

THE STRIDER

In this issue: some ... race results. "MR. STICKY BUNS" wins Fruita Valentine 5k!
Other winners are KATE AVERY, BRENDAN WAGLER and KERI NELSON!
Striders? Consider getting involved with Matchett park (new?) "development"
Recent races, or, if not exactly "races" -- seem to be a lot of fun!

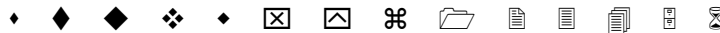
Next issue: SHERYL DOUGLAS is best Valentine Predictor! Liz Norris & Suzie
Steel set new age-group records! (& almost EVERYONE RUNS (too) FAST !)

Thanks Liz, Rick Warren, Joe Sheader, Angela Johnson, Tom Ela and Kevin Koch
(Mr. Bang's Canyon) for contributions to the N L !

A STRIDER EVENT: **TORTOISE AND HARE 6 MILE RELAY**, this
Saturday, **FEBRUARY 28**, register **10:00-10:20** and run **10:30** at 2932 B Road. Two person
teams will be pared after registration. This is cheap fun, speed work, and socialization.
(Mr. Ingram: 270-0774)



Deadline for submissions for next newsletter is March 20. Email articles to nusratkhan@aol.com or snail
mail to MMS, c/o
Betunada, 230 Sunset Hills, Grand Jct., CO 81503



MMS Directors meeting --> Jan. 27: "The usual suspects" were joined by ANGELA JOHNSON, who was
present to talk about SHIRTS. We are looking forward to not only self-advertising, but modeling, spreading the
word, telling whoever WHO WE ARE, etc. with the proposed upcoming regular tee-shirts AND RACING
SINGLETs. We will continue to discuss this and presumably MAKE IT HAPPEN somewhat soon. KATHY
DONOHER has designed the "regular" shirt while PATRICK HUMMEL is the designer for the proposed
race-singlet. We discussed approaching potential sponsors -- which might have reduced the cost of the item --
but Ms. Johnson more recently announced that pursuing sponsors (for now) is "out." About 40 or more of these
have already been ordered! Look for more information on this either in and/or with this NL.

The numbers of participants at the weekly work-outs are increasing!

Larry talked about the MMS "Timing System" -- which will feature reduced rates for "certain events".
(e.g., the "Aubrie Hope" would qualify).

THANK YOU LARRY INGRAM FOR THE (annual) CALENDAR !

HELP! As stated last month, the Striders continue to be in need of a storage unit for our race
paraphernalia. Some of our garages are over-flowing with cones, water jugs, etc. If you know of a
unit (or part of your garage) - anything resembling a safe dry storage area, please contact any Strider

Spring? Trail-running season soon!

Director.

Another (repeating) MMS "Help Wanted" -- **would YOU consider being a Race Director and Organizer?** This event is NOT as labor-intensive as, say, the RRMarathon nor any "T-shirt race"): Rick Warren announces: For personal reasons unrelated in any way to the MMS club or any of its members, this Freezer, my seventh, will be my final year as Race Director. You've all been great! Let me know the best means to transfer all relevant records and correspondences to the club, and I will retain electronic and hard copies in my files as well. It has been a pleasure to serve. ~ Rick ~

A long-time long-running local runner asks ...

I ran up at Matchett again this evening and wondered if the Striders were at all involved in the comments of about the "development" of that park?

I sent mine (comments) in but fear they fell on deaf ears. It's one of the few 'parks' or spaces left in town where one can go away from concrete and autos and soccer fields and still enjoy some dirt, and geese, and open sky on earth. I agree the non natives should be removed and the place cleaned up and restored but I fear, from what I've heard of the plans they are going to pave over all the trails, put trees in straight lines, etc. etc. etc...

