

the strider

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

STRIDERS RULE @ Desert Sun!

Thanks to Gerhard Rill, Corey Hinman, Andy Winnefeld, Patrick Hummel, Conrad Cole, and Tom Ela for contributions to the NL

Moab Wintersun 10k! December 1

This year's edition of the early-winter favorite had almost even distribution between male and female finishers (221 and 224). TYMAN SMART, JORDAN LEBLOW, RYAN GULDAN, & JAMES ROCHE swept the top 4, and local runners were 6 of the fastest 10. Grand Valley women runners also were 6 of the fastest 10! 17-years-young Mr. Smart had 32:19 of fun, setting a new course record. The previous course-fastest was 34:21 by James Roche set last year. Mr. Roche's 34:43 this year is now the 5th-fastest time.

WOMEN: KYLAH RICKS (no home town listed, but we think "Moab") was this year's winner with 39:00. Her time (and runner-up MICHELLE OBERNDORF's) are #2 & #3 for the women's all-time fast times for this race. (Mackenna Broyles, a frequent Grand Valley race visitor, set the record in 2017 with 37:33). Kylah is 15, whereas 2nd-place Michelle is 11 years older. She was just 4 seconds back. 3rd-through-5th women were STEFANIE VON FLUE (35, 43:42), ELIZABETH JONES (17, 44:31), SHEA CHUBBUCK (35, 44:52). Stephanie Evangelisti and Kate Avery were also in the fastest 10.

Elizabeth was 2nd in the under-20 age group. Michelle won the 20-29, with Alli Ziegel (59:09) 3rd. The "30's" was/were swept by Stefani, Shea, and Stephanie. Jessica Pearson was 4th for the 40-49 (55:10). Jami Ascherman placed 5th for the 50-59 (59:04). Jeannie Grooms WON the 60+ (52:17) and was 3rd 'Master.' Sheryl Douglas was 5th for 60+.

MEN: TED LEBLOW and JEFF FIANTACA placed 7th and 8th over-all. Ted was Master's fastest (36:32), a course record for the 40+ crowd. Jeff ran 37:16 and is 16-years-young. Jordan (age 14) had a fine 33:18, and Ryan Guldán (35) was 21 seconds later. James Roche ran just 22 seconds slower than last year's winning effort.

Brevin Currier (40:51) won the men's 20-29, with Johnathan Cullipher 3rd (48:06). Ryan and James were one, two in the 30-39 category. Ted L was undisputed Master's fastest. Martin Wiesiolek was 50-59 winner (40:31) and 3rd Master. Bryan Baroffio (42:43) won the 60+ with Ernie Langelier 3rd (45:27).

www.madmooseevents.com

Thank you to Karla, Hannah, Jim, Dia, John and David for opting outside on Black Friday to participate in a work day session at the Devil's Canyon trails! Our group installed 5 new wilderness and directional posts and signs in the Devil's trail system. Hope that everyone is enjoying the new glossy and rustic wooden signs in the Devil's and Pollock trail systems, many which were installed by Striders volunteers during work sessions over the last year.

A huge Thank You to all Striders who have participated in trail work days this year!! Our volunteer efforts make a huge difference in ensuring our local trail systems are well-maintained and sustainable for years to come.

Thanks! Corey (Hinman) – GVTA / MMS Liason

MMS Directors meeting --> November 27: As we all know by now, the WinterSun “party bus” was cancelled. Partly maybe because attendance at the event (WS 10k) seems to be declining since a peak some years ago. Accolades to our “design director” for the design of the Appleton Freezer leaflet (very nice!). Followed by a discussion of “who’s who” in regards Moab running events. Not too many years back it was mostly moabhalfmarathon.com (which was taken over by MadMoose), and MadMoose is not “the only game in town” but is, unto itself, about one-half of what goes on, running-related. The “Other ½” is to become the “Arches Half”? (a portend of doom, to be sure. Well, we hope not!). The annual MMS official running schedule should (?) accompany the next newsletter issue. Pat Hummel & others are planning ULTRAS in the Rattlesnake Arch section of Devil’s Canyon the weekend of March 29-30. Not “official” yet, so “watch this space” (NOT this particular space, I suspect you know what I mean – the Nachtabule weekly email to EVERYBODY should provide updates on this). And an MMS Treas\$ury Report should be somewhere in this newsletter. And DARN: the Black Canyon North Rim runs are no longer.

GREG HEWITT finished 5th (4th man) in the November 3 Las Vegas ‘Trails of Glory’ Marathon! Seeing as how the winning time was 4:08:28, the course must have been RUGGED. Greg had 5:03:22 of fun and not only won the 60+ age group, was 1st over-50 as well.

