



# ARR news

Newsletter of Albuquerque Road Runners Club | Vol 38 No 5

May 2022

## President's Message

**Congratulations to all who ran the Boston Marathon**, finally back on its normal Patriots Day date. **Ken and Margaret Gordon** had great races. **Maria Ladd** finished 10th in her age group with a time of 3:29:57. Awesome! The first US women finisher had New Mexico connections – **Nell Rojas** finished 10th in 2:25:57. Congrats!

**Team Tortugas** completed the River to River Relay (80-miles in southern Illinois) after a two-year hiatus, finishing third in the Handicap Division (where it pays to have older runners, especially women, as part of your team!). Congrats! I really missed being there, but we were headed to the Grand Canyon for another adventure.

ARR board member **Tom Besson** completed his almost-50-mile walk in Albuquerque on May 1 in support of local non-profit Saranam. He writes about his exploits on Page 2...*kudos to Tom for his accomplishment, and also to Kathy Kirsling for her invaluable assistance to Tom on his journey!*

A local trail runner, **Matt Thompson**, has created a fundraiser for the Friends of the Sandia Mountains, a local non-profit that does work for the USFS in the city's eastside mountain range. As part of this project, he will attempt to set a new 100-mile route around the Sandias starting on May 13, and will film his journey to share with everyone some of the awesome outdoor access we have here (*see details about his adventure on the ARR website's [Home Page](#)*). Matt will talk about this project at the May club meeting. We will also get a report from the Boston Marathoners and the River to River Relay-ers.

**Next club meeting will be at 7:00 pm on Tuesday, May 10**, in the outdoor space at Canteen Brewhouse (2381 Aztec NE). Come around 6:15 if you want to get a run in beforehand.

*Kurt*

## This Month's CLUB MEETING



**DATE:** Tuesday, May 10, 2022

**LOCATION:** Canteen Brewhouse - 2381 Aztec Rd NE, 87107

**TIME:** Meeting starts at 7:00 pm

# TOM BESSON'S 50-Mile Challenge

On Sunday, May 1, I set out to walk 50 miles in support of Saranam, a local non-profit that benefits homeless women and families by providing housing, education and support to end the homelessness cycle. Starting at Lomas & Tramway at 5:00 am, I went south on Tramway to Central, turned west and proceeded on Central all the way to 114th St. I had some apprehension about walking along east Central but fortunately, I experienced no problems. Did see one person wearing leopard tights and said "Good morning" to them and he/she replied "Good morning" in a deep voice. Saranam had obtained permission from Blake's Lotaburger for me to use the restroom at their locations, but as it turned out, they were not located when and where I needed it. I stopped at Garcia's Kitchen just before Old Town and used their restroom. They were very kind and having eaten at their locations in the past, I can definitely recommend them.

At 114th St, I turned around and headed east (Woohoo, downhill until the river from here!). At this point, I was about one and a half hours ahead of schedule. **Dennis Muirhead** found me and walked a few miles with me. Great to have some company along the way and many more waiting along the route. **Sunny, one of the staff members from Saranam**, met us at Old Town where I had lunch. If you go to Saranam's Facebook page, you can see the video she took. **Sara, my wife**, brought me lunch and water to refill my Camelback. From there, down Lomas to 4th St, then north on 4th St. I figured 4th & I-40 was about half way. I made it this far - gotta keep going. Walking up 4th St. brought back a lot of memories of growing up in the North Valley.

At the Alameda Y, I turned around and headed south on 2nd St. I didn't realize it at the time but two cars were trying to locate me along the route but since I was still ahead of schedule, they were having difficulty finding me. **My sister, Melba**, joined me north of Alameda and we walked to her church, Alameda Baptist, for dinner. Along the way, **Bill Golden, my former employer** met us and walked with us to the church. He is a big supporter of Saranam and I had not had the opportunity to talk to him since I retired over a year ago. It was good to see him and we had a nice visit. Also, **Angelo Romero, whom I worked with for 20 years, and his wife Julie** caught up with us at the church. They had made a sign of support to cheer me on and also had a donation for Saranam. Good people!



