



ARRR News

Newsletter of Albuquerque Road Runners Club
October 2016

Vol 33, No 5

DUKE CITY MARATHON VOLUNTEERS



This is one of the best volunteers opportunities of the year.

We are looking for six people to staff the ARR booth at the Duke City Expo. See all of your chums who are running. Size up the competition and give yourself an excuse to check out all of the other fun stuff at the expo.

Bag drop from 5:30 a.m. to 2:00 p.m. 1 to 2 hour shifts.

If you're not running, do the early bird special at 5:30 a.m. This is a great opportunity to be part of the Duke City excitement.

New volunteers will get the famous ARR Headsweats cap. If you are running, you can still make it. Schedule yourself before or after your race. This is a great opportunity to be in the heart of the action. Email volunteer@abqroadrunners.com to be a part of it!

ARR FUNDS SUPPORT COMMUNITY

At the last general board meeting, ARR President Wendy Wiggins and Vice President Ana Romero Jurisson distributed funds to two worthy organizations: Barrett House and Placitas Library. Road Runner adopted the Barrett House Learning Center as part of Barrett Foundation's Adopt A Room program.

Barrett House is a state-of-the-art emergency shelter for women and children experiencing homelessness and looking to better their lives.

Placitas Library schedules events for children and adults, including art exhibits and a labyrinth garden where residents learn about soil and water conservation, wildlife habitat, and the value of native plants.



President's Corner

Hello Road Runners,

It was so good to catch up with the club's founders, old friends and new members at the 30th Anniversary Party. Thank you to Kurt Coonrod for your generosity and hospitality. Kurt was the first person to welcome me to the Albuquerque running community.

Next Club Meeting

Wednesday, Oct. 5, 7:00 pm
**North Domingo Baca Center/
Classroom 4**
at Carmel and Wyoming Blvd,
west at first stoplight north of
Paseo del Norte

This club is built on volunteers who work hard solely to share their love of running with others. Why do we do it? Because we help to build a better community, but mostly because we get back more than we give.

In the last quarter of this year, you'll have plenty of volunteer opportunities. We supply a lot of volunteers as we head into the city's biggest race, and our sister RRCA event on **October 16, the Duke City Marathon**. We have expo and bag drop volunteer positions to fill. This is a fun day to see all of your old and some new friends. It's a good chance to see what other runners are involved in. Everyone is excited for the race.

ARR BOARD

PRESIDENT	Wendy Wiggins
VICE PRESIDENT	Ana Romero Jurisson
SECRETARY	Mariah Harrison
TREASURER	Joyce Fafard
MEMBERSHIP	Anna Williamson
RACE DIRECTION	Rodger Sack
ADVISORY	John Farrow

CONTACTS

VOLUNTEERS	Gwen Walker
NEWSLETTER	Stephanie Barton

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

It's also time to think about the transition into 2017. There's much I would like to accomplish in my presidency, but it looks likely that I will need to hand over the reins. I've made a career change that is requiring a lot more of my time and energy. My family demands will also get heavier in the next year. Thanks to this club, as overwhelmed as life is right now, I still manage to eek out a couple of runs a week and keep my sanity.

This year's board has been a great team. I'm looking to them to carry us forward for the next month as I find balance in life. They can't do it alone. The club needs more leaders. If you aren't interested in a board position in the upcoming year, ask yourself what project or volunteer duty you can do to share your love of running and what it adds to your life with your community.

Wendy Wiggins
ARR President

ADOPTED TRAIL CLEANUP

SATURDAY, NOVEMBER 19

The next in a long-running series of cleanups of the section of hike/bike trail along Unser Boulevard opposite the Petroglyph National Monument Visitor Center that ARR has adopted will take place beginning at 08:30 Saturday morning, 11/19/16. No need to sign up – just show up if you can help – even if later than 8:30 and even if only for a little while.

Meet at the bend where **Atrisco** headed north becomes **Legends** headed east – a bit north of Western Trail. For more details and pix from previous cleanups, surf your way to www.abqroadrunners.com/adopted-trail-cleanup.html.



HANDICAP SERIES

The 6-month **handicap series** is back starting in **November!** This series features a free race hosted by a member each month November - April. Races vary in distance (usually 3 - 6 miles) and in difficulty.

The way the handicapping works is that slower runners and walkers will start first and faster runners last so that everyone finishes (mostly) together and the winner is the first one to cross the line. Post-run we all gather for a potluck to celebrate -- either at some one's home or at a nearby restaurant.

We're gearing up to start the series in November and I'm looking for a host for that month. Please contact me at shannon.stubbs@gmail.com if you are interested in being a host or if you have any questions about the series.



Welcome New Members!

Alan Auerbach
Nancy Augustus
Michael Brennand
Steve Briggs
Kristina Dumas
John Emmons
Rebecca Fritsch
Robert Giebitz
Todd Hierlmaier
Jerry Lavin
Ben Lukoski
Megan McCarty
Jennifer Pollard
TJ Putnam
Melissa Tencza
Alicia Williams

ARR Ultra Update

RESULTS

Aug 6. **Angeles Crest 100** (29th running). Wrightwood to Altadena, CA
Jussi Hamalainen recorded his 28th finish at AC100 at age 70
93rd Travis McWhorter M29 31:07:54

Aug 6. **Rainbow Bridge Trail Ultra**. Navajo Mountain, AZ. 50 km.
3rd Derrick Leach (Abq) M32 4:49:22
12th Richard Knapp (Abq) M64 7:58:49
19th Rey Swart (Rio Rancho) M12 9:05:22 (note the age!)