J. Sheader



Partly sunny skies and a light SE breeze graced the **33rd annual Appleton Freezer**. Custodian Tom was helpful and attentive, and the second year staged in the spacious and accommodating "new" building went without hitch, thanks to my sweet wife Jan, who provided beverages to go with many dozens of her homemade cookies, and Bob Thome, who tracked down all 35 finishers. This year, following the system of the Los Alamos Road Runners, runners used safety pins or pockets to carry cards with their printed names. After finishing, Bob inscribed the finish position, and post-race we teamed to complete and check the finish times. Without Bob's help, last year I sent the results to the Sentinel at 23:18; this year results went out at 16:21, not too long after the 15:00 deadline for Sunday's paper. Nonetheless, the race results made Sunday Sentinel.

The database now containing results for all 33 Freezers provides some curious and possibly interesting facts, summarized with the attached race results. (ed. note: later in this NL, results, that is)

Kim Dobson ran the 3rd fastest time ever run by a lady. Only Leanne Whitesides, (who was the fastest Colorado lady runner in the citizen's Bolder Boulder in 2005 or so) ran faster. Her husband Corey could not keep up with her, although he did push their 7-month old in a "stroller", at 6:19 pace!

Submitted by Rick

Results are at or towards the end of this newsletter.

Below are some curious facts from the 33-year history of the Appleton Freezer:

- Conditions this year were similar to those of the 2014 Freezer, temperatures close to the 30 year average and partly sunny. The light SE breeze provided a chilling headwind that challenged maintaining pace for the final 1.6 miles.
- Kim Dobson led the ladies back to Appleton School in 24:23, the third fastest time ever run, outperforming such prominent runners as Kathaleen Recker and Mary Gonzales. Only Leanne Whitesides, winner of the fastest Coloradan Citizen at Bolder Boulder, ran faster Freezers (23:14 in 2004, and 23:44 in 2001).

- Race winner Kevin Donoher posted the best time (22:07) since 2008, when Martin Medina won in 20:49. For 30 and older runners, Kevin's performance recalls winning efforts of Bill Aragon (1988), Ricky Denisek (1992,3), Robb Reece (1995), and Jay Valentine, whose string of winning efforts (2001-5) are unmatched.
- New age standards (NOT age GROUP standards) for male runners were set for a span of 60 years, from Jordan LeBlow (10) to Jan Frisby (70). Three female new age records spanned a 44 year range, set by Kristen Jeffries (19), Suzie Steele (55), and Sheryl Douglas (63).
- Many regulars returned this year: Carl Tenpas and Keith Miller (11th Freezer), Sheryl Douglas (12th), Liz Norris (13th), Bryan Baroffio (14th), Jeff Wagner (16th), and Larry Ingram (24th, following a 5-year absence).
- Carl Tenpas continues to amaze in the Clydesdale category. His effort was but 1:17 slower than Warren Bystadt's 2011 age standard. From Einstein's equation, $E=mc^2$, we can say that Carl expended nearly twice as much energy as Warren, who is a formidable octogenarian runner. Well done, Carl!
- Cory and Kim Dobson were unaware of the stroller-assisted category, so they didn't register their 7-month old for the Appleton Freezer. Therefore, Haven Lee Sanders' 0-1 year old stroller-assisted age record remains intact. Nonetheless, Cory pushed the stroller at 6:19 pace for the four miles to finish one position behind Kim. To be fair, they might switch drivers next year to give him a chance to catch mom.
- Stage four cancer did not prevent one of our prominent club members from running, and performing amazingly well. All runners worldwide should know of her courage. She is an inspiration for positive attitude to all.

Ed. note: among other things (Pike's Peak RECORD-BREAKER, e.g.) Kim was third a couple years back in the WORLD MOUNTAIN MARATHON Championships.

