



# ARR news

Newsletter of Albuquerque Road Runners Club | Vol 40 No 4  
APRIL 2024

## IN THIS ISSUE

- 2 **UPCOMING.**
    - Berta Fun Run. April 6
  - REPORTS.**
    - Pi Day Run 3.14
    - Brew Tour Crowning 3.23
  - 3 **MEMBER SPOTLIGHT.**
    - Cliff Matthews
  - 4 **Member Race Series Update**  
Running 505 Spring Gala 4.13
  - 5 **VOLUNTEERS.**
    - Thank you, Chris Martin!
    - Seeking a Volunteer Coordinator
- Membership Update  
What is Course Certification?  
ARR Board of Directors

**Good luck to the Los Tortugas team** which is again representing the club in the River to River Relay in Illinois on April 20, and also to any club members entered in Cedro Peak on the same day!

**Running 505's Silver Lace Gala is on April 13.** Check their [website](#) for more details. Melani, the host, is offering members a great discount on Gala tickets! Be sure to enter the code *Running505* when purchasing online.

**We are still looking for a volunteer** (or volunteers to job share) to provide child care for the Women in Training program which starts in April and runs thru June. If you are interested, please contact Jane at [wit@abqroadrunners.com](mailto:wit@abqroadrunners.com).

**Registration for the Club's 37th Annual Women's Distance Festival 5K** scheduled for June 23 is now open online. Find information [HERE](#) and register [HERE](#), or you can find entry forms at your favorite running store.

**Also, we are still collecting gently used running shoes** at our monthly meeting. Donated shoes are sent to underdeveloped countries. Thanks to everyone who has already brought in a pair or two. Your contribution makes a difference!

Tom Besson

## CLUB MEETING

**Wednesday, April 10 - 7:00 pm**

**North Domingo Baca Center – Carmel NE west off Wyoming**

ARR member **John Farrow** will join us with a presentation about his **trip to Antarctica to run a marathon** at the bottom of the world. A 6th-grade English assignment led him to discover the first person to map and fly over both poles, and his interest has persisted.

**The race took place on King George Island** on March 23-24, 2023. John will share photos from the race as well as of Buenos Aires, Argentina (the meet location) and on the ship to and from Antarctica. Sounds like quite an adventure...especially the 6000' elevation gain in the marathon!

**Come join us to learn more. ARR meetings are open to all!**



# 16th Annual Berta Run!

COMING UP!

**Saturday, April 6, 2024 - Start 8:30 am, briefing at 8:15**

**Distance:** 6+ miles

**Location:** Kathy Kirsling's Home – #17 Berta Dr, Edgewood 87015 (505-450-8956)

**Kathy has a new course** (of course!) to keep everyone interested in coming out to the East Mountains. Plan on plenty of hills on pavement and dirt trails. If you would like, bring something for a post-run potluck meal, but our host always provides plenty to eat!

Get more details [HERE.](#)

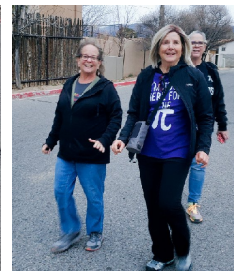
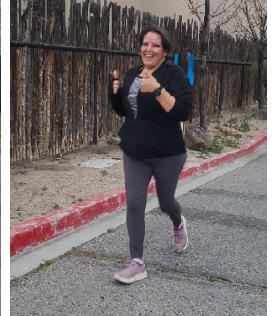
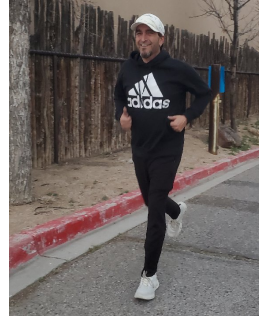
Get directions [HERE.](#)

## Pi Day Run *Held Thursday, March 14 at Flying Star Cafe*

The Annual Pi Day Run attracted a smallish but eager group ready to travel the 3.14 mile course. While skies were overcast and the temperature wasn't balmy, the weather still managed to cooperate during the run. Many club members attended, as well as some new faces – always great to have new people join in ARR events! **Geoff Tweed finished first, followed closely by Gabriel Rodriguez.** After the finish, some ventured into the cafe for some pie...but were dissuaded by the lengthy line. Who needs to eat pie, anyway, when you've just run pi?!



