

the strider

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

In this issue: Kevin Donoher wins TWO Trail Races in one week!

Marty Wacker quickest up to Black Canyon Rim (& K D is 3rd)!

Meredith Evans wins Grand Valley half-Marathon & John White wins G.V. 5k ~

Next month: whatever you submit! (within limits)

Thanks to Karla Nephew, Paul Wubben, Conrad Cole, Paul Sever, Renee Wheelock, Patrick Hummel, and Larry Ingram for contributions to the NL

March 30, WIDOW-MAKER 6 and 9+-mile trail runs.

Runner's choice of long or longer began&ended at Little Park trail-head (3 miles up Little Park Road, on left). The Race Director summarized: "It was a very congenial group enlivened by a handful of Mesa University lady runners.

Weather was cool, ground dry, sunny, very little wind.

George Salazar, 3 months retired, has re-started; we need a 'retread' class.

Rich Hooper, a former Aspen ultra-runner, is beginning again – post-surgical.

It was a community effort with helpers Steve* Ela, Joe Schwarz, Conrad and Kim.

We were visited by Paul Sever from BLM. He was happy ~

Thanks! Paul Wubben" *Tom?

- 6-mile: 1. ANDY MOHLER, 56:34 2. Jerry Fay, 60:05 3. Nick Ammons, 62:53
 4. William Vasquez, 62:57 5. Levi Homer, 65:08 6. George Salazar, 67:00
 7. Bari Beasley, 70:00 8. Charlie Rau, 72:20 9. Rhonda Jones, 72:27
 10. Josh Pritchett, 73:35 11. Tina Silva, 73:49 12. Destiny Duarte, 75:27
 13. Cory Davis, 75:35 14. Rich Hooper, 80:05 15. Kevin Madrid, 91:29
 16. Tom Ela, 1:42:31 17. Sheryl Douglas, 1:47:24
- 9-mile: 1. KEVIN DONOHER, 66:00 2. Donnie Tietsema, 1:14:06
 3. Patrick Hummel, 1:14:37 4. Ben Hauschulz, 1:15:38
 5. Lexi Russell, 1:15:40 6. Ernie Langelier, 1:33:49 7. Jessie Yerbich, 1:37:45
 8. Abby Ceglowski, 1:37:46 9. Karla Nephew, 1:41:36 10. Laura Venner, 1:49:34
 11. Randee Bergen, 2:31 12. Corey Hinman, 2:31

May 4, the Grand Valley Marathon (or 1/2M, 10k, or 5k), downtown Palisade

MARATHON OVERALL RESULTS - FEMALE

- 1 Kathryn McClain, 26, Golden, 3:55:18 2 Ninah Hunter, 64, Montrose, 4:23:40
 4 Jeanie Grooms, 63, Fruita, 4:40:34 6 Clarissa Tofel, 45, Grand Junction, 5:16:51
 7 Iron-Women today!

MARATHON OVERALL RESULTS - MALE → 1 Michael Olson, 27, Dolores, 3:52:02

- 4 Mark Leistico, 42, Grand Junction, 4:09:55 7 Jared Johnshoy, 24, G.J., 4:34:44
 8 Luke Pruitt, 39, Fruita, 4:35:22 10 John Oster, 54, Grand Junction, 5:48:51
 & 11 iron-men today!

Rumors are that the Marathon may be cancelled for next year – as participation is diminishing while the other races are "holding steady." Michael Olson (from Dolores) trotted in at 3:52:02, while Kathryn McClain (Golden) was over-all 2nd. Note that Jeanie Grooms was 4th woman, yet 2nd in her age group. Mark Leistico was Master's fastest.

HALF MARATHON OVERALL RESULTS - MALE

The 13-mile run was won by Guillermo Ceja, 42, Carbondale, 1:34:08. In the top 10 of 31 men were G.J. residents Evan Rich, 2nd, 39, 1:37:13; 7th Drew Gerdes, 29, 1:50:06; 8th was Bart Butzine, 47, 1:51:17; and in 10th place was Patrick Brooks, 36, 1:54:24.

HALF MARATHON OVERALL RESULTS - FEMALE

MEREDITH EVANS from G.J. was women's fastest. She's 30 and ran a 1:43:03. Of the 58 women surviving the 1/2M were G.J. ladies Heather Dennis, 46, in 4th place with 1:46:30 and she was women's masters fastest; Krissie Sandell, 34, in 5th place with 1:49:52; next was Mara Hardy, 29, 1:52:06; and in 7th was Renee Wheelock, 34, 1:52:06; Shannon Howard was 9th (age 29) with 1:54:42; and 50-years-young Tammy Van Pelt ran 1:58:44 for 11th place. Finishing in 56th place was forever-young Terry Balet, (just 88) from Montrose. She enjoyed the scenery for a bit over 3 hours.