MARCH & APRIL C A L E N D A R

February 28 Saturday 10:30am TORTOISE AND HARE 6MILE RELAY, teams paired at start, each runs 3 mi, 2932 B Road, GJ Larry 270-0774

March 7: 2nd Annual DreamCatcher Half Marathon (!?) Staggered start times begin at 7 a.m.
www.starunnerenterprises.com Edgewater Brewery

MARCH 7 (Saturday), 9 a.m. "Run Like a Kid 5K" Grand Shelter at Canyon View Park benefits River Canyon School 5k run/walk, "big kid 1k" & "little kid 50-yard dash" Also a 5-person TEAM option. rivercanyonschool.com or contact jess.scriver@gmail.com

Saturday, March 7 Moab Spring Trail Run and Off Road Duathlon
Half marathon or 8K run or 8K run and 13K mtn bike combo www.trainingrx.com

3/14 is also the "**Pi Day Run**" 3:14 PM 3.14 Mile Run
Julie and Brian's, 2364 Rana Rd pi potluck after, bring something pie-like ...
and schwag from Pearl Izumi (PI)

March 14 Saturday 11:00am MESA MELTDOWN 5/20 K XC SKI RACE
Grand Mesa Skyway Tom Ela www.gmnc.org; 434-9753

14 Saturday 3:00pm SEQUOIA GLEN 5K, W. Glenwood Spgs, mvidak@centurylink.net

March 14, New Emerson Elementary 5k – Matchett Park, [active.com](#) ??

March 15 Sunday LOS ANGELES MARATHON www.lamarathon.com

March 21 Saturday 9:15am CANYONLANDS HALF MARATHON & 5 MILE, Moab, Utah
Rim Rock RR, 435-295-452 www.moabhalfmarathon.org

March 24, Tuesday, 7 P.M. Monthly M M S Director's meeting Usually at
Raven-Ridge Resources, 584 25 Road. (589-6180)

March 28, Sat., Grand Mesa Nordic Loppet -- 21 and 42k freestyle cross-country ski
races: www.gmnc.org

April 4, Sat., 9 a.m. Grand River Gallop 5k, Davidson Park, Rifle -- www.grhd.org
Note: the Editor COULD NOT find anything about this event at that website. Hope you
have better luck!

April 11, Sat., 8 a.m. Moab AXS Adventure Race (series) -- Red Cliffs Lodge, call Tom
(local contact) 434-9753 and www.gravityplay.com

APRIL 11, SAT., 10 A.M. **WIDOWMAKER TRAIL RUNS** (7 & 11 mi). The
7-mile is a rarely-level high-desert mostly single-track through the rocks ledges
exposed tree roots steep-climbs-and-descents race. The 11-mile is not only longer,
but tougher. Little Park Trail Head (@ ~ 3-mile mark up Little Park Road). Paul:
241-6478

April 11, 9:30 a.m. Spring into Shape 5k, Delta Rec. Center, Gary, 874-0923

April 16 - 19 (Thurs. thru' Sunday): Desert Rats Trail Running Festival, choose from 5, 10, 25, or 50
mile runs! Fruita (Mary's Loop) area -- www.geminiadventures.com –

NOTE: the editor COULD NOT directly view nor access the Fruita "Trail Running Festival" info -- hope
YOU can!

April 18, Sat. 8:30 a.m. **LINCOLN O.M. ROARING-TO-RUN 5K**, fund-raiser for O.M.
school -- Randee, 985-5985

April 22, Wed., 5:30 pm. Lincoln Park Open Track Meet #1, G J Parks/Rec 254-FUNN

April 25, Sat., AUBRIE HOPE 5k: will be held Saturday April 25th at Matchett Park.
Cost is \$20.00. This is a fundraiser for baby Aubrie Hope Hughes. Aubrie
was born in September (2014) with Hypoplastic Right Heart Syndrome – and
all proceeds will go to the All About Aubrie Hope Foundation. **You can
register online at www.active.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!) can participate:

on every Tuesday, fartlek type speed workout Sherwood Park, **5:30 AM**

All abilities and speeds encouraged to join. (Note: there is NO phone # to call for this workout. Do call about the others, though!)

Wednesday, speed workout **6 PM** Meet at Stocker Stadium track in Lincoln Park. All abilities and speeds encouraged to join, 773-3124.

Group training run every **Thursday 6 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".

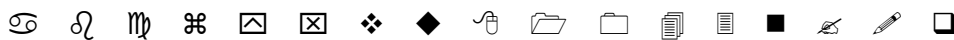
We'll be out there rain or shine. A headlamp is a good idea. As always, this is casual and all shapes and speeds are welcome with various routes to choose from. We'll look out for you.

