

# the strider

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

Laura Venner & Patrick Hummel are quickest in negotiating the Change(s) to this year's Garfield Grumble! The STEELs win the Desert "Water-Tower"! Dominic Brevig wins Grand Valley Marathon! Hannah Cook wins G.V. ½-Marathon Women's Race & Paul Hughes wins G.V. Men's 10k & Katy-Jane Angwin wins women's 5k!

**Thanks to D Plunkett, Paul Wubben, Conrad Cole, Karla Nephew & Tom Ela for contributions to the NL**

**NOT IN THIS ISSUE:** We searched the internet, or the interweb, or whatever comes up in/on computer searches and COULD NOT find this year's Mike-the-Headless-5k results! Will it be "too late" **Next issue?**

## May 26, Sat. GARFIELD GRUMBLE, 8 miles this year.

1 Patrick Hummel	1:23:54	2 Steve Green	1:33:30
3 David Fay	1:35:32	4 Dustin Giesenhaggen	1:37:34
5 Josh Drews	1:38:01	6 Andy Mohler	1:40:36
7 Levi Hamer	1:45:43	8 Ernie Langelier	1:49:58
10 Will Vazquez	1:50:55	11 LAURA VENNER	1:51:20
12 GWYN BARROWS,	1:55:21	13 Will Ela,	1:55:24
15 Phil Roskowski,	1:56:31	14 Gordon Harbert,	1:56:30
18 RILEY CEGLOWSKI,	2:03:07	16 Norv Larson,	1:57:22
20 Dale Holm,	2:14:05	17 Glenn Fitzgibbons,	2:00:26
23 KATE AVERY,	3:01:54	19 Donny Tietsema,	2:10:28
25 Steve Defeyter,	3:10:03	21 Joe Schwarz,	2:14:47
28 SOL,	6:44:40	22 Steve Ela,	2:28:40
		24 LAURA SCHNEIDER,	3:01:54
		26 LIZ SMITH,	4:02:11
		27 D PLUNKETT,	6:44:40

"Otis" submitted the following summary: **Garfield 2018**

The weather was perfect this May for the first time in a few years. We reverted to the eight-mile course that we did once before when the BLM had issues. The Sheriff had a fire ban in place, so we had to do with fake flames at the finish line. The course was in pretty rough shape due to the dry conditions. All our bridges were in place from last year, but one needed a little reinforcement which Levi Hamer provided. The shelf by the ladder went out from under me in April. Luckily, I had a hold of the rope. Shoulder just now recovering. We will have to work on that area for next year. For the fifth time in the thirty years of our race history, we gave a car away! Gordon's friend Phil drove off in the 2006 Chevy Trailblazer donated by Mark Ceglowski. Mark's daughter, Riley pulled his name out of the hat. Most of the folks enjoyed the experience. Many were repeat Grumblers. Levi had to run the course an hour or so early to get to a wedding in Salida. Some family members couldn't believe he would do a race on the wedding day. I'm kind of proud of him for squeezing in the wedding. Overall, I sensed that most would prefer the original point to point course. After all, it is tough enough as it was. We will try to return to that or shorten it up considerably for next year. No one in the blotter or the obits. All is well. ~ Otis ~

So ... the Garfield Grumble in and of itself, can be a big adventure. Today, however, was a little bit more epic than it should have been. My new friend, Sol, is not a runner and plantar fasciitis is keeping me from running. Hiking the Grumble did not seem like a big deal and we expected three hours.

She's a strong hiker and mountain-biker but had never hiked Garfield and certainly never seen the "backside." Sol wiggled-out a touch at the first bridge, but I talked her through it and she was good to go. After the second bridge and other significant exposure, she was in panic mode and was going no further. She was experiencing vertigo and wanted nothing but to be rescued.

We could see the finish line and watched as cars periodically exited the party. Calls for assistance went unanswered and a 911 call was the only calming effect. Dispatch at 911 called the same people that I called and were able to reach Tom Ela, who immediately returned to the event to begin the rescue in borrowed shoes. I was able to reach my husband, John Sasso, who also came to the rescue.

Tom reached us first and coaxed Sol into going down via a different route. She started, panicked after two steps, and wanted to return to her safe spot. Tom persisted and got her to the next safe spot. John arrived and between the three of us, we kept her moving. Guiding, coaxing, hand-holding, whatever it took to get her down the hill.