10K OVERALL RESULTS - MALE - 28 finishers

1 Andrew Polasek, 33, Denver, 42:55 2 Taylor Gasman, 33, Fruita, 45:24
 5 Matthew Barrett, 38, G J, 50:17 6 Shane O'Neill, 26, G J, 51:45
 7 Diego Renteria, 20, Clifton, 53:24 8 Jim Ciha, 63, G J, 53:53 (Mr. Ciha was men's
 master's winner!) 9 Elisha Espinoza, 24, Fruita, 56:10 10 Joe Carter, 48, G J, 56:24

10K OVERALL RESULTS - FEMALE

1 Randi Pepper, 52, Fraser, 49:57 - Randi was OVER-ALL Master's fastest
 3 Jennifer Sewall, G J, 51:13 4 Kimberly Gasman, 31, Fruita, 51:24
 5 Leslie Pratt, 29, G J, 54:42 6 Jennifer Pacheco, 31, G J, 55:29
 7 Megan O'Neill, 27, G J, 55:32 11 Amy Cook, 43, Montrose, 56:25
 78 women in this race!

5K OVERALL RESULTS - FEMALE

1 Christine Tkachenko, 52, Fort Collins, 24:04 2 Amberlee Read, 27, G J, 24:21
 5 Kelsey Meyer, 26, G J, 27:02 6 Karen Sufka, 51, G J, 27:32

73 women in this race ~ NOTE the "seasoned" aspect of the 5k's women's winner and men's runner-up !

5K OVERALL RESULTS - MALE

1 John White, 28, Grand Junction, 18:34 2 Sean Phelps, 56, Grand Junction, 20:58
 8 Aaron Schultz, 11, Grand Junction, 28:09 There were 28 men in the 5k.

May 18 Black Canyon Ascent 6-mile

MARTY WACKER trotted up the hill (2,000' gain) the quickest, averaging under 8-minutes/mile for 47:10 of fun. Next in was Stuart Kramer (Paonia), 47:46. 3rd-place Kevin Donoher was less than a minute out of first (48:06) and won 1st master (as Marty won 'overall'). Fastest lady was Jennifer Mann (Placerville), 9th over-all in 56:48.

Grand Valley runners also included Nick Ammons, 14th in 59:32; Pam Todd (2nd woman in the 50's), 69:33; Ernie Langelier (2nd 65-69), 70:58. Jeanie Grooms was women's fastest-60 with 73:46. Rochelle Kriegshauser endured 76:52 of fun, Louis Villaire had a minute more of fun, with Joe Schwarz, Lili Francoer (2nd 60+), James Grant, Tamarie Smith, and Jeff Wagner coming in later. There were 91 finishers in the running race.

MMS Directors meeting --> March 26: Madame President had returned from a road trip (a "run-cation") and provided (no kidding) some JAMES DEAN DEATH-INTERSECTION ALMOND CANDY. (The "almond roca" was from Blackwell's Corner in Lost Hills, California. The editor exercised some restraint and only had 4 pieces.) The treasurer reported that the MMS account is doing relatively well. The MMS Timing Crewe presumably will assist at the Aug. 24 Mary's Loop races. Which reminded the vice-president of the sad year where he finished the 16-mile and there was virtually NOBODY at the finish. "That was years ago," he lamented, "but they've gotten better." The Desert runs (Water-tower, 3-Dam, etc.) will have the start/finish moved due to road construction in the area. Madame President was regaling us with tales of her (and Rochelle's) "run-cation" and Conrad said "that's how many horror movies start ..." Fortunately, not this time.

GREAT that the Daily Sentinel Saturday (May 18) edition was the "David Cardenas" issue. The

Central High School stand-out won the Colorado State 5A 800 meters title the previous day with a 1:53&some. The following day he ran a 4:16 1600m to place 2nd in that event. Stellar times!

Subject: Striders Race Ideas

Larry: In response to your point made before Widowmaker, I think the Palisade Rim trail would make for a great addition to our races. It has a short and long option similar to Widowmaker and a large parking lot. If the board agrees I'd be happy to organize and direct.

Another option would be to stage something from the Snooks Bottom parking lot and run a trail loop on the Devils Canyon area trails from there that our weekly runs don't see much action from.

