



ARR News

Newsletter of Albuquerque Road Runners Club | Vol 36 No 5

JUNE 2020

Living Life Quarantine Style

We asked you to send us your photos, your stories, your thoughts as we live and exercise in restricted circumstances.

- What do you miss the most, with distancing requirements?
- What are you doing differently now since stay-at-home orders are loosened here in NM?
- What are you most anticipating doing when restrictions are completely lifted?
- How have you been getting your exercise and workouts?

Here are some replies – THANK YOU TO EVERYONE WHO SHARED!

Kurt Coonrod

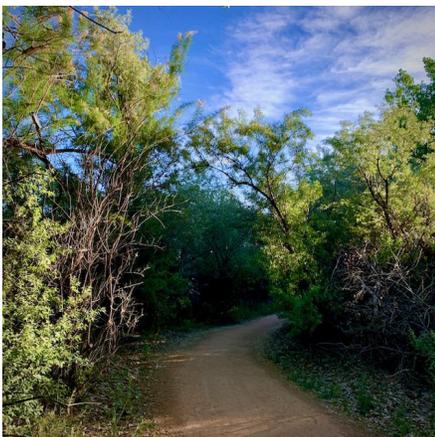
I think it's time to get out there.

Juliana Astrachan

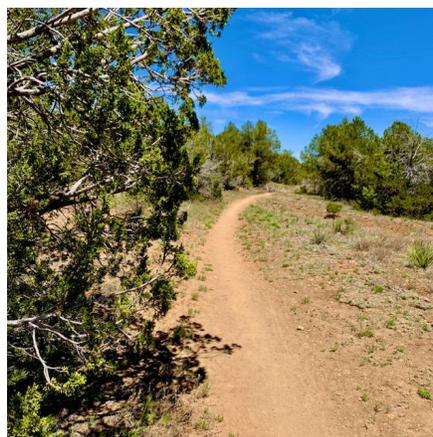
I'm ready to start our weekly runs again!!
I've got social distancing and mask wearing down!! It's time to get together!

Jeff Puterbaugh

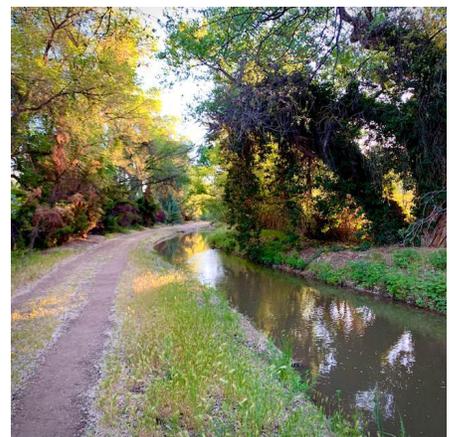
... three locations where I run



Rio Grande Bosque



Cedar Crest



**Along the acequia near
Los Poblanos**

Melissa Tencza

I have really missed our weekly trail runs! I've still been running, either solo or with 1-2 people.

I would feel comfortable picking the weekly workouts back up, maybe with less or no hang out time before/during/after runs. Which is hard because that is such an enjoyable part of the run.

Maybe we could stagger start a couple groups? It's a tough call not knowing exactly what the order will say June 1 and the fact that there are more people out using the trails/paths right now. Hope we'll all run together soon!

Ian Maddieson

One thing that has been fun is to keep an eye out for creative reminders to wear a mask. I have seen several carved wooden bears wearing masks, as well as a buffalo statue and a Santa Claus. Also (see photo) on the "mermaid" statue in front of the JCC campus on Wyoming near the Bear Tributary trail — which is worth checking out if you don't know it.



Frederic Moras

Hi fellow runners – Greetings from Ruidoso!

I feel extremely lucky that, since my house is 2 miles from the trails, I have been able since March 19 to run as much as I wanted to. No restrictions at all. Here is a photo of my best running companion, Juneau.

As a race director, I decided to move the dates of the Ruidoso Grindstone Trail Runs from 7/25 to 9/26.



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

Return to Running: Runner Attitude Survey Results

RRCA Pandemic Survey



On April 21, 2020, the Road Runners Club of America (RRCA) launched its Return to Running Events and Group Runs survey. The goal of the survey was to get an understanding about customer attitudes as it relates to return to running in organized group runs and in-person running events.

By May 6, 2020, 10,634 responses were recorded. With many of the questions optional, 7260 people completed every question, while some questions had over 8000 responses. Utilizing the zip code question, RRCA was able to confirm responses were received from individuals from all 50 states and the District of Columbia.

Of the respondents that completed the question about gender (67% completed the question), 54% were female and 43% were male and 3% did not identify or chose not to respond.

Thank you to everyone that completed the survey and provided valuable comments.