At almost a full 7 hours of "enjoying the trail", Sol and I crossed the finish line to the cheering of Conrad, Kim, and a few other hearty, welcoming souls. The remaining ice-cold beers were greedily and quickly consumed during the celebration. John and I had just returned to Grand Junction after two years in Arizona. Today's event gave me yet another confirmation that moving back to GJ was the right decision. People make all the difference in life, and my Mesa-Monument Striders family proved that today.

~ D Plunkett ~

### May 12, **WATER TOWER 5-MILE DESERT RUN,**

(The Editor apologizes for listing the incorrect start time – which was not 7:30 but 8:00 a.m.)

Suzie and Marshall were NOT the fastest, but none-the-less were quickest to the finish line in this year's Water-Tower. The Race Director comments on this, after the results:

- |                           |                          |                         |
|---------------------------|--------------------------|-------------------------|
| 1. SUZIE STEEL, 48:37     | 2. MARSHALL STEEL, 49:23 | 3. Jay Krabacher, 49:52 |
| 4. Dave Younger, 55:24    | 5. Bryan Baroffio, 55:53 | 6. Liz Norris, 57:38    |
| 7. Ernie Langelier, 58:01 | 8. Sheryl Douglas, 73:50 | 9. Conrad Cole, 95:59   |
| 10. Paul Wubben, 97:25    |                          |                         |

"Again, a very congenial group of runners plus 3 or 4 dogs (also congenial, mostly). Everyone but Bryan, Dave, and Ernie followed the flags; those three came in from the west – no telling now much further they ran!

There was a brutal wind from the south which slowed everyone down. For example – two days later I "ran" the course right-to-left 12 minutes faster."

Thanks, PAUL WUBBEN

### Saturday May 5, Grand Valley Marathon, Half Marathon, 10K and 5K. Palisade

This year's edition of the annual Grand Valley races continues to attract more (& more) runners – and is quite an ambitious undertaking, considering that FOUR different distance races are being run concurrently! More than 300 women participated, but the bravest dozen completed the MARATHON. Alexis Foran (age 35, Montrose) was fastest lady with 3:51:24. Runner-up was Emily LeMasters (36, Aurora), 4:10:40 followed by Ashlyn Rogers (21, Rifle),

4:14:31. In 4<sup>th</sup> was the Grand Valley's fastest, Carly Burke (38) with a 4:16:07.

The Marathon men were a bit faster, with 14 finishers – led by Dominick Brevig (23, from here? – Grand Junction) – with a commendable 3:04:38. John Linsley (36, Golden) was next in 3:27:25. 4<sup>th</sup> & 5<sup>th</sup> were two more Grand Junction residents – Austin Anderson (22, 3:38:06) and Nick Mosely (37, 3:39:01).

The HALF-MARATHON was a little more popular, with the ladies comprising 2/3's of the 150+ finishers. Stephen Borutta (27, Denver) ran a fine 1:27:07, a 10-minute margin over 2<sup>nd</sup>-place Dan Nielson (56 – no town listed). Mr. Nielson was, of course, the un-disputed Master's winner. Next was Jason Butler (35, Palisade) with 1:37:38 followed closely by Anthony Seuga (25, G.J.), 1:37:57. In 8<sup>th</sup> was Marshall Byrd (G.J.), 1:45:42. The next runner after Marshall was women's winner Hannah Cook (23, Clifton), 1:46:49.

The 10k was dominated by the women, with Ashley Moore (31, Boulder) winning the event in 43:47. In 2<sup>nd</sup>, and men's winner, was Paul Hughes (33, G.J.) with 44:14. 2<sup>nd</sup> lady was Nikki Cunning (21, from "no town") – 46:36. 3<sup>rd</sup> was G.J.'s Kari Henning, 48:23. Fastest lady master was next, Colleen Fischer (Denver), 50:03. Also placing in the top 10 women from Happy? Valley were Dany Blaylock, Victoria Horne, Renee Grubbs (2<sup>nd</sup> master), and Diana Williams. Mr. Hughes was chased by 62-years-young John Ferguson, with 44:55 – same time as Roger Santistevan (47) – for the Master's top two. In 5<sup>th</sup> was G.J.'s Hayden Murphy (26, 45:45).