Geoff and Gabriel



## Crowning of Winners *Held Saturday, March 23 at Bombs Away Brewing*



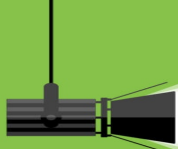
By Kelley Garcia, Brew Tour Coordinator

The final event in the Burque Brewery Tour series was The Crowning. Bombs Away hosted the celebration. The winners of the series, Nick Piggy Style and Ana Romero Jurisson, received Silipint glasses which were graciously provided by Kathy Kirsling.

The seven people who attended every run were also recognized and given prizes. They were Dennis Muirhead, Glenda Muirhead, Brian Johnson, Nick Piggy Style, Ana Romero Jurisson, Anna Williamson, and deadhead.

The Crowning also included a nearly 4 mile course that took runners towards KAFB and around Innovation Parkway. The day was overcast but the temperature was incredibly pleasant with a slight breeze. The fastest runner was Luis Martinez who finished in 27:24, followed closely by Nick Piggy Style (27:27) and Ana Romero Jurisson (30:10).

The 2024/25 edition of the Burque Brewery Tour will start on Black Friday at the location currently known as Tractor Brewing in Nob Hill. The owner recently passed away and the estate is trying to determine a path forward.



# MEMBERSPOTLIGHT

## Cliff Matthews

### TELL US YOUR RUNNING STORY

I hated running as a child, but loved playing Ultimate Frisbee in high school. Unbeknownst to me, however, I had sleep apnea and that only got worse when I became a sedentary computer programmer. Eventually, after three sleep apnea surgeries, I took up hiking.

As a hiker, running never occurred to me, much less trail running, but I did run into [Bobby Keogh](#) on the Crest Trail and found out he **ran hundred milers**. “That’s really cool, but there’s no <redacted> way that I’ll ever run a hundred miles”. But, on July 22, 2009, at 46 years old, I ran my first mile; one thing led to the other and ... I go overboard in my hobbies.

I’ve now completed **184 marathon-or-longer events**, 26 of which were hundred milers, including Western States and the Hardrock 100, 5 being longer: the Fat Dog 120, Tahoe 200, Moab 240 and the Cocodona 250 twice.

### How old are you?

61. I’m trying to catch up to Dennis Muirhead, but each time I get a year older, he does too, the rascal.

### Where are you from?

My father was in the Air Force, so, although I was born in New York, I also lived in Texas and Alaska before my dad was stationed at Albuquerque.

### When and why did you come to New Mexico?

In 1968 my family was here for four years. In 1982, I returned for grad school, graduating in 1985, after which I returned to the east coast for work. In 1988, I returned for good, to be closer to my mother.

### Hobbies & Interests

Parenting, childing, programming, running, drinking, unicycling, juggling, shooting pool and playing poker.

### Schooling

I dropped out of high school and didn’t get a bachelor’s, so my only degree is a Masters in Computer Science from UNM.

### Favorite Race(s)

Hardrock 100, Bataan Memorial Death March, Javelina Jundred, Mt. Taylor 50k, and Academy of Pain.

### Tell us something we may not know about you.

I love teaching and to feed my jones I taught origami to fifth graders a couple hours a month for a few years.

