

THE STRIDERS

In this issue: NanKeith Frates & Kevin Koch are fastest to WhiteWater!
Mary Young wins age group @ Other Half!
Unexpurgated full and complete Rim Rock Marathon Results!
*MORE RESULTS than you can shake a stick at!**

*find a stick, preferably less than 4.5 inches long. When scanning this newsletter, concentrating on RESULTS, shake the stick over them. If you actually can shake the stick at all the results, well, we bet it wasn't exactly easy and took a while!

next issue: your submissions, results would be appreciated, of course!

THANKS TO OUR CONTRIBUTORS THIS ISSUE: Liz Norris, Katy Robertson, Conrad Cole, Randee Bergen, R Bergen ("Real Runners are Just That"), Robb Reece, Rob Tran (full RRM results!)



Run to Whitewater Sunday, October 27, 2013

"a Striders classic!" Run to Whitewater 18 Miles on the Tabeguache Trail from Bang's Canyon Staging Area to Highway 141.

- | | | |
|---------------------------|-----------------------------|---------------------------|
| Results: | 1 Kevin Koch, 2:08:09 | 2 Kevin Donoher, 2:18:14 |
| 3 Scott Vig, 2:36:15 | 4 Nan Keith Frates, 2:50:01 | 5 Jeff Wagner, 3:02:58 |
| 6 Jill Whinnery, 3:12:23 | 7 Kirk Apt, 3:37:08 | 8 Jeannie Grooms, 3:51:12 |
| 9 Sheryl Douglas, 4:49:17 | Mr. Race Director says: | |

The Run to Whitewater has fluctuated greatly over the years with as few as 4 or 5 and as many as 18 or so participants. It seems every other year, folks come out for the very economical 18 mile jaunt on the Tabeguache. This year we had 9 runners with only 2 starting early. Some very fast runners were among the other 7, so could not waste any time driving around to the finish and mark the turn off to the single track.

The trees were bright yellow by Highway 141. Everyone seemed to enjoy the trek and the day. Next year, the event may move forward a bit as the Monument will no longer permit the Marathon to happen on a free weekend (Veterans Day weekend) and we hope this will continue to be a good training run for the Marathon.



Deadline for submissions for next newsletter – is, eh, maybe, Dec 13. We may skip an issue, as we often do in the winter. Email articles anyway! to nusratkhan@aol.com or snail mail to MMS, c/o Betunada, 230 Sunset Hills, Grand Jct., CO 81503



new, updated, more interactive MESA MONUMENT STRIDERS website.

The site is located at www.mesamonumentstriders.webs.com and is up and running. The previous website – www.mmstriders.com – will remain active for a few more months, though soon anyone who lands on it will be redirected to the new site. The new website is hosted by Webs, a free, build-your-own-website. So, not only will the new website have more to offer, but it won't cost the Striders a thing to manage. Over 40 million websites have been built with Webs.com.

The website content is accessible to both members and nonmembers. That means that current members, members who have let their membership expire, out-of-town runners, and those new to our community looking for a running group will be able to find the information they need all in one place. The **HOME** page gives a short description of our organization, welcoming anyone who might be interested in running with us, fast or slow, serious or casual.

The **CALENDAR** page is quite impressive, what with all the runs we host and the numerous group training runs held in any given week. Visitors to the site can click on an event to learn more about it – location, start time, how to register, etc. Any Strider can contact me and ask me to add an event or additional information to the calendar.

Current and past Striders newsletters can be accessed on the **NEWS** page. Some of the most important news will be pulled from the newsletters and posted as separate news articles on this page also.

We have many members who like to write and who write truly inspirational pieces. Members can share their writing in the newsletter, but they can now also upload it to **BLOGS**. I have already taken the liberty to copy a few of the things I've read in the past newsletters to this section of the website.

All Striders, as well as other interested individuals, are encouraged to sign up and become members of the website. Register on the Home Page and then just sign in on subsequent visits. Of course, we want all Striders to sign up and upload a picture of themselves. Visitors will be able to click on members, see their activity on the site, and send a message. Think of the potential! Want to find new running partners? Carpool to a race? Get directions to a certain trailhead? The **MEMBERS** page is one of the best features of the new site – we can finally see the Striders as a whole as well as who we are as individuals.