And ... Greg continued his string of age-group wins, on Dec. 2 he ran the Over-The-Hill Track Club 50k in Ridgecrest (CA), completing the distance in 5:17:44.

You probably noticed that in the most-recent issue of Colorado Runner (magazine) there was frequent mention of area runners. HEATH HIBBARD was a member of the Boulder-Road-Runner 60+ team which handily won the team title at the USA Track(&Field) Masters ½-marathon national championships. Heath won the 65-69 age group (1:28). DAVID CARDENAS (recent Central H.S. grad) was on the U S National Junior Men’s team in the World Mountain Running Championships in Andorra. BRYAN BAROFFIO was noted for being the 3rd-fastest marathoner in the state (for 2018) with a 3:28 effort in the 60-64 age group. Heath Hibbard was fastest 65-69, 3:18+. BECKY KIRSCHENMANN (age 45, from G.J.) was fastest for the a.g. (3:20). TYMAN SMART (Central H.S.) was 4th-fastest in the tough 29&under group (he was 17) – 1:12 half-marathon. And, SUZIE STEEL was 4th in her age-group for the 1/2M (55-59) with a 1:42. The ColoRunner issue had a somewhat in-depth article about the 50th anniversary of the 1968 Olympic Marathon Trials, held in Alamosa. The editor found this very interesting, especially as the 50th anniversary of the event brought together a veritable pantheon of U.S. running “greats” – including G.J.’s JAN FRISBY.

The NCAA Division II national championships were conducted December 1 in Pittsburgh. As usual, RMAC teams “figured prominently”, but, alas, only one of the four possible National champions was from our state. Marcela Laguera (from CSU-Pueblo) was the men’s 10k individual champion (31:46). Grand Valley State U. (no, NOT our “Grand Valley”) won both team titles. For men, the RMAC had the 2nd, 3rd, and 4th place teams! Colo. School of Mines was runner-up (99 points, to GV’s 89) followed by Western State (117) and Adams State (175). Elias Gedyon (ASC) was 3rd finisher (32:05), Taylor Stack (WSC) 5th – 32:18, and in 10th was Mine’s Josh Hoskinson (32:38). Our state’s D2 Women’s teams also performed well, with ASC 3rd team, followed by WSC, and Mines in 5th. Eilish Flanagan (ASC) was 2nd individual – 22:12 for the 6k, just 4 seconds behind the winner. In 4th was Alicja Konieczek (WSC), 22:30 and Stephanie Cotter (ASC) 11th in 22:58.

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).

PATRICK HUMMEL – Architectural and Design consulting. COREY HINMAN (GVTA Liason).

Treasurer's Report ! → The cash increase to the Club in 2018 was \$2072.68. Timing income was our greatest contributor. After expense and sundries, we netted \$1612.13. Both timing systems contributed positively this year. Next in line was our work for the Tour of the Moon by furnishing sag wagons. The net amount was \$850.00. We thank our sponsors for the \$400 which encourages us to not raise our membership prices from the \$20 individual/ \$25 family per year. Looking at the Cash Flow Statement, memberships appear to be a strong contributor. However, if we take the costs associated with membership such as RRCA membership, printing and postage, and subscriptions to Colorado Runner, we net \$230.02 which is close to break-even. Shirt and hat sales less their cost show a slight loss, but we still have inventory which will turn into income in 2019. Those items and the display of our arch at the races help with awareness of the Club and encourages membership. Our donations were unusually strong last year with the proceeds from the sale of a car give-away included. We hope that 2019 will continue to be positive.

Conrad

Later January, February, March? C A L E N D A R

Note: all phone numbers "970" unless indicated otherwise

January 26, too late to get into the Arches Ultras? Moab, of course. Madmooseevents.com

JANUARY 27, Sun. 11 a.m. GRAND MESA CLASSIC 10K, Freestyle, cross-country ski race. Skyway (on the Grand Mesa). www.gmnc.org or Tom at 970-773-3124

Feb 2., 10 a.m. Winter-Rim Romp 8k (& 5K), Snowshoes! 10-mile cross-country ski! Along the south rim of Black Canyon. www.sjmr.club

February 9, Saturday, 10 a.m. VALENTINE DAY MASSACRE Beverage-Prediction 3-mile run. Bottom of Rosevale Road (Little Park, but don't go UP Little Park, continue down to the Gunnison River). Entry is 2 cans or bottle of something to drink, which are re-distributed to the prediction winners – couples and/or individual categories. Rosco, 270-0109

Feb. 16, Sat., 10:30 a.m. DO YOUR HEART SOME GOOD / Sweetheart runs – either 5k or 10k. Fruita Rec. Center (324 N. Coulson) 858-0360

Feb. 16, 7 a.m. RedHot 33 or 55k Trail runs, Moab www.grassrootsevents.com

February 26, Tues, 6:30 p.m. Monthly MMS Directors meeting may or may not be held, this month: Call 270-0109 for location, date (if changed), & etc.