I also thought it may be fun to have a point series associated with the major Striders races and award some prizes at the end of the year, maybe in association with your Turkey Prediction or the 5 mile time trial. (from Patrick Hummel)

The dates are set for the 4th **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, May 6 - Mary's Loop (already 'run' but you can still accrue a lot of points for the series finale prizes!)

Monday, June 10 - Devil's Canyon

Thursday, July 18 - Lunch Loops and Strider's summer picnic

Monday, August 19 - Pollock Bench

Monday, September 9 - Flume Canyon and series finale with prizes!

Mesa County has opened a free parking lot on 29 Road and the Riverfront Trail for easy access to the Trail. This gives you 6 miles of no traffic to 33.5 Road to bike or run. This lot is marked and is a few blocks north of the river on the east side of 29 Road.

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 many 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).

Late May & into early Summer C A L E N D A R

Note: all phone numbers "970" unless indicated otherwise

May 25, Sat. 8 a.m. GARFIELD GRUMBLE. 5+ miles point-to-point, from east Garfield Trail Head outside of Palisade up over the Garfield top to a point down in the desert further west ... where the flaming finish line should be. And beer. And hot-dogs. Joe: 245-4382 or Conrad: 245-4243

May 27, some little race in Boulder

June 1, Sat. 9 a.m. MIKE-THE-HEADLESS-CHICKEN 5K, downtown Fruita (at the Courthouse). 858-0360. Zany, of course. (miketheheadlesschicken.org)

June 1, 6 a.m. Moab – the THELMA & LOUSE HALF-MARATHON. Women only runners! But you guys, show up to help, support, etc. Also a 10k this year, as well as 2-person relay for the ½ M. Madmooseevents.com

June 1, 8:30 a.m., Run for their Lives 5k (benefit for Schneegas Wildlife Foundation), Silt Stoney Ridge Pavilion. Join CRVCRS for the third stop of the summer. Benefits the

Pauline S. Schneegas Wildlife Foundation. \$25 registration. For more information contact Erin Romero 970 618-7098

June 2, Sunday, 7:30 a.m. Steamboat Marathon, Half, 10k. Steamboat Springs! 879-0882 or 879-0880 One of the "Top 10 Destination Marathons in North America."

June 10, Monday, 6:00 p.m. - Devil's Canyon – 2nd (of 5) event of the annual MMS Trail-Race Series. See the explanation/summary of the "weekly group workouts" following the Calendar section.

June 22, Sat., 5 a.m. San Juan Solstice 50-mile. Lake City. www.sjs50.com
(Entrant limit may have been reached)

June 25, Tues, 6:30 p.m. Possible monthly MMS Directors meeting (may or may not be held this month): Call 270-0109 for location, date (if changed), & etc.

June 29, Saturday, 7:30 a.m.? Trail Town 10-mile (& 5-mile), Ridgway, sjmr.club

June 30, Sunday, 9 a.m. TURKEY FLATS LOOP 9.6 MILE (15k) – trail run, in the forest up above Glade Park. Tom: 434-9753

July 4, Thursday: numerous Independence Day running events! Meeker, Gothic-to-Crested Butte, Aspen Buddy 5-mile, Ourayce 10k, Silverton Blue-Ribbon 10k, and other locations – 'google' this/these, and we'll provide more into next month ~

July 7, Sunday, 9 a.m. CRAG CREST TRAIL, 10.5 miles – "top of the world" views and experience ~ start/finish at Island Lake trailhead on the Grand Mesa. Paul: 241-6478

Thursday, July 18 - Lunch Loops group run (also part of annual Trail Race Series) and Strider's summer picnic

Renee Wheelock, (new) Executive Director of the GGJSC (Greater G.J. Sports Commission) wants us to know that:

Registration for the 2019 U.S. Bank Rim Rock Marathon, Half Marathon and Marathon Relay is now open! Join us on November 2nd for one of the most breathtaking races, winding through the Colorado National Monument. The peaceful course features views of towering monoliths, vast plateaus and canyon panoramas while sheer-walled, red rock canyons surround the twists and turns of the course. The race finishes in downtown Fruita's Circle Park, at a celebration that includes live entertainment, local food, merchandise and a beer garden.

Registration fee includes a \$10 per runner fee for access to the Colorado National Monument, custom finisher medal, a commemorative technical t-shirt, special offers, food at the finish line and more.

Proceeds from the U.S. Bank Rim Rock Run benefit scholarships for Colorado Mesa University Track and Cross Country student-athletes and the Greater Grand Junction Sports Commission.