On the **RACES AND RESULTS** page, you can find information about upcoming races, including links to register, and any results we have obtained. Of course, I encourage you to contact me with information to add to make this section as useful as possible.

Another fun feature of the new site is the **PHOTO GALLERY**. Anyone who is registered on the site can upload pictures. You can make albums, arrange your photos, add captions, and comment, much like you can on Facebook. We have lots of photographers in our group and we're counting on your photos to enrich our site and motivate us to create more and more running memories. There is also a **VIDEOS** page, though I have not yet attempted to upload any video.

Last, there are the **FRIENDS OF STRIDERS/LINKS** and **CONTACT US** pages. The content on these pages can take you off in several related directions or help you find someone you need to get a hold of.

So, get up, get moving, get on over to www.mesamonumentstriders.com and register! We can't wait to "see" our membership and have everyone benefit from the interactive nature of our new website.

Questions? Ideas? Contact Randee Bergen on the website or at 985-5985.

MMS Directors meeting: OCTOBER 15: we talked about some possible upcoming 5Ks and such: Lincoln O M? "5k for Lacrosse"? 5k to raise funds for the MMS directors delinquency fund? And, fortunately, DID NOT have to seriously discuss an alternative RRM route -- as the Federal Constipation enema-ized sufficiently in advance, whereby we enjoyed the Monument in its entirety ...

Bye-bye Chris S, hello Randee B.

Tom Ela reported that the bicycle "tour of the moon" was \$ucce\$\$ful for the MMS -- in that those who spent time and provided "sag wagon" and "sweeping" services aided considerably in enriçhing the MMS bank account.

OH! might be change of date for Appleton Freezer -- Jan. 18.

See detailed announcement and description of the "WEBSITE TRANSITION" in this issue!

One of our directors told Vice-President ANDY: "according to Ms. Manners, it's still not to late to send a thank-you card" in regards Andy's discovery of an un-wrapped wedding present hidden somewhere in his house -- SIXTEEN YEARS LATER. (And my spouse thinks I ignore and by-pass vacuuming and cleaning corners and under furniture in our house!)

Late Novembrrrr, December & beyond C A L E N D A R

NOV. 23, Sat. 10:30 a.m. STRIDER 'TOM TURKEY' 6-MILE PREDICTION RUN! Turkeys are not necessarily awarded to the fastest, but to those who run closest to their pre-race predictions! 2932 B Road (Orchard Mesa, around Chipeta Golf Course), Larry: 270-0774

Thursday, Nov. 28, 9 AM. Thanksgiving Day GJ Turkey Trot 5K
Moving this year to downtown GJ www.gjturkeytrot.org

You can, instead, run Turkey day runs in Montrose, Glenwood, Steamboat Springs, and probably a few other regional locations

Dec. 7 WinterSun 10k (Moab) registration should still be open!? www.moabhalfmarathon.com

Dec. 8, Sun., 11 a.m. First cross-country ski-race of the season! 5k classic, at Grand Mesa Skyway (on top of the G M), Tom: 434-9753 www.gmnc.org

Dec. 17, Tues., 7 PM (call 589-6180 for directions and to ensure we haven't had a date change) – possible Monthly M M S Director's meeting. Usually at Raven-Ridge Resources, 584 25 Road. May change due to just about anything...

Dec. 21: Sat., 11 a.m. Strider 5-Mile Time Trial. Riverfront on Redlands at Albertsons. Larry, 270-0774. An accurate flat pleasant (it's the Riverfront trail!) course.

Dec. 31: stay toond: "run in the new year"?

Jan. 4: Sat., 8 a.m. Bangs Canyon 30/60k: These/this event(s) are the current incarnation of the "corpulent posterior" runs ... bangscanyon@yahoo.com

Jan. 18: Appleton Freezer (NOTE: on some calendars as Jan. 25). "Stay

tuned" and "watch this space ..." Rick: 255-6510

NOTE: The March 15 Canyonlands Half and 5 Mile will not be a lottery this year. Registration opened Nov. 13, first come first served! and if you didn't get a spot, it's probably too late! www.moabhalfmarathon.com

Join us for any of these 4 weekly training sessions:

Every Tuesday, fartlek type speed workout with Karah Lively-Rinaldi
Sherwood Park, 5:30 AM All abilities and speeds encouraged to join, 361-1889.

