



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 38 No 6

June 2022

President's Message

Summer is almost here! Pray the monsoons start early. Most of the forests in the state are closed due to fire danger, but for now we can still enjoy the open space areas in the city. So far it appears all the fires in the state have been "man caused", so please be careful when in any forested or brushy areas. Fires can be started by parking on dry grass, trash burning, sparks from tools, etc.

Congrats to Matt Thompson completing his "Watermelon Mountain 100 Project". Over the May 13-15 weekend he completed a 100 mile loop in the Sandias, a route that included 30,000 ft of vertical gain. He was able to raise \$8400 for the Friends of the Sandias. [HERE IS A LINK](#) to the gps track of his adventure on Strava. You can join for free.

Also, congrats to former ARR president Richard Knapp who recently completed the Shiprock Marathon, winning his age group in 4:11:27. He finished 20th overall. Not bad for someone who just turned 70!

Our Club's Women's Distance Festival is on Sunday, June 26. Come run or volunteer. See page 2 for details.

Next Club meeting is Thursday, June 9, at the North Domingo Baca Multigenerational Center. I don't know which room we will be in yet. Come talk about your latest running adventures. We will have a presentation by some club members on their recent backcountry adventure into the Grand Canyon (*see photos at left*). Each year around 5 million people visit the canyon; of those, less than 1% venture below the rim, and less than 1% of that 1% venture into the backcountry.

Kurt



This Month's Club Meeting

DATE: Thursday, June 9, 2022

LOCATION:

North Domingo Baca Multigenerational Center

7521 Carmel Ave NE, ABQ 87113

(West off Wyoming NE north of Paseo del Norte)

TIME: Meeting starts at 7:00 pm

Seeking VOLUNTEERS!!

Women's Distance Festival 5K

Sunday, June 26, 2022

Albuquerque Road Runners

35th Annual
**WOMEN'S
DISTANCE
FESTIVAL**

**5K
RUN
& WALK**



JUNE 26, 2022
7:00 am Start

UNM North Golf Course
1117 Stanford Dr NE, ABQ NM

Plan to be part of this oldest ARR Race (**35th Year!**)
...only for the ladies! Director Tom Besson invites
all ARR members to be part of this event - either as a
racer (ladies only, of course) or as a volunteer (gentlemen,
here's your way to participate!)

Tom is looking for assistance to put on this event.
Please contact him if you can help on Race Day.

Here's a list of roles that you can take on:

- Setup
- Race Day Registration and Packet pickup
- Water stop/turnaround
- Split times
- Course monitor
- Finish Line/pull tags
- Timing & scoring
- Candy & flowers at finish
- Finish area refreshments
- Awards
- Tear down

CONTACT TOM

[REGISTER ONLINE](#)

[ENTRY FORM](#)

[EVENT WEBPAGE](#)

Our Other Club Races

MT. TAYLOR 50K - October 1, 2022 - Grants

FOREVER YOUNG 6M and 3M Races - October 23, 2022 - Placitas

GO TORTUGAS!

AT THE RIVER TO RIVER RELAY 2022

Congratulations to the Albuquerque team of LOS TORTUGAS who finished #3 out of 33 teams in the Handicap Division of the **River to River 80-mile relay race** on April 23, 2022 – after a two-year hiatus because of COVID concerns. The race course travels across southern Illinois, from the Mississippi River to the Ohio River, with the eight members of each team running three legs of roughly 3-3.5 miles apiece.



LOS TORTUGAS at race completion in Golconda, IL, standing at the Ohio River.

From left: Dave Clark, Catharine Patton, Dennis Muirhead, Jeff Rienstra, Joyce Fafard, Cheryl Williams, Jeff Williams, Jean Herbert

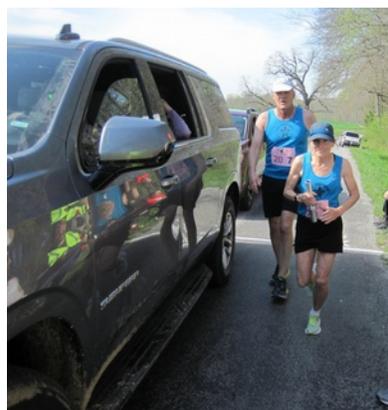
The 2022 team included four returning “veterans”: **Joyce Fafard, Jean Herbert, Dennis Muirhead, and Jeff Rienstra** (former ARR member, now living in DC). Also on the team were four newbies: **Dave Clark** (ARR member), **Jeff and Cheryl Williams** (former ARR members and directors of ARR's last La Luz Trail Run in 2019, now living in Indiana), and **Catharine Patton** (runner friend of Jeff Rienstra's from DC). Joyce is the team manager, with assistance from Dennis.