Register at www.rimrockmarathon.com

Renee Wheelock -- Executive Director -- Greater Grand Junction Sports Commission
Office: (970) 248-1469 Cell: (703) 304-6357 Renee@grandjunctionsports.org

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.

Note! → Savor the Copper Club and Handlebar for two more weeks before the time changes on March 10. Then we're back to trails for Monday and Thursday night running!

Every Wednesday, speed workout, 6 PM – Tabeguache Trailhead on Monument Road aka Lunch Loops for trail intervals. 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 aka Lunch Loops. We'll be out there rain or shine (or snow, or wind.) 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 5/27 Pollock Canyon Trailhead, run Pollock Bench Loop
6/3 Mary's Loop Trailhead, I-70 Loma Exit
6/10 Devil's Canyon Trailhead - **Trail Series Race #2**
6/17: Pollock Canyon Trailhead, run Flume Canyon 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. We have a 5-6 mile standard loop but there are various shorter options 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, the FOOT SUPPORT GROUP, and *Dr. Andy Mohler, family practice, 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

Dr. Andy Mohler, family practitioner – with the Primary Care Partners PC, 3150 N. 12th (G.J., 81506), 245-1220

April 13 and 14, Desert Rats Trail-Running Festival, Mary's Loop Trail system near Fruita. The two longer races were on Saturday, with the shorter distances conducted on Sunday.

The MARATHON had 102 finishers! Led by Travis Swaim (age 31) in 3:41:15; and Colleen Loughlin (just 27) in 4:03:38. She was 11th over-all. NO HOME-TOWNS were listed, so, yes, The Strider could not easily recognize "local" runners. ("The usual lament/plea" here: let us know how you did, the more colorful commentary the better). Runners-up were Dillon Gotshall (36), 3:44:09; and Raquel Harper (39), 4:04:09. In 5th was master's winner Bryan Bergman (47) 3:52:21. First 50+ (both men and women) was NanKeith Frates, 4:41:21 and 7th woman.

The 50k was a bit more-popular, with 186 survivors. Jeason Murphy (39) had 3:50:58 of fun, and ... he ran 7-some miles further than the marathon and only 9 minutes more? Max Robinson (26) was next, 3:56:21. Fastest lady was Kristen Mohror (31), 13th over-all in 4:37:22. 54-years-young Anita Ortiz was (like the Marathon) fastest of anyone 50+, 2nd woman, in 4:50:28. She also was 2nd 'master' (M/W) and I think is from Eagle. Patrick Hummel was 17th over-all in 4:52:19. Karla Nephew was also 17th (for females) with 5:55:52 of effort. If she'd only slowed down a bit, there would have been five fives for her time.

Half-Marathon: almost as many participants as the long run (174) – led by Jacob Banta (no age given), 1:31:05 – close race as Michael Dorr (40-49 group) was next in 1:31:19. 12th-place Christi Richards won the women's race, 1:45:49 and Ariel Meyers (30-39) was 2nd in 1:54:20.

The 10k must have been a tough course for the 111 runners, as Ben Keidan's 47:38 won the race. Corey Metzger (19&under) was next, 50:49. 4th place nicely-named Maggie Romance was quickest lady, 51:42, followed by Emily Seibert (20-29), 52:42. 3rd woman, Geri Howard, was first master over-all, 53:24, winning the 50-59 age-group. So, two of these races had women doing very well in the "seasoned" age groups.

www.geminiadventures.com

May 11, WATER TOWER 5-MILE DESERT RUN

According to the Race Director: "Perfect weather. New and longer course starting nearer to the dam. Ernie's GPS measured 5.2 miles, but it 'ran' nearer to 5.5 miles.

Out of the past: Robb and Christie Reece. Robb, who used to win everything (and once ran a marathon in Tibet/Nepal in something over 4 hours at over 14,000 feet) – his son, Zenon, a chip off the old block, Robb shadowed him on his mountain-bike."

KEVIN DONOHER and ZENON REECE were first and second, with 43:41 and 44:07 times. Kevin must have taken a wrong turn, as he had a huge gap on everyone else early in the race. I thought the course was very-well-marked, until the last ½ mile or so – and then one could easily see the finish.

1. Donoher, 43:41 2. Reece, 44:07 3. Eric Kreb*, 46:59
4. Ernie Langelier, 51:05 5. Teofilio Tenedor-del-Diablo, 52:26
6. Pam Kreb*, 70:09 7. Sheryl Douglas, 71:47 8. Paul Wubben, 1:44:24

*Eric and Pam's last name is possibly mis-spelled

April 13, at Eagle Rim Park (next to O.M.M.S.) in Orchard Mesa. The Girl Scouts had the 2nd annual COOKIE CRAWL 5K. The only results we found were that there were about 100 entrants.

