



ARRnews

Newsletter of Albuquerque Road Runners Club | Vol 38 No 8

September 2022

President's Message

I can't believe it's September. That means a couple of big club events coming soon.

First up is the tenth Mt. Taylor 50K on October 1st. The race is full but the wait list is moving. We are still looking for **volunteers** to help with this event. Contact **Margaret Gordon** if you can help out. Also, we are still looking for EMT support for this year's run. Anyone who is an **EMT** or knows someone who might help out, please contact me ([click here](#)). Volunteering for this unique event is an adventure in itself. Many people camp out on the mountain on Friday night; it's quite the party atmosphere. We put on a great cookout starting on Saturday after the first place runner finishes. We also have a post-race party later in the week for all participants and volunteers.

Second up is the 17th Forever Young Run on October 23rd. The 3 and 6 mile events are held on Forest Service roads in Placitas under the shadow of the Sandias. To volunteer, please contact **John Clady**.

This month's meeting will be 7 pm on Thursday, September 8th. It will be an informal get together at Canteen Brewhouse at 2381 Aztec Rd NE. Come ready to talk about your latest running adventures.

Kurt

Next Club Meeting

DATE: Thursday, September 8, 2022

TIME: 7:00 pm

LOCATION: Canteen Brewhouse (2381 Aztec Rd NE)

Casual, informal, social – come on in for a brew or a root beer and meet and mingle! We'll meet new members and visitors, and talk about your summer races!



Mt. Taylor 50K TRAINING RUN

By Ken Gordon

MT. TAYLOR FIRST HALF TRAINING DAY



After a last-minute one-day deferral due to the deluge on Mt. Taylor Friday and Saturday, 19 folks showed up to run the first half of the course. With five "shepherds" to keep the runners on the sparsely marked course, we navigated the soggy 16 miles of the first half of the course. I don't think the mountain has ever been this green. It was an unexpectedly good turnout after the late postponement and everyone seemed to enjoy the day.



MT. TAYLOR 50K

An ARR Race

October 1, 2022 – Grants, NM



10th Edition of Mt. Taylor 50K

Race is FULL.

WAIT LIST IS OPEN.

[Ultrasignup.com](https://ultrasignup.com)

Volunteers always welcome to sign up – email Margaret

FOREVER YOUNG / An ARR Race

6M and 3M Races

October 23, 2022 - Placitas

The Forever Young Race is a celebration in memory of our club member Charlie Young, an avid runner, cyclist and outdoorsman who was killed in a bike accident in Colorado in August 2004. Since Charlie always ran without a shirt even in the dead of winter, participants are encouraged to run shirtless (not topless) in his memory.



The race is held on a dirt loop course in Placitas with rolling hills in a beautiful pinon/juniper area. Choose the 6 mile run, a challenging run around the full Forest Loop Road, or the 3 mile walk/run, out-and-back on rolling hills.

John Clady, the Forever Young Race Director, reports that details are coming together for the race in October. NMDOT has issued the permit to park along Highway 165 in Placitas, and the Forest Service will soon sign off on the final permit which allows the race to proceed. We've already gotten the race hoodies and awards delivered.

Last year for the first time, we had pre-race packet pickup and in-person registration on the Friday and Saturday before the Sunday event, which made for a much less hectic race-day morning. John encourages participants to take advantage of this convenient service again this year:

on Friday at Heart & Sole Sports – San Mateo location

on Saturday at Heart & Sole Sports – Eubank location

REGISTRATION IS OPEN. [CLICK HERE.](#)

The popular hoodies from last year return in a new color, and age group winners will receive a newly-designed award.

New AGE GROUPS:

15 and under (Youth)	50-59 (Grand Masters)
16-25 (Juniors)	60-69 (Seniors)
26-39 (Open)	70+ (Legends)
40-49 (Masters)	

PRE-RACE Packet Pick-up

Friday, October 21, 2022

3:30 pm to 6:00 pm

Heart & Sole Sports, **2817 San Mateo Blvd NE**

Saturday, October 22, 2022

3:30 pm to 6:00 pm

Heart & Sole Sports, **3601 Eubank NE**

Packet Pick-up is also available on Race Day from 7:30 to 8:30 am.

WOMEN IN TRAINING 2022

Banquet – Canteen Brewhouse – July 21

ARR's 2022 **WOMEN IN TRAINING** program brought together an enthusiastic group of runners, run-walkers, and walkers for our 10-week schedule of group and on-your-own workouts. Many familiar faces returned from previous years to mentor the newbies and refine their own skills, including (among others) Marie Alvidrez, Pam Green, Deborah Renteria, Meredith Ryan, Valerie Sarracino, Amy Shrouf, and Miyuki Vaughan.

Leading the group once again this year was the incomparable **JANE CUDNEY-BLACK**, creator of the work-outs and taskmaster/trainer extraordinaire. Jane makes things happen for these ladies, whether it's their first time working with her...or their fifth.

The 10-week program culminates in the club's **Women's Distance Festival 5K Race**, which took place on June 26 at the UNM Golf Course (directed by Tom Besson). Great performances all around by the WIT participants!