Aug 20. **Leadville 100 mile** (34th running). Third event in the Grand Slam — of the 34 who started the slam 19 are now left after completing Western States, Vermont & Leadville. Won by Ian Sharman in 16:22:39, almost 2 hours ahead of second-place finisher. Sharman now has run 4 of the 10 fastest times ever at Leadville.

52nd Eric Pope M53 23:42:48 (first in age-group)
69th Katrin Silva F46 24:14:38 (first in age-group)

Aug 20. **Devil Mountain 50 mi & 50 km**. Pagosa Springs, CO. Trail races in “awesome mountain forests” in the San Juan mountains put on by the GECKO organization.

50km results

30th Nick Juskiwicz M55 8:39:17
37th Perky Garcia F50 10:03:03
38th Kathy Kirsling F67 10:28:44

Aug 22-28. **UTMB and related events**. Chamonix, France. Among the events is the “Petite Trotte à Leon”, a team event for teams of 2 or 3 runners who must be self-sufficient as they circle 299 km (186 miles) around Mont Blanc with almost 87000ft elevation gain. The Zia Goats, comprising N.M. runners Sean Cunniff, Jason Halladay and Bill Geist, withdrew after 253 km and 129 hours of effort.

Aug 27. **Lean Horse 100 mi, 50 mi, 50k m**. Custer, S.D. Plus 30 km and 5-person 100 mile relay. Route is on the Mickelson rail-trail.

21st Chris Baca (Sandia Park) M43 25:58:44
34th Ian Maddieson (Abq) M73 28:19:17

FALL 2016 TRAIL RACES

Oct 1. **Mt Taylor 50 km**, Grants NM. 174 runners already registered by Sept 5th; field capped at 175. Volunteer assistance also welcome: contact Margaret Gordon at [meowelk at yahoo.com](mailto:meowelk@yahoo.com).

Oct 9. **Ridgeline trail races**. Castle Rock, CO. 50km, plus 21km and 12km

Oct 15. **Deadman Peaks 50 mi** and trail marathon, also 30 km. Cuba, NM. Registration open on UltraSignup. Volunteers also welcome: contact Gail Leedy at [gail.leedy at gmail.com](mailto:gail.leedy@gmail.com)

Oct 29. **Javelina Jundred 100 mile and 100 km**. McDowell Mountain Park, Fountain Hills AZ. Dennis Drey, Chris Baca, Cliff Matthews among 100 mile entrants; Ian Maddieson doing 100km.

Nov 5. **Antelope Island 50km**. Syracuse UT (on the Great Salt Lake). Run with the buffalo!

Nov 19. **Dead Horse ultras, 50 mi, 50km**. Moab, UT. Plus a 30km.

2017 PLANNING

Already time to start planning for 2017!

The qualifying window for the 2017 **Western States 100** ends Nov 6, with Rio del Lago and Pinhoti 100 milers the last qualifying opportunities, as well as Javelina 100 a week earlier. Entry applications will be taken Nov 5 -12. Lottery on Dec 3. This year a (short) waitlist will be maintained to try to ensure that the full permitted field of 369 runners starts.

Application window for **Hardrock 100** opens Oct 16 and continues until Nov 20. Multiple qualifying runs in September, including Run Rabbit Run, IMTUF, Tahoe 200, Bear 100, Plain 100 and the Mogollon Monster.



RACE CALENDAR

OCTOBER

- 1 **Mt. Taylor 50K** | Grants, NM | 50 K | [online registration](#) | ||| **CLUB RACE**
- 1 **Big Tesuque Trail Run** | Santa Fe, NM - *Aspen Vista trailhead* | 12M trail run | [register online](#) Shirts are in men's and women's sizes, XS - XL. :-)
- 8-9 **Durango Double Half Marathons** | Durango, CO | 13.1 Mile Road, 13.1 Mile Trail, 1 Mile Kids
- 15 **Deadman Peaks** | Cuba, NM | 53M, 26.5M, 18M | [register online](#)
- 15 **Run for Renewal** | ABQ, NM - *ABQ Academy* | 5K fun run/walk | [online registration](#)
Please bring a non-perishable food item to the race. Route will have mile markers. Shirts are in men's sizes only.
- 16 **Duke City Marathon** | ABQ, NM | Marathon, Marathon Relay, Half Marathon, 10K Run & Walk, 5K Run & Walk
- 29-30 **Day of the Dead Marathon Series** | Las Cruces, NM | Marathon, Half Marathon, 5K race **EACH DAY** |
- 30 **Monsters on the Mesa** | ABQ, NM - *Mesa del Sol* | 10K, 5K, 1K - all trails | [10K/5K registration](#)
- TBD **ATC Flaming Chicken Run** | Santa Fe, NM | 5K trail run / 1M fun run | [reg](#)

NOVEMBER/DECEMBER

- 12 **Desert Dash Trail Race** | Las Cruces, NM - *Chihuahuan Desert Nature Park* | 13.1M, 10K, 5K, Kids' mile | [register online](#)
Adult runners (13.1M, 10K, 5K) receive a technical shirt -- men's and women's sizes available. Kids get a cotton t-shirt of their own.
- 13 **Rebel Run** | ABQ, NM - *Balloon Fiesta Park* | 10K, 5K, Kids' mile | [register online](#)

JANUARY

- 1 **Egg Nog Jog** | ABQ, NM - *Los Poblanos Fields* | 5K Run or Walk | [active.com](#) |
- 1 **Foothills 50K** | ABQ, NM - *Foothills* | [facebook](#) |



FULL MOON RUN

with Heart & Sole Sports
Wednesday, October 12
Starts at 6:30 pm

Free and open to all; bring your kids & dogs!

Refreshments & drawings

Arrive early to sign in and get your name entered into drawings for cool gear.