



ARR News

Newsletter of Albuquerque Road Runners Club | Vol 36 No 4

MAY 2020

President's Message

Hey Roadrunners, hope everyone is staying sane and healthy. I also hope we can get back to some semblance of normalcy soon. To help with the staying sane part, I recommend everyone should take advantage of any extra time to do some exploring close to home. With that in mind, Kelly and I, along with good friend Rondi Thornton, took to the East Mountain trails last week to do some "Medallion Tree" hunting.

For those unfamiliar with these trees, from the website **"Voces de Santa Fé"**:

"Sandia Mountain Medallion Trees. They were begun by an unknown person in the 1920s. Whoever did it took core samples and then placed a medallion commemorating an event that was as old as the tree. The tradition has continued and there are now 84 known trees. The old medallions were covered by a cap which is why they are in such good shape."

We choose Faulty Trail as our hunting ground. Rondi's husband dropped us off at the Doc Long picnic grounds and we hiked from there back to Canyon Estates, covering about 12 miles in 5 hours. We were tearing up the trail! With the aid of some description of their locations, we managed to locate 17 of these trees. Some were right on the trail but others involved a bit of bushwhacking. During this entire hike, we didn't see another soul until close to the end. What a great day!



Kurt Coomod

RRCA Pandemic Survey

RRCA has launched a nationwide survey to learn how the COVID-19 pandemic has affected participation in running events as well as locally organized group runs and training program, and has asked affiliate clubs to share the survey with their members or event participants. The goal of the survey is to gather data from runners to better understand what changes they expect to see within the running community and event industry, post-pandemic.

Runners and race directors, like the population at large, hope to return to "normal" at some point in the coming months. Runner feedback will be helpful as the RRCA works with the consortium of race directors, club leaders, health experts, industry leaders, and more in partnership to update guidelines and recommendations to assist the running community in formulating best practice plans for post-pandemic running in the coming months.

Results will be shared in a few weeks following data review and analysis.



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[CLICK HERE TO PARTICIPATE IN SURVEY](#)

CANCELED CLUB ACTIVITIES

- **Weekly Workouts** suspended until further notice
- **Club Monthly Meetings** suspended until further notice
- **La Luz Trail Run Lottery Entry** delayed until mid-June
SUBJECT TO CHANGE
- **Women's Distance Festival** (June 14) canceled.
- **Member Race Series** schedule to be modified.

Membership Update

RENEWED MEMBERS

Robert Annett + Renate Savich
Nina Riga
Kurt Coonrod + Kelly Bowles
Andrea Schoellkopf
Rondi Thornton

NEW MEMBERS

Jennifer Macintyre
Robert, Sofia, + Anna Taconi



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 Zaneli – 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

Quarantine Haikus

Sam Chavez, La Reina De Los Altos

Do you ask yourself:
Is it five o'clock somewhere?
Three o'clock will do.

It's my turn now dear
You washed the floor yesterday
Today I get to.

I thought it Thursday
You mean to tell me it's not?
Well Monday it is.

Vodka martinis
They're not just for cocktail hour
Losing sense of time.

Larry Elmore, Conchas Park

No toilet paper
Installed bidet. What a blast,
high water pressure!

*Courtesy of Neighbors
on NEXTDOOR.COM*

Emily Swan Pandemic Prayers

Time gushes forth from
Our corona quarantine
We know boredom now.

KiddNation.com
We wrote a Haiku.
We should stick to radio.
Poetry is hard.

University of Maryland MarylandToday:

Marilee Lindemann
I'm always Zooming
And yet I'm never moving
COVID paradox.

Marie Thoma
Social distancing
Coffee water wine repeat
What day is today?

Larry Johnson Turns 100!

A parade of cars helps celebrate birthday

Larry, a lifetime ARR member, sat on a special “throne” in his front yard, while dozens of cars streamed by with waving and cheering friends from his many activities, to honor a remarkable man on this “marathon”-stone birthday.



Excerpts from a report by Ryan Laughlin, KOB-TV:

April 5, 2020 – ALBUQUERQUE, N.M.

A line of cars wrapped around the block to help celebrate Larry Johnson’s 100th birthday on Sunday while still maintaining social distance.

Johnson was born the same year women got the right to vote in the U.S. and survived the Great Depression, and now—a global pandemic is keeping his closest friends a car length apart.

[Sporting a Corona Extra hat, Johnson said,] “This is really something, I didn't expect all this.”

Johnson is an accomplished runner, cyclist, and long-time ski patrol volunteer who has some tips on living a healthy life. “Well, I think you need to sleep well and get your teeth fixed,” he said.

“He lost his wife of 67 years in 2010, but all four of his children are here today. And they all are such great supporters. Even though they may share different interests, they're all here for him,” said Johnson’s daughter-in-law, Janelle Johnson.