This was Los Tortugas' 17th year participating in the event. The team, formed in 2004, has run every year since then except 2020 and 2021 (race canceled). In 2013, Los Tortugas set a new record time for the Handicap Division, besting the previous record held for around 18 years by a team from Florida. This record is still holding!

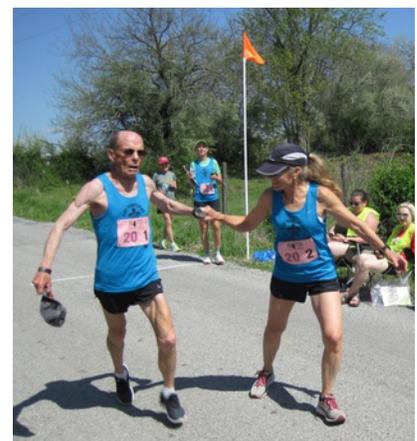
Note of appreciation from Catherine: *Was great meeting you all and doing a little bonding in the face of adversity (steep hills and temperature in the 80s as well as one rowdy local driver! and no frills hotel/motel); all probably very good character-building opportunities! ... as well as seeing a bit of the country I'd never been to before! It was great!*



Cheryl hands baton off to husband Jeff.



Team transport vans tended to clog up the exchange areas. Jean, the anchor runner (#8), heads out.



Dave passes off to Catharine. Jean and Joyce at back, keeping track of times.



Another Successful Trail Clean-up!

By Cece Niemczyk, Trail Cleanup Coordinator

The Albuquerque Road Runner’s spring trail cleanup volunteer opportunity was another success, despite being held a few weeks later than usual. A group of seven hard-working volunteers met on Friday, June 3, at 8:30 am at the McDonald’s Restaurant near the intersection of Montgomery and Tramway NE. This location has been chosen for cleaning because it is where many of the Saturday morning group runs meet. It seems only fitting that we do our small part to beautify the area two times a year.

The all-male group of volunteers who graciously gave of their time were Dave Clark, Carl Steinhauer, Cliff Matthews, Tom Spadafora, Joel Melendez, Richard Knapp, and Chuck Fuller. Each volunteer filled one or

two large plastic bags with debris. Some of the items would not fit in the bags and had to be carried on their own. We were lucky because the trail was already cleaner than it sometimes is. Still, there was plenty of trash to remove, and it looked much better after our group effort.

As always, many of the people who were walking, biking, or running on the trail expressed their thanks to us for doing this project. That is one of the benefits of doing this volunteer deed. Another reward is the water, soda, and snacks that are available to the volunteers! And yet another perk is being outdoors on a beautiful, sunny Albuquerque morning. Once again, the staff at McDonald’s allowed us to dispose of our filled bags in their dumpster, which is a huge help to us.



The next ARR Trail Cleanup will take place on a Friday in November this year. The exact date will be announced closer to that time. If you are able, come on out for a fun and worthwhile project. Heartfelt thanks to the crew who helped this time around.

MEMBERSHIP UPDATE
For May 2022

RENEWED MEMBERS

Kurt Coonrod & Kelly Bowles
Melinda Gonzalez-Hibner
Ethan Prueitt
Matthew Rogers & Claudia Pratesi
Andrea Schoellkopf
+ Daniel + Emily
Barry Stone

NEW MEMBERS

Keary Buttrill
Rachel Eberman
Andrew Peloquin
Clarissa Spiro
Jacqueline Thomas + Alisha