[READ THE DETAILED ANALYSIS](#)



Jim Schnitzler

Hello from Madison, WI! Hopefully everyone is fine and staying healthy. Mary and I are fine and adjusting to the "New Norm" at least hopefully for a short term.

I really enjoyed the May ARR News Letter. Tom [Besson], I enjoyed your OK story. Dennis [Muirhead, and others], sure enjoyed your new "River to River" event. Just to let you know, I am getting pretty active in the local runner store, Movin' Shoes. I know for many years Los Tortugas and Movin' Shoes teams were great competitors at the real "River to River" Run. Small world.

I am still running and on May 2nd completed a timed Virtual 20k run around a local lake, Lake Monona. It was a great day for running here and I did fairly well.

Thanks again for including me in the monthly Newsletter mailing. Best regards to all of you great ARR club members. Super organization.

PS: Our Annual "**Believe in Heroes**" Memorial running event in Los Lunas has been canceled. It is rescheduled for June 5, 2021. Hopefully, I will see you then.

John Farrow

At the end of 2019 I retired after more than 40 years as an attorney in New Mexico and Texas. I had planned to use this past spring to train for my fourth Boston Marathon, which has been postponed until September 14, 2020. However, who knows how that will ultimately turn out? *[race was subsequently canceled]*

Also in 2019 I ran the London Marathon & completed all the marathon majors. On that trip I realized a boyhood dream of visiting Stonehenge in southern England.

This year I was one of several state reps recognized by the RRCA as having served for at least ten years. The RRCA is looking to bring new people into the organization and I have indicated a desire to step down once a successor is found. Anyone interested should contact Andy Smith in the national office.



I plan to remain a director of the Duke City Marathon. At this time we are discussing various alternatives for the 2020 race in the event the prior format is not approved by the city. While there may be changes for this year, we do plan to have a race on October 20, 2020.

Cece Niemczyk

May 28. I have not allowed the restrictions to stop me from running. I continue to meet twice a week in the wee hours of the morning with a few other companions. I do attend the group runs on the weekends, as well. I hope that when things get back to a normal state, more people, both runners and walkers, will opt to join the groups again.

We have been anxiously awaiting the birth of some baby hummingbirds whose Mom has occupied a nest beneath the patio roof. Today, for the first time, we can see two tiny beaks peaking out over the top of the nest. Anticipating the arrival of these tiny creatures has been one of the highlights of the spring months.

One thing that I miss a lot are those long, leisurely breakfasts following the weekend runs. I am hoping that all of our favorite restaurants survive the shutdown and that they will be permitted to reopen completely before long. I have been patronizing those that have take out available, especially Cinnamon Café.

When we are permitted, I will feel comfortable attending club meetings and other club gatherings. I will follow reasonable social distancing guidelines. I am not concerned about contracting the virus. I am not willing to allow fear to dictate my life. I simply won't do that.

It is my hope that the Albuquerque Road Runner's Club will come through this social distancing time as an even better club. I am looking forward to the day when we are together again making plans for club races, weekend runs, trash cleanup, or other celebrations.

I hope that all of you stay fit, happy, and healthy.

Gene Kersh

At first, I was disappointed about events being canceled and not being able to do some of our normal activities. I am now just grateful all my family is healthy. This has been such a hard time for so many people. I think of and try to appreciate all we have and are still able to do. Count the blessings!

We have still been exercising, either running or cycling. Reading and tying flies. Getting up on the trails in the Sandias, made it over to the CDT near Cuba, had a wonderful day on the bike at Valles Caldera. Here are a few pics.

A difference for us is thinking about how to avoid people more than usual...some places and times that normally don't have much traffic have been fairly crowded.

Looking forward to the economy getting better, we all know many people are struggling. And looking forward to fishing!



Will Steinberg

How about some Club History?

We were founded in 1985. Lots of items about how this club evolved. Some great stories to be found [in club newsletters from past years]. At Kurt's house in August of 2016, we celebrated the club's 30th anniversary.

I wish that some Club history be brought back to life. I love history.

Just a thought...

Here's a little Club history...

Maybe we'll dig out some more for next month!

David Wilson found this photo in his running archive, saved from an ARR newsletter from 2006.

Can you help identify the 2006 Racing Team for us?



Kathy Kirsling

BOLDERBoulder 10K – May 25, 2020.

This race will have the most disruptive effect on me, more than any race that has been canceled. It happened virtually (I did it!) and it is rescheduled — to 9/7/2020 (Labor Day, and same day as the Ft Collins FORTITUDE). But I'm hoping to be on an airplane on that date with my sister Colleen Burns, headed to Netherlands for her World Aquathlon Championship!

