

ARR News

Newsletter of Albuquerque Road Runners Club

OCTOBER 2018

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2018 Mt Taylor 50K

The 7th Annual Mt Taylor 50K was held on September 29, 2018. This year's weather was beautiful, in contrast to a stormy 2017. There were a total of 169 finishers; the oldest was Kenneth O'Conner from Grants, NM at age 79! The oldest woman was 70 year old Rima Lurie of Boulder, CO. The overall winner was Craig Curley of Tucson, AZ in a time of 4:33:25. Craig holds the course record of 4:13:18, set in 2015. The winning female was Andrea Arlie of Albuquerque in a time of 5:51:03. Congratulations to co-race directors Ken and Margaret Gordon and Kurt Coonrod for another successful Mt Taylor race and to the many volunteers who made it possible.



Overall winner Craig Curley with Kenneth O'Conner and Rima Lurie. Both 79 year old O'Conner and 70 year old Lurie were the oldest mens and womens finishers in race history.

Monthly Membership Meetings

The November monthly meeting will be held on Wednesday, November 7 at 7 PM. The theme of the meeting will be "My Favorite Race" and will feature members' presentations about the race they personally like above all others. Each of the presentations will last 5+ minutes. These may include just talking about the race, a "show and tell" with items like T-shirt, swag, maps, etc., a slide show of photos, or even a Powerpoint presentation. Among the presentations planned, Cliff Matthews will be talking about the Bataan race in southern New Mexico and Peter Falk will make a presentation on the Imogene Pass race in Colorado. The meeting will be held at our usual location, North Domingo Baca Center, 7521 Carmel NE. There will be no December meeting. Instead there will be a Christmas party for club members. Details about the party to follow.

The October meeting included a discussion by representatives of local running stores Heart and Sole and Sport systems. They discussed several topics, including how they compete with internet merchants and the selection of shoe brands to carry. They emphasized their customer service, including detailed discussions with customers as to which shoes are best for their particular needs.



Julian and Matt of Heart and Sole, Mary and Duane of Sport Systems

DUKE CITY MARATHON

The Duke City Marathon was held in Albuquerque on Sunday, October 21. This premier racing event includes a marathon, half marathon, 10K run/walk and 5K run/walk. Over 5,000 people participated in the running and walking events. Such an undertaking requires a huge number of volunteers, and club members rose to the occasion.

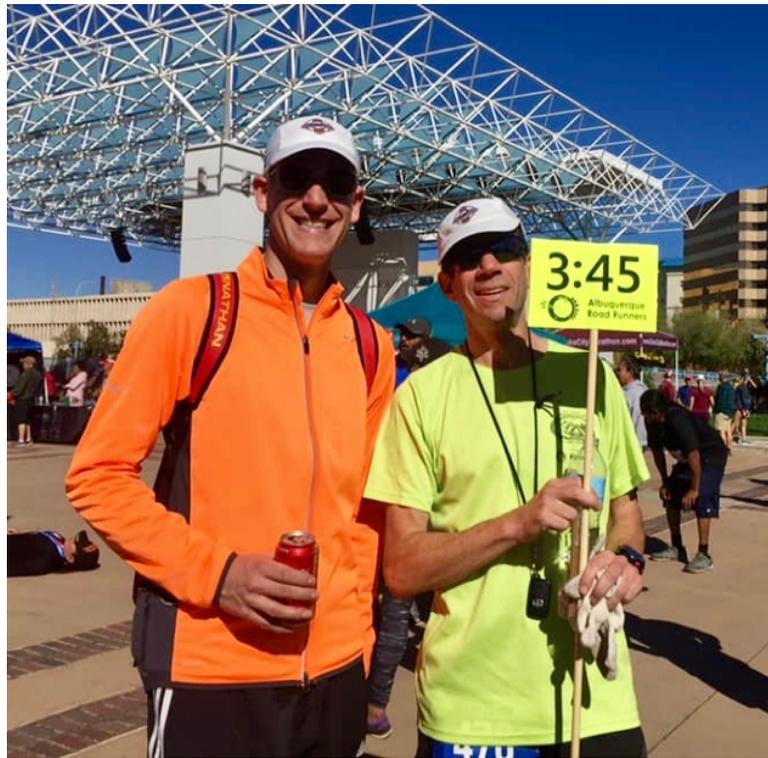
ARR had an exhibit booth at the Race Expo on Saturday, showcasing the club and the many activities we put on. Several folks came by and signed up as new members. The booth was open from 9 in the morning until 6 in the evening. Volunteers who staffed the exhibit include Cecelia Niemczyk, Joyce Fafard, Kristy Ott-Meyer, Frank Griggs, Yolanda Hernandez, Cheryl and Jeff Williams, Richard Knapp, and Glenda and Dennis Muirhead.

Beginning early Sunday morning, ARR staffed the bag drop for racers. Some folks came with pre-prepared drop bags while others required that the drop bag personnel write their bib number on the bag and tie it up. Bags were placed on the ground in numerical order. This got very hectic as the race start drew closer. Once racers returned after their event, they showed their bib number to reclaim their bag. The bag drop operated from 5:30 AM to 1 PM. ARR volunteers at the bag drop included Jo Schmidt, Lisa Marie Johnson, Laura Maclay, Julie DeHaven, Donna Calles, Tom Besson, and Glenda and Dennis Muirhead.



