



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 38 No 1

JANUARY 2022

No Club Meeting in January!



President's Message



HAPPY NEW YEAR! I wish everyone the best for 2022.

I had hoped that by this year the COVID issue would be behind us. Oh well. To reduce risk from the projected big surge this month of the Omicron variant, we will not have a general membership meeting in January. However, I still encourage you to participate in the Club's outdoor activities such as the **Saturday and Sunday morning runs**, the **"PJs and PBJs" Fun Run around Albuquerque Academy on January 15**, and the **Burque Brewery Tour Stop #3 at Brew Lab 101 on January 22**.

For those more adventurous members, there are a couple of winter events coming up that are both a blast and a challenge: the **Sandia Snowshoe Race**, <https://friendsofthesandias.org/snowshoe-race/> and the **Mt. Taylor Winter Quadrathlon**, <http://www.mttaylorquad.org/>

Everyone take care and stay healthy.

Kurt



ANNUAL MEETING & HOLIDAY PARTY - Held December 12, 2021

Here are the results of the ELECTION held at the Annual Meeting

Photos and more on Page 5

2022 Board of Directors

President - Kurt Coonrod

Vice President - Gary Schancer

Secretary - Peter Falk

Treasurer - Dina Hammad

Directors - Tom Besson | John Clady

Advisory Director - Joyce Fafard (*to be elected by Board at their first meeting*)

Please thank these great volunteers who have agreed to serve in their positions for...yes, a **THIRD YEAR!**

WHERE OUR DONATION DOLLARS GO

After each Club Race is completed, the ARR Board and Race Directors determine the amount and recipient(s) of donations to make to designated non-profit organizations. Here is the breakdown of these donations for 2021.

- As the primary beneficiary of the Mt. Taylor 50K, **NavajoYES – Empowering Youth received \$4,000.**

We are so honored to be receiving the generous support from yourselves and the runners again this year! We have been very active on a variety of exciting projects, and the funds will certainly be put to great use.

– Tom Riggerbach, President NavajoYES

In appreciation for their help during this past year's Mt. Taylor Run, the club also donated:

- **\$200 to the Upper Rio FM Society, Inc.**

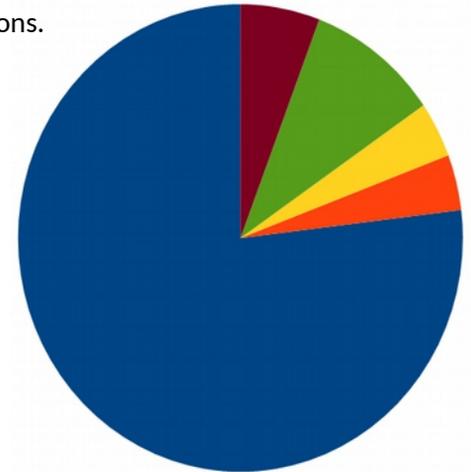
We thank the Albuquerque Roadrunners Club for their donation. Funds will help in the repair and maintenance of the HAM repeater on La Mosca Peak. – Jim Dalton, AF5FI, URFMSI President

- **\$200 to the Cibola SAR**

Cibola SAR President, Spenser Moreland, passed along thanks to the club for this donation. He says all their volunteers had a wonderful time and would be back next year.

Additional 2021 donations include:

- **\$500 to Running 505 – Women's Distance Festival**
- **\$300 to Placitas Library – Forever Young Run**



■ NavajoYES
■ Upper Rio FM Society, Inc
■ Cibola SAR
■ Running 505
■ Placitas Library

MEMBERSHIP UPDATE Thru December 31, 2021

RENEWED MEMBERS

Terri Andres
Jane Cudney-Black & Christopher Black
+ Saskia & Ellisif Leishman
Juliana Hanneman
Gene & Ellen Kersh
Chris Martin + Veronica & Breana
Patrice Leddy
Joel Melendez
Frederic Moras
Meisha Smith-Bystrom
Roger Squires

NEW MEMBERS

Alicia Armendariz
Christopher Brownsberger
Bruno Perthus
Sierra Richey
Steven & Donna Rospopo
Damian Taggart

ARR Saturday Morning Running Group The dedicated few who showed up on New Year's Day!



Ramzi & Dina Hammad, Dave Clark, Joyce Fafard, Dennis Muirhead

ARR's Free for All Fun Runs

Shannon Zanelli
Fun Runs Coordinator



#2 - PJs and PBJs!

Saturday, January 15, 2022
8:30 am Start

Location: Albuquerque Academy
perimeter trail (approx 3.3 miles)

This season's Event #2 invites you to run or walk in your coziest pajamas around the Albuquerque Academy. PJ outfits are definitely welcomed and encouraged, but not required if that's not your style. After the run, enjoy some assorted PBJs (peanut butter and jelly sandwiches) outdoors at the finish area!

