



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 38 No 4

April 2022

President's Message

The Club's Women in Training Program is starting up on April 18th. Thanks go out to Jane Cudney-Black for coordinating the program again this year!

The ABQ team of Los Tortugas is heading back to Illinois to compete in the River to River Relay after a 2-year hiatus due to COVID. Good luck to Dennis Muirhead, Jean Herbert, Joyce Fafard, Dave Clark, Jeff Rienstra and friend from DC, and Jeff and Cheryl Williams from Indiana. The team holds the record in the race's Handicap Division!

We recently heard from Scott Dietrich from the Nordic Ski Club, which has been doing some amazing work improving and adding to the cross country ski trails in the Sandias. Please read his message below:

Dear Members and Friends of Sandia Nordic,

Sandia Nordic is applying for a NM Outdoor Recreation Division Trails+ Grant to help fund the cost of our Trails Improvement Project. Costs associated with the project will be increasing significantly for the next few years as we will be renting mini excavators to help with earth moving and purchasing signage, and snow fencing which will be installed and removed each season. The chance of getting funded is greatly increased if we can demonstrate a high level of public support. Please take a minute to sign this important petition to show your support of our trails project. The petition will be included with the application. Please feel free to forward this message to anyone you know who would be interested in expressing their support.

Thank you for your continued support of Sandia Nordic!

<https://www.ipetitions.com/petition/support-for-sandia-nordic-trails-grant>

It's warming up outside. Our next club meeting will be at 7 pm on April 12 (**note: this is on Tuesday, not on Thursday**) outside at the Canteen Brewhouse. See Meeting notice below for details. See you there!

Kurt

This Month's CLUB MEETING

DATE: Tuesday, April 12, 2022

LOCATION: Canteen Brewhouse - 2381 Aztec Rd NE, 87107

TIME: Meeting starts at 7:00 pm



Come around 6:15 if you want to get in a run beforehand. The plan is to discuss temporary options for La Luz going forward. Current ideas include holding it as a virtual event, or having an alternate course on the east side of the Sandias. Come join us with your ideas.

BURQUE BREWERY TOUR

*Thank you,
Kelley & Joaquin!*

The March 26th stop of the Tour at Bombs Away Beer Co. brought this season's Burque Brewery Tour to a close with the Crowning of the Winners.

The series consisted of four races followed by this final "crowning." All of the races had generally nice weather but the final event was the best!

John "JR" Ricciardelli and Jaime Aagaard ([series results here](#)) received their "crowns" from Series Coordinator Kelley "Perky" Garcia - cool caps (with appropriate design theme) provided by Kathy Kirsling!

The final (unofficial just for fun) run was on a flat, almost-4 mile course that took runners south toward Kirtland AFB, in a loop to the east of Eubank, and back to the start. The crowning run winners were Ana Romero Jurisson and deadhead (aka Cliff Matthews).

Bombs Away hosted us, and their patio received its permit to open about halfway through our stay. We'd like to think we were the lucky charm!

Results can be found [HERE](#).



JR and Jaime, newly "crowned"



PHOTOS COURTESY OF KELLEY GARCIA AND KATHY KIRSLING



14th Berta Fun Run RECAP

**Held Saturday, April 2, 2022
(at Kathy Kirsling's home in Edgewood)**

Berta Run #14 has been put to bed! It's 5:30 pm and I'm totally done with cleaning up the course, clearing out the garage, and unloading the car – yup, a 13-hour race day! But so worth it to give my ten runners a great course. They said so! And no one got lost!

It was an 8:35 am start – OK, not quite on time. Weather was absolutely gorgeous...the best ever! A newbie showed up (from reading my Facebook posting!), **Avery Bachman-Rhodes**. Also a young track star, **Ava Denton**, came with her mama, **Val**, and their friend **Chenile Benton**.