The 5k had about the same # of entrants as the 10, (100+ women, about 35 men), and Randy French (age 58, from Moab) was quickest with 22:21. Next runner was women's winner Katy-Jane Angwin (34, from "here") in 23:46. Runner-up man was Sam Henning (28, G.J., 24:42) and runner-up lady was Nicole Codd (29, from "no town listed", 25:18. Top 5 men's and women's finishes by 'locals' were also accomplished by Calyssa Trautner, Grace Santistevan, Luke Van Zyl and Antonio Serna.

grandvalleymarathon.com

**MMS Directors meeting** --> April 24, Again, we discussed running-related matters, mostly. And – what can't hurt the image or 'cause' or allure of local running was that SPOKE & BLOSSOM Magazine (the current incarnation of the Grand Valley 'local' arts-and-culture-and-such glossy monthly publication) had (in a recent issue) an article about trail running, mostly. The runners quoted/interviewed/noted included Karla Nephew, Robb Reece, Matt Ozanic, among others. Check [spokeandblossom.com](http://spokeandblossom.com) – “the hub of adventure in Western Colorado.” We discussed our “relation” with the local BLM office, which seems to have to be re-invented each time our previous contacts move from the local office to be replaced by new personnel. We also nixed the idea/suggestion of MMS bumper-stickers. Discussed the on-going sort-of-problem about out-of-town groups scheduling running (or similar) events in our area, which sometimes conflict with an established event. Karla will finalize MMS tank/t-shirt orders soon. ALPINE AUTOHAUS is a new MMS Sponsor. (See “support our sponsor” section). There is a NEW DISTILLERY in the area – HIGHLANDS on 24 Road north of Canyon View. If you plan on entering any MAD-MOOSE event, contact the membership Director for a MMS-member discount code. And Conrad regaled something about Mt. Garfield flagpole vandalism ... “we're gonna grease the pole!” which, inevitably, reminds me, an account of the first (and only prior) Garfield which was an 8-mile loop course → <http://betunada.com/2012/08/07/xplorayshuns-into-the-anti-matter-yooniverse-garfield-grumble-2003/>

For submissions for next newsletter: Email articles to [nusratkhan@aol.com](mailto:nusratkhan@aol.com)  
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.

**Mid-summer & Later C A L E N D A R**

*Note: all phone numbers "970" unless indicated otherwise*

The June 30, "Denver Broncos 7k" (in G.J.) has been cancelled – so, wait a day and run Turkey Flats, or consider the

JUNE 30, Sat., 7:30 a.m. TRAIL TOWN 10-MILE (& 5-mile), Ridgeway, SJMR.club  
 Registration (only \$15) starts at 6:30 @ TRAIL TOWN (240 Palomino Trail) in Ridgeway. This is a "fun low-key event on a runner-friendly gravel road with stunning views of mountain peaks and velvety green pastures."

July 1, Sunday, 9 a.m. TURKEY FLATS LOOP 9.6 mile (15k). Trail run, of course. Tom: 434-9753  
 Many participants plan to make a camping trip/poker game/jam session out of this – check the weekly announcement). Check Facebook for details. Tom, [nachtambule@aol.com](mailto:nachtambule@aol.com) or 970-773-3124

July 4: races everywhere but here! Paonia, Meeker, Gothic/Crested-Butte, Aspen "Buddy" 5-mile Ourayce10k, Silverton Blue Ribbon 10k and probably more!  
 July 8, 41<sup>st</sup> annual? VAIL HILL CLIMB, 7.2 miles UP the ski-hill. [www.vailrec.com](http://www.vailrec.com)

July 8, the previously-scheduled CRAG CREST TRAIL RUN is not being "officially" held this year – due to USFS trail/logging/brush-clearance on the lower trails. However, check the weekly mass-email in regards a low-key, un-timed GROUP RUN on the uber-scenic UPPER portion of the course.

July 14, Sat., 8 a.m. Hogback Hustle 5k, New Castle, [www.newcastlerec.com](http://www.newcastlerec.com) (or [www.rifleco.org](http://www.rifleco.org)), 665-6570

July 14, Aspen Valley Marathon (.com) ~ also half-M & 5k.

July 14, 9 a.m. GRIN & BEAR IT 9.3 mile trail run – Crested Butte 349-1707 x4

JULY 19, THURSDAY, 6 p.m. – Next race in the MMS Trail-Series @ Tabeguache Trail in conjunction with the summer picnic.

ANNUAL M M S PICNIC. (See above). Also wait for the weekly electronic e-mail "newsletter" for more details!

July 20, Friday, HARDROCK 100. If you're not "in" already, check to see how you can enter next year. Arguably the toughest 100-mile run there is. Lake City to/from Silverton or to/from Telluride to/from Ouray loop.