Meet in Hoffmantown Church parking lot near the corner of Harper and Ventura NE (see map).

*Open to all
- free to participate*



ALBUQUERQUE ACADEMY

Meet in Hoffmantown Church parking lot near the corner of Harper and Ventura NE. Park in the vicinity of the red X.

8:30 am start



#1 2-Person Relay Fun Run – Recap

A delightfully large turnout for the first FreeforAll Fun Run in well over a year made for a very energetic and lively event on December 5th at Academy Hills Park. Each team of two took turns running/walking a one-ish mile loop of the park three times, for a total of about six miles per team. There were some serious competitors out there! It was fun to have many Running 505 participants – mentors and school kids both.

The event was capped off by a chocolate chip cookie taste-off, pitting multiple versions against each other. Interestingly, there appeared to be a pretty even spread of votes for all of the candidates, with no clear standout in the bunch. Something for every palate!



Wendy Wiggins and Shannon Zanelli kept the racers organized and orderly



[View more photos](#)

BURQUE BREWERY TOUR

Open to all – free to participate

STOP #3

Saturday, January 22, 2021

RESOLUTIONS STINK!

Brew Lab 101 Beer & Cider Co.

3301 Southern Blvd SE, Rio Rancho, NM (near Hwy 528)

Start time: 11:00 am

Course Length: 4 miles

[view Facebook Event](#)



NEXT UP:

[Stop #4 - Saturday, FEB 26 - V Day](#)
Lava Rock Brewing Company

[Final Stop - Saturday, MARCH 26](#)
Bombs Away Beer Company

BREW TOUR STOP #2 - RESULTS

[CLICK TO VIEW SERIES STANDINGS](#)

The Burque Brewery Tour's **SECOND STOP**, the **GRINCH LUNCH**, was held on Saturday, December 12, at Hops Brewing Company in Los Ranchos de Albuquerque. This location provided easy access via the parking lot to tree-lined ditchbanks for the runners and walkers to begin and end their three-mile race. Ken Gordon captured first place for the second time, edging out Richard Iverson. The women's race was once again won by Ana Romero Jurisson, followed closely by Jaime Aagaard.

Thank you, Kelley and Joaquin Garcia, for another terrific event!

Grinch Lunch Results

| | | |
|----|------------------------|----------|
| 1 | Ken Gordon | 21:34.00 |
| 2 | Richard Iverson | 21:41.70 |
| 3 | Chris Brownsberger | 23:43.20 |
| 4 | JR Ricciardelli & Maci | 23:50.00 |
| 5 | Ana Romero Jurisson | 24:39.00 |
| 6 | Peter Falk | 24:50.90 |
| 7 | GEORGE | 26:18.20 |
| 8 | Jaime Aagaard | 26:19.10 |
| 9 | Jason Romero | 26:20.10 |
| 10 | Dennis Muirhead | 27:14.20 |
| 11 | Dave Clark | 27:19.40 |
| 12 | Larry Marcas | 28:24.70 |
| 13 | Juliana Astrachan | 28:40.30 |
| 14 | Tony Hills | 28:41.10 |
| 15 | Kurt Coonrod | 28:48.10 |
| 16 | Nora | 29:06.90 |
| 17 | Kathy Kirsling | 31:36.70 |
| 18 | Rebecca Friedberg | 31:49.60 |
| 19 | Linda Stiles | 32:04.40 |
| 20 | John Farrow | 34:35.60 |
| 21 | Ginny Ricciardelli | 36:52.60 |
| 22 | Anna Williamson | 39:22.60 |
| 23 | Brett Dugan | 42:15.80 |
| 24 | Nick Juskiewicz | 45:01.40 |
| 25 | Lori Staub | 45:02.00 |
| 26 | Alan Overmier | 45:24.70 |
| 27 | Jennifer Dugan | 48:21.00 |
| 28 | Charlene Toledo | 48:21.90 |
| 29 | Linnea Sheets | 57:41.90 |
| 30 | Ginny Evans | 57:42.80 |
| 31 | Julie Hotz | 59:01.80 |
| 32 | Christine Ford | 59:30.20 |



MEMBER RACE SERIES

In 2021, with many disruptions to normal life, the ARR race series ended up with very few participants. Just nine runners signed up, and two of those (including me) did not complete any of the races in the series.

Highest overall scorer was Dina Hammad, who raced in four of the six categories and racked up 564 points with excellent performances. The Nickerson family, Steve, Kelly and Todd, did well too, with scores in 3 categories for totals of 380, 449 and 476 respectively. These are all age/gender group winners, Dina for F 50-59, Steve in M60-69, Kelly in F30-39 and Todd for M30-39. Chuck Fuller won the M 70-79 group with 223 points, and Dennis Muirhead the M80-89 group with the same score. Gene Kersh scored 287 points to finish behind Steve Nickerson in the M60-69 group.