Every Wednesday, speed workout Meet at the Lincoln Park Track, 6:00 PM
All abilities and speeds encouraged to join, 773-3124.

Group training run every Thursday 5:45 PM
Craven's Coffee Warehouse, 598 N. Commercial Dr.
For Craven's from Patterson: between 25 and 25 1/2 Rd turn south on Northgate at B & H Sports, make an immediate left at the T, when the street turns south again go straight ahead into the parking lot, the door is in the middle of the south side of the building; there's a big sign on the end of the building that says "Images".
We'll be out there rain or shine. A headlamp is a good idea. As always, this is casual and all shapes and speeds are welcome with various routes to choose from. We'll look out for you.

Group training run **every Monday**, 5:45 PM
11/18 meet again at the Copper Club on Aspen in downtown Fruita
Ongoing permanent meeting spot to be decided
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 773-3124

Messages? comments? questions? suggestions? Additions? Deletions?
Tom Ela nachtambule@aol.com 434-9753



Robb Reece sent information about a local result in the State USATF cross-country championships, held Nov. 9 at DeKoevend Park in Denver. Zenon Reece finished 10th in his race with 8:02 for a 1.25 mile course (6:27 pace). He qualified for the Regionals in Texas next month. Zenon was in the 7/8 YO (7- and 8-yr old) group. 6:27 pace at that age? Whew! (Robb's email had several pictures - we'll forward that to the website).

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

The following sponsors/underwriters
Western Medical Associates, Colorado Chiropractic & Muscle Care,
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!

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

COLORADO CHIROPRACTIC & MUSCLE CARE -- Dr. Bryce Christianson 216-1691 www.grandjunctionart.com (“scholarships for triathletes”)

WESTERN MEDICAL ASSOCIATES 1060 Orchard Ave., Suite H, GJ (81501) **Andrew Winnefeld, M.D.** For an appointment call 241-7600

Some running websites:

mmstriders.com & **rrca.org** (road runners clubs of america)

injuredrunner.com -- here in G.J -- also betterrunner.com
Bryan also has an event calendar which has quite a bit of info. <http://WesternColoradoAthlete.com> Bryan Whitesides PT, MPT, OCS
Injured Runner / Better Runner 970.712.3350

colorado runner: www.coloradorunnermag.com

montrose area running: **sjmr.org** (SJMR)
San Juan Mountain Runners, 631 S. 2nd Street, Montrose, CO 81401

West Colorado GIRLS ON THE RUN: gotrwesterncolorado.org

MOAB: **moabhalfmarathon.org** (the original spring 13/5 and “the other half” and the Winter-Sun) -- also (435) 259-4525 and the Thelma&Louise 1/2 Marathon!

Durango-area races: Durango Motorless Transit www.go-dmt.org (DMT)
www.gjrunning.com -- we'll review this and see what it is -- in fact, please do us a favor and suggest other locally-relevant sites -- and let us know more about those we've included here

*** **-> MEMBERSHIP RENEWAL REMINDER <--** ***

send your payment of \$20 for individuals, \$25 for a same-address family (of 2 or more)

Mesa-Monument STRIDERS / Attn: Tom Ela / Membership
P.O. Box 3685 Grand Junction, CO 81502

MMS members get reduced rates at all the low-key local events. Sometimes MMS members get "preferential treatment" -- such as "first in line" to enter MoabHalfMarathon

events. You also receive the monthly email or paper newsletter often with race entry forms and such delivered right to either your door or email-box.



Black Canyon "North Rim" 20k (& 8k run/walk), October 13:

SJMR "North Rim" 8k & 20k

The Race Organizer Jan PEART "didn't miss a beat" and put this/these event(s) on in spite of the National Park closure. Call this year's events the Hotchkiss-area-Leroux-Creek-downhill runs (though the 20k participants ran UPHILL starting at about 7500' elevation for about 2.5 miles then turned around and plummeted downhill).

