

ARR News

Newsletter of Albuquerque Road Runners Club

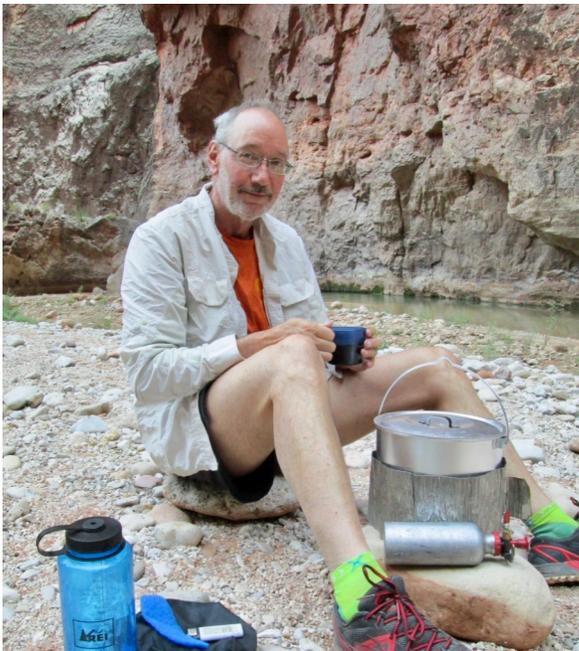
DECEMBER 2018

Vol 35 No 6

ARR OFFICERS FOR 2019

Club officers and directors for 2019 were elected at the ARR Holiday Party held on December 5. Results are as follows:

- Kurt Coonrod - President
- Ian Maddieson - Vice President
- Glenda Muirhead - Treasurer
- Richard Knapp - Secretary
- Geoffrey Tweed - Director
- Jeff Rienstra - Director



Kurt Coonrod is one of the original co-founders of the Albuquerque Road Runners. See his President's Corner commentary on Page 2.

President's Corner

Hello ARR members. Thought I would make a brief introduction by giving you a little of my background and then talk about what I see for the club going forward this next year. Many of you know me, so you can skip this first part.

I started organized running as a freshman in high school when my brother talked me into going out for the cross country team. I ran cross country and track through high school and continued with intramurals in college. I preferred shorter distances, like the mile and 880. I got talked into my first marathon in 1980 at the age of 20 and have run over a 100 since then. In 1985, my mother pointed out an article in the Albuquerque Journal about an organizational meeting for a new running club in town. I attended and the rest is history. I've been a member ever since. My level of involvement has varied over the years. I was president for 3 years in the late 80's - early 90's and race director for many club races. With my running, I've focused at times on distances from the 800 meters to 100 miles. I've been active in bike racing, triathlons and other multi-sport events. I love trail running, backpacking and trekking. My moto is, "Do as much as you can, as long as you can." Currently, I'm married to my wonderful wife, Kelly. It was appropriate that our running friends set us up. "Back in the day" I was a pretty good runner. Now I no longer race seriously, but still love to participate. Kelly and I have made many trips around the US and abroad to do this, and in the process, met many amazing people which is a big part of why I still love it—the running community.

I look forward to this coming year working with the many great member volunteers. Things I'm looking towards are:

- 1) Assisting with a successful transition of race directors for La Luz;
- 2) Helping Ian, Shannon and Kelly continue to improve the club race and fun run series;
- 3) Partnering with St. Martins Hope Works to get a running project started with the homeless; and
- 4) Working to get better participation from the younger generations into the club.

Hope to see you at the next club meeting.

Kurt Coonrod

Monthly Membership Meetings

There will not be a January meeting. The first meeting of 2019 will be on Wednesday, February 6. Please note the NEW meeting location is Nexus Brewery, located at [4730 Pan American Fwy NE](#). ARR has reserved the downstairs meeting room at Nexus from 6:30 to 8:30 PM. Come at 6:30 if you would like to order food. Check out the Nexus menu [here](#). The meeting will begin at 7:00; meeting details will be posted on the club [website](#) and Facebook page.

The theme of the November meeting was "My Favorite Race" and featured members' presentations about the race they personally like above all others. Speakers were Geoffrey Tweed, Tom Besson, Peter Falk, and Cliff Matthews. Each gave a very informative and interesting talk; Geoffrey on the Georgia Death Race, Tom on the Oklahoma City Marathon, Peter on the Imogene Pass Run, and Cliff on the Bataan Memorial Death March.

Instead of a meeting in December, the club held a Holiday Party on December 5.

ARR Trail Cleanup Event

The November Volunteer Trash pickup event took place on Friday, November 16, 2018. An enthusiastic and hardworking crew of seven members of ARR showed up on that rather cold November morning to help with this project. Those members who participated include Dennis Muirhead, Glenda Muirhead, Katie Abbott, Cliff Matthews, Richard J. Harris, Chuck Fuller, and coordinator Cece Niemczyk. There was no shortage of trash on the Tramway multi-use trail but with the work of our dedicated team we made a significant dent in removing it during our two hours of cleanup. One of the perks of doing this sort of volunteer work is the heartfelt thanks that we receive from many people passing by. There were walkers, runners, cyclists, and motorists who gave us the thumbs up and thanked us for efforts. Thanks to Dennis and Glenda Muirhead, the ARR banner was prominently displayed on the trail giving credit to our club for this project.