July 21, Saturday, 8 a.m. KENDALL MOUNTAIN RUN(s) – 12 miles from Silverton to top of Kendall Mtn and back, also a shorter run just a bit up Kendall ... ¿ [www.aravaiparunning.com](http://www.aravaiparunning.com) ? if THAT doesn't work, "google it".

July 24, Tues, 6:30 p.m. Monthly MMS Directors meeting: Call 270-0109 for location & etc.

July 28, GRAND MESA (ultra) RUNS – choose between 30k, 55k, 50 miles, or 100 miles. All over the Mesa! [www.grandmesaultras.com](http://www.grandmesaultras.com)

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](http://www.rifleco.org) or 625-2151

AUGUST 4, 7:30 a.m. DESERT CHAMPIONSHIPS, 3 DAM(n) COURSE, 5.75 MILE. 1.2 miles north of H Road on 27 ¼ road. Paul: 241-6478

Aug. 18, Sat. (a.m.) JUST PEACHY RUN Races – part of Palisade Peach Festival – Riverbend Park, 451 Pendleton Street. Put on by MAD Racing Colorado. (970) 744-4450 or [justpeachyrun.com](http://justpeachyrun.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** 7/2 Mary's Loop Trailhead, I-70 Loma Exit  
7/9 Devil's Canyon Trailhead 7/16 Pollock Canyon Trailhead, run Flume Canyon Loop  
7/23 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](mailto:nachtambule@aol.com)



**MESA MONUMENT STRIDERS website:** <http://www.mesamonumentstriders.com> – [www.facebook.com/pages/Mesa-Monument-Striders/282653486288](http://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](http://gotrwesterncolorado.org)

Steamboat Springs: [www.runningseries.com](http://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](http://rrca.org) (road runners clubs of america) and colorado runner: [www.coloradorunnermag.com](http://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

**New 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



Did the May 19 “Running in the Shadows” Poe vs. Shakespeare Watson Island 5k actually occur? Any-one (YOU or anyone you know) participate in this? AND ... occurring at the same time as the Fruita “Headless” 5k was the GrandJunctionSymphonyOrchestra “FabFour” 5k (& 10k?) at the Edgewater/Las Colonias area – celebrating the Beatles-themed concert later that day. We heard that a couple, maybe more, hundred participated in this? Any truth to this rumor?

And, yes, it’s been almost two months, but there were several area/Grand-Valley highlights in last May’s State High School Track (& Field) championships. Central’s Daniel Cardenas will be back for his senior year – could be a real break-out year coming up for him. Though there were several bright spots at State for regional schools but of distance-running interest was that 3 (of the 5) 4-by-800-meter girl’s relays were won by “our side of the divide schools.” Plateau Valley was 4<sup>th</sup> (1A) team and their relay ran 10:28. Paonia girls won the 2A relay in 9:57. And ... Battle Mountain’s (4A) time of 9:16.1 was faster than the 5A winning time.

Friday evening, May 4, the Cinco Cinco 5K, @ Edgewater Brewery, results are at the [wclatinochamber.org](http://wclatinochamber.org) website. Fastest WALKER was Robin Broughton with 30:01! And the run was paced by Luis LaTorre (20:30).

May 12, Rabbit Valley Half-Marathon, [www.geminiadventures.com](http://www.geminiadventures.com) → this desert/trail run was in conjunction with Gemini's mountain-bike extravaganza and there were 137 finishers. Both women's and men's over-all winners set course records this year – Ryan Gulden (1:29:46) and Heidi Strickler (1:49:39). No home towns listed – please let the Strider know how YOU did! Heath Hibbard was 6<sup>th</sup> (1:42:39) winning the master's. And the 60+ ... In 13<sup>th</sup> was Ashley Connolly (1:50:52) for lady's masters fastest; Stefanie Von Flue (1:52:22) was 3<sup>rd</sup> woman and Laura Venner finished under 2 hours.

May 19, Black Canyon Ascent 6-mile, U.S. 50 east of Montrose @, of course, the Black Canyon National Park entrance. There were 72 walkers completing this event, and 74 runners!

There were 18 runners under an hour! Fastest was Josh Eberly (age 37, still from Gunnison?) who had 40:26 of fun ... 4 seconds less fun than Eric Blake! Age-group phenom Simon Gutierrez (52) finished in 46:39 and there were FOUR 60-69-year-olds under an hour, led by Kevin O'Brien and Heath Hibbard – who finished together in 54:44/54:45. Fastest woman was well under 50-minutes: Tara Richardson (5<sup>th</sup> over-all and age 26) in 47:17. 2<sup>nd</sup> woman was Mary Baldwin, 56:30.

