



ARR News

newsletter of the albuquerque road runners club

Vol 31, No 5

OCTOBER 2014

President's Corner

by Gwen Walker

Happy October, Road Runners!

I am sure you're all on board with me in wondering exactly how the summer and all of our club races passed so darn fast this year! I spent this past weekend volunteering at the Mt. Taylor 50K on Saturday and the XC Courage Classic on Sunday, and was blown away by our strong Road Runners presence at these races — both runners AND volunteers. You guys are making a great name for our club, and it's not going unnoticed!

I'd like to give a shout out to **Rodger Sack, Glenda Muirhead, Ken and Margaret Gordon, and Kurt Coonrod.**

Rodger and Glenda double teamed the La Luz Trail Run this year, ensuring that the event ran smoothly and that runners and volunteers had a great time! I was disappointed that I couldn't make it to the La Luz race because of a prior race commitment that happened to be the same weekend. But I certainly heard a multitude of positive comments and feedback about how the race was run, and how awesome our volunteers were!

Ken, Margaret, and Kurt are probably still riding high from Mt. Taylor this past weekend, where they did an amazing job coordinating the logistics of a 31 mile trek for 160+ runners through the mountains! I think they'll be getting plenty of positive feedback for their hard work as well, because the preliminary posts I've seen on Facebook from some of the runners have been really enthusiastic!! Let me tell you, if you've never made it out to Mt. Taylor, you should put it on your

calendar for 2015, whether you plan to run it, or volunteer, or show up to cheer everyone on. Just being a small part of the race was the most amazing experience!

Another shout out goes to our **Funds Committee**, led by **Joyce Fafard.**

These four members, (**Joyce, Charriisa Lin, Cece Niemczyk, and Gordon Sargent**), spent a considerable amount of time reviewing applications and interviewing candidates for the grant money we gave away this year. If you missed our club meeting in September, we awarded grant money to NM Cyclocross, Running 505, and the Desert Ridge Middle School Cross Country team.

We've got a few more monthly meetings and club events coming up this year, so be sure to join us for one or ALL of them! Mark your calendars for **November 22, which is our next Adopted Trail Cleanup** out on the west side of town. We'd love your help! If you're running the **Duke City Marathon**, keep your eye out for some ARR members leading the pace groups! If you're interested in volunteering at Duke City, either as a **pacers or working the bag drop**, please don't wait to contact our awesome Volunteer Coordinator, Natasha Arnold, at volunteers@abqroadrunners.com.

Hope to see all of you very soon!

Gwen

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Club Meetings:

Held at 7 pm on the first Wednesday of each month (*unless otherwise noted*)

Next Meeting:

Wednesday, October 1, at 7:00 pm

**North Domingo Baca Center
 Classroom 4**

7521 Carmel NE
 (off Wyoming NE north of Paseo del Norte)

Membership Renewal

Watch your email for notification if your membership is due to expire.

ARR NEWS

ARR News is published bimonthly by the Albuquerque Road Runners. Contributions of articles and photos are always welcome. Check with the **editor** for deadlines.

The Albuquerque Road Runners Club is a non-profit corporation as an affiliate member of Road Runners Club of America (RRCA).

Albuquerque Road Runners Club
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Visit us at www.abqroadrunners.com



Highlights from CLUB MEETING

AUGUST 6, 2014

Guest speakers from Blue Star Mothers: Frances Walker and Julie Fullweiler spoke about their upcoming 5K race on September 7 at Balloon Fiesta Park. Proceeds benefit their group which sends 2000 boxes in 5 mailings to deployed military throughout the year. The club will time this event.

Matt promoted the **H&S Full Moon Run on August 9**. Last time 88 attended, shooting for 100 this time. Bring bug spray.

Running 505: Melani Buchanan Farmer + Justin + Myrriah Gomez. Starting back up with the new school year. Provide classroom and outdoor training for grades 5-8. Last year they had a core group of 15 girls; new this year is Running Guys also, the only area boys' after-school program. Looking for help: a) refer kids in greater ABQ area; b) donate (for shoes, gear); c) sponsor race registration fees; d) act as mentors, both men and women, to run with kids at their own speed.

La Luz: Rodger Sack, race director, reported 49th annual race on August 3 went very well despite "hiccups" in the planning stages. Next year is the 50th Anniversary. Female winner Rachael Cuellar was present at meeting.

Mt Taylor 50K on Sept 27: Ken and Margaret Gordon, race directors, offered Rachael Cuellar a free entry; she declined.

Duke City Marathon: John Farrow, committee member, inquired whether the club will again provide pace group leaders and bag drop volunteers for the event on October 19. We will put out a request. He needs to report to committee.