I had planned on walking facing traffic, but we had to detour near the UNM Hospital because of construction and walk with traffic until Girard. At Girard, we met **Ellen, another staffer at Saranam, and her husband Jeff**. We walked to San Mateo and enjoyed the company along the way. Everyone at Saranam I met has been wonderful. By now, the sun had set and it was definitely more comfortable.

Back on the road. **Joyce Fafard and Glenda Muirhead** joined me shortly after. Great to have ARR support! Joyce walked with me until Montano and Glenda met up with me again and we walked to 2nd & I-40, where **Kathy Kirsling** met us. Kathy had driven back from Kansas earlier that day, but wanted to join me and I'm forever grateful that she did. (*More on that later*). So down 2nd St. to Lomas, then east on Lomas for the final uphill stretch. Along the way I had been texting Sara and **Dianne from Saranam**, giving them updates. Dianne advised that someone was supposed to meet us at Broadway & Lomas, but we never saw anyone who looked like they were waiting for us.

*Tom's story continues on next page*

**Just before Louisiana**, Sara and Melba met us with cold drinks and a water refill. When we got to the intersection of Lomas & Louisiana, I told Kathy that I didn't feel good and suggested we cross the street to the Burger King and ask to use their restroom. We never made it across the street...I passed out on the curb at the corner! Kathy tried to catch me, and in the process got a bloody nose and had her glasses knocked off. I don't remember if I elbowed her or what happened, but with her training as a nurse, I was glad she was with me.

**Many people stopped** to offer help and eventually the paramedics showed up and took my vitals. One lady with her daughter stopped to offer help and gave us water. When she found out what I was doing, she told us she had been through the program at Saranam and was very grateful for what I was doing. What a terrific ending to the day! Finally, Sara asked one of the paramedics if they could help Kathy because her nose would not stop bleeding. Kathy (bless her heart) had offered to walk with me until the end and more people including Glenda and staff from Saranam were waiting along the way and at the finish, but I couldn't go on.

**I figure I did about 46 of the 50 miles** I had planned. Disappointed, but I gave it my best effort. Thanks to everyone who supported me, walked with me, or donated to Saranam. I could not have done it without you.

*Way to go Tom!*

Selfies with Dennis...



...and with Glenda & Kathy

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

*Our first Club Race of the Year!*  
**Women's Distance Festival 5K**  
**Sunday, June 26, 2022**

**Plan to be part of this longest-running ARR Race...only for the ladies! Director Tom Besson welcomes 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!)

For the second year, the WDF 5K will take place on the perimeter route around the UNM North Golf Course on a dirt course. Special goodies await the finishers, as well as a lot of woohos for your accomplishment!

[REGISTER ONLINE](#)

[ENTRY FORM](#)

[EVENT WEBPAGE](#)

[CONTACT TOM](#)

# MEMBER PROFILE

## Jim Schnitzler, Race Director & Former ARR Board Member

**HOW OLD ARE YOU?** 87

**WHERE ARE YOU FROM?** Madison, WI

### TELL US YOUR RUNNING STORY

I began running in 1972 following a physical examination to increase my life insurance policy. The doctor said I was fine but mentioned my cholesterol was above average and suggested running one mile per day instead of taking medication. So I went home and put on some old tennis shoes and began running the next day. I ran one block and thought I was going to die. I kept at this routine for a few weeks until finally running one mile without stopping. I kept running the one mile distance for a few weeks, then increased this to two.

Running was becoming popular in the mid-seventies, and around 1977, I registered to run a 10k event (I'd never heard of this before). I started increasing my mileage for the 10k, then kept upping the miles until 1983, when I ran my first marathon in Milwaukee at the age of 50. Today that is still my PR (3:40:00).

Since this time, I have run and completed 52 marathons and just completed my 80th half marathon at the Lost Dutchman races in Apache Junction, AZ, on February 20, 2022.

My health is great, lost some weight, and kept my cholesterol under control with the assistance of statin. Knees and joints are good – maybe because of good advice I got when I first began running: get new running shoes with great inserts (which I did!).