ARR BOARD OF DIRECTORS

President	Kurt Coonrod
Vice President	Gary Schancer
Secretary	Peter Falk
Secretary	Dina Hammad
Director	Tom Besson
Director	John Clady
Advisory Director	Joyce Fafard
Advisory	Rodger Sack
Advisory	Dennis Muirhead / Membership
Advisory	Glenda Muirhead / Publications

The Unexpected "Trail Angels" By Kurt Coonrod

Kelly and I headed to Mt. Taylor for a quick getaway on Friday the 13th. We figured to do a little hiking checking out part of the Mt. Taylor 50K course. We camped on the rim of the Caldera and, except for my brother and his girl friend, we expected to see very few people. We had a leisurely dinner and were sitting around having an evening cocktail. All of a sudden, Cappie starts barking at a hiker coming down from the summit of Mt. Taylor. I wandered over to say hi. Turns out, he was a through hiker on the Continental Divide Trail. These are people who hike the 3100 miles from Mexico to Canada. This guy was from Switzerland. We offered him some water, fruit and a beer, all of which he gratefully accepted. He thanked us for being Trail Angels and was soon on his way.

I had heard of the term "Trail Angel" before but never thought of becoming one. These are people who set up impromptu aid stations, water caches, sleeping accommodations, and even transportation into towns, along the 3 major north/south trails through the US: the Appalachian Trail, the Continental Divide Trail and the Pacific Coast Trail.

The next morning, during breakfast, Cappie starts barking again – another through hiker. This guy was from Mexico. It was a bit early for beer, so we just offered water and fruit. Before we could start our hike down into Water Canyon, several more hikers came through, some alone and others in small groups. They were from various countries and states. We offered up whatever we had and they would take. We also took all the trash they were carrying. We proceeded with our hike of Water Canyon, where we found more than 15 trees down on the trail. One of them was about 3 ft in diameter. Looks like Margaret and Albert have their work cut out for them to get this section ready for the 50K race in October.

Once back to camp it was time to be lazy. Kelly was planning to spend the day finishing a book she had been working on for weeks. I was just going to be a bum and nap and do a little trash cleanup on other parts of the 50K course. However, our plans were continually interrupted by Cappie barking at more through hikers.

We visited with them all and offered up the usual. Some stayed and sat in camp and others were on a mission to keep moving. They were all very appreciative of what we offered them. The beer was a major hit, except that by the end of the day we had none left. The last hiker through got left-over chili from our dinner and a couple of tortillas. The next morning we did a loop around the summit of Mt. Taylor and ran into even more through hikers. All we could do was offer to take their trash and tell them the water jug on the back of my truck down below was fair game.



By the time we left Sunday midday, we had greeted around 30 hikers. They were from Germany, Canada, Mexico, Netherlands, Denmark, and Switzerland, and from many different states. It wasn't originally our plan to be trail angels, but we had a blast doing it. Next year we plan to go out to a more remote section of the CDT and bring more beer, water and food – and really do it right.

ARR Members on the Run!

Here's **DENNIS MUIRHEAD** (EE060) climbing the uphill past the 6-mile marker at the Bolder Boulder 10K on May 30th. The race course turns many corners through the city of Boulder and ends with a run on the track at the University of Colorado's Folsom Field. He finished first in the Male-81 category with a time of 59:54, which places him on the all-time top 20 list for 81-year-old males – in second place!

Share *your*
**RACE STORIES
AND PHOTOS!**

Send them to: publications@abqroadrunners.com
for inclusion in the next Newsletter!



Summer Race Series by
RUNNING MEDICINE

"RUN DOWN THE RIVER" 4TH ANNUAL FRIDAY NIGHT TWILIGHT SERIES

FRIDAYS AT 7 PM
1/2 MILE & 5K/10K

JUNE 24: Alameda Open Space
(Alameda & Rio Grande Blvd)

JULY 1: Pueblo Montano Picnic Area
(4100 Montano Road NW)

JULY 8: Country Club Plaza
(1720 Central Ave)

JULY 15: National Hispanic Cultural Center
(1704 4th St SW)

☑ COVID PROTOCOLS WILL BE IN PLACE!

☑ GIVEAWAYS AT EACH EVENT!

☑ \$5 SUGGESTED DONATION

CONTACT INFORMATION: RUNNINGMEDICINEABQ@GMAIL.COM

