

the strider

'voice' of the West Slope's longest-running autonomous collective of running-minded anarchists

KEVIN KOCH Fastest Master @ Kendall (also almost wins Trail-Town 10)

Thanks to Paul Wubben, Conrad Cole, and Tom Ela for contributions to the NL

Next month: maybe? Some, (or 'more') Race Results?

MMS Directors meeting --> June 26, surprise, surprise, we discussed running-related matters, mostly. Reviewed MMS bank-account balances – if the positive trend continues, no telling what kind of high-tech schwag we might obtain. (Psychiatric help for the editor is still off in the distant future, however). Madame President announced that the MMS T-shirts and tanks are almost ALL SOLD. The editor was cautioned not to announce what the \$\$\$ balance is, but “it’s good.” (I already forgot what it was, anyway). Any suggestions for MMS-related items?

Karla attended a MCS&R meeting (re: Kokopelli trail runs) – new Race Director, presumably they’ll continue to put on a qualitative event – which is Saturday, August 25. The MMS “Jaguar” timing system has been hired to time this. The Jaguar system seems to be also used for the City of G.J. “Santa Cause” run in December. The other MMS system should continue to time the RimRock. In the event anyone wants to assist with MMS timing services, contact any Director.

We collectively lamented the situation of no readily-accessible results for the Headless 5k, the Fruita Feb. 4 5&10k, the symphony 5&10k, and the Poe vs. Shakespeare 5k. Andy W mentioned a possible Veteran’s Hospital 5k – to raise funds for homeless/disabled vets. There hasn’t been a local July 4 race for many years. So, a V.A. race could be then, or Veteran’s Day!

In response to last month’s request for any news of running events we couldn’t locate (on-line or otherwise) – Paul Wubben wrote a note: “I ‘ran’ the Symphony 5k & 10k out at Las Colonias Park, and upheld the STRIDER name by finishing (dead) last in the 10k. Cost me \$35, but I got a T-shirt and a delicacy wrapped in a tortilla!”

For submissions for next newsletter: Email articles to nusratkhan@aol.com

Doesn't have to be a 'submission'! Let me know of O-missions, etc.

or 'regular' mail to MMS, c/o Betunada, 230 Sunset Hills, Grand Jct., CO 81503

The M M S Directors, currently, are:

KARLA NEPHEW – President (& Jaguar-Timing-System).

ANDY WINNEFELD – Vice-President & frequent medical insight).

TOM ELA – Membership (among other things). CONRAD COLE – Treasurer.

ROSCO BETUNADA – interim temporary acting Secretary, Newsletter.

RANDEE BERGEN -- Web Site, and FaceBook. LARRY INGRAM -- Calendar, Race Director Consultant.

SHERYL DOUGLAS (former President and still Keeper of the Keys).

Also assisting the MMS in various ways: COREY HINMAN (GVTA Liason),

JULIE MALINGOWSKI (resident meteorologist), & a Director who wishes to remain Anonymous.

Late-summer & early Autumn C A L E N D A R

Note: all phone numbers "970" unless indicated otherwise

July 28, GRAND MESA (ultra) RUNS – choose between 30k, 55k, 50 miles, or 100 miles. All over the Mesa! www.grandmesaultras.com ~ Start times for all distances are early, but the 50 & 100 are VERY early!

August 4, 9 a.m. Cheatin' Woodchuck Chase. Now, after all those long uphill runs, here are a couple DOWNward runs: 5-mile and 2.3. Rifle Mountain Park. Bus @ 8:10. www.rifleco.org or 625-2151 (also active.com)

AUGUST 4, 7:30 a.m. DESERT CHAMPIONSHIPS, 3 DAM(n) COURSE, 5.5 MILE.
1.2 miles north of H Road on 27 ¼ road. Paul: 241-6478 The Race Director sent a note: "Too hot except between 7 AM – 10 AM in the desert. This run (the "3-Dam-Run" has been lengthened by about ½ mile on the northeast section to about 5.5 miles."

