



ARR news

Newsletter of Albuquerque Road Runners Club | Vol 40 No 5
MAY 2024

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PRESIDENT'S MESSAGE

Spring has arrived and it's time to lace up those running shoes and hit the trail or pavement. Congratulations to the 2024 **Los Tortugas team** for finishing second in the Handicap Division of the River to River Relay in southern Illinois. Also, congratulations to **Cliff Matthews** and **Gail Leedy** (and any other club member I may have overlooked) for completing the Cedro Peak 50K.

ARR's Women in Training program started in mid-April, but it's not too late to join. Email Jane Cudney-Black [HERE](#) . The program culminates with our **Women's Distance Festival 5k** on June 23.

Did you happen to see the film *26.2 to Life* on ESPN recently? The film is about a running club in San Quentin Prison that trains and runs a marathon every year inside the prison yard. If you missed it, there may be another opportunity to view it. Stay tuned for details.

And yes, we are still collecting gently used running shoes at our monthly meeting. Donated shoes are sent to underdeveloped countries. Thanks to everyone who has already brought in a pair or two. Your contribution makes a difference!

Tom Besson

CLUB MEETING



Wednesday, May 8 - 7:00 pm
North Domingo Baca Center

Carmel NE west off Wyoming north of Paseo del Norte

Brian Johnson, ARR Vice President and star ARR Facegroup Group contributor, will be the speaker for the May meeting, discussing what it has taken to successfully maintain a daily running streak that has lasted just over 10 years ... and counting. If there's time, he will also talk about the Ragnar Relay he and his team ran in mid-April in California.

EVENT Report

FREE4ALL FUN RUNS

16th Annual Berta Run Held Saturday, April 6 in Edgewood

By Kathy Kirsling, Host



The day dawned with snow on the ground and awful, awful winds – 32° with west winds at 21 to 37 to 45 mph! Made the chill factor 19°...oh my!

But despite all this, they came! They battled the weather (the cold, the wind, the snow that turned the trail to mud, the miles – my longest course ever!). And they survived the battle while dealing with injuries of this or that, that we all do.

The miles came in at 7.19, a combo of paved and dirt (mud!). Some racers' watches showed longer, some shorter. And others froze while timing and cheering and ringing that cow bell!

I hosted 19 wonderful friends! This is a great number, because It doesn't overwhelm my home, and it is so conducive to intimate conversation with everyone. Prizes were awarded – food was consumed – coffee flowed – and bodies warmed up. Thank you to all who attended...and to all those who could not come: *we missed you!*

And SCORE – Women Rock! Only two guys braved the day! And ABQ Sole Sisters – there were 12 of us! Divas 3, Babes 2, Foxes 3, Chicks 4. You are Awesome!

Plan on next year, April 5 – for the 17th Annual Berta Run!



Photos courtesy of Anna Williamson and Wendy Wiggins

member **race series**



By Ian Maddieson
Race Series Co-ordinator

April Report

There were a couple of events in the Race Series this April: the Albuquerque Half-Marathon and associated 10k and 5k races, as well as the Cedro Peak Trail 50k. **Cliff Matthews** is on the board with a finish at Cedro that gained him 62 points. With that score he's one point behind **Steve Nickerson** in the M 60-69 category. Points were scored in the Albuquerque Half-Marathon and the associated 10k. **Kellie Nickerson** was the runner-up on the women's side in the half and adds 99 points to her total. **Todd Nickerson** added 86 to his total in the half; **Christina Meyer** was runner-up on the women's side in the 10k and banks 92 points.



There is a busier calendar in May with the **Shiprock Marathon** and half-marathon as well as the **Cactus to Cloud 50k** trail run both on May 4th, with the low-key **Run for the Zoo** 5k, 10k and half-marathon on the following day. This is a fundraiser for the ABQ Biopark – a good cause to support. Another tough trail event follows on May 11th up in Los Alamos: the **Jemez Mountain Ultras** with 50 mile and 50k distances.

The idea behind the series is to encourage people to try different kinds of races across the range of distances and surfaces. If you would like to join in, send me an e-mail at raceries@abqroadrunners.com. The full list of races in the series can be seen on the ARR website [HERE](#). If you have already done any of the earlier races, your performances will count no matter how late you sign up for the series.

TRAIL CLEANUP *Scheduled*

FRIDAY, MAY 17 – 9:00 am



Cece Niemczyk, Trail Cleanup Coordinator, has planned a cleanup project for Friday morning, May 17. Meet at the usual location near the McDonald's Restaurant at Tramway and Montgomery NE beginning at 9 am.

Trash bags, water, snacks, and gloves will be provided. Any help is appreciated – there's no need to sign up, just come out as your schedule permits to improve the cleanliness of the paved bike path that runs north-south along the east side of Tramway, heading north from Montgomery.