April 20 and, yes, there was a Color-the-Rock 5k run (or walk), RiverBend Park, in Palisade but not easy (well, impossible) for us to find results.

On Friday, May 3, at 6:30 p.m., the Cinco Cinco 5k was run at the Edgewater Brewery (Las Colonias Park). There were over 30 willing participants, of whom Michael Wallendorf (19:21) and Annie Murphy (29:51) were the fastest. www.wclatinochamber.org

May 6, Monday, 1st Race in MMS 2019 Trail Race Series. Mary's Loop. Thanks to Tommy Toast for sweeping the course and Jay for run support! There were some familiar faces that led the pack for that night's run. Coming in first for the men was Kevin Donoher with a time of 40:30, beating his time from last year by 33 seconds! First for the women and fifth overall, was Erin Walter with a time of 44:29. Points and tickets are awarded for each run, so it's not too late to join in the fun! The next run of the series is on Monday, June 10 at Devils Canyon. Run starts at 6:15pm. Show up early to get signed in.

Mary's Loop ~ 6-mile trail run: WOMEN: 1. Erin Walter, 44:29 (20 points, 4 tickets) 2. Jina Silva, 56:41 (19 points, 3 tickets) 3. Lara Schneider, 67:10 (18/2)

MEN: 1. Donoher, 40:30 (20 points, 4 tickets) 2. Donnie Tietsema, 41:21 (19/3) 3. Martin Wiesiolek, 43:16 (18/2) 4. Michael Charnick, 44:09 (17/1) 5. Glenn Fitzgibbon, 53:04 (16/1) 6. Kirk Apt, 67:10 (15/1) 7. Steve Habovstak, 78:40 (14/1) 8. Tommy Toast, 87:30 (13/1)

May 11 -- Rabbit Valley Half-Marathon

This running race is an adjunct to a couple longer-distance mountain-bike events but is, apparently, getting more popular as it drew 148 finishers. No home-towns were listed on the results, so, yes, again, we at the Strider did not and could not take note of many "local" Grand Valley participants. Regardless, some results:

Arthur Whitehead won, in 1:28:19. Quite close behind was Ryan Sullivan (1:28:37), in the 20-29 age group. 3rd was Wesley Toews (1:30:46), 30-39 group. 9th over-all was women's winner Kelsey Collins, 1:55:51. Next woman was Deborah Vigil, 2:00:54. The master's winner was Chris Spence (10th over-all, in 50-59 group), 1:58:59, and female master's fastest was Jennifer Mendez, 2:05:26. Chris Pack was 37th, winning the 40-49 group with 2:18:45. Amy Plummer was 2nd (M&W) over 60, finishing 30th in 2:16:03. Rhonda Jones was 3rd in the 40-49, 43rd over-all, 2:19:58. Liz Schnittker was the 6th woman in the 50k MTB race.

www.geminiadventures.com/rabbit-valley

As many of you may know, the MMS conducts some of our events on "public land" – and the corresponding regulatory agency (BLM) sometimes takes an interest in such "usage." And so ... Paul Sever is our current contact at the BLM. He is temporary as they search for a permanent replacement to the guy we had for the past couple years. Conrad thinks we have made a good impression and can work with this one.

Message Forwarded on Wed, 03 Apr 2019 05:15:58 -0700 From: "Sever, Paul" <psever@blm.gov>

Subject: Re: [EXTERNAL] Widowmaker Trail Run Date: Mon, 1 Apr 2019 10:18:23 -0600

Hi Conrad, Good to meet you as well. I've attached my notes from monitoring the Widow Maker event on Saturday. I think the MMS are headed in the right direction by carpooling to the trailhead to minimize their footprint there. I highly encourage you to continue this and also to consider carpooling from a location in town, such as the parking lot area for Trailhead Coffee. We will continue to monitor in future years to determine if the Letter of Agreement is appropriate or if it should be under a Special Recreation Permit. I saw one orange flag on Pre-nup later on Saturday. Not sure if this was a MMS flag or not. Let me know if you have any questions or concerns.

Thanks, Paul Sever Outdoor Recreation Planner BLM, Grand Junction Field Office Mcinnis Canyons NCA

TOO LATE for this Newsletter was any announcement in advance of the latest "Striders Spring Trail Work Day" – which occurred Tuesday, May 14th 6:00pm - Kodel's Canyon Trailhead. Thanks to Corey Hinman for organizing and being the MMS liaison-person in regards regional trail-building and maintenance and such.

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