### WHEN AND WHY DID YOU COME TO NEW MEXICO?

I moved with my wife and daughter from Madison, WI, to Albuquerque in 1983 and lived in Sandia Heights for three years. I went into business with a former customer and began designing over-the-road stainless steel tankers for hauling milk. I also developed a metering system for measuring milk that eventually was patented and approved by the Bureau of Weights & Measures.

In 1987, after a business merger, we relocated to Chicago. In 1992, I became VP & GM of a tank manufacturing plant in Central California. Then in 2008, we retired and moved to Los Lunas, NM. We enjoy it here and now reside in both Wisconsin and New Mexico as “snowbirds.”

### HOBBIES & INTERESTS

My hobbies are mainly reading, volunteering, and managing a few non-profit running events benefiting the Military Veteran Organizations in Los Lunas and Valencia County. This is extremely rewarding and helps return to the running community some benefits that I have gained.

### SCHOOLING

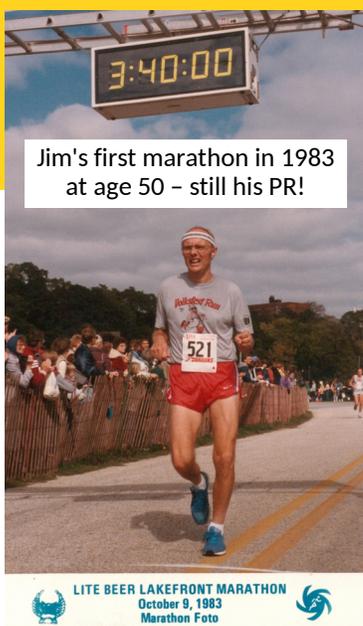
Received BS at University of Wisconsin, Stout (Menomonie, WI) in Industrial Education, Industrial Technology, Mechanical Engineering, and Business Management.

### FAVORITE RACES (All Marathons):

Boston Marathon (3) – Florence, Italy – London Marathon, UK – New York Marathon – Big Sur (California) – Bataan Memorial Death March – Lakefront Marathon in Milwaukee, Wisconsin (12)

### SOMETHING WE MAY NOT KNOW ABOUT YOU

I enjoy both running and traveling, and when I began traveling for business and vacations throughout the World, I always packed my running shoes. I have run in all 50 states, including Alaska, 5 Canadian Provinces, 12 European countries, and Puerto Rico. Some were organized events, while others were just running and enjoying the areas. The most interesting places I have run are Germany, Italy, and Puerto Rico.



**Madison, WI (2002):** Three generations crossing the finish line. Jim (age 68, 28th marathon); Daughter (37, 1st marathon); Granddaughter (4, joined in at the end)



**Lakefront Marathon, Oct 6, 2019**  
Bib 84 is Jim's age; 52nd marathon

See next page for more about Jim and for info about Jim's next event: 10th Annual Believe in Heroes Memorial Run in Los Lunas on June 4, 2022.



Jim with his wife, Mary, after the race

# JIM SCHNITZLER: ACCIDENTAL RACE DIRECTOR



**JIM SCHNITZLER  
RACE DIRECTOR**

Jim first ventured into race directing in 2008, while he and Mary were living in Los Lunas at Jubilee Senior Community. After Jubilee's manager Susan heard an interview on the radio with the mother of a soldier about the Wounded Warrior Project, she was inspired to ask Jim (knowing he was a runner) to put on a race to benefit the organization – and the **Believe in Heroes Memorial Run** was born. Jim made contacts with Los Lunas government officials to get it going, and fellow Jubilee resident Wayne Chick helped him arrange for race timing.

**So Jim's race directing career began.** He became acquainted with the Los Lunas mayor and others in local government, and six years ago L.I.V.E. Inc. (Los Lunas Invested in Veteran Events) was created. It was a major effort to develop this non-profit group, but this status allows donations to be tax-deductible, and L.I.V.E. receives benefits from the annual Believe in Heroes Run.