ICWA (Institute of Community Wellness & Athletics): Jessica and Jonathan explained their organization – provide interdisciplinary team for athletes covering exercise, nutrition, weight training, treatment of injury/pain, imbalance. Discussed benefits of warmup prior to exercise. Use dynamic moves before and static stretches after exercise. Attendees participated in demonstration of stretches.

— Reported by G Muirhead, substituting for Lisa Johnson, ARR Secretary

NEXT CLUB MEETING

Wednesday, October 1

7:00 pm



MEETING LOCATION:
**North Domingo Baca
 Multigenerational Center
 7521 Carmel NE**
 (off Wyoming Blvd: left at first
 signal north of Paseo del Norte)

ARR Awards Grants to Community Groups

ARR is pleased to announce the award of grants to three groups in the community whose aims and missions align with those of the Club. Our newly-formed **Funds Committee**, which is chaired by **Joyce Fafard** and includes **Charrissa Lin, Cece Niemczyk, and Gordon Sargent**, developed criteria, advertised for submissions, and made decisions after serious consideration of several applications. We thank them all for their hard work.

The award recipients were announced at the Club's September meeting, and representatives from each of these three worthy groups were present for the check presentations.

Winners of ARR's 2014 Community Grants

\$1,000 — Desert Ridge Middle School Cross Country Team — *Dot Wire*

\$2,000 — DASH (Development of Athletics and Social Health) for New Mexico Cyclocross — *Antonia DeHorney*

\$1,000 — Running 505 — *Melani Buchanan Farmer*



Glenda Muirhead, Dot Wire, Charrissa Lin, Antonia DeHorney, Joyce Fafard, Melani Buchanan Farmer

Membership Update

NEW MEMBERS

Diana Best
Heidi Byrd
Meredith Eddy
David & Marcie Flack
Gregg Glass
Dennis Hafford
Bill & Terri Kardeen
Caleb Lewis
Gerardo Martinez
Allison Miller
Frederic Moras
Chelsea Okamoto
Crystal Sanchez
Justin Wiens
Richard Winters

RENEWED MEMBERS

Sarah Askey
Alberta Bates
Mary Ann Bosworth
Teresa Brobeck
Zandall Carpenter
Mark Essenmacher
Catrin Hasselgren
Tudor Oprea
Lenore Hennie
Thomas Hernandez
Lisa Johnson
Kathy Kirsling
Richard Knapp
Karen Shackelford
Timothy Koehler
Thao Le
Adele Koehler
Laura Maclay
Joseph Madrigal
Clifford Matthews
Margaret, Iris, Elvis, Sophia
Susie Rand-Weimer
Will Steinberg
April Taylor
Mike Torneby
Leith Torneby
William West

Two Dogs Looking for a Good Home

John Farrow, ARR Board Member and RRCA state rep (and a dog lover), reports that a friend is relocating and is looking for a home for her two Labrador Retrievers, 5 and 7 years old, male and female.

They have been fairly sedentary but likely could become runners as they are very healthy. If your heart and home are big enough for **both dogs** (not one), please contact **John**.



Club Race Report



Mt. Taylor 50k

Saturday, September 27 — Grants, NM

Gwen Walker reports: "Amazing race at Mt. Taylor, put on by Ken Gordon, Margaret Gordon, and Kurt Coonrod. We LOVED volunteering [Gwen and husband Danny Walker], and it seemed like all of the runners were happy to be out there and having a blast! Shout out to all member/volunteers who were there helping...also, loved seeing so many members out on the course."

Congratulations to the 156 finishers in this year's event. Complete results are available at ultrasignup.com.



2014 RESULTS — Top 10 Men & Women

MALES

Overall Place	Gender Place	Time	First	Last	City	Age
1	1	4:19:36	Craig	Curley	Tucson AZ	26
2	2	4:57:35	Chris	Peverada	Albuquerque NM	27
3	3	5:04:02	Mike	Rahmer	Albuquerque NM	41
4	4	5:08:03	Jesse	Armijo	Albuquerque NM	31
5	5	5:08:04	Michael	Bursum	Las Cruces NM	41
6	6	5:16:33	Steve	Peterson	Reserve NM	52
8	7	5:25:12	Christopher	Hall	Gallup NM	33
9	8	5:26:27	Clifton	Trujillo	Albuquerque NM	31
10	9	5:26:29	Andy	Stravers	Gallup NM	37
11	10	5:31:44	Eric	Anderson	Albuquerque NM	33

FEMALES

Overall Place	Gender Place	Time	First	Last	City	Age
7	1	5:19:59	Michelle	Hummel	Albuquerque NM	29
27	2	6:12:08	Katie	Levaux	Albuquerque NM	35
29	3	6:13:38	Cindy	Preslar	Cloudcroft NM	44
30	4	6:18:54	Marlene	Armijo	Rio Rancho NM	43
31	5	6:21:18	Vicki	Hunter	Boulder CO	53
36	6	6:28:19	Molly	Roberts	Albuquerque NM	46
38	7	6:40:28	Maya	Ramsay	Placitas NM	32
40	8	6:41:34	Rose	Nyenhuis	Los Alamos NM	51
46	9	6:47:41	Sarah	Eury	Golden CO	31
50	10	6:51:25	Liz	Miller	Los Alamos NM	30



Profile on the Run: Coren Anderson

By Wendy Wiggins

I had a lovely 10 mile run with Coren on Saturday the 27th. It was a pleasure to talk running and life with her. Here are a few things you should know about her.