Two of these cleanup mornings are scheduled each year. Watch for the second adventure in November!

RIVER TO RIVER RELAY

APRIL 20 2024

By Mike Williamson, Team Manager

Los Tortugas, a team of 8 runners representing Albuquerque and the Albuquerque Road Runners Club, traveled to Southern Illinois to run an 80-mile relay race across Southern Illinois. The race starts near the Mississippi River across from Cape Girardeau, MO, and ends 80 miles east at Golconda, IL, on the Ohio River.



AT THE OHIO RIVER: IN OUR TEAM SHIRTS ...

... AND IN OUR FINISHER SHIRTS



The race travels via back roads and some small trails that cannot even be called roads. Runners take turns running 3-4 miles, resting about 3-3.5 hours, and then running another segment. Each runner logs about 10 miles total. Our team runs in the Handicap Division where minutes are subtracted from a runner's actual time based on age and sex. This year there were 23 teams in our division.

Our runners in order were:

Kurt Coonrod, Dennis Muirhead (*his 17th year on the team*), Glenda Muirhead, Kathy Foucar, Mike Williamson, Shannon Zanelli, Lon Waters, and Jeff Rienstra.

We flew to St. Louis, rented a van, and drove to Marion IL, to check in for the race and pick up our packets, then on to Carbondale (another 15 miles) to spend the night. At 4:45 am, we were back in the van to drive the 45 minutes to the start.

Kurt started the first leg of 3.6 miles at 6:15 am. We continued from there, with each of us running three legs, in order rotation. After 11 hours and 14 minutes (**11:14:07**) we were finished! When adjusted for handicap, our official time was **7:10:47** – a good time but it put us in second place this year. We were defeated by the Chicago Gazelles, an all-women team that ran the course in **11:39:54** with an adjusted time of **6:44:54**.

Los Tortugas hold the course record in the Handicap Division, and we think it's likely the Gazelles will be back to try to break it. We'll be contemplating whether to return for an 18th year to defend the record in 2025.

ARR BOARD OF DIRECTORS

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President	Tom Besson	Director	Shannon Zanelli
Vice President	Brian Johnson	Director	Spencer Briggs
Secretary	Juan Mendez Granado	Advisory	Kurt Coonrod / Past President
Treasurer	Peter Falk	Advisory	Chris Martin / Membership

Well, this is interesting ...

R U N N I N G F A C T S



- **Running makes your heart more efficient.** Running conditions your heart to pump more strongly and efficiently, making better use of the oxygen in your blood with each heartbeat.
- **Marathon running is at an all-time high.** Throughout the years, marathon racing has grown steadily. In 2022, race participation increased by 16% compared to 2021.
- **Air resistance burns more energy.** Running outdoors at the same pace as on the treadmill burns more energy, purely due to air resistance.
- **Top marathon winners are Ethiopian.** According to Runner's World, nine of the top 20 of today's fastest marathon runners are Ethiopian. However, Kenya is not far behind, with eight of the top 20 men and women racers being Kenyan. The fastest performance to date (2:00:35) was in Chicago in 2023 by the late Kenyan Kelvin Kiptum.
- **Over 1 billion pairs of running shoes** are sold world-wide each year.
- **The oldest person, Fauja Singh of India,** to complete a marathon was born in 1911, making him 100 years old at the time. This marathoner didn't even start racing until he was 89 years of age.
- **When we run,** the human heart creates enough pressure to squirt blood 30 feet.
- **Three surprising animals that are faster** than the human being are a **domestic rabbit, a cat, and a kangaroo.** At best, *the fastest a person can run is about 27 mph*, which has only been achieved by a few well-trained athletes. For the most part, *a bunny hops, or actually runs, anywhere between 25 and 45 mph*, while *a typical domestic cat can hit speeds of about 30 mph* without training or even warming up. *The Red Kangaroo can comfortably hop at about 15 miles per hour, but has been clocked going up to 44 miles per hour.* It can also sustain a speed of 25 miles per hour for a mile. Kangaroos can hop further than any other animal on earth, leaping up to 25 feet in a single hop.

SOURCE FOR THESE FACTS: Various random internet sites.

CAUTION: It would be wise to maintain some skepticism about their validity!

Membership Update April 2024

Renewed Members

Robert Annett & Renate Savich
Amy Berger-Martinez
Brian Johnson
Karen & Doug Nordquist
Eric Pope & Kate Siders

New Members

Robbi Berry & Mark Berry
Lauren Gross
Sarah Treviso
Sierra Williams
Nancy Zastudil

Lifetime Members

John Kelly
Alan Overmier & Cyndi Vaughan
Ray Pompa
Carl Steinhauer & Martha Cascante