This year's Boulder would have been my #26. So many powerful memories are intertwined with this race. It attracts ~50,000 runners/walkers plus all those runners' family members. The race ends in the CU Buffaloes Football stadium (Folsom Stadium) and that place gets packed! Memories of family members awaiting my and then Mom's arrival into the stadium...how cool it is to know you have family there! But for some years now there has been no family waiting there for me, except in my heart and in my memories.

The races of the Elites is just awe inspiring! Boulder's Memorial Day Tribute is the best in the land, honoring Veterans from Colorado but all Veterans—active, fallen, and usually all new recruits are inducted here this day. This is so emotionally and visually moving. The Fly over ... the parachutists bringing into the stadium the flags of each of the Armed Services and then lastly the flag of the USA!

So today I raced my Virtual BOLDERBoulder10K out here in my area ... and my course Route made a flag! I started at 0723, my last year's wave start time. Temperature was 47° cloudy, overcast, looking stormy — perfect! I thought of the Boulder course in my mind as I ran — at mile 4 there is a hill at the school and the course's highest elevation — well, I beat that! My elevation here [near Edgewood] is mostly around 6930 feet and I have many hills.

I was so happy to wave at all the vehicles going by and to see so many flags displayed. And so happy to be out and honoring all our heroes this Memorial Day. I miss you, Dad; I miss you, Mom – at BOLDERBoulder. But memories of you always live with me. Miss you too, Boulder, but I will see you again!

What I have missed:

- Mostly I have missed running group interaction and eating/drinking after!
- Looking forward to bigger running groups!
- Yup, been getting my runs in; I have so enjoyed the Virtual racing!! Sure I'm by myself running but in a sense I've signed in with a group doing a Race. And that feels great!
- And some of these races I've signed up for are races I might otherwise have no chance of doing in reality for whatever reason. So that is a "feel-good" for me!



Kathy runs BOLDERBoulder on Memorial Day in honor of her father, Msgt Richard A. Kirsling, USAF (WWII, Korea, Vietnam), and other family service members

Kathy's Thoughts:

- **Club Weekly Workouts:** Sure, start them up! Social distancing, respect for others who might want more distance, etc.
- **Safeguards:** Distance; wear mask if in close (keep it handy)
- **Club Meeting:** Anytime! It would be cool to be outside somewhere; everyone bring a chair and sit separated, bring your masks and your hand sanitizer. Maybe meet in a parking lot, such as at Hoffmantown Church or other big lot)

Dennis and Glenda Muirhead

Last week we drove to southern California (to Bonita, south of San Diego) to visit Glenda's sister. Dennis ran from her home on top of a hill to a large area park. Ran around and back up for 4 miles. Lots of other runners and walkers were out enjoying the weather, mostly wearing masks. Sea level is great!! ...but his shirt was soaking wet from the high humidity. Then, yesterday we visited Slice Parlor on Montgomery next to Marble Brewery — we shared a slice and each had a DRAFT BEER from the tap (our first in over two months). We are *really* looking forward to having our favorite local breweries back open again – safely – for a beer with friends!

David Wilson

Just a little background: Our running club in Maine, Sub5 Track Club (long story), held an annual banquet, and I, in my obvious modesty, was always the MC. And I usually did some singing, although was rarely asked to do so. One year I made up new words for *Old Man River*. I sang, while playing the guitar, and was “accompanied” by another old runner who had just started playing the fiddle and another old runner who played the tuba. It was stunning!

Here it is with the appropriate chords:



Old Man Runner

E **A** **C#m** **B7**
There's an old man keeping up his mileage / He is out there 'cause it sets him free!

E **C#m** **A** **C#m** **F#m** **B7** **E**
What does he care if he's got no cartilage? / What does he care if he's got no knee?

E **C#m** **E** **A** **E** **A** **E** **C#m**
Old Man Runner, that Old Man Runner / His body's broken, his brain is shrunken,

B7 **E**
But he just keeps runnin', he keeps on runnin' along.

E **C#m** **E** **A** **E** **C#m** **F#**
His heels are flattened, his joints are busted, / His legs are battered, his body rusted,

B7 **F#m** **B7** **E**
He just keeps rollin', he keeps on rollin' along.

G#m **D#7** **G#m** **D#7** **G#m** **C#m** **G#m** **D#7**
You and me we sweat and strain / Runnin' in heat and snow and rain,

G#m **D#7** **G#m** **D#7** **G#m** **C#m** **G#m** **F#m** **B7**
Up that hill, legs like lead / Get to the finish and we're nearly dead.

E **C#m** **E** **A** **E** **G#m** **C#m** **F#7**
Legs get weary and sick of trainin' / That ice and snow and winter rainin'

E **C#m** **A** **B7** **A** **E**
But Old Man Runner, he just keeps runnin' along.