Coren has lived most of her life in Albuquerque and began running at 37. She joined ARR in January '14 and immediately took on the daunting task of directing our long-standing Women in Training Program. Taking over a program with that much history is always tough. Coren and her volunteers did an amazing job.

Like many Road Runners she's been involved with many groups. She has trained with the Oxygen Morons and TNT and is a member of Sole Sisters.

These groups, along with Women in Training, inspired her to create her own group called "Road Warriors." Currently, she's finishing up the Fitness Technician program at CNM. Coren beams when she talks about coaching. "I'm enjoying coaching even more than my own running right now."

Her favorite moment was bringing in the last member of her group at the Susan G. Komen Race for the Cure this year. She really enjoys working with older fitness enthusiasts because she understands their struggles. When she's not coaching and studying, she is a student employee at the CNM Dean of Students Office, keeping members of the student body in line. **

Favorite Local Races:

The Rio Grande Half (August). **The Day of the Tread 5 and 10K** (October). Both are favorites for their great routes.

First Marathon:

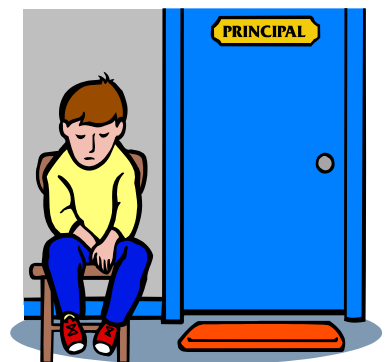
San Diego Rock 'N Roll Marathon

Next race:

Denver Rock 'N Roll Half Marathon on October 19th.

This fall you'll see her out with her groups on Saturday mornings and doing her own long runs on Sundays. Wish her luck in Denver and with her programs.

Thank you, Coren, for your work with ARR!



***the interviewer's loose interpretation of Coren's actual description*

ADOPTED TRAIL CLEANUP

Saturday, November 22, 2014 - On the West Side

Time for another attack on the litter that assails our club's "other" adopted trail (besides La Luz). This stretch of bike/jogging trail starts across the street from the Unser-and-Western-Trail entrance to Petroglyphs National Monument and heads north for about a mile to Dellyne.

This cleanup day, our second of 2014, will start at 8:30 am. We will meet at the bend where Atrisco headed north becomes Legends headed east. We will walk the trail in sections, filling trash bags which will be picked up by the city.

Water, gloves, hats, a few "grabbers," and trash bags are provided. Please sign up with the club's Trail Cleanup Coordinator, **Dick Harris** at 505-268-5747. If you can join us, please put it on your calendar and BE THERE! Any amount of time you are able to volunteer will make a difference and be appreciated.

(It's a fun way to spend an hour or so — check out the [photos on our website](#).)

DUKE CITY MARATHON Club Volunteers

Where will you be on Sunday, October 19?

Many of your fellow club members will be out supporting this legendary local event, either by racing on their own, or by volunteering for ARR. Some will be leading a marathon Pace Group; others will be staffing the Bag Drop Booth.

We could use additional hands at Bag Drop. If you are a spectator and need something to do while your racer is out on the course, stop by and spend some time helping the finishers retrieve their belongings.

Also, we've got a great line-up of pace group leaders ready to lead the way, but are still missing a 2nd-half pacer for the 4:30 finish time. Can you be the one to take the sign from Jeff and bring it across the finish line?!