ARR members Joyce Fafard and Cece Niemczyk showcasing the ARR exhibit booth at the Expo

In addition to the Expo table and bag drop, ARR also provided pacers for the marathon event. These folks ran at a steady pace with a sign indicating the time they were expected to finish. The fastest pace time was 3 hours and 45 minutes, equivalent to 8 minutes and 35 seconds per mile. Eric Biedermann and Peter Falk split the distance, with Eric running the first half and Peter the second. Geoffrey Tweed and Melissa Tencza ran a 4:00 pace with Geoffrey starting and Melissa finishing, handing off the sign at the midway point. Pacers Justin Goodman and Cliff Matthews both ran the whole marathon, finishing as planned with times of 4:15 and 5:00, respectively. Additional pacers are always welcome at next years event.



Eric Biedermann and Peter Falk, after their combined 3:45 marathon effort

REVISION TO BYLAWS APPROVED

A vote was held at the September 5, 2018 membership meeting to approve an update to Article V.A.3 of the club bylaws. The amendment was unanimously approved 20-0 by the members in attendance. Article V.A.3 now states:

“Term of office shall be one year from January 1 to the last day of December of the same year. Offices made vacant by resignation, incapacity, or death, or otherwise vacant, shall be addressed as soon as practical by the board, which shall have the authority to seek out and consider eligible candidate(s) and fill such open positions by majority vote. Term of offices filled in this manner shall expire on the last day of December of the same year.”

UPCOMING AREA RACES

NOVEMBER

- 3 **Deadman Peaks Trail Run** | Cuba, NM | 53 Mile, Marathon, 30K | [register online](#) | *** **ARR Member Race Series event** ***
- 3 **Bolt for a Cause 5K** | Albuquerque, NM | 5K Run and Walk
- 4 **Doggie Dash and Dawdle 5K** | Albuquerque, NM - Balloon Fiesta Park | 5K Dash (humans only), 5K Dash (canines welcome), and 1-mile Dawdle (canines welcome) | [register online](#) | *** **ARR Member Race Series event** ***
- 4 **Thin Mint Sprint & Tagalong Trot** | Albuquerque, NM | 5K Fun Run/Walk, 1K Kids Run | [register online](#) | *benefits local Girl Scouts*
- 4 **First Responders 5K** | Los Ranchos, NM | 5K Run/Walk, Kids' K | [active.com](#)
- 10 **NB3Fit National XC Race** | Santa Ana Pueblo, NM -- *Santa Ana Golf Club* | 5K run, 3K run; Kids' K | [flyer active.com](#) Shirts in men's and youth's sizes only
- 17 **Fowl Day Run** | Santa Fe, NM, Fort Marcy Park | 5K run/walk | [flyer](#)
ENTRY: bring non-perishable food, cash, or a check made out to the Salvation Army
Suggested donation value of \$15 or more.
- 17 **Flying Horse Half Marathon** | Anthony, TX (crosses into NM) | 13.1 M, 10 K, 5K run | [register online](#) Shirts in men's and women's XS - 2XL.

Thanksgiving Day Runs and Races

- 22 **ABQ Turkey Trot** | ABQ, NM - *Kit Carson Park* | 5K | [register online](#) [registration form](#) | *benefits the Salvation Army* Donations of canned goods will be gratefully accepted.
- 22 **ABQ Turkey Trek** | ABQ, NM - Balloon Museum | 5K Run and Fitness Walk, Kids 1K FUN Run | [register online](#) | *benefits Barrett Foundation*
- 22 **3rd Annual Gratitude Run, Walk, and Bike** | ABQ, NM - SIPI | 10K, 5K walk/run, 2M and 1M walk, Kids' gratitude dash | [flyer](#) Free event for the entire community hosted by **Running Medicine**. Free registration on-site before the events begin. Donations of canned goods, winter clothing, and cash for Running Medicine will be gratefully accepted.

DECEMBER

- 2 **Run Run Rudolph Half Marathon** | ABQ, NM - Bosque Trail | 13.1M, 6.55 M, 5K, and Reindeer Dash | [register online](#) Long-sleeved technical shirts in men's, women's, and youth sizes. Race benefits the LifeROOTS community program.
- 8 **Lady of the Mountain Half Marathon** | Alamogordo, NM | 13.1 M run/relay, 10K, 5K run, kids' run | [info](#), [register online](#)
- 15 **Farolito 5K** | ABQ, NM - SIPI | 5K run/walk | [info](#) [register online](#)
Shirts are in men's and children's sizes only.

ARR Trail Cleanup Event Friday, November 16

The second volunteer trail cleanup event of the year will be held on Friday, November 16 at 9 AM. Meet at the McDonalds at Tramway and Montgomery. We will be picking up trash north of this intersection along the Tramway multi-use path. This is the same location as where we held our first trail cleanup in May. A signup sheet, gloves, trash bags, snacks, and water will be provided. Any amount of time that you can dedicate to this effort will be greatly appreciated. No one needs to stay any longer than two hours but even thirty minutes would be helpful.

You may [email](#) our trail cleanup coordinator Cece Niemczyk at or call her at 505-250-8759 for questions or information.

2018 - 2019 Burque Brewery Series Starts November 23

The first event in this season's Burque Brewery Tour will be held on November 23 at Tractor Brewing Company (Nob Hill), located at 118 Tulane Drive SE. Start time for the approximately 4 mile course is 11:30 AM. Again this year, our organizer for the tour is Kelley Garcia. She has several additional events planned through the winter, with the crowning of the series winner in March. Visit the [Burque Brewery Tour](#) page on the ARR website for more information.

Club Elections for Officers and Directors to be held in December

Similar to past years, there will be no monthly membership meeting in December. In lieu of a meeting, we will be having a Christmas party. Elections for club officers and directors for 2019 will be conducted during the party. Officer positions are President, Vice President, Treasurer, and Secretary. There are also two at-large Director positions to vote on. If you are interested in running for any of these positions, please contact club president [Richard Knapp](#).