The 20k was pretty competitive (if last year's winner, Kevin O, is 4th this year? -- keep in mind he was 15th in the recent "Other half") -- in that RON THOMASSON won with a 1:14:14, seven minutes ahead of Levi Broyles. Third was Lee Brannon (1:23:02) with 55-years-young Mr. O'Brien in at 1:25:12.

LAURIE HADLEY, 6th over-all, was first lady at 1:40:40 -- chased closely by Joan Sanders (1:41:02). Jeff Wagner was 10th (1:45:56).

The 8k winner, MARCUM PATRICK (also the undisputed master's fastest -- he's about 48 or 49?) came in at 30:48, another solo time-trial as he was 5 minutes ahead of the next runner. NANCY KAISER was fastest woman (4th over-all) at 36:44. Grand Valley participants were Tamarie Smith (61:28) and Rosco Betunada (35:40).



LIZ reports on recent (running) events and such:

There is a woman that I always used to see walking the hill I like to run. I have not seen her for a while. Today I saw her during one my runs but she was a few blocks away from the hill. She is more bent from her years and now walks with a cane. Her legs are still tan and her calf muscles nicely defined. She is out there moving right along. I hope I will be that wise when I am her age.

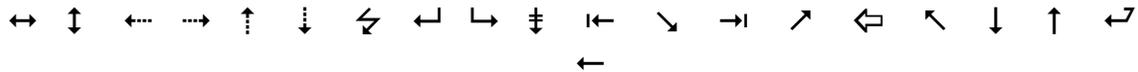
Chris and Elizabeth S are leaving for Hawaii. Nice place but sorry to lose two people who have been an active part of the running community and the community in general. Chris has helped out with a lot of races and Elizabeth penned a column in the Free Press about running and is a pretty good runner as well. She won the Mother's day run and was second in the Fruita Fall Festival run. They gave a lot to the running and cycling community and they did not get much of a chance to do some of the activities but when they did ... :) Chris could move pretty fast as well. You will be missed.

The Anna Banana was a pleasure as usual. It was great to watch the kids run after the citizens, Karah won it and Marty was second overall to win his age group. One of the girls I used to coach in girls on the run broke the 20 minute barrier for the 5k. It was a beautiful day. I ran slower than last year but still was glad to be there. Carl Tenpas was out there running it

6. Trin* Ehrenberg, 38:58 7. Nita Mancuso, 40:36 8. Julie Whitmore, 40:40
 9. Cara Kedrowski, 41:10 10. Shannon McClusky, 41:25
 Age-group results: 20-&-under: Guzman, Bailey McCall -- 43:45
 21-29: Eastup, Kedrowski, Car* Livingston -- 42:31
 31-39: Enos, Sheri Taylor -- 42:54, Brooke Caster -- 43:21
 41-49: Meister, Heller, Whitmore, McClusky
 50-50: Ehrenberg, Mancuso, Maryann Rogers -- 41:32
 60+ : Liz Norris -- 42:40, Jan Oliveto -- 80:06

Fastest MEN: 1. Lindbom, 28:11 2. Janiszeki, 29:14 3. Dan Field, 29:54
 4. Alan Enos, 31:01 5. Scott Olson, 31:51 6. Anders VanCalcar, 31:53
 7. Collin Robinson, 32:10 8. Greg Marsicek, 32:36 9. Andy Mohler, 33:08
 10. Keino Davis, 34:19

Age-group results: 20-& under: VanCalcar, Davis, Gary Honda - 35:02
 21-29: Lindbom, Janiszeki, Field
 31-39: Enos, Robinson, Dave Maas - 37:09
 41-49: Mohler, Armando Renteria - 43:19, Eric Welch - 48:46
 51-59: Louie Herrera - 37:33, Chet Brown - 37:45, John Mueller - 40:57
 60+ : Larry Ingram - 38:14, Gary Erickson - 40:32, Paul Cradit - 49:01 --> Mr. Cradit
 WINS over 70 as well.



Sunday Oct. 20 The Other Half Half Marathon Moab

"I hope you are well! We wrapped up the 10th annual The Other Half and I wanted to pass along results for the Grand Junction finishers, as well as a Post Race blog written by Karah: <http://tiredmamarunning.blogspot.com/2013/10/my-town-2013-other-half-marathon.html> Let me know if you want any other info! Sincerely, Katy Robertson"

Moab Half Marathon, Inc. 435-259-4525 www.moabhalfmarathon.com

The Strider heartily thanks Ms. R – a special page of the (48? or so) "local" participants should be accompanying this newsletter.