Other most notable and consistent supporters:
Gail Leedy (she stopped in and ran, then continued on to a SAR's camp (loved that you "dropped by"!);
Besties Perky and Joaquin Garcia; Ken and Margaret Gordon - runners Extraordinaire! (Ken is running Boston and needed 10 pavement miles, so he started in Cedar Crest and arrived in time for my race...way to work two events into your day!); and the always wonderful **Anna Williamson!**

Awards went to Margaret Gordon for overall. She got the Bill Morton "Run with Scissors Award" - Scissors! And she and Ken as first woman and man got Sprints Rabbit caps and Big Reeses peanut butter Rabbit "cup" in the shape of a rabbit!

Middle of the Pack Runner(s): Since I had an even number of runners, two got awarded caps from Sprints – **Val Denton** chose the Gummie Bear cap and **Avery Bachman-Rhodes** got the Donut cap. Daughter Ava already took the Gummie cap to wear...that's how it goes!

Last Runners: Turtles Sprint caps to the most wonderful Kelley & Joaquin!

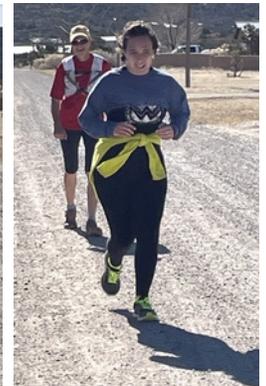
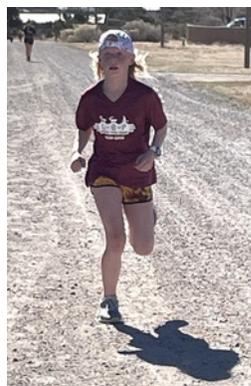
We so missed other usual runners: Shannon Zanelli, Beth Davenport, Roxie and John Carpenter, Jean Herbert, Spencer Briggs and Soren, and Glenda and Dennis Muirhead.

So that's a wrap!!!!

PS: Next year's Berta Run is April 1, 2023. Oh My!!!



PHOTOS COURTESY
OF KATHY KIRSLING



Back in action in 2022!

Led by Jane Cudney-Black

ARR'S WOMEN IN TRAINING PROGRAM



Designed for beginning and experienced **RUNNERS, RUN-WALKERS, and WALKERS**

WOMEN OF ALL AGES AND ABILITIES are invited to participate in this 10-week program, for beginners to intermediate and advanced runners. It's a great way to make some new friends and get to know Albuquerque's running community!

Participants meet for group workouts of running, run-walking, or walking designed to help new and returning participants improve form, endurance, and strength. The program includes two group training sessions during the week, plus one guided "independent study day."

The program culminates in the GOAL RACE - ABQ Road Runners' WOMEN'S DISTANCE FESTIVAL 5K on Sunday, June 26, 2022, at UNM North Golf Course.

BEGINS Monday, April 18, 2022 – 6:30 pm
Hoffmantown Church parking lot (Ventura & Harper NE)

✓ PROGRAM INCLUDES

- 10 weeks of training: 2 group sessions (Thursday and Saturday) + 1 independent study per week
- Private Facebook group
- WIT 2022 shirt
- 5K training plan
- Guidance from ARR mentors
- Clinics on gear, nutrition, and more
- WIT after-party

➔ GOAL RACE

WOMEN'S DISTANCE FESTIVAL 5K
Sunday, June 26, 2022

Led by
Jane Cudney-Black

💰 PROGRAM PRICE

ARR Members \$50
Non-members \$65

- REGISTER ONLINE at RaceEntry.com
- REGISTER IN PERSON on April 18 at 6:00 pm (cash or check only...no credit cards)

FOR COMPLETE DETAILS
VISIT OUR WEBSITE
abqroadrunners.com

Women ARR Members:

Register as a PARTICIPANT

or

Contact wit@abqroadrunners.com
to Volunteer as a MENTOR

A program of
ALBUQUERQUE ROAD RUNNERS CLUB 

MEMBERSHIP UPDATE

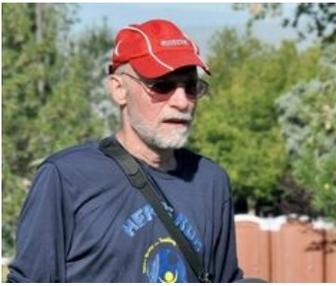
For March 2022

RENEWED MEMBERS

Sonia Puccini
Sebastian Romero
Pat Scott
Justin Wilbanks

NEW MEMBERS

Russ Corbell
Jennifer Esparza
Lara Sundermann
Jennifer Tabor
Miguel Valero



Here's the latest adventure of TOM BESSON, ARR Board Member and Director of ARR's Women's Distance Festival 5K Race.

Please consider supporting Tom's walk to raise funds for a local non-profit group focused on ending homelessness.

Join him for some miles, shake a cowbell on a corner, hold up a sign somewhere along the way!



TOM BESSON'S 50-Mile Challenge



ON MAY 1, 2022, Tom Besson, age 68 and a life-long resident of Albuquerque, will walk 50 miles through the streets of Albuquerque to support Saranam.

Saranam is a non-profit with a mission to empower families to end their homelessness through housing, education, and supportive communities.

Saranam has proven results of ending the cycle of homelessness by providing a "leg up" not a "hand out." There is a saying that goes "Give a man a fish, feed him for a day; teach him to fish, feed him for life." Saranam provides

housing, support and education to families in order to succeed in life and provide for themselves.

You are invited to join Tom for all or part of this challenge. Walk a few miles with Tom or show up when he passes through your neighborhood to support him. See Tom's schedule and route below and be part of the challenge. Our goal is to raise \$10,000. Your donation of any amount is sincerely appreciated.

To learn more about the Challenge and Saranam, contact Dianne Campbell at dcampbell@saranamabq.org.

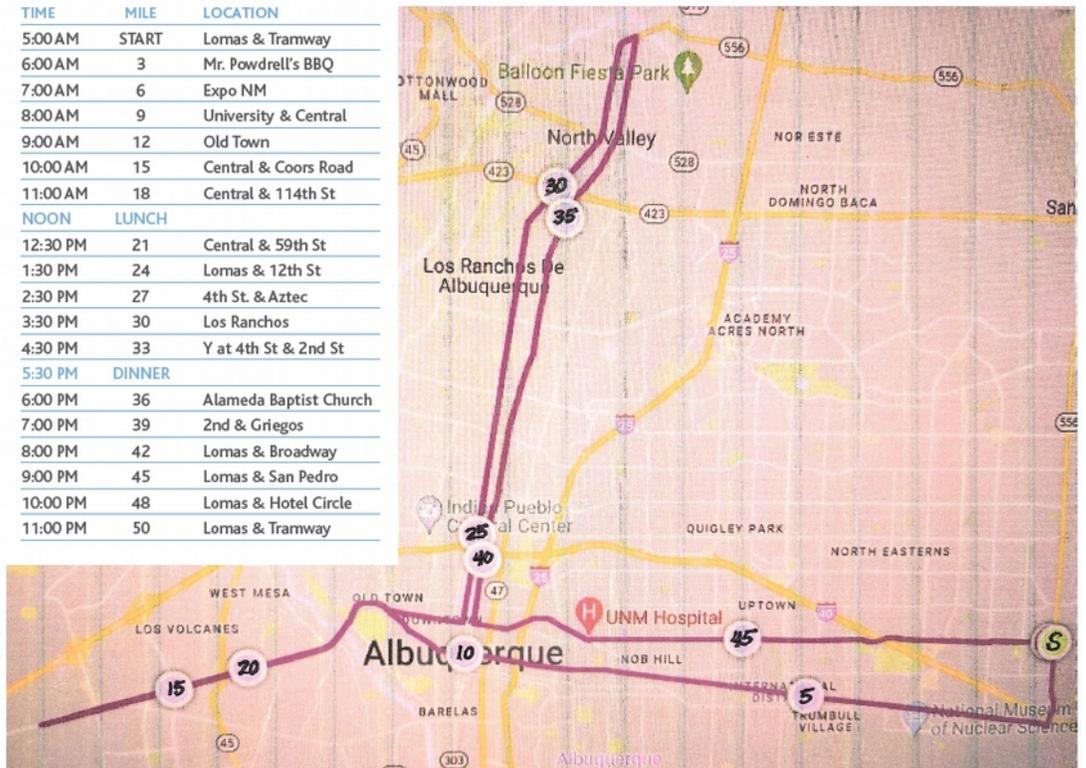
You can help end homelessness for families in Albuquerque!