August 11, Sat. Mt. Sneffels Marathon -- & HALF. SJMR. Mtsneffelsmarathon.com
 Marathon is up-&-back from Ridgway to Ouray, whereas the half is fa-a-ast, dropping from Ouray down to Ridgway.

August 11, Aspen Back-Country Marathon (.com) – actually it's aspenspecialerevents.com/backcountry-marathon/

Aug. 13, Monday, 6:15 p.m. - Flume Canyon (Pollock Bench Trail head) – trail race #4 (of 5) of the MMS Trail-Race Series. Just what you are looking for in a race: low-key, inexpensive, scenic, not on a week-end, and something similar to 'camaraderie'.

Aug. 18, Sat. (a.m.) JUST PEACHY RUN Races – part of Palisade Peach Festival – Riverbend Park, 451 Pendleton Street. 5k and 10k events, plus a "kid's" 1k. Put on by MAD Racing Colorado. (970) 744-4450 or justpeachyrun.com (or try madracingcolorado.com)

August 18, also LEADVILLE TRAIL 100-MILE; PIKES PEAK ASCENT; the Basalt half-marathon (dot.com); with the August 19 "Full" Pikes Peak Marathon – (710)-473-2625

August 20 – 26: G.J. "Senior Games" – includes 5k and track&field events – 243-FUNN or check G.J. Parks & Rec. 5k is usually early in the week in the morning (Tuesday?) and T&F is/are usually Friday. Running events range from 100m up to 1600m.

August 21, Tues, 6:30 p.m. Monthly MMS Directors meeting may or may not be held, this month: Call 270-0109 for location & etc.

August 25, Sat., 7:30 a.m. MARY'S LOOP (&) KOKOPELLI CLASSIC TRAIL RUNS – either a 16-mile or 8+ mile course. Loma exit off I-70. www.active.com or www.mcsargt.com Pre-registration is \$30 for the shorter event, \$50 for the 16. Race-day entries are \$5 more. Proceeds benefit the Mesa County Search and Rescue Ground Team.

Also Aug. 25 is the "10 @ 10" (10k @ 10k elevation) near Vail: www.vailrec.com or 479-2280.

Sept. 1, Sat., 8:30 a.m. SPUR-OF-THE-MOMENT 5K, Jr. Legion Park, part of Riverfront Trail system. A level, paved path (no motor-vehicles!). This is a “good solid” 5k course to see what your 5k fitness and possible (non-downhill) PR could be ~

Sept. 8, Sat. 9 a.m. Spirit of The Valley 5k.org “Run walk or Roll” St. Matthews Episcopal Church. 242-3293

Sept. 8, 8:30 a.m. Imogene Pass (epic!) 18-mile trail run from Ouray to Telluride over Imogene Pass (13k+ elev.) – if you’re not already registered, too late! Try to get in next year!
www.imogenerun.com

Sept. 8 and 9: “Desert’s Edge Tri Festival” Triathlons at Highline Lake, near Fruita – XTERRA (mountain) and (road-bikes) Sprint and Olympic distances.
www.madracingcolorado.com
XTERRA event is Saturday (9/8) while the other two are on Sunday. Also itsyourrace.com

Join us for any of the 4 weekly training sessions: anyone (that is: come one, come all).

NOTE: you DO NOT "HAVE TO" RUN -- show up and walk, even!

NOTE #2: donations always appreciated in regards the beer (and beverage) cooler contents!

Group training runs are held four times each week, Monday-Tuesday-Wednesday-Thursdays.

Every Wednesday, speed workout, 6 PM – Tabeguache Trailhead on Monument Road
We have a loop around the easier bottom trails with segments designated for intervals but this works well if you want a shorter easier run by just running your training pace throughout. Great for beginners, a challenging workout for the ambitious!
All abilities and speeds encouraged to join, Tom 970-773-3124.