March 2, Sat. start times vary: DREAM CATCHER HALF and 10k, Botanical Gardens, near Edgewater Brewery and Las Colonias. The 10k is NEW for this year. Starunnerenterprises.com

March 14, Thursday, 6:28 p.m. PI DAY Run – location and contact probably will vary from prior information.

March 16, Saturday, 9:15 a.m. Canyonlands Half-Marathon & 5-mile. Entry fee\$ go up \$oon! www.madmooseevents.com

March 29 – 30, (tentative) RATTLESNAKE ARCH trail Ultras – 15k up to 50k. Devil’s Canyon area.

Join us for any of the 3 (or 4) weekly training sessions: anyone (that is: come one, come all). NOTE: you DO NOT "HAVE TO" RUN -- show up and walk, even!

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

Every Wednesday, speed workout, 6 PM – at the Lincoln Park (Stocker) Track – until things “lighten-up” next spring. All abilities and speeds encouraged to join, 970-773-3124.

Group training run every Thursday, 6 PM – Handlebar (brewpub), corner of Monument Rd and Broadway. 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

Or ... Thursday 6 PM Daylight Wasting Time Headlamp Run Tabeguache Trailhead on Monument Rd (Lunch Loops) Same as Summer mode but with headlamps Info: text Kirk at 970 349-1185

Group training run every Monday, 6 PM will meet at the Copper Club (233 E. Aspen St., downtown Fruita, a couple blocks east of the “circle.”) 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



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

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

And: a message from Gerhard @ Foot Support Group: →

PERSPECTIVES AND GOALS

As an adjunct to Dr. Andy Winnefeld’s “Running with Pneumonia” contribution, I applaud the perspective insight which ultimately occurred. To quote a famous Author, “Man will ultimately make the correct choice, after he has exhausted all other options.” We as healthcare providers oftentimes see ourselves “immune” to those pesky little micro-organisms, and being an avid outdoors person, let alone runner and we become experts at “denial” when it comes to our own well-being. Thank goodness for spouses, partners and friends with common sense that come to our rescue.

Twenty-some years ago whilst training for Imogene, I encountered a similar microbe, at the most inopportune time. I travelled out of town for a conference, and returned on a Sunday morning. I decided to take a lap up and down Powderhorn to unwind, etc. Halfway up something was not quite right. This must be due to the second-hand smoke I shared at the back of the room. After returning home feeling crummy, I returned to see patients on Monday with the usual “I’ll just tough this out” motto. Tuesday A.M.: chills, fever, nausea, cough ... I guess I’ll take some meds and drink some more H₂O, and “I’ll be fine.” Fortunately I was advised by a family member with “common sense” to seek definitive (medical) care. One set of labs, chest X-ray, oximeter-reading and a consultation. Later, an RX of Pneumococcal Pneumonia now accompanied by convulsion and persistent 40.5° C (or 105° F) was made, and an all-inclusive 5-day stay at one of our local “perspective-gathering facilities” (hospitals) was had.

I wanted only to walk out of there intact, never mind how fast I was going to make it to Upper Camp Bird Mine at Imogene.

Recovery was lengthy, even being a runner.

Our PR is only ours to enjoy, challenge, or dismiss for the really important parts of living. Make the most of what you do, regardless if it is as simple as getting out of your chair and walking to the mailbox for the 1st time after long recovery. Or running many miles. A favourite patient shared with me: “Live life with passion and enjoy the challenges it gives you.”

H³ (Happy Healthy Holidays)

Kindly, Gerhard @ Foot Support Group

Jan. 6th – G M Nordic Council's "Skyway Skuffle" 10k classic cross-country ski race → of the more than 30 contestants, the fastest times were turned in by Brooke Bosman (44:22) and Dave Aschwanden (37:50). Dave was closely chased by Andrew James (one second back!) while Brooke had about 2 minutes to rest before Christie Aschwanden came in. Several 'familiar' MMS member names among the finishers.

SANTA CAUSE 5K, Dec. 15

This annual event is held at the Las Colonias Park Amphitheater, put on by the GJP&R. KARA ROPER (with a month's rest after her RimRock Marathon victory) was 2nd over-all to MAC ZASTROW (age 15). Mac ran 18:36, with Kara (age 37) 40 sec. back (19:16). In 3rd overall was Master's winner Sean Phelps (55), 20:13. Rounding out the fastest five were 2nd-female Salome Viar (age 29), 20:34 and Roger Santis (48), 20:37.