### Anything else you would like to share?

I have a neglected vanity web-site: [Young Lazy Deadhead](#), which has taken a backseat to my startup, Craft Poker Co., which operates <https://craftpoker.com>



**CIVILIAN INDIVIDUAL**

HEAVY DIVISION  
(26.2 MILES)



*As the face of the Civilian Individual Heavy Division on Bataan Memorial Death March registration site (Cliff has been known to win this Division)*



*At the 2023 Mt. Taylor Quadrathlon on his shirtless ski-down, and cooling down*



*Waiting for the start of the Black Friday Turkey Trots (Burque Brew Tour) Nov 2023*

# member race series

By Ian Maddieson  
Race Series Co-ordinator

## March Report

The ARR race series is off to a slowish start this year. Three events have taken place: the **Super Bowl 5k and 10k** and the **El Paso Marathon**, both back in February, plus the **Sierra Vista trail races** — 50k and 10k — at the beginning of March. No-one currently entered in the series was at the El Paso or Sierra Vista races, but **four entrants ran the Super Bowl events**. **Kellie Nickerson** won the 10k on the women's side, placing 5th overall, so scores a perfect 100 points. **Todd Nickerson** also placed 5th overall in the 5k and scores 84 points. **Steve Nickerson**, in the male 60-69 category, scored 63 points in the 5k, and **JP Quattrone**, in the male 50-59 group, scored 57 points in the 10k.

**April brings up the Albuquerque Half-Marathon** and the associated 5k and 10k races on the 6th, and the **Cedro Peak Trail 50k** on the 20th. There are three dates to note in May. The **Shiprock Marathon and half-marathon** as well as the **Cactus to Cloud 50k trail run** are both on May 4, with the low-key **Run for the Zoo 5k, 10k and half-marathon** on the following day. Another tough trail event follows on May 11 up in Los Alamos, the **Jemez Mountain Ultras** with 50 mile and 50k distances.

If you would like to join in, send me an e-mail at [raceries@abqroadrunners.com](mailto:raceries@abqroadrunners.com). The full list of races in the series can be seen on the ARR web-site at <https://www.abqroadrunners.com/member-race-series.html>. If you have already done any of the earlier races, your performances will count no matter how late you sign up.

Click here for a quick movie of the event venue

## Running 505

APRIL 13, 2024

Silver Lace Gala



Purchase Tickets  
BENEFITTING RUNNING 505

**TICKETS and SPONSORSHIPS HERE**  
Enter DISCOUNT CODE Running505



Melani Buchanan Farmer, PhD  
Bfit505 \* BurqueCrossFit \*  
Running505  
[www.running505.com](http://www.running505.com)  
[@Running505](https://twitter.com/Running505) [@BFit505](https://twitter.com/BFit505)  
[@MelBFarmer](https://twitter.com/MelBFarmer)

# It's all about the

# VOLUNTEERS!

Many thanks to **Chris Martin**, currently the **ARR Membership Coordinator**, for also taking on the task of moderating ARR's **PUBLIC FACEBOOK PAGE!** More eyes on what's happening with the Club leads to more interest in our activities, runs, and events. It's a good thing!

**The job of Volunteer Coordinator is still open**, and this could be your way to make a difference! If you have questions about what the job entails, please contact [Glenda](#) to discuss the process. It's important...and you can do it!

## Membership Update March 2024

### Renewed Members

Sebastian Romero

### New Members

Kelly Browder

Jennifer Nelson

+ *Livia, Blaize, Cruz & Seth Nelson*

Lizbeth Quiroz Fonseca

Julie Shearer

Sarah Treviso

## Well, this is interesting ...

### What is course certification?

Course certification is a method for producing a detailed and accurate measurement of the length of the "shortest possible route" that a runner can legally run on a road race course [*i.e., by running the tangents*]. The method builds in safeguards to ensure that the length of the course route is at least the distance that is advertised. Certification also takes into account record-keeping criteria for determining whether a course is excessively downhill or whether a competitor's performance on the race course can be unduly aided by a tailwind based on the geographic separation between start and finish locations. *Read more here*

by **Jim Gilmer**



### ARR BOARD OF DIRECTORS

*CLICK ON TITLE TO SEND EMAIL*

President	Tom Besson	Director	Shannon Zanelli
Vice President	Brian Johnson	Director	Spencer Briggs
Secretary	Juan Mendez Granado	Advisory	Kurt Coonrod
Treasurer	Peter Falk	Advisory	Chris Martin / Membership