publications

## CLUB RACE DIRECTORS

Alan Overmier – Forever Young  
Tom Besson – Women's Distance Festival  
Jeff Williams – La Luz Trail Run  
Mt. Taylor 50K : Ken Gordon  
Margaret Gordon  
Kurt Coonrod

## CLUB COORDINATORS

Kelley Garcia – Brew Tour, Volunteers  
Shannon Zanelli – Fun Runs  
Ana Romero Jurisson – Facebook  
Jeff Williams – La Luz Race Director  
Connie Sack – Member Cards  
Ian Maddieson – Member Race Series  
John Farrow – RRCA State Rep  
Joyce Fafard – Sunday Runs  
Cece Niemczyk – Trail Cleanup  
Melissa Tencza – Trail Runs  
Glenda Muirhead – Webmaster, Newsletter  
Jane Cudney-Black – Women in Training

## CANCELED CLUB ACTIVITIES

- **Weekly Workouts** suspended until further notice
- **Club Monthly Meetings** suspended until further notice
- **Berta Fun Run** (April 4) canceled, but host Kathy Kirsling suggests a virtual run on your own (see Page 1)
- **Forever Young Run** (April 5) canceled.
- **La Luz Trail Run Lottery Entry** (which was scheduled for May 1-14) delayed until mid-June.
- **Women's Distance Festival** (June 14) canceled.
- **Member Race Series** schedule to be modified.



## WOMEN'S DISTANCE FESTIVAL

I regret to inform you that the 34th Annual Women's Distance Festival WILL NOT TAKE PLACE on June 14, 2020.

Because of the coronavirus concerns, the board of the directors of the Albuquerque Road Runners have decided to put the event on hold for now. If conditions improve, we may reschedule the race or have a similar event at a later time. We will certainly inform you if plans change. Thank you for your past participation in the Women's Distance Festival. Keep running and walking to maintain your health, but also practice social distancing to prevent yourself and others from contracting the virus. Hopefully, given time and everyone's cooperation, we will make it through this difficult and unique period.

Wishing you good health,

*Tom Besson*

Race Director



## Membership Update

### RENEWED MEMBERS

Philip Blong  
Julie DeHaven  
Jane + Chuck Fuller  
Aaron Greenwood  
Alan Overmier + Cyndi Vaughan  
Pat Scott + Evelyn Carter  
Jeanine Steffy  
Dave Vickers  
Sharon Wheat

### NEW MEMBERS

Justin Moore  
Kelly Norton

**TO CURRENT REGISTRANTS:** Thank you for registering for this year's Mt Taylor 50k. Being a 100 percent non-profit volunteer-driven event, we have had a no refund policy each year. In light of this year's unprecedented events, if we have to cancel we will be offering a partial refund after expenses to date have been subtracted.

We donate our proceeds to Navajo YES, a great charity benefiting the Native American youth of the Four Corners region. If at that point you wish to donate your partial refund to them, you will have that option.

We don't anticipate cancellation and will revisit the situation in the middle of June.

Keep fit and safe and we look forward to seeing you in the Fall.

*Ken, Margaret and Kurt*

Race Directors

# Life in the Time of Coronavirus

Coronavirus (COVID-19) is affecting all of us in unprecedented ways. We are being challenged by the uncertainties of this new reality. As people who love to run, walk, hike, and bike in groups, we are finding such activities especially difficult now as gatherings have been restricted.

You are most likely already aware of the impact these limitations have had on many ARR events and races. These steps have been taken to ensure the safety and well-being of our members, our families, and our community.

We all understand that feeling isolated can be overwhelming. But PHYSICAL DISTANCING may be what keeps our health intact ... and the health of untold others.

Stay apart, but do stay connected in other creative ways!

Following are some Club members' responses to these questions:

How are you getting out to train? Do you still have future goal races that you're aiming for? Are you still meeting with others for runs or walks? What else are you doing to combat boredom? Have your eating habits changed with forced inactivity and Netflix binge-watching?

## IAN MADDIESON

In normal times I would now be working to build up for long races in the summer and later in the year. I'd do some shorter races to work up to one or more 100-milers. But with many races canceled and uncertainty about how long the needed restrictions will last (even Western States 100 in late June is already canceled!), it is just a problem to maintain the motivation to keep working hard. Add to that the fact that I am no longer young and have to manage what I am capable of doing these days anyway, and it is tempting to just be relatively lazy.

One idea I had was to create a virtual 50k challenge on the New Mexico Trail and Ultra Runners Facebook page (<https://www.facebook.com/groups/524571964369727/>).  
Want to join in?

*Ian*



## JOYCE FAFARD

Staying home more means rewatching "The Office" episodes, homeschooling my grandson, trying macramé, and keeping in touch with family and friends via text, phone calls and emails.

I still go to the Club location runs on weekends but practice social distancing and hand washing.

Support our small businesses, especially your favorites, and stay healthy!

*Joyce*

(Member comments continue on Page 5)

# Signs of the Times

Due to NM Department of Health recommendations, the lobby is closed until further notice.

Our drive-up is open to assist with member service needs.