STUFF not on the "locals" list: 1,109 finishers. Bigger than most towns in west Colorado! fastest were KARA HENRY (age 28) from Boulder -- 1:24:43. She was 8th over-all. NATHAN KRAH (age 28) from SLC was over-all fastest -- 1:11:52. He had 3 minutes over 2nd-place Mickey Wilson. Kara was even further ahead of 2nd-place Lindsay Walsh (36) from Park City, Utah (1:28:08). THIRDS were "our" Marty Wacker (also first master) in 1:18:12 and Lynette Clemons (almost Master -- 39) from Salida, CO: 1:30:38. First women's "master" was 50-years-young Ilana Stern from Durango, 1:35:55. Kevin O'Brien, practically a regular MMS, well, regular, was 15th over-all and first over-50 with a 1:28:15.

OF ADDITIONAL NOTE for the "regulars", besides Marty's 3rd-over-all, was Andy Mohler just missing an age-group 3rd-place. He ran 1:36:29. ERNIE LANGELIER won the 60+ group with a fine 1:39:02. "We" also had 3rd-place in that category with Tom Ela (1:56:03). Shannon Hautzinger (age 17) was another 3rd a.g. in 2:10:39. Accolades to VETERAN AGE-GROUP WINNER MARY YOUNG (70) who had 2:24:44 of fun. She was paced by a guy who was 3rd in his age-group: Dennis Young (same age, same time).



REAL RUNNERS ARE JUST THAT

I often hear people say, "I'm not a real runner." We are all runners, some just run faster than others, that's all. I have never met a fake runner.

– Bart Yasso, Runner's World Chief Running Officer

This quote struck me when I read it in Runner's World a few years back and I still think about it nearly every time I go for a run (or talk myself out of going). As I departed for Moab to run The Other Half, I decided to make a concerted effort, over the weekend, to contemplate the "I'm not a real runner" quote on a deeper level.

I don't run many races, but when I do, I invariably encounter and interact with many of the Mesa Monument Striders. I started running about five years ago and joined the running club about a year after that. I was nervous, for sure. I didn't know much about running in general and I knew nothing of running clubs. What did they do? Did they all go out and run together? It was going to be impossible for me to run with a group, to move along at their speed and stay with them. At the time, I didn't realize that there are several different paces within any group of runners. I thought it would be their pace—the pace of the group—and my pace. But I heard about it and I wanted to meet some other runners and I wanted to stay motivated, so I showed up, out of the blue one evening, to a weekly trail run.

I think it may be the bravest thing I've ever done.

Suffice it to say I was welcomed with open arms and am still doing group runs and events with these people. A group run, for me, looks like this: I arrive a bit early, like the others, to hang out and chat for a while; we all run, with me going at my own pace and usually running alone or perhaps with one other person in the group; and, then we all meet up again, have a beer, and continue on with the socializing. It works.

As I finished my half-marathon in record slow time for me—but smiling and happy and having enjoyed it the entire way—I was funneled through the beer garden to get my free beer in my commemorative pint glass and then entered into the post-race area. It didn't take me long to find my people, the Striders, who were also at the race. They were all gathered together on a grassy hillside waiting for the awards to begin.

Most of you know that these people are exceptionally good runners. At least half of these individuals would soon be on the podium and nearly all of them had taken off significant time or set a new personal record. They trained hard and ran hard. And then there's me. I always finish a race much later than they do and I'm rarely trying to beat a previous time. It can't be the focus for me or I would have quit running long ago.

I plop down on the grass next to them, happy to take a load off. A few of them notice me and ask how my run went. Most runners will respond to this question—How was your run?—by sharing their time and whether they were able to shave any time off their personal best. My response is much more general in nature. "I had a great run! I felt good and was happy the whole time." The group respects this about me; they don't pry for details.

I'm never all that interested in the awards. It's not important to me who won, who edged past whom this time, where the winners are from, and all that jazz. So while the awards were going on, I, instead, looked at each of my running club friends and thought of them each as individuals and not, collectively, as "all the real runners."