Congratulations to all and looking ahead to much more participation in the 2022 Series. *Ian*

List of eligible races for 2022 Series to be determined.

| PARTICIPANT | Points | Age Category |
|---------------------------|--------|--------------|
| Dina Hammad - High Scorer | 564 | F50-59 |
| Todd Nickerson | 476 | M30-39 |
| Kellie Nickerson | 449 | F30-39 |
| Steve Nickerson | 380 | M60-69 #1 |
| Gene Kersh | 287 | M60-69 #2 |
| Chuck Fuller | 223 | M70-79 |
| Dennis Muirhead | 223 | M80-89 |

Any ARR member interested in participating is eligible without any further entry fee, but participants must register their interest with Series Coordinator Ian Maddieson, and provide name, date of birth, and gender. You can sign up for the series at any time, and any qualifying race you have already done will be scored retroactively.

One idea behind the series is to tempt you to try a race in a category you might not have thought of trying!

YOU MUST REGISTER to participate!
Contact Ian at raceries@abqroadrunners.com

HOLIDAY PARTY and Annual Meeting

We had a well-attended and convivial gathering of Club members on December 12 at Canteen Brewhouse to celebrate the year's end and to elect the Club's Board of Directors for 2022. A good-sized group enjoyed beverages and snacks while visiting in a pleasant, heated outdoor space, and voted for the slate of officers and board members who generously offered to serve yet another term (*listed on Page 1*).



Winners of the ARR Member Race Series were announced (*see above*), and those winners in attendance were awarded an ARR logo cap as a prize.

And thanks to all who donated hats and socks (and four pairs of gloves) for those in need. We collected almost 30 hats and close to 40 pairs of socks, all of which were delivered the next day to ABQ Health Care for the Homeless on First Street at Mountain Rd NW.



4 Glute Stretches ... *to run faster and avoid injury*

Runner's World | Ashley Mateo [CLICK HERE TO READ COMPLETE ARTICLE](#)

Thanks to Tom Besson for forwarding this article.

"Your glutes, especially your gluteus maximus, are some of your most important muscles as a runner," explains Thomas Watson, a UESCA-certified running coach, ultra-runner, and founder of the Marathon Handbook. Runners can seriously decrease their risk of injury by including glute stretches 2 to 3 days per week, says Watson. Incorporate these stretches into your cross-training schedule or during a planned active recovery day.

Perform each stretch once per session, holding for 20 to 30 seconds before switching legs; for the glute bridge, do 2 to 3 sets of 12 to 15 reps. You can also add in one or two of these stretches after training runs to loosen the glutes and hips, especially PIGEON POSE

Activation: Glute Bridge



HOW TO DO IT: Lie faceup, knees bent, feet flat on the floor, hands at sides. Roll up from bottom of spine until hips are lifted. Press through heels to send hips up and round chest towards chin. Hold at the top, then relax. Repeat for 12 to 15 reps, then do 2 to 3 sets total.

- activates the **gluteus maximus** via hip extension; **targets core**; helps **stabilize pelvis**; best performed at the start of a stretching regime or strength work session to warm up glutes and hips

1. Stacked Leg Glute Stretch



HOW TO DO IT: Sit with legs bent in front of you. Fold one leg, sliding the foot under the opposite knee toward the hip. Fold the other leg in the opposite direction, stacking it on top of the first leg. Relax both legs and, if you can, fold torso over to deepen the stretch. Hold for 20 to 30 seconds. Slowly unfold the legs, then repeat with opposite leg on top.

- deeply stretches **hips, glutes**, and **kinetic chain** all the way down to ankles

2. Standing Figure-Four Stretch



HOW TO DO IT: From a standing position, bend knees slightly. Cross right ankle over left knee. Press right ankle into left leg, and push back with left leg. Keeping a neutral spine, try to send hips back to fold upper body forward to deepen the stretch. Hold the stretch for 20 to 30 seconds. Slowly release and repeat on the other side.

- targets **glutes** and **piriformis**; the 'standing' element adds focus on **balance** and **stability** throughout your grounded leg

3. Lying Figure-Four Stretch



HOW TO DO IT: Lie on back with knees bent, then cross right ankle over left knee. Lace fingers behind the left hamstring, then gently pull the left leg toward you to activate the stretch on the right side. Hold the stretch for 20 to 30 seconds, keeping upper body flat against floor. Relax, then switch sides.

- provides a great stretch for **gluteus maximus** and **hip flexors**

HOW TO DO IT: From a downward dog position, bend left leg and drop knee to left. Then, extend right leg behind you. Press right hip towards the mat. Inhale, then exhale as you walk your palms as far forward as is comfortable. It's very important to keep your hips squared away in this pose. Hold for 20 to 30 seconds, then repeat on the right leg.

- stretches several important muscles at once: **gluteus maximus**, **gluteus minimus**, **hips**, and **piriformis**

4. Pigeon Pose