**Next came Dash on the Ditch,** after Jim was approached by a board member of La Vida Felicidad in Los Lunas to put together a fund-raising event. For six years, Jim acted as Race Director for this venture, which relied heavily on volunteers.

**Soon the Village of Los Lunas called on Jim** as a consultant to develop another event – which became **King of the Hill**. This race started with a 5K, then later a 10K was added, with the event becoming even more challenging when the 10K Rucksack and Half-Marathon categories were included.

L.I.V.E. Inc., (Los Lunas Invested in Veteran Events) is proud to present the 10th annual Believe in Heroes Memorial Run to benefit Valencia County veterans. This year's race, on June 4, will be its 10th year. It has grown to include a 5K Run and Walk, a 10K Run, a 5K Rucksack Run, and a Kids K. Starting at the Star Light Theater in Los Lunas, both the 5K and 10K courses circulate through the Huning Ranch neighborhood and finish back at the Theater.

[REGISTER ONLINE](#)    [DOWNLOAD FORM](#)

Jim, we are proud you are part of Albuquerque Road Runners!



Half Marathon in 2018 at U of W campus, Madison, WI. **From right:** Jim; his oldest daughter who has run 3 marathons with him and 3 half marathons; her son Jack, 21 years old running his first half marathon with Jim; Alex, granddaughter's fiancée and marathoner.

### ARR MEMBERS ON THE AWARDS PODIUM

*Believe in Heroes 2018*



BETH DAVENPORT



ANNA WILLIAMSON



CLIFF MATTHEWS



# JOIN ARR MEMBERS and community runners for ARR Weekly Workouts!

## Master Runners Unlimited Saturday Morning Run

The MRU runs start at 7:30 am every Saturday. For more information contact [Cece](#).

- The ARR Saturday morning run group welcomes all ages and all paces to join, as well as non-members and visitors. Until we have proof otherwise, we'll claim this is the longest-running weekly run in ABQ. This group was started by the former ABQ Master Runners Unlimited (MRU) club and is a tradition that they brought to ARR.
- We rotate through seven different routes in sequence. With many different paces, we get spread out along the route, but pause periodically to regroup. Distance can be modified to suit your needs.
- Join the group for breakfast after the run!

Date	Route	Meet Location	Distance
May 7	<a href="#">Bear Canyon Arroyo</a>	Near McDonald's at Tramway & Montgomery NE	6.0M
May 14	<a href="#">South Bosque Trail</a>	National Hispanic Cultural Center	7.5M
May 21	<a href="#">ABQ Academy double loop</a>	Hoffmantown Church Parking Lot on Ventura	6.7M
May 28	<a href="#">N. ABQ Acres rollers</a>	On Admiral Halsey north of Academy Hills Park	6.8M
June 4	<a href="#">North Bosque Path</a>	On Candelaria east of Rio Grande Nature Center	9.4M
June 11	<a href="#">Los Poblanos Open Space</a>	Parking lot off Montano NW	7.5M
June 18	<a href="#">Bike Path/Foothills Trail</a>	Near McDonald's at Tramway & Montgomery NE	6.7M

## Sunday Morning Run

Join Joyce Fafard and friends for a fairly easy 5-6 mile run with rest breaks. Meet at 8:30 am (*until after Memorial Day, when start time changes to 7:30 am*) at the Sandia Labs Credit Union near Trader Joe's, corner of Paseo del Norte and Ventura NE. Go for coffee/breakfast afterwards. Call Joyce at 505-350-3527 for more information.

## MEMBERSHIP UPDATE For April 2022

### RENEWED MEMBERS

Vicki Arnold  
 Frank Griggs  
 Yolanda Hernandez  
 Meredith Ryan  
 Robert Sandoval + Cynthia,  
 Michael, & Nathan  
 Carolyn + Warren Schelling  
 Rondi Thornton  
 Miyuki Vaughan

### NEW MEMBERS

Paula Dodge-Kwan  
 Angela Graham  
 Courtney Mulcahy  
 Sandy Oas  
 Sheila Ramamurthy +  
 Neil + Thomas Wille  
 Leshila Stratton  
 Antoinette Tafoya