Each of them is a real person with a real life and real hopes and dreams and real problems. There have been divorces, heartbreaking moments with children, the loss of jobs, the uncertainty of unemployment, health issues, rehab, losing homes, relocations, unhappy marriages, setbacks, regrets.

Yet they are all here, gathered together in this beautiful place on this beautiful day, making the most of life in a positive, healthy way. They run for themselves but, in the process, run

for each other.

And that includes me.

These people have always made me feel welcome and part of the group. The fact that I'm a slower runner and not as committed to it as they are has always been more of an issue for me than for them.

They ask me to run with them.

"Hey, do you want to run Serpents Trail any morning this week?"

"Really? Because I'm going to be slow."

"Everyone's slow running uphill on a rocky trail in the dark. It's the perfect time to run together."

They invite me to train with them and urge me to give certain races or runs a try.

"Ranee, you should do the Imogene Run with us this year!"

"I can't. There's a cut off time. I don't think I can make it. They'd make me turn back."

"No, no, you're fine. We know plenty of people who just hike it. We'll do fun training runs and have a great time. You should join us."

Some insist on running with me at least every few weeks.

"We should try to do a long run this weekend. I haven't talked to you in a few weeks and I miss you. We need to catch up."

They work me into their weekly speed trainings, when I get up enough nerve to go. They invite me to their "run and then feast" birthday parties, apparently not concerned that the run will be much slower, much shorter with me in the group. We've trained for triathlons together, come together as a team for an adventure race, and kayaked and paddleboarded together. We travel together to runs, meet up for dinner or margaritas, camp, come together for a campfire the night before a race.

We take group photos before and after races. And sometimes during.

These people were there when I went through my divorce and the terrible fallout from that. They're there for me, as runners, as friends.

They're my friends. Real friends.

I'm the only one, in this whole bunch, who's ever thought about excluding me.

These people, these fast, fast runners, the ones I consider to be "real" runners, they're nothing but real people. Real people with real lives and real problems. Like me. Real people with a desire to deal with stuff by running and trying to stay healthy. Like me. Real people who want to belong, who want to form relationships and friendships. Like me.

These real runners are just that. Real.

I love these people and I'm grateful for all that they are and all that they've done for me. They are the reason that running can be a reality for me, something that I can stick with.

And I'm starting to get it now. I am probably all that for them, too. A real person, with a real life, with real issues. A running friend, a real friend.

I'm real. I run.

And, therefore, that makes me a real runner.

Credit to the Sentinel for featuring the RIM ROCK Marathon as top sports news story the day after the event. Thanks!

1 Dustin Simoens 25 M Crested Butte CO 2:41:17

NEW COURSE RECORD !

Former FMHS runner, also won this race in 2010

2 Marty Wacker 42 M Grand Junction CO 2:52:23

Masters course record??