Make your donation online:
saranamabq.org

Mail your donation:
Saranam
1028 Eubank Blvd NE
Suite F
Albuquerque, NM 87112

Note 50-mile Challenge on your check

TIME	MILE	LOCATION
5:00 AM	START	Lomas & Tramway
6:00 AM	3	Mr. Powdrell's BBQ
7:00 AM	6	Expo NM
8:00 AM	9	University & Central
9:00 AM	12	Old Town
10:00 AM	15	Central & Coors Road
11:00 AM	18	Central & 114th St
NOON	LUNCH	
12:30 PM	21	Central & 59th St
1:30 PM	24	Lomas & 12th St
2:30 PM	27	4th St. & Aztec
3:30 PM	30	Los Ranchos
4:30 PM	33	Y at 4th St & 2nd St
5:30 PM	DINNER	
6:00 PM	36	Alameda Baptist Church
7:00 PM	39	2nd & Griegos
8:00 PM	42	Lomas & Broadway
9:00 PM	45	Lomas & San Pedro
10:00 PM	48	Lomas & Hotel Circle
11:00 PM	50	Lomas & Tramway



MEMBER RACE SERIES Update

By Ian Maddieson

ARR Member Race Series Coordinator

We have the first score to record in the 2022 ARR Race series.

Andrea Schoelkopf ran the King of the Hill half-marathon on March 4. The 10k, not the half, race was planned to be part of the series, but Andrea had entered the half before the list of series races was publicized, so an exception is being made. She has 67 points and is leading all other contenders!

Check out the [Club's web page](#) for the most up-to-date list of events that count toward the series.

Help a Student

Complete a RUNNER HARRASSMENT Survey

My name is Morgan, and I'm a Master of Professional Studies student at the University of Minnesota Duluth! I am conducting a survey-based study with my faculty advisor Dr. Jason Torkelson of the Sociology Department at UMD. The survey is researching frequency and impact of harassment faced by runners. The results and following analysis will contribute to raising awareness on this important topic! I would expect the survey to take around 2-5 minutes to complete.

Would you be willing to forward this information and the survey link to the members of your running group? Within the survey is a consent form as well as information on what to expect from the survey. It would be of great help to my research and degree progress if you would be willing to pass along this information and participate.

Survey link: [Runners Experience with Harassment](#)

I would be happy to answer any questions you may have. You can contact me at radel038@d.umn.edu.

Thank you!

MARK YOUR CALENDARS for ARR's 2022 Races!

BE PART OF OUR EVENTS –
Sign up to PARTICIPATE or sign up to VOLUNTEER!



Women's Distance Festival 5K
Sunday, June 26, 2022
UNM North Golf Course



Mt. Taylor 50K
Saturday, October 1, 2022
Grants, NM – Registration is open!



Forever Young Run
Saturday, October 22, 2022
Placitas, NM – 3 + 6 Mile Races

HOMELESS IN BOSTON

By John Farrow

Boston. It was never the destination but it has been quite the trip. Walking down Newbury Street through the Back Bay, you could feel the excitement building for the race, the 125th Boston Marathon after the 2020 version was canceled and turned virtual for those whose registration had been accepted.