142 runners (includes some walkers) completed this event. 3rd thru' 5th women were Grace Santis (14), 23:51; Mandy Moran (15), 24:09; and Master's winner Tammy Van Pelt (50), 24:29. The top-10 also included (6.) Jake Harrison (13), 20:41; (7.) Jake Ruttinger (39), 21:10; (8.) Chris Ridpath (15), 22:24; (9.) Kirk Blais (36), 22:26; (10.) Joshua Van Pelt (21) 22:36.

The January 12, 2019, BANG'S CANYON 30K/60K which has the start/finish at the Little Park (Bangs Canyon) Parking Lot is beyond description, but truly a unique regardless-of-weather rugged trail experience. Gets bigger and weirder every year. bangscanyon@yahoo.com or check this on FaceBook.

One man's (P. Hummel) report of his experience:

Bangs Canyon 60K World Championship	Distance:	38.48 miles
Elevation Gain: 6,906'	Time:	7:33:44 (3:37 & 3:56 splits)

Before Saturday I'd run this 30k loop course three times over the past four years, one of which had been during an official World Championship organized event in 2015. My recollections, in brief, are as follow: one super-bonk slow-stagger up the final climb, one epic-bonk requiring James to drive my car half way down the final climb to scrape me from the slickrock and one calf injury resulting in a 3-month hiatus from running. Although I'm not the betting kind I figured the odds of having another day similar to the previous three were rather unlikely so why not check the double off my running bucket list? While it doesn't happen often - by deity above (or below) - I was right and had a cracker of a day! The weather was mild, the gels were plentiful and going down smooth and the motivation was high. Assuming that the crux of the double would lay in the out-and-back section between the Windmill Road summits the game plan was to keep my head down and if my shoes gained traction in the snow I ran. Once over the high point on the return lap the Windmill Road descent actually made for some excellent running which for any part of this course, in either direction, is rather refreshing. The sun was out, my brain had finally shut off and all there was to do was run down to the river and along some rollers, dodge cow patties and jeeps up the final climb then pop the champagne at the finish line. Big thanks to Kevin and crew for a great OG trail running event, already looking forward to next year!

Dr. (& MMS V.P.) Andy forwarded something which should interest us all →

Running in Medicine: A review of the study: Various Leisure-Time Physical Activities Associated With Widely Divergent Life Expectancies: The Copenhagen City Heart Study

While looking through various medical journals, occasionally something catches my eye. I found this study quite interesting.

The authors followed 8577 people for up to 25 years in order to determine which activities were better for your health (decrease in mortality) than others. Comparisons were made between sedentary, health club activities, swimming, calisthenics, cycling, jogging (I will call this running from now on as the authors used the terms interchangeably), soccer, badminton and tennis.

The primary concern was all-cause mortality. (Meaning death, but not necessarily directly related or influenced by the activity.) So, if the death occurred from an airplane crash that would count in the study, but probably not related to cycling, for example, except for maybe if flying to a cycling event, but you get the idea. Before viewing the results, I was convinced that running would be the best activity listed and have the lowest all-cause mortality, but this was not the case! It should come to no-one's surprise that "sedentary" is the worst activity for health. The least beneficial activity for survival is health club activities which is defined as weight lifting, primarily, I believe. The most beneficial activity to prevent death was tennis. This was followed by badminton and soccer. In 4th place came running, but it did score above cycling, calisthenics and swimming.

Why did running not do better? I don't know, but I would be interested to know why those 74 runners died. Also, why did badminton score so highly? Maybe they play badminton differently in Europe?

Some other interesting things in this study are that runners were the least likely to be smokers, but most likely to drink alcohol. Runners and tennis players had the highest education levels and highest incomes.

Also, runners had the lowest heart rates, blood pressure and cholesterol levels. So why couldn't we beat the badminton folks? Many of the participants were involved in more than 1 activity. Runners were most likely to also participate in cycling and least likely to be involved in tennis and health club activities.

Summary: All physical activity is better than none! The authors concluded that "activities that involve more social interaction were associated with the best longevity." They must not have exercise classes at the health clubs in Copenhagen? Also a causal relationship could not be determined, because this is an observational study. I must remind people that correlation does not prove causation. (I wish the media understood this.)

I find this study interesting, but would not suggest anyone switch their favorite activity, unless that activity is sedentary. However, anyone have time to help me put up a badminton net when it becomes warmer?

Mayo Clinic Proceedings Vol 93, #12 Dec. 2018 pages 1775 - 1785

Also, anyone who wants a copy of this study, please let me know.

Andy Winnefeld

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:



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