3 Ryan Turbyfill 34 M Aurora CO 2:58:24

4 Corey Dobson 29 M Grand Junction CO 3:00:27

5 Tim Long 46 M G J CO 3:05:54

6 Evan Rich 33 M Grand Junction CO 3:09:09

7 Brent Herring 31 M Breckenridge CO 3:10:01

8 Corky Dean 53 M Denver CO 3:17:45

Wins 50+ age group

- 9 Kara Roper 32 F G J CO 3:20:09** This time must be "up there" for top women's times ever ! Another "local" winner --
- 10 Loren Anderson 42 M Vernal UT 3:20:41
- 11 Nikki Larochelle 29 F Breckenridge CO 3:24:09 SECOND lady !
- 12 Stephanie Lynn 33 F Farmington NM 3:26:08 Third ...
- 13 Kevin Knapp 32 M Boulder CO 3:28:24
- 14 Christy McLaughlin 36 F Evergreen CO 3:30:37 4th
- 15 Jordan Brink 28 M Gunnison CO 3:31:10
- 16 David Jepson 37 M Fort Collins CO 3:31:21
- 17 Lucia Padilla 36 F Golden CO 3:33:11 5th woman ~
- 18 Lane Eyre 32 M Fruita CO 3:33:27 Is he related to Jane Eyre?
- 19 Joshua Brink 28 M Crested Butte CO 3:34:50
- 20 Eliot Lee 41 M Black Hawk CO 3:36:43
- 21 Richard O'Neill 43 M Peoria AZ 3:37:05
- 22 Daniel Grigsby 29 M Boulder CO 3:37:18
- 23 Jim Haraway 49 M Grand Junction CO 3:38:19
- 24 Colleen O'Neil 22 F Glenwood Spring CO 3:38:41
- 25 Leonard Braun 58 M Montrose CO 3:39:20
- 26 Glen Strandvold 48 M Loveland CO 3:40:53
- 27 Anita Fromm 42 F Colorado Spring CO 3:44:24 Women's MASTERS fastest
- 28 Michael McBride 48 M Grand Junction CO 3:45:25
- 29 Kimberly A Short 43 F Grand Junction CO 3:47:41
- 30 Katie Williams 27 F Littleton CO 3:49:11
- 31 James Morton 57 M Craig CO 3:49:29
- 32 Laura Nichols 28 F Apt G CO 3:50:09
- 33 Tom Morrison 23 M Grand Junction CO 3:50:39
- 34 Karah Lively-Rinald 40 F Grand Junction CO 3:51:14
- 35 Katie Lyons 17 F Greeley CO 3:51:15
- 36 Thomas Van Cleave 42 M Unit C116 CO 3:52:26
- 37 Megan Hyatt 21 F Highlands Ranch CO 3:53:05
- 38 Nick Eardensohn 21 M Grand Junction CO 3:54:08
- 39 John Kohls 48 M Fruita CO 3:55:16
- 40 Jason Hodges 39 M Aspen CO 3:55:46
- 41 Amber Pitts 29 F Denver CO 3:56:01
- 42 Tyler Lopez 33 F Grand Junction CO 3:56:02
- 43 Andrew Allison 38 M Denver CO 3:57:52
- 44 Joann Nelson 36 F Boulder CO 3:58:26
- 45 Michael Keown 37 M Denver CO 3:58:53
- 46 Robert Lopez 58 M Grand Junction CO 4:00:14
- 47 Bob Weber 55 M Golden CO 4:03:33
- 48 Heidi Aponte 35 F Golden CO 4:03:34
- 49 Kenneth Lonquist 29 M Fort Collins CO 4:08:02
- 50 George Salazar 56 M Grand Junction CO 4:10:49 "Poster runner" for RRM
- 51 Chuck Wartman 45 M Colorado Spring CO 4:13:19
- 52 Richard Roth 62 M Aurora CO 4:16:29 Wins 60+ age group
- 53 Larry Benson 41 M Fruita CO 4:18:40