But Johnson knows that even after the toughest days—better ones will always lie ahead. “Keep moving, keep exercising, love everybody,” he said. “Don't get too angry about anything—that too shall pass.”



Magi Ezzard’s colorful parade “float”

From left: Dennis & Glenda Muirhead, Magi Ezzard, Kathy Kirsling, Kelley & Joaquin Garcia (behind car), and Colleen Burns flank Cece Niemczyk’s SUV, decked out in birthday decorations for the parade



PHOTOS BY KATHY KIRSLING AND CECE NIEMCZYK



Joaquin and Glenda wear Forever Young shirts, in homage to ARR’s annual event scheduled for this day, but canceled this year.

Running Races – Quarantine Style

LOS TORTUGAS – River to River Relay
KATHY KIRSLING – “Miniature” Boston Marathon
TOM BESSON – Oklahoma City Memorial (Half) Marathon

LOS TORTUGAS – River to River Relay

APRIL 18. Today is the day Los Tortugas would have been defending our Handicap Division record in southern Illinois at the River to River 80-Mile Relay Race. So a few of us got together and ran for fun. What an amazing group of people. Thanks, Cheryl Williams, for being a great photographer for the ABQ racers!

Los Tortugas Team: (all current or former ARR members)

- Kurt Coonrod (not pictured here)
- Joyce Fafard
- Dina Hammad
- Dennis Muirhead
- Cece Niemczyk
- Jeff Rienstra (now living in DC area)
- Jane Thompson (now living in Loveland, CO)
- Mike Williamson (also now living in CO)

RRR Start Line setup by
Race Director Brad Dillard
at his home in Illinois



*Aha...that's
where all
the TP
went!*



Cece takes the baton from Joyce



Dina hands off to Dennis



At the Finish!



I ran a little over 10.
Miss seeing all of you!
Jeff in DC



Mike in CO



Ran just over 10 this
morning! Actually a
nice day after about 8
inches of snow!
Hope all is good!

Jane in CO



KATHY KIRSLING – “Miniature” Boston Marathon

Patriots Day! Boston Marathon Day – 124th Year Remembering 2013 Bombing ... Boston Strong

I have not run Boston Marathon since 2015, so when Shannon Stubbs Zanelli suggested to run 2.62 miles in honor, it was incredibly heart filling!! I have been running the 5K every year since 2015, so I do go to Boston yearly.

April 20. 0430 is wake up.

IT BEGINS. I’m ready to be transported to the start – to Bertington aka Hopkinton. It appears it will be a good weather day ... 48° and cloudy with 11 mph wind. I’m in the staging area; no line for porta potty—haha! My wave is called; I shed my Goodwill clothing to be redonated.

I’M OFF. 0.3 miles (3 miles) is down. Oh my, keep control. And trundle along until 1.2ish (12-13 miles)/ Wellesley College – kiss all the girls!! (Oops, can’t do that this year.) The Scream Tunnel! Then I’m thinking of the first three hills—Newton Hills. And then it’s Heartbreak Hill at mile 2.0 (20 miles).

- so much yelling, screaming, beer-ing
 - now watching for the CITGO sign!
- Citgo Citgo Citgo ... I’m coming to see you!!
- little bump of hill right when I see you! I love you!

And Fenway! Oh Gosh Red Sox!

- ohh here I go. RIGHT on Hereford. LEFT on Boylston!
- the long long stretch to the finish!
- my heart touches the bombing sites on the left just as I’m getting to the finish.

FINISH. My medal, my cape, my picture ... 29:07 for 2.62 mi.

Thank you Colleen, cousin Teresa Dobson, Patrick Dobson, and Marge for being here at finish!!

Thank you all for reading my imagination writing on this Boston Marathon day!!

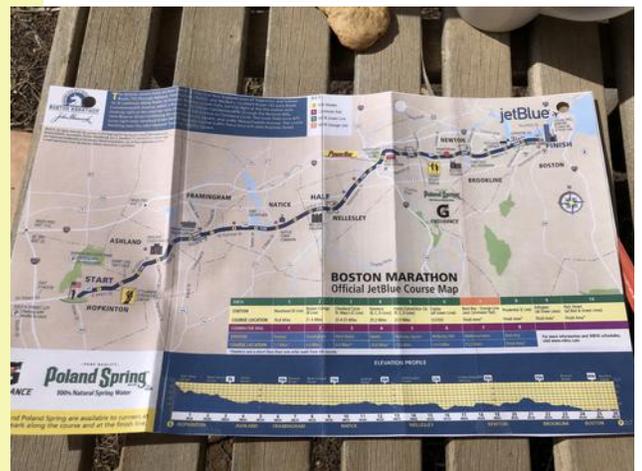
Kathy



Kathy at Boston in 2014



Calf Sleeve



Official Course Map



Kathy's sister **Colleen Burns** supporting the mini Boston Marathon

TOM BESSON – Oklahoma City Memorial (Half) Marathon

April 26. At a club meeting about a year and a half ago, members were asked to talk about their favorite race. I spoke about the OKC Memorial Marathon, held every year in April, close to the anniversary of the bombing of the federal building in Oklahoma City.

