



# ARR news

Newsletter of Albuquerque Road Runners Club | Vol 38 No 2

FEBRUARY 2022

## President's Message

**First a shout out to Margaret Gordon!** In the wee hours of Wednesday morning, she completed the Arrowhead 135, finishing as the **second place women** in the foot category. The race covers 135 miles of trails and back roads in northern Minnesota. Each entrant has to be self sufficient, carrying all their gear with them. Talk about being tough! *[Read Margaret's "tale of travail" KARMA AND LUCK on P.4-5]*

We did get the expected Covid surge at the beginning of the year, which thankfully has already started to fade. Because of the continuing concerns over the high number of cases, this month's meeting will be an **informal gathering at Il Vicino in the Heights** on Thursday, February 10, at 7 pm. We can gather in the covered outdoor patio and hopefully have a little debrief from Margaret on her excellent adventure. Those who wish to eat, please come early to order your food. Fingers crossed that this is the last event impacted by Covid.

**Thanks to Kelley and Joaquin Garcia** for organizing a very fun brew run at Brew Lab 101 in Rio Rancho on January 23. I think everyone had a blast (except Cappie *[editor's note: 4-legged Cappie suffered from multiple goatheads in his paw pads out on the course, so he was in Kurt's arms for a while]*).

**The Mount Taylor Winter Quadrathlon** is Saturday, February 19th. Good luck to those participating!

*Kurt*

### This Month's CLUB MEETING

**DATE:** Thursday, February 10, 2022

**LOCATION:** Il Vicino - 11225 Montgomery Blvd NE ABQ 87111 (505.271-0882)

**TIME:** Meeting starts at **7:00 pm** *(if ordering food, please arrive early)*

**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!



# BURQUE BREWERY TOUR

*Open to all – free to participate*

Kelley Garcia  
Brew Tour Coordinator

## STOP #4 | V-DAY RUN

**SATURDAY, FEBRUARY 26, 2022**

### LAVA ROCK BREWING COMPANY

2220 Unser Blvd NW, ABQ NM 87120

Start time: 11:00 am

Course Length: 3 miles

[view Facebook Event](#)



Final Stop and crowning of series winners

**Saturday, MARCH 26**

**Bombs Away Beer Company**



*Mark your calendars ... don't miss these last two stops of the Brew Tour!*

*Thank you, Kelley & Joaquin!*

1	Tony Hills	M	34:18.70
2	Mauro Perego	M	34:19.10
3	deadhead	M	36:39.40
4	JR Ricciardelli	M	37:03.40
5	Peter Falk	M	38:42.40
6	Jaime Aagaard	F	38:55.50
7	Jason Romero	M	39:36.00
8	David Clark	M	40:04.50
9	Margaret Gordon	F	40:12.10
10	Juliana Astrachan	F	40:42.10
11	Dennis Muirhead	M	43:13.20
12	Charles Bryan	M	46:51.90
13	Rebecca Friedberg	F	47:26.50
14	Kathy Kirsling	F	47:58.20
15	Juliet Lopez	F	48:26.40
16	William Lopez	M	48:37.60
17	Charles Lopez	M	48:38.50
18	Sidewalk Dog	M	52:08.40
19	Coondog	M	52:14.00
20	Beth Davenport	F	52:54.10
21	Justin Mercer	M	54:28.70
22	Anna Williamson	F	54:59.90
23	Linnea Sheets	F	57:43.40
24	Nick Juskiewicz	M	58:21.90
25	Jennifer Dugan	F	58:38.30
26	The Lost Last One	F	1:07:50

## BREW TOUR STOP #3 - RESULTS

**RESOLUTIONS STINK!**, the Burque Brewery Tour's **THIRD STOP**, brought us out to Rio Rancho on Sunday, January 23, to **Brew Lab 101 Beer & Cider Company**.

The group of 26 hearty souls (including one 4-legged and a couple two-wheeled) headed out for a 4+ mile tour of the East Lakes area of the defunct Club Rio Rancho (now the [Desert Oasis Nature Park](#)).

The day was perfect for lounging and socializing on Brew Lab's patio post-tour. Tony Hill led the men while Jaime Aagaard led the women.

Results can be found at <https://www.webscorer.com/race?raceid=265775>.

In an exciting twist, **JR Ricciardelli** (without Maci just this once) and **Jaime Aagaard** are now leaders in the series, since neither previous leader (Ken Gordon and Ana Romero Jurisson) was able to attend this one.



**CLICK HERE TO VIEW SERIES STANDINGS**

## Event #3: Pi(e) Day Fun Run – on 3/14

Monday, March 14, 2022 – 6 pm start  
Flying Star Café, 4501 Juan Tabo NE (north of Montgomery)

*Come run PI and eat PIE on Pi Day!*

Our second annual Pi (e) Day fun run will be on 3/14, at 6 pm (yes, this is a weeknight run!). We will meet at the Flying Star on Juan Tabo near Montgomery to run 3.14 miles along the Bear Canyon Arroyo bike path. After the run, we will enjoy some pie at the Flying Star Cafe. Please park in the lot *behind* the Flying Star, near the baseball fields.