WIT also includes a banquet as a post-race celebration. ARR president Kurt Coonrod arranged for a fun event at Canteen Brewhouse with plenty of food and drink for everyone.

Very special thank-yous to Jane for her leadership, to Deb Renteria for her admin work, and to Kurt for the party!

Well Done!



AT THE RACE ...

**... AND
AT THE
PARTY!**



PHILMONT TRAIL RUNS

By Kurt Coonrod

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

For inclusion in the next newsletter, send them to publications@abqroadrunners.com



For the first time ever, Philmont Scout Ranch opened its trails for a series of races to allow all to enjoy the beautiful wilderness of the Sangre de Cristo Mountains on August 13th. Philmont is located in mountains west of Cimarron, NM. Distances included 8 miles, 18 miles, marathon, and 50 mile ultra. **Ken and Margaret Gordon, Richard Iverson and I** were all signed up for the marathon.

Friday we carpooled out of Albuquerque, stopped for a bite to eat in Las Vegas, and arrived at the Ranch headquarters a bit before dark to check in. We had decided to go for the full "Scout experience" and made use of the free tent accommodations

at the headquarters. This experience included 5x7 tents spaced 4 feet apart with 2 cots each, and then being serenaded until 10:30 by the scouts. The cots had thin plastic covered mattresses that crinkled every time you moved. The compound was lined with gravel that crunched when walked on. So you can imagine (crunch crunch crinkle crinkle) when I say none of us got much sleep before having to rise a little after 4 in the morning to catch the "school buses" at 5 to get to the 6 am start.

We were deposited at the marathon start in the dark but under a bright moon. We had time to talk with many other runners and learned that most had some kind of ties to Philmont in their pasts – many had been scouts or counselors or both. Because both Ken and Margaret were nursing injuries, they had decided to spend the day running with me. Luckily for them the marathon had a very generous cut-off 17 hours. Ken would get the chance to experience an "all day with Kurt" on the trail.

The day was truly amazing. The weather was perfect, the trails well kept, the views spectacular, the climbs and descents mostly gentle, the aid stations well done, and the encouragement from the scouts out backpacking much appreciated. All was perfect except for a couple of falls or near falls, navigating the "Tooth of Time Ridge" and a bit of heat over the last few miles. Richard came in 9th overall with a time of 5:46:55. Ken, Margaret, and I all finished in 7:12:36, which was much better than I expected. This gave us plenty of time to have a great lunch in Las Vegas and still get back home plenty early.

For a first time event, the organizers did a fabulous job. If they make this an annual event, I would definitely recommend it.



RAGNAR ROAD RACE - BOURBON CHASE
In Kentucky on September 30-October 1



“The Bourbon Chase is a 200-ish mile running relay across the Bluegrass State that winds its way through the historic Kentucky Bourbon Trail.

Local Team Looking for 2 More Runners

We have a team that has been registered to run the Ragnar road race, Bourbon Chase, in Kentucky on September 30-October 1. We had a team of 12, but due to injuries, we have lost two runners. Most of us are from the Albuquerque area and are looking for anyone who would be interested in running with us.

We are mostly in our 40s. We are not competing to win. We are running to finish. The average pace on the team is 9-10 min. We range from all different skill levels! We have men and women in both vans too. I can make sure to put the two people in the same van if needed.

If you know of anyone who would be interested in running this crazy race with two vans of strangers, please have them contact me. We hope to hear from some crazy runners! Thanks!

Contact Amy at tatixier@yahoo.com

Teams will come together in the city of Bardstown to kick off this running adventure at Bardstown Bourbon where you'll head east on quiet, tree-lined country roads with beautiful rolling hills and the scenic backroads of the Bluegrass Region. Over two days and one glorious night, you'll run past picturesque horse farms, stopping at some of the very best bourbon distilleries along the way. And we can't forget to mention the incredibly welcoming Kentucky communities—can you say spirit award?

The journey ends in downtown Lexington where you and your team will cross the finish line together where an epic party awaits hosted by Town Branch Bourbon. Celebrate your victory with music, dancing, The Lexington Brewing & Distilling Co. beer garden, and plenty of bourbon sampling action at this party.”

Source: Event Website

MEMBERSHIP UPDATE - For July & August 2022

Renewed Members

New Members

Alberta Bates	Angela Janda	Deb Renteria + Val Sarracino
Pat Bethke	Mariah Lujan	Amy Shrouf
Thomas Camacho	Laura Maclay	Will Steinberg
Gloria Cohen	Cliff Matthews & Family	David Stewart
John Farrow	Kelly McClendon	Meredith Taylor
Kathy & Elliott Foucar	Steve Nickerson & Family	Rick Teubner
Paul Fyfe	Kristy Ott-Meyer	Aidan Thompson
Kim Gieck	Amy Purcell	Karl Walczak
Meta Hirschl	Jeff Puterbaugh	

Ashton Broadrick
Andrea & Brad Carvey
Nicholas Potter
Kimber Ryan
Anne Schmidt
Matthew Wirth

ARR BOARD OF DIRECTORS

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Vice President	Gary Schancer
Secretary	Peter Falk
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