54 Benjamin Bradley 28 M Rifle CO 4:18:46	
55 Tim Wielnad 43 M Denver CO 4:20:59	
56 Andy Winnefeld 42 M Grand Junction CO 4:21:21	
57 Jeanie Grooms 57 F Fruita CO 4:22:28	Wins 50+ age group
58 Seneca Tantum 44 F Boulder CO 4:22:33	
59 Courtney Berg 21 F Grand Junction CO 4:23:41	
60 Cassidie Mims 22 F Grand Junction CO 4:23:41	
61 Derek Ogawa 30 M Denver CO 4:25:42	
62 Laura Hiebenthal 37 F Greeley CO 4:26:44	
63 Jeanne Armstrong 38 F Spokane WA 4:26:59	
64 Ryan Law 33 M Centennial CO 4:28:42	
65 Ellen Imhof 47 F Avon CO 4:28:58	
66 Amy Cunningham 37 F Fruita CO 4:29:37	
67 Sherry Padon 53 F Hudson CO 4:30:49	
68 Daniel Gannon 54 M Littleton CO 4:31:45	
69 Lynda Wacht 44 F Littleton CO 4:32:18	
70 Quinn Cooper 24 F Grand Junction CO 4:33:16	
71 Liz Norris 60 F Grand Junction CO 4:34:24	Wins 60+ age group
72 Bonniejo Woods 42 F Grand Junction CO 4:36:44	
73 Heath Scott 39 M Fruita CO 4:37:06	
74 Lara Moses 31 F Grand Junction CO 4:40:31	
75 Theresa Daus-Weber 59 F Morrison CO 4:41:13	
76 Juanita Mancuso 57 F Grand Junction CO 4:41:27	
77 Rima Lurie 65 F Boulder CO 4:44:19	
78 Molly Moyer 38 F Grand Junction CO 4:45:35	
79 Misty Sellden 40 F Grand Junction CO 4:45:35	
80 Suzanne Focht 37 F Denver CO 4:47:49	
81 Pat Kargol 61 F Boulder CO 4:47:53	
82 Will Gaebler 39 M Denver CO 4:48:43	
83 Michael McMahon 39 M Louisville CO 4:48:43	
84 Jacob Morgan 25 M Fort Collins CO 4:51:57	
85 Travis Anderson 38 M Longmont CO 4:52:05	
86 Kathryn Wiley 27 F Boulder CO 4:52:57	
87 Linda Brothers 39 F Boulder CO 4:58:26	
88 Dave Bell 51 M Highlands Ranch CO 5:02:42	
89 Heather Marine 29 F Carbondale CO 5:04:40	
90 David Joseph 26 M Carbondale CO 5:04:41	
91 Aaron Gale 41 M Denver CO 5:07:50	
92 Miranda Reyes 32 F Loveland CO 5:22:44	
93 Kathy Burkey 59 F Toledo OH 5:28:49	
94 Louie Herrera 53 M Grand Junction CO 5:36:25	
95 Craig Lewis 51 M Denver CO 5:38:18	
96 Doug Meadows 61 M Fort Collins CO 5:48:07	
97 Michelle Day 46 F Highlands Ranch CO 5:48:07	
98 Katie Himes 33 F Mesa CO 5:54:38	
99 Elisa Valdez 37 F Collbran CO 5:54:39	

100 Mary Young 70 F Grand Junction CO 6:01:03 Wins age group1
 101 Dennis Young 70 M Grand Junction CO 6:01:04 (Ditto)
 102 Frances Franco 37 F Grand Junction CO 6:01:09
 103 Bruce Mc Callum 62 M Bozeman MT 7:32:45

Relays

Note: This is (and was) a great idea -- there were 30 slots allocated for runners not quite up to the full 26, but each still ran a tough* half-M. Categories (mixed, Men, Women) and actual last names of the participants are at the website. *Either a tough totally uphill 13-mile, or a downhill pavement-pounding 13 ...

1 A2B Aurora CO 3:09:31
 2 HAKUNAMATATA Grand Junction CO 3:14:52
 3 BLUE HERON Fruita CO 3:20:13 4 WTF Fruita CO 3:44:16
 5 BARBELLES Parachute CO 3:47:04 6 FRUNNERS3 Grand Junction CO 3:49:00
 7 SILVER LININGS Denver CO 3:49:34
 8 AGONY OF DE FEET Grand Junction CO 3:52:41
 9 WONDOROUS WILLIES Grand Junction CO 3:52:55
 10 HEAPSTERS Grand Junction CO 3:57:19 11 WTFAT Fruita CO 4:03:00
 12 BURT2 Grand Junction CO 4:06:36 13 BURT1 Grand Junction CO 4:06:39
 14 SESSIONS Glade Park CO 4:15:44 15 STORHEIM Grand Junction CO 4:22:04
 16 FRUNNERS2 Grand Junction CO 4:27:00
 17 GERIATRICS Ridgway CO 4:31:15
 18 THE COUGARS New Castle CO 4:37:05
 19 OLD AND OLDER Leadville CO 4:45:24
 20 BUTCH CROTCHETY AND THE S Grand Junction CO 4:48:52
 21 SOLE TRAINORS Fountain CO 4:50:20
 22 SCRAMBLED LEGS Fruita CO 4:51:15
 23 SKILL Grand Junction CO 4:53:17
 24 HARMSWAY Grand Junction CO 4:53:17 25 FRUNNERS Fruita CO 4:53:32
 26 LARSEN Denver CO 4:56:32 27 MORSEMONEY Grand Junction CO 4:59:40
 28 MRTT Grand Junction CO 5:07:27
 29 CRYERSONS Littleton CO 6:04:19

for even more 'full' results, check the official rimrockmarathon.com website -- has age-group placings, NAMES (last ones) of relay-team members, relay categories, etc.