FREEforALL

The FREEforALL fun run series held the first event of the season on December 1, consisting of a two-person relay team 1 mile time trial. Teams of two alternated running 1 mile repeats 3x each. Times were handicapped so that the slowest team started first and the fastest team started last, with the winner being the first one to cross the finish line.

Next up is the PJs and Pancakes Run to be held on Saturday, January 5 at 8:30 AM. This event starts at the corner of Ventura and Harper in the NE corner of the Hoffmantown Church parking lot. The course will be one loop around the perimeter of the Academy (approximately 3.3 miles) and will be run handicap-style. You can roll out of bed for this one and join us because we want you to come in your PJs! Breakfast to follow at IHOP on Paseo @ Wyoming.

Additional events are planned for February, March, and April. See the [FREEforALL](#) page on the ARR Website for additional details.

2018 - 2019 Burque Brewery Series

Kelley Garcia is once again coordinating ARR's Burque Brewery Tour. The series is free and open to all. The inaugural event kicked off on November 23 at Tractor Brewing Company (Nob Hill). The male overall winner on the approximately 4 mile course was Cliff Matthews. Female overall winner was Maggie Izzard. The second event was on a very cold December 29 morning at Blue Grasshopper Taproom, located at 6361 Riverside Plaza Lane NW. Male and female overall winners of this 3 mile race were Jeff Rienstra and Kellie Nickerson, respectively.

There are three additional events planned in 2019. Locations are Bombs Away Beer Company (January), Canteen Taproom (February), and the unofficial last stop and crowning of the series winner in March at Santa Fe Brewing at Green Jeans Farmery. Visit the [Burque Brewery Tour](#) page on the ARR website for more information.

UPCOMING AREA RACES

JANUARY

- 1 **Egg Nog Jog** | ABQ, NM - Los Poblanos Fields | 5K Run or Walk | [online registration](#) [flyer](#)
- 12 **Santa Fe Snowshoe Classic** | Santa Fe, NM -- *Big Tesuque Campground* | 6K snowshoe | [flyer](#) [online registration](#) All racers receive custom fleece gloves. Age group awards are beer mugs with race logo.

FEBRUARY

- 2 **Corrida de los Locos** | Santa Fe, NM | 5 Mile Trail Run
- 3 **Super Bowl Touchdown For Fitness Run** | Albuquerque, NM | 10K, 5K Run | [register online](#)
- 9 **Cupid's Chase 5K** | Albuquerque, NM | 5K Run | [register online](#)
- 10 **Sweetheart Run** | Albuquerque, NM | 10K, 5K Run, Kids Run | [register online](#)
- 16 **Mt. Taylor Winter Quadrathlon** | Grants, NM | Adventure Race (Bike, Run, Ski, Snowshoe) | [register online](#)
- 23 **Pecos Valley Stampede** | Roswell, NM | 13.1 Mile, 10K, 5K Run | [register online](#)

MARCH

- 2 **Sierra Vista Trail Runs** | Las Cruces, NM | 50K, 30K, 10K, 5K, 1Mile Trail Run | [register online](#)
- 9 **King of the Hill** | Los Lunas, NM | 13.1 Mile, 10K, 5K Run | [register online](#)
- 17 **Bataan Memorial Death March** | White Sands, NM | 26.2 Mile | [register online](#)
- 17 **NM Shamrock Shuffle** | Rio Rancho, NM | 10 Mile, 10K, 5K Run | [register online](#)
- 31 **Miles for Minds** | Albuquerque, NM | 5K Run | [register online](#)

MEMBER RACE SERIES

The Member Race Series for 2018 has concluded and the [results](#) are posted on the club website. Awards were presented by series coordinator Ian Maddieson to winners at the Holiday Party on December 5. The winners for each age group are as follows:

F 20-29 Nara Olivas, F 30-39 Kellie Nickerson, F 40-49 Wendy Wiggins, F 50-59 Dina Hammad, F 60-69 Pamela Green

M 20-29 Todd Nickerson, M 30-39 Geoffrey Tweed, M 40-49 Spencer Briggs, M 50-59 Roger Squires, M 60-69 Jeffrey Rienstra, M 70-79 Dennis Muirhead, M 80+ Jim Schnitzler

The highest number of points was scored by Roger Squires. Roger was the only individual who ran all six race categories consisting of 5K, 10K, Half Marathon, Marathon, Short Trail Run, and Long Trail Run.



Member Race Series Director Ian Maddieson presents the Male 70-79 award to Dennis Muirhead at the Holiday Party