Christopher Pack (age 43) was 29<sup>th</sup>, 1:06:40, and 4<sup>th</sup> in the age group. Three places later Ernie Langelier trotted in with 1:08:30. He was 7<sup>th</sup> in the TOUGH 60-69 a.g. Jeanie Grooms WON her age group (60+) with a 1:14:29 time. Cory Davis ran a 1:17:06, and Steven DeFeyer enjoyed 1:34:52 of ... fun? Former Striders Lynn Alford, Tom Alford, and Sarah Laidlaw also were in the running event. Sheryl Douglas (Madame Former President) was the 21<sup>st</sup> walker to cross the line. Sjmr.club

May 28 – Central H.S. senior-to-be Dan Cardenas didn't do poorly at the last Bolder-Boulder 10k – he was 23<sup>rd</sup> over-all (citizen's) with a 33:17. Marty Wacker (only 30-some years older than Daniel) was only 4.5 minutes later. However, in the past one could click on such categories as who was from what town or other criteria at the BldrBldr website in year's past, but not this year. WE KNOW lotsa MMS and area residents ran, but ...

At the June 2, Thelma & Louise half-marathon women only – put on by madmooseevents.com – outside of Moab – there were 366 finishers in the 'individual' race, with 54 teams (each runner went half-of-a-half-marathon) also finishing. Sharley Dimck (age 22 from Syracuse UT) was over-all winner, 1:34:18, followed by master's fastest Gina Hendrickson (42, Redmond Oklahoma) in 1:36:39. Six of the first 10 women were 40 & over! Including Rhonda Jones and Nancy Kaiser (from Delta and Montrose). Apparent first from the Grand Valley was 26<sup>th</sup>-place Valerie Williams (Fruita), 1:57:15 and Shelby Gould (G.J.) was 70<sup>th</sup>. Quickest team was "Last minute addition" in 1:45:34 followed by "Let's keep goin'!" 3 minutes later.

### 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!

Thursday, July 19 – Tabeguache Trail in conjunction with the summer picnic. 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.*)

The Series (races) Director, Karla, reports: "The second run in the trail series did not disappoint! Many thanks to Greg Hewitt for marking the course, Jay for his excellent timing skills, and Jeannie Grooms for sweeping the course! Twenty-one runners set out from the Devil's Canyon trail head for a 5.2 mile loop along D5/D1. Kevin Donohoe came in first for the men, with a time of 41:50, narrowly edging out Edmond Paspali (41:57). First for the women was again Michelle Oberndorf with a time of 45:54 followed closely by Lexi Russel

(46:22). Another entry to the Grand Mesa Ultra was raffled off and the lucky recipient was Lexi Russell. Thanks Grand Mesa Ultras!

Leading the points series are Kevin Donoher and Michelle Oberndorf, but there is plenty of time to rack up the points before the series is over. Join us for our next run in the series on Thursday, July 19. This run will be in conjunction with our summer picnic."

Already conducted: Monday, May 7 - Mary's/Wrangler's Loop & the Monday June 11 - Devil's Canyon Loop.

#### MMS Trail Series, Race #2, Devil's Canyon, June 11

Men			
Place	Name	Time	Points/ Tickets
1	Kevin Donoher	41:50:00	20/4
2	Edmond Paspali	41:57:00	19/3
3	Donnie Tiestsma	43:55:00	18/2
4	Dave Stuart	44:10:00	17/1
5	Michael Charnick	45:53:00	16/1
6	Lew Kirkegaard	48:41:00	15/1
7	Glenn Fitzgibbon	50:19:00	14/1
8	Jared Ballard	50:55:00	13/1
9	Max Barnstead	57:19:00	12/1
10	Kirk Apt	62:53:00	11/1
11	Cory Davis	65:00:00	10/1

Women			
Place	Name	Time	Points/ Tickets
1	Michelle Oberndorf	45:54:00	20/4
2	Lexi Russell	46:22:00	19/3
3	Joanne Reid	47:35:00	18/2
4	Laura Venner	50:03:00	17/1
5	Kristi Siman	51:51:00	16/1
6	Shannon Hatch	58:44:00	15/1
7	Esmeralda Röstel	62:15:00	14/1
8	Lara Schneider	62:42:00	13/1
9	Liz Smith	66:35:00	12/1
10	Judith Barnstead	72:01:00	11/1

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:  
\_\_\_\_\_



Grand Junction, CO 81502

MESA MONUMENT STRIDER PO BOX 3685