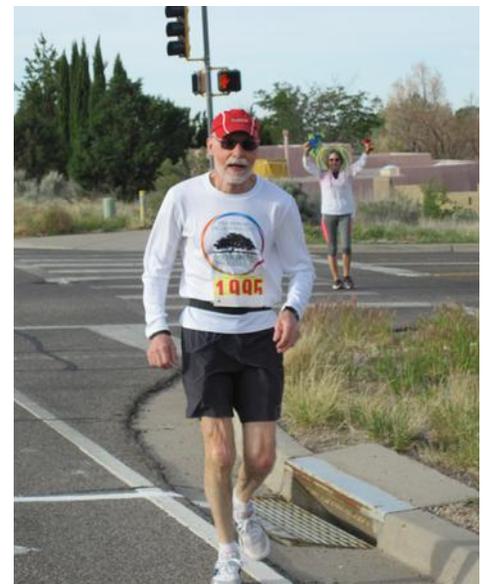
This year's race has been postponed until October but holds significance because this is the 25th anniversary of the bombing, the 20th anniversary of the race known as the "Run to Remember," and the tenth year I have participated.

As a tribute to this year's run, I ran a half marathon on Sunday, the day the race was originally scheduled. I started at 7:00 am after observing the traditional 168 seconds of silence in honor of the 168 men, women, and children who lost their lives as a result of the bombing.

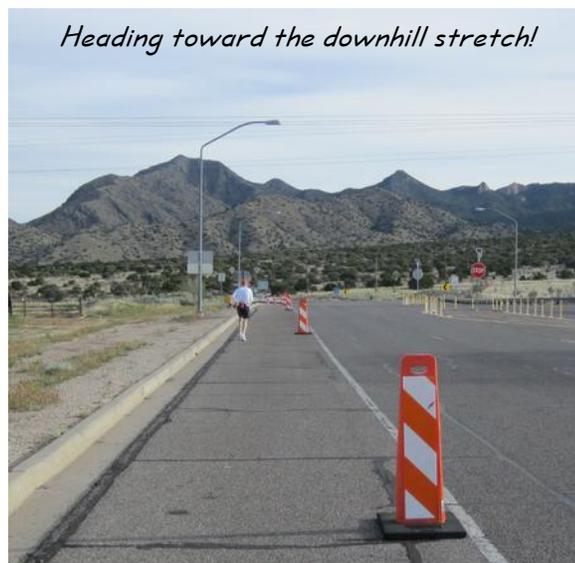
Magi Ezzard had mapped out a course for me that started on Tramway and Rover (just south of Menaul) and ended at El Pinto on North 4th St. I was hoping to break two hours, but finished at 2:05:38. Luckily, the downhill portion from the La Luz turnoff to the finish helped me cut 7 minutes off the second half, as compared to the first half.

Along the way, Kelley and Joaquin Garcia and Glenda and Dennis Muirhead came out to support me and cheer me on. At the finish, Magi had set up a finish line and even awarded me a medal. I also won the raffle drawing ... as there were no other entries.

I am grateful for all the support and hope to maintain my level of fitness and improve my time when the actual race is run in October.



Running north on Tramway at Live Oak



Life in the Time of Coronavirus

COVID-19 rules to live by

(These are strange times)

*Please read and follow these **simple** rules:*

1. Basically, you can't leave the house for any reason, but if you have to, then you can.
2. Masks are useless, but maybe you have to wear one, it can save you, it is useless, but maybe it is mandatory as well.
3. Stores are closed, except those that are open.
4. Gloves won't help, but they can still help.
5. Everyone needs to stay HOME, but it's important to GO OUT.
6. Animals are not affected, but there is still a cat that tested positive in Belgium in February when no one had been tested, plus a few tigers here and there...and a dog...
7. You will have many symptoms when you are sick, but you can also get sick without symptoms, have symptoms without being sick, or be contagious without having symptoms.
8. In order not to get sick, you have to eat well and exercise, but eat whatever you have on hand and it's better not to go out, well, but no...
9. You can't go to retirement homes, but you have to take care of the elderly and bring food and medication.
10. If you are sick, you can't go out, but you can go to the pharmacy.
11. You can't see your older mother or grandmother, but you can take a taxi and meet an older taxi driver.
12. You can walk around with a friend but not with your family if they don't live under the same roof.



Really? ...Litter?

Yes, wearing protective masks and gloves and using disinfectant wipes are wise actions. BUT see photos below. Seriously?? It's important to be safe ... but we all know not to pollute the environment with cast-offs and make our waste someone else's problem ... right?

Photos taken across the road from Trader Joe's on Holly Ave at Ventura and Paseo del Norte