Please contact the club's Volunteer Coordinator, **Natasha Arnold**, if you can help with either task. (*Natasha will be the one shuttling the pace leaders between the start/finish and the turnaround.*)



Pace Group Leaders

FINISH TIME	3:00	Full Marathon	Justin Wiens
	3:30	1ST HALF 2ND HALF	Jean-Louis Beaudonnet Derek Surka
	4:00	1ST HALF 2ND HALF	Sarah Askey Joyce Fafard
	4:30	1ST HALF	Jeff Bierly



RACE CALENDAR

See ARR website RACE CALENDAR for registration details

October

- 4 30th Annual Big Tesuque Trail Run** | Santa Fe, NM - *Aspen Vista Trailhead* | 12M Trail Run | [nmsportsonline](#)
- 4 Wounded Warrior Half Marathon** | ABQ, NM - *Kirtland AFB* | Half Marathon, 5K Run | [active.com](#)
- 5 Bosque Boogie Run for Science** | ABQ, NM | 10K Ind/Team, 5K Ind/Team, Kids K Fun Run | [register online](#)
- 5 Sandia Mountain Shadows Trail Run** | ABQ, NM - *Piedra Lisa Park* | 10K Run, 5K Run | [active.com](#)
- 11 5K at the Farm** | ABQ, NM - *Los Poblanos Field* | 5K Run | [active.com](#) | *benefits Rio Grande Community Farm*
- 11 Marcy and Keian Parra Scholarship 5K Run/Walk** | Las Cruces, NM - *Ocate High School* | \$10 Entry
- 11-12 Durango Double** | Durango, CO | Trail & Road Half Marathons on consecutive days | [registration](#)
- 12 Run to Break the Silence** | ABQ, NM - *ABQ Academy* | 5K Run, 10K Run, Kids Fun Run | [active.com](#) [view flyer](#)
- 18 3rd Annual Dash on the Ditch** | Los Lunas, NM | 10K Run, 5K Run/Walk | [active.com](#) [download entry form](#)
- 18 R&R in Ruidoso Service Challenge Run** | Ruidoso, NM | 15K trail run, 10K trail run, 5K trail run | [active.com](#)
- 19 Duke City Marathon** | ABQ, NM | Marathon, Marathon Relay, Half Marathon, 10K Run, 10K Walk, 5K Run, 5K Walk
- 25 Dead Man Peaks Trail Run** | Cuba, NM | 50M, 26.2M, 10K, 5K | [ultrasignup.com](#)
- 25 Monster 5K & Fun Run** | Las Cruces, NM | 5K Run, 1M Fun Run/Walk | [register online](#) | *benefits Casa de Peregrinos*
- 25 ATC Flaming Chicken Trail Run** | Santa Fe, NM | 5K Race & 1 Mile Fun Run
- 25 Virtus Race** | ABQ, NM - *Alameda Bridge* | 10K Run, 5K Run, Kids K | [active.com](#) | *benefits Oak Grove Classical Academy*
- 25 Flying Horse Half Marathon & 5K** | El Paso, TX | Half Marathon, 5K Run
- 26 First Responders 5K** | ABQ, NM - *Los Ranchos* | 5K Run/Walk | [active.com](#) | *benefit the Ten-82 Fund*
- 26 Monsters on the Mesa** | ABQ, NM - *Aperture Center Plaza* | 10K, 5K, 1K Run/Walk for adults, kids and pets | [ultrasignup.com](#)
- 26 Day of the Tread** | ABQ, NM | Half Marathon, 10K Run&Walk, 5K Run&Walk, Cycling Events | [active.com](#) [download form](#)

November

- 1 Pecos Valley Roundup Races** | Roswell, NM - *Cahoon Park* | 20K Run, 10K Run & Walk, 2-Mile Run & Walk | [active.com](#)
- 1 Ruby K's Yum Run** | Los Alamos, NM | 5K Run/Walk, 10K Trail Run/Walk, 1K Run/Walk |
- 2 Doggie Dash & Dawdle** | ABQ, NM - *Balloon Fiesta Park* | [register online](#) | *benefits Animal Humane NM*
- 8 Desert Dash Trail Races** | Las Cruces, NM - *Chihuahuan Desert Nature Park* | Half Marathon, 10K, 5K, Kids KMile
- 9 Firebolt 5K** | Corrales, NM - *Cottonwood School* | 5K Run, 1M Fun Run | [active.com](#)
- 16 2nd Annual Rebel Run** | ABQ, NM - *Balloon Fiesta Park* | 10K Run, 5K Run | [register online](#) | *benefits UNM Children's Hospital*

December

- 6 Kringle Jingle** | ABQ, NM | 10K, 5K, Kids K | [active.com](#)
- 6 Reindeer Run** | Roswell, NM - *Civic Center* | 10K Run & Walk, 2-Mile Run & Walk | [active.com](#)
- 13 Festivus 5K for the Rest of Us** | ABQ, NM - *ABQ Academy* | 5K Run | [active.com](#) | *benefits UNM Cancer Center*
- 13 Lady of the Mountain Half Marathon** | Alamogordo, NM | Half Marathon + Relay, 10K, 5K | [active.com](#) [facebook](#)

FULL MOON RUN



WEDNESDAY, OCTOBER 8
Meet at Kit Carson Park — 7:45 pm start

“ALL LEVELS” run and walk that lasts for 40 minutes
Bring your kids and dogs! Snacks, giveaways, & fun!