I was headed for my home away from home from past races, a slightly run-down brownstone a block from the Cheers bar and “Right on Hereford,” the Commonwealth Court Guest House. Now renamed simply “The 284” for its address — 284 Commonwealth Avenue — its website advertised a remodeling into “the newest B&B in the Back Bay!”

I had spent previous Boston Marathons there. One year the room had a bay window over-looking Commonwealth Avenue where I watched the Saturday 5K go up and down the street. Another time, returning from the finish of the marathon and wrapped in a foil blanket, I had trouble getting my key in the lock of the front door. Not much else had seemed to work that year either, but a woman who lived there used her key to let me in and then gave me a beautiful tulip in recognition of my finish!



It was good to see places I remembered from previous trips still open: the Starbucks where I would get coffee heading to the busses on race day along with Casa Romero for Spanish food, but no green chile. Then turning the corner, I recognized the red brick outline of the building but wondered why no light was on above the door with daylight fading. The door was locked and, after a peek through the glass, it was dark inside, too. The building materials and tools scattered around inside did not give me any confidence as I pounded on the door to no avail.

I called the number I had in my phone but there was no answer and I didn't bother to leave a message. Despite my reservation and a reminder email just the previous week, my hotel for marathon weekend was closed. And not only was this marathon weekend, but the Red Sox were hosting an MLB playoff game down the street at Fenway Park.

And here I was, homeless in Boston.

After the initial panic attack subsided, I realized I had no idea what other hotels were in the neighborhood as I have never stayed anywhere else. Not only that, my cellphone battery was rapidly declining which limited my search ability to whatever was visible.

Walking up to Boylston Street, I found The Mandarin Oriental Hotel next to the convention center. It looked expensive but maybe they would take mercy on my plight. *Yes sir, I believe we can find a room for you. Our rates are one thousand dollars per night but if you are a member of our club, there may possibly be discounts that could apply.*

Thanks, but that's not quite what I had in mind!

continued on next page
MORE PHOTOS

Sitting in their lobby, I at least was able to catch my breath until my cellphone charged enough to do a proper search – which confirmed my hunch that the entire Back Bay was completely booked. Possibly much of the state all the way out to at least Wellesley too, I imagined.

But then I noticed a new hotel in South Boston called The Cambria. South Boston? Southie? Sounded like a tough area. I called and they had a vacancy. I took it even though I could barely understand the guy on the phone telling me how to find the place. At least I had a room. Somewhere. Hopefully I could outrun anyone chasing me.

I grabbed a cab, but the driver had never heard of The Cambria either. I gave him the phone number and soon his voice was booming out in a language I couldn't understand like he had found a long-lost friend at the hotel. *No prob* he said and off we went.

The Cambria Hotel turned out to be a delightful place if a bit removed from the Back Bay. There was a homey Mom and Pop diner nearby with great oatmeal (my requirement for race morning), and it was literally across the street from a subway stop on the red line which I came to appreciate over the course of the weekend.

The day before the race, I took the train from the North Station (one subway stop away) out to the original starting line of the marathon in Ashland and learned quite a bit about those early days. Since the train was the only way to get to the start until fairly recently, I came to understand why the race began at noon until 2007.

My first race in 2005 (and a noon start) had me finishing after 4:00 pm with the temperature in the mid-80s. Not surprisingly, it is the only race where I have ever seen an unconscious runner being put on a stretcher mid-race. Race day the busses to the start of the marathon were in the middle of Boston Common, only three subway stops north of my hotel. Afterwards, I discovered that the John F. Kennedy Presidential Library at the University of Massachusetts was only two subway stops further south. The following day I chose to take in some local history nearby: Paul Revere's house, the Old North Church, Bunker Hill and Old Ironsides.

Despite beginning the weekend alone and disillusioned, it came out better than I could have imagined!



PHOTOS COURTESY
OF JOHN FARROW