Group training run every Thursday, 6 PM -- Tabeguache Trailhead on Monument Road. We'll be out there rain or shine. As always, this is casual and all shapes and speeds are welcome with various routes to choose from. We'll look out for you. Questions: Tom 970-773-3124

Group training run every Monday, 6 PM

7/30 Mary's Loop Trailhead, I-70 Loma Exit

8/6 Devil's Canyon Trailhead 8/13 Pollock Canyon Trailhead, run Flume Canyon Loop

8/20 Pollock Canyon Trailhead, run Pollock Bench Loop

We will rotate through these four locations in this order through the season. For all but Mary's Loop, take Colo Hwy 340 south from Fruita across the river and turn right at Kings View Rd. Follow through the subdivision and onto the gravel road. Devil's Canyon parking is soon after on the left, Pollock parking is a couple of miles further on the left.

We run in all conditions. Like the Thursday night group, this is casual and all abilities are welcome with various distances to choose from. Tom 970-773-3124

Tuesday morning trail run, 5:30 AM - New group for cooler running!

Tabeguache Trailhead on Monument Road

Messages or to get on or off the list: Tom Ela nachtambule@aol.com



MESA MONUMENT STRIDERS website: <http://www.mesamonumentstriders.com> – www.facebook.com/pages/Mesa-Monument-Striders/282653486288

Other running websites:

sjmr.club (SJMR) San Juan Mountain Runners, 631 S. 2nd Street, Montrose, CO 81401

West Colorado GIRLS ON THE RUN: gotrwesterncolorado.org

Steamboat Springs: www.runningseries.com – this site should show all you need to know about most (or all!) the Steamboat-area races. Get on their e-mailing list!

rrca.org (road runners clubs of america) and colorado runner: www.coloradorunnermag.com



Support the underwriters / sponsors of the MESA-MONUMENT STRIDERS:

The following: Summit Canyon Mountaineering, ALPINE AUTO-HAUS, and the FOOT SUPPORT GROUP, *have assisted in keeping membership costs lower than they could be. And: they support running in the Grand Valley (& elsewhere). Support them if you can!*

Summit Canyon Mountaineering 461 Main Street, Grand Junction, CO 81501 (970) 243-2847

(Still prettyNew sponsor/underwriter): ALPINE AUTO-HAUS, 539 BOGART LANE – (970) 248-8004
Consider this auto-repair/servicing shop – especially for your Audi or BMW or VW or MINI ~

FOOT SUPPORT GROUP Foot/gait/orthotics/bracing/modification specialists
“European Craftsmanship – Biomechanical Design” 3212 F Road, Clifton, CO 81520
888-242-3881 or, in the 970 area code: 434-2727



3rd annual Striders Trail Race Series

Suggested donation for the entire series is \$20 for members \$25 for non-members or \$5 per race. Races start at 6:15 pm. Arrive early to sign up!

Monday, August 13 - Flume Canyon (Pollock Bench Trail head) Monday, September 17 - Pollock Bench Trail - raffle to follow the race. (Ed. Note: last year there were A LOT of neat items at the raffle! Maybe ... some/all race-helpers should get a ticket, or 2?)

On June 30, San-Juan-Mountain-Runners conducted the TRAIL-TOWN 5- and 10-Mile runs in Ridgway. Winning the 10 was teen-ager Brendan Twiggs in 64:47. 23-seconds later KEVIN KOCH trotted in, the fastest-master. In 4th was “seasoned” master Heath Hibbard (74:00). Donna Anderson was 6th, women’s winner, and #1 in the 50-59 age group! Stephanie Von Flue had 1:41:25 of fun followed by long-time MMS member (from Arvada) Ross Wesley – who won the 80+ age group.

Women ruled the five-mile, with Sydney Melzer leading in 41:42, followed by Nancy Morton-Kaiser (41:58) who was Master’s Fastest. Christian Martin was first man (45:36) and also won the 50+ age group. There were 60 competitors in these races.