## #2 PJs & PBJs Fun Run – Recap

Held Saturday, January 15, 2022

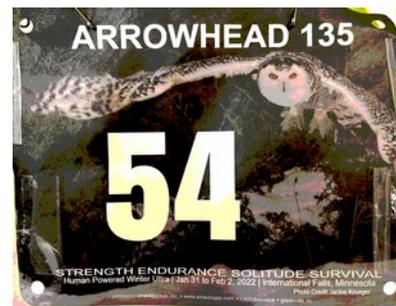
Lots of cozy pajamas (and ersatz pajamas) were in evidence at the corner of Ventura and Harper NE for the second Fun Run of this season. After the run, participants chose their favorite(s) from a variety of prepared peanut butter and jelly sandwiches at the finish area. Congratulations to Beth Davenport for winning the “best pajamas” prize!



"For many people...it is literally a life-changing experience to find out what you're capable of." – Ken Krueger, Race Director

# KARMA AND LUCK

By Margaret Gordon



I've been in a warm place for about 18 hours since finishing the Arrowhead 135 Mile Race in northern Minnesota. I'm still wearing a few more layers than normal.

**Arrowhead 135 is a point-to-point race** from International Falls, MN (called the coldest city in the lower 48, and also, "the icebox") to Fortune Bay near Tower, MN, on the Arrowhead Trail - a snowmobile route, groomed and maintained by local clubs. The race is held late in January, ideally when temperatures are the lowest. Race Directors are an odd bunch, aren't they?

**I like to problem solve, and to plan,** I like running in the cold (mostly) – and I like a challenge. Plus, pulling a sled for 135 miles just sounded silly. So, I signed up. Twice actually, because 2021 was canceled. I trained as much as I could, given that it wasn't a great snow year for Albuquerque. I pulled the sled I built for about 12 hours total before the race, with the longest pull being about 3.5 hours near Chama two weeks before the race. It was not really enough, but it would have to do! My husband Ken drove my sled up north with our friend Richard, so I could use a little less vacation.

**With luck, there was no Polar Vortex this year** pushing the temperatures during the race to -45 or lower. Wind chill brought our coldest temperatures down to -24 Tuesday night. Race morning was about 9 F, with a 10 mph headwind. The race can be done on fat tire bikes, skis, kicksleds, or on foot. There were pretty cool fireworks at the start to send us off at 7 AM down the still dark trail.

**Along the way,** I see an insulated metal water flask in the middle of the trail that someone must have lost – that could be race-ending to not have liquid water available! I picked it up. Eight miles later I come up on Pam Reed, and it was her bottle. She was so happy to get it back and we shared a few miles on the trail. She thanked me several times, and I just thought, "Good Karma – sometime I'll be the one needing help."

**Getting to the first aid station** at the Gateway convenience store at mile 37 in 9 hours I was well ahead of schedule. Ken and Richard met me here, but the race doesn't allow crew, pacers or any outside help. They couldn't get me anything, but just seeing them was great. The only worry was that the warm temperatures made trench foot and overall wet feet a real problem. Luckily, the store actually had merino wool socks – so I bought a pair and wore them on down the trail. The next 70 miles are a sinuous ribbon of rolling hills and a few road crossings. I figure I got in about 2.5 miles of sledding during the race, flipping my harness over my shoulder and sitting on top of my gear, squinting against the snowflakes in the wind and dark.

**I stopped at the second aid station at mile 72** to eat, change socks, charge my watch, and load food into my pack. I had split my food into bags, and leaving this AS I had three bags left. The next AS was 42 miles away, so I broke it up into three chunks where I planned to stop and eat and reload. I had been nailing my nutrition, but somewhere around mile 76, I stopped eating as much.

*continued on next page*

*Post from Ken Gordon  
January 30*

*Margaret picked up, sled delivered, all checked in.*

*Fun starts tomorrow morning 7 am central time. Number 54.*

*Unseasonably warm start / cold finish expected. No crewing or much access but we hope to see her a couple times.*

**I had written two plans,** one for finishing in 49 hours, and one for 54 hours – but I really had no idea. On one of my training pulls, I was barely able to move faster than 2 mph. The trail is 12 ft wide, flat and firm for the first 18 miles, and the pulling was ...easy. On the side of the trail, there was typically a fast line of smooth packed snow while the middle was chewed up by snowmobiles.



**I felt good**, I was happy with being still an hour ahead of schedule. And I started thinking – ok, 60 miles left, I'll probably slow down some, running numbers in my head. I was going to be out here another 22 hours?? Ooof. I kept plugging on, and saw Ken at a road crossing, which was uplifting. He still couldn't help me with anything, but seeing him on the now windy and colder trail was great.