To prevent the spread of COVID-19, We are open for takeout ONLY

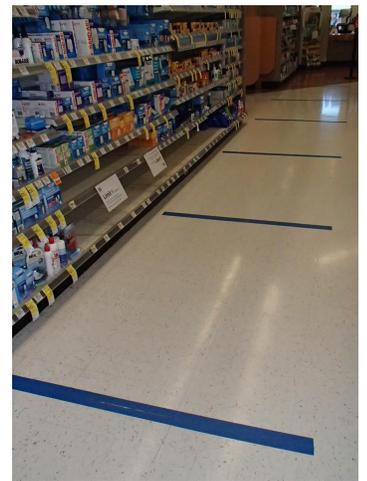


KEEP CALM & CARRY OUT

Please Respect Social Distancing

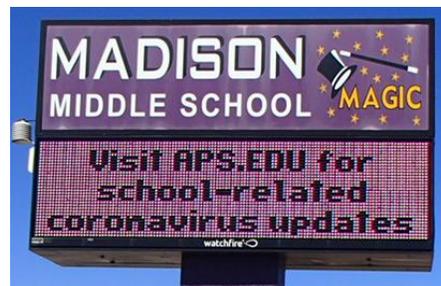
Keep 6-feet of space between you and other guests.

— Thank You! —



10 CUSTOMERS IN THE STORE AT ANY ONE TIME

Thank You for Your Patience and Cooperation



CLOSED  
March 19 - April 10  
to help prevent the spread of coronavirus

WELCOME  
please wait outside if there is another guest in the lobby.  
*Thank You*



## JOHN FARROW

This shutdown has actually been a sort of blessing in disguise for me. I began training for the 2020 Boston Marathon in December but could not shake a sinus infection due to polyps in a sinus cavity. Several courses of antibiotics did not work and my doctor said the polyps would have to be removed surgically. I reluctantly agreed since I have had this procedure in the past and had come back in about a week.

That was then. This procedure knocked me down for three and a half weeks, and training for Boston became training just to hopefully finish. Until the Coronavirus intervened and the race was postponed until September. That gives me time to heal and will restart marathon training in May.

In the meantime I've been walking the Rio Grande Nature Center trails that are only a mile from my house with a new puppy to get her strong enough to start running with me this summer. She is going to be a pistol (Note the chewed leash!)



*John*

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## CHERYL WILLIAMS

I believe it will be increasingly more important to stay connected as this continues. Stress, change of routine, confinement, and uncertainty will take their toll. My husband Jeff continues to work on our back yard, as we are looking forward to having future meetings and gatherings when it is completed. He is doing a great job!

Miss seeing you all. Stay safe.

*Cheryl*

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## GLENDAMUIRHEAD

Since walking is recommended, Dennis and I took a lovely walk recently in our neighborhood ...to a new donut shop where we bought and shared a gigantic cinnamon roll. Not generally on our eating plan :)

Be well, everyone!

*Glenda*

## RRCA Recommendations for Runners, Walkers, & Running Club Members April 2, 2020

By Randy & Tia Accetta  
(Randy is RRCA Director  
of Coaching Education)

RRCA recommends all members, in accordance with current Federal guidelines, to cancel or postpone all events/organized group training runs/group training programs if these activities occur between now and the end of April and beyond based on local and state government regulations.

At this writing, the country is in a national state of emergency. The "30-Days to Slow the Spread" guidelines from the White House have been extended to April 30. Know your local mandates, which may provide for stricter limitations for a longer duration. For example, at this writing, the Governor of Virginia (where RRCA is based) issued a statewide stay-at-home order on March 30 "to protect the health and safety of Virginians and mitigate the spread of the novel coronavirus, or COVID-19 until June 10, 2020."

As physician and RRCA coaching course instructor Dr. Bobby Gessler says, "It is extremely important to protect oneself and other people. This needs to be a community effort with family, extended family, friends, and neighbors all doing their part."

At this time, the RRCA recommends running alone, or only with those you reside with such as children, a significant other, or roommate. If you run with a friend, do so only with one person that you have had regular contact with in recent weeks and respect the 6-8ft spacing recommendations.

## CECE NIEMCZYK

Life goes on, even during this unprecedented time of the Coronavirus. It has become more important than ever to continue with my daily dose of exercise. Thankfully, my early morning running group that meets on Tuesday and Thursday's shortly after 5am is still partially intact. There are usually 3 to 5 of us who show up for this early run. It continues to be a wonderful way to get my day off to a good start. Because we get out so early, that also means that there are many hours left in the day to do other things.

In addition to my Tuesday and Thursday runs, I run alone on Wednesday morning usually getting out the door between 6:30 and 7am. I continue to run on the weekends as well. I go to the ARR scheduled group runs even though they have decreased in size because of the social distancing guidelines. If more than 5 people show up for a run, it is easy to break up into smaller groups.

I almost always get in more than one "workout" each day...walking, some stretching and yoga, and an occasional bike ride. It continues to be important for me to get in some physical activity each and every day. As always, this really helps with my outlook on life.