KENDALL MOUNTAIN RUN(s) were held July 14 (and not the 21st on our previous calendar) – The main event is 12-miles total, an out-&-back up-&-down course from Silverton to the top of THAT PEAK looming over the valley towards the south – more than 4,000' of gain (then plummet). In recent years there has been an 11k event which goes part-way up the mountain then back.

195 people survived the longer race, won by Dakota Jones (27, from Durango) in 1:37:44 and by Lucy Bartholomew (22, from Australia) in 1:59:14. Men's runner-up was Timmy Parr (36, Leadville) with 1:43:37. Women's 2nd place went to Madeline McKeever (31, Denver), 2:01:30. In 9th place over-all was KEVIN KOCH, fastest Master in 1:58:34, He was 5 ½ minutes ahead of the 2nd Master runner. The only Grand Valley names the editor noted were Amy Davis (Palisade, age 54) who spent 3 hours 5 minutes enjoying the scenery, and Dan Grisham (55) who appreciated the views a bit longer.

The 11k had an interesting double-winning-team in that 1st and 2nd over-all were teen-agers Malachi and Kyla Ricks from Moab. Malachi finished in 1:08:15 while (presumably, his sister) Kyla was just 30 seconds later. 3rd and 4th over-all were the respective Master's winners, Dan Trujillo (1:09:01) and Rhonda Jones (from Delta) in 1:19:30.

JULY 19, THURSDAY, 6 p.m.: Featuring not only the next race in the MMS Trail-Series @ Lunch-Loop/Widow-Maker/Tabeguache Trail -- in conjunction with the MMS annual picnic. Over 20 men and women ran the 5+ miles (further?) in the approximately 100-degree heat! Nobody died! And many more came for the food and drinks and camaraderie afterwards.

The BLM has opened a comment period for proposed changes and new developments at both Rabbit Valley and the North Fruita Desert. These are not trail proposals, but they are directly related to trail use. The proposals address camping fees, campground reservation systems, new campground developments, and development of an event staging area at 18 Road. Here are links to each project at the BLM's planning website (e-planning):

The formal comment period is open through July 25.

Rabbit Valley <https://go.usa.gov/xUaYu>

North Fruita Desert <https://go.usa.gov/xUagg>

To Join (or renew) the Striders,
send \$20 for an individual Membership,
or \$25 for a family to:

Attn: MEMBERSHIP / TOM ELA
Mesa-Monument STRIDERS
P.O. Box 3685
Grand Junction, CO 81502

I, the undersigned, enthusiastically and whole-heartedly agree to this waiver, which is required by the RRCA for all of their member clubs for insurance purposes. There are probably other special purposes; but in order to join the Striders (and hence, the RRCA) you have to agree to and indicate that agreement by signing after the following (if time allows, you might actually READ the following, and suggest alternative wording to us!)

I realize by entering a running event that possibilities exist for injuries, unforeseen weirdness (and, worse yet, foreseen weirdness) and maybe even death, could happen. Regardless of what happens, EVEN IF THAT INVOLVES ABDUCTION BY EXTRATERRESTRIALS, I won't hold the MMS and any and all other sponsors and personnel involved with any event I participate in if I get injured, severely weirded-out, or die from any claim or liability. My heirs and anyone who is entitled to act on my behalf won't sue, either.

Your MMStrider Newsletter Subscription will be sent via EMAIL unless you note otherwise.

(Check "Y" or "N")

Paper? Newsletter? _____ Email? _____ Email address: _____

_____ Signature & DATE

Parents Signature if applicant is under 18 years old

\$1.25 of your annual dues goes to the RRCA as a member of the Road Runners Club of America
AND you will receive the Colorado Runner Magazine (quarterly)

Name (legibly printed?): _____

Address:



MESA MONUMENT STRIDER PO BOX 3685
Grand Junction, CO 81502