**A little while later I sat and ate at my first break**, reloaded, and pushed on. The wind, cutting through my gloves, drove me to get some handwarmers out of my gear. I was a little sloppy packing up the sled, but the bungee cords were tight. I was alone on the trail, plenty of time to admire nature's snow sculptures.

**At my next break at mile 98**, I was stunned to find that two bags of food, for the last two chunks of the race, had slipped out of my sled. I had no idea where this might have happened in the last 11 miles. I unclipped my sled belt, and walked back along the trail to the top of the last hill I'd crossed, but saw nothing. What was I going to do? The next aid station at mile 110 was 3 hours away, and they didn't have food for racers, just water. I decided to ration what I had, which, in the fog of being awake for 30+ hours, turned into not eating anything at all for 3 hours. This mistake compounded the loss of food, and by the time I got to the aid station I had let myself get cold, I was drained, and wasn't sure I would even have enough food to continue.



**Ken and Richard were there** and they had heard from a guy that passed me that I had lost my food. The aid station captain (amazing guy – ask Ken) has started a new energy gel brand called Embark based on his organic maple syrup farm. He gave me two samples (600 calories) which with what I still had left would be plenty for the last 25 miles. I could keep going.

**As I'm warming up in the tent**, with Ken standing outside, a racer comes in. He had picked up my two food bags, and carried them for miles! Karma – that was a pretty quick turn-around. I was so relieved to have the caffeinated gels and everything back! I did take a long time in that aid station to warm up and to eat as much as I could before heading out. Ken told me I was second woman which I had a hard time believing.

**The last 25 miles were flat** and seemingly never-ending straightaways. It was dark again, and here I am still trudging and trotting through the snow pulling a sled. What absurd things we do. The -24 with wind chill made getting a gel or getting a caffeine pill into a project – taking off gloves, unzipping jackets. The Embark salted maple syrup gel was very tasty!

**A shooting star streaked across the night**, just before the last road crossing where Ken was waiting to cheer me on one last time around midnight. My feet were hurting (blisters and heel rubbing), but I kept moving as well as I could. Three hours later (I think) I finally round the last corner and see the finish line. I wish I could say I picked it up and sprinted across the line, but I was happy to cross it, period. **I finished second woman in 46:15, very happy, very tired, and a little cold.**

[Check out RACE RESULTS here](#)

# VIRTUAL RACES

*Here to Stay?*

By Ian Maddieson – ARR Member Race Series Coordinator, Ultra Runner, Former ARR VP

Since the Covid pandemic hit, many of us may have considered or taken part in virtual races. These weren't very common before 2019 but have become familiar in the last two years. As well as providing a way to satisfy competitive instincts when live races weren't happening, they also provided a lifeline to the many race organizers – increasingly professional and commercial – who depend on income from race registrations to keep above water and meet expenses.

Many Club members and other Albuquerqueans have signed up for virtual events. Among my neighbors, one did her first half-marathon last summer as a virtual event; another has just finished the 267-mile Badwater challenge, doing the total distance of the three **Badwater events** during the month of January .

I've done everything from a virtual version of the 5k 'Doggie Dash' to raise funds for Animal Humane, to a half-marathon for Valentine's Day, a virtual 100 miler, a virtual climb to the summit of Mont Blanc, a virtual transit from the southern to the northern border of Vermont along the Long Trail, the virtual version of the Cocodona 250 mile event across Arizona in May 2021, as well as the 600-mile virtual 'Grand Slam' simulating the distance of four 100-mile and four 50-mile races organized by Centurion Racing in the UK, among others. All lots of fun, much cheaper than paying for travel and lodging to go to live races, and motivation to get out of the house and get moving.

I suspect that, among other lasting effects from the pandemic, a prominent role for virtual races will remain with us. Especially since they are a lot easier for a Race Director to put on: no aid stations to provision and staff, no worries about course markings being vandalized, no fretting about weather conditions on race day, and maybe just some awards or swag to mail out (see photo). Of course, there's something special about being in competition with others on the same course and under the same conditions that is absent in a virtual event. With just two in-person races in 2021, I've missed the camaraderie.

**But if virtual races are here to stay, here's a suggestion.** As it may yet be a while before the situation with the **La Luz race is sorted out, perhaps ARR could promote a virtual version.** Run or hike up the trail, say, any day in August, post the result on Strava, and boast to your friends and neighbors. The club could compile the results, even award some trophies, and keep the idea of the La Luz race in peoples' minds while it is in suspension.



## MEMBERSHIP UPDATE for January 2022

### RENEWED MEMBERS

Katie & Pat Abbott  
Kelley & Joaquin Garcia  
Cecelia Niemczyk  
April & Trent Taylor  
Carol Trujillo-Fay & Daniel Fay

### NEW MEMBERS

Derrick Duer  
Kedar Patwary  
Mi Jung Kim