I am helping with home schooling for my two grandchildren who live nearby. That has been rewarding for me. I am their PE teacher as well as their religion and social studies teacher. We do not meet every day but their parents do work with them on their academic classes during the regular school week. My husband, Tom, helps out with science and math. Last week we were all at our cabin in northern New Mexico. While there I lead a couple of yoga classes for the kids, their Mom, and their maternal grandmother. It was great. We also walked and hiked.

I have been cleaning out lots of cabinets and getting rid of stuff that I have not used in years. I have watched some good movies on Netflix. I highly recommend the movie *Dawn Wall*. It is a climbing movie that is wonderful.

I have planted some flowers and am helping my husband to get the garden ready for planting tomato and basil plants. We are looking forward to the warmer summer months when we can enjoy fresh produce from the garden and, hopefully, the company of one another again. WE ARE ALL IN THIS TOGETHER AND THIS, TOO, SHALL PASS!

Stay healthy, everyone!

*Cece*

## BETH DAVENPORT

All is well in Santa Fe. I think cabin fever will get us before coronavirus.

I am still doing the races that I had planned to do, only virtually. I have routes around the house mapped and measured. On March 29, I was supposed to run the Endurance Challenge at the Jemez Pueblo, a full marathon. Most of my loops are pretty small and so I was trying to figure out how to do this without losing my mind!

It occurred to me that a house I check on while folks are away was a bit over 6.55 miles from mine (7.2, actually). So, last week Thursday, my regular day to make a house check, I brought a change of running clothes and some snacks and left them in a bag by the front door. On Sunday, I decided to run 26.2, since that was the plan all along before coronavirus hit. So, I ran from my house to my friend's. It was too cool to consider an outfit change, so I just grabbed some snacks, turned around, and ran home. When I got there, I did much the same. It still seemed too cool to change to lighter running gear, so I just grabbed snacks and headed back to my friend's. Now, 7.2 x 4 is more than a marathon, so I figured out ahead of time a landmark that was 4.6 miles from my friend's. The plan was to stop running there and then just walk home, but Craig very graciously offered to pick me up.

It went OK. The cooler weather helped. I found a quarter, two dimes, two nickels, and a whole mess of pennies.

*Beth*



## RODGER AND CONNIE SACK

### Our Exercise Program during the COVID-19 Epidemic

Rodger's brother and his wife came to visit us during the week of March 9th and we spent a week with them in Phoenix – viewing many tourist destination, but primarily going to watch Baseball Spring Training games in the Phoenix area. On March 11, we were at our third game, Mariners vs. Padres game in a light rain and the game was called in the 7th inning and it turned out to be the last Spring Training game this year – with the season being suspended.

Starting on March 16, Connie and I decided to start doing long walks (since the gym that we normally attend had closed – eliminating our usual practice of working out on various machines and on Fridays taking an hour-long spin class).

All of our power walks have been within a 2-3 mile radius of our house and consist of sidewalks, some bike trails, and around the perimeter of Albuquerque Academy. During our first week, we had a total of 31.53 miles and second week we upped the mileage to 33.4 miles – for a grand total of almost 65 miles for 2 weeks.

We hope to continue this routine for the duration of this COVID-19 Epidemic. Best of luck in whatever training you decide is best for you during this trying time for our country.

*Rodger & Connie*

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## KATIE ABBOTT

I regularly watch the COVID-19 Task Force briefings.

Dr Deborah Birx is ADAMANT about everyone following the Guidelines. EVERY AMERICAN must practice:

- social distancing,
- washing hands, and
- keeping groups to 5 or less (NM Governor mandate)

### YES – TOGETHER WE CAN DO IT!!

And, especially to those on the front lines of this war, **THANK YOU!**

*Katie*

## KATHY KIRSLING

It is super hard to see races canceled here in ABQ, NM, other states...and the world.

And the trauma the world is going through with this virus...

Well, as a retired person (retired nurse) it is very hard to know that I am not there – can't even go into those feelings.

I tried to put my mind back to if this had happened when I was a single working mom and it is hard to invoke that scenario. I hurt for this trauma that has descended on those I know in this situation. I send thoughts of patience, perseverance, and pacing and fueling of yourselves. Just like an ultra – conserve yourselves for that finish line so that, down the trail, you will be stronger in the end.

Since that is not the scene I face, my "routine" is much less stressful. Living in the East Mountains, I don't have any urge to just come to town whenever. I build up my errands and then come or meet up for a run, and then do errands.

I am doing some decluttering ...sure, some TV shows ...supporting take 'n go restaurants ...sitting outside catching up on reading and enjoying the sun (when I have it and not horrific winds!) ...enjoying my new area bench in the tree bower, and front porch.

...And I am running all the canceled races **virtually**, which is so cool and if it's out here where I live, then distancing is no problem!

*Kathy*



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## JOEL MELENDEZ

Right now there is no cure, no vaccine for COVID-19. Wash your hands, social distance, CLEAN your cell phones, and wear face masks. We can beat this!!

Please wear a mask if you have to go out in public! By protecting yourself you'll be protecting others!!

Be safe, everyone!

*Joel*