Group training run every **Monday 6 PM** Fruita streets. Meet at the Copper Club, downtown on Aspen St. 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

~~ Just a note: the soda/beer cooler which is often available at the end of these runs ... well, the usual provider(s) would appreciate some help with the \$\$\$, etc. This service is NOT intended to be included with your M M S membership !

Another NOTE: with the advent of Daylight (un)Savings time and increased daylight – the times and/or venues for these may change. The actual group runs will still be, being run – so look for update(s) next month AND contact nachtambule@aol.com

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



Some running websites:

MESA MONUMENT STRIDERS website: The site is located at <http://www.mesamonumentstriders.com> and continues to be up and running. We (well, Ms. B) try to have more running-related stuff there as time goes on. Questions? Ideas? Contact Randee Bergen on the website or at 985-5985.

rrca.org (road runners clubs of america)

injuredrunner.com -- here in G.J -- also betterrunner.com
www.gjrunning.com -- will be re-directed to a Facebook page: "Views of the Valley 5k Series"

colorado runner: www.coloradorunnermag.com

montrose area running: **sjmr.club** (SJMR) NOTE: NOT *.org but DOT "club" the website appears to be UP & working! San Juan Mountain Runners, 631 S. 2nd Street, Montrose, CO 81401

West Colorado GIRLS ON THE RUN: gotrwesterncolorado.org THIS fine organization started HERE in the Spring? Trail-running season soon!

Happy Valley!

MOAB: **moabhalfmarathon.com** (Canyonlands HM/5M, Thelma&Louise HM/Relay, The Other Half, and the Winter-Sun 10k) -- also (435) 259-4525

Durango-area races: Durango Running Club <http://durangorunningclub.org>

please do us a favor and suggest other locally-relevant sites -- and let us know more about those we've included here -- (especially whether they "work" or not)

***** -> 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. 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. AND -- you get COLORADO RUNNER magazine 4 times a year!



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

The following

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!

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

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

WESTERN MEDICAL ASSOCIATES NOTE NEW ADDRESS: 743 HORIZON CT., Grand Junction, CO 81506 phone number remains the same here in GJ **Andrew Winnefeld, M.D.**
For an appointment call 241-7600

Can I ask to be invited to the Pedro 5.0 Trail Run? or if the 4.0 version is held again? ostensibly a M M S event, held on "Saturday". Hmmmm....



Spring? Trail-running season soon!

LIZ Norris reports:

This time of year when running early in the morning before the sun comes up there are birds that are sleeping in trees only to fly out and startle someone running by because they are startled by the runner :) Runners encounter nature even on city streets and that is part of the joy of running. At a very young age I was taught respect for nature and that all life is sacred. It wasn't that we did not hunt or fish but even in doing that we still had respect for nature and living creatures.

My father used to thank the fish for giving us sustenance and I remember an incident with my grandfather while hunting. We ate things like quail, pheasants and even rabbits. With fish or animals like birds or rabbits we only took what we needed. I remember my grandfather telling me that if I could not be good enough to shoot a pair of mourning doves that I had condemned the other to death because they mate for life -- hence the name mourning doves. Being a runner and enjoying seeing the wonders of nature and having been taught to respect life, I was upset when a woman who I see walking at Matchett Park told me that the family of grey foxes and the lone red fox had been senselessly killed. They were left for people walking by to see. I do not understand that and now Matchett Park is a little emptier.

On a happier note -- the Appleton Freezer went off again with a few more participants. I was sorry not to see Paul there. I did not run my slowest but I did run a lot slower than last year. Larry added to his long streak -- I think that is more than 20 of them. Sheryl and I do not have that many. I would have to run it 8 more times to catch that, as would Sheryl. There were some cookies and other treats afterward. The young child in the stroller and her family have a tradition going. The race has been going on since the 80s -- I would hate to see this race die out.

There is another long time run -- the Valentine's Day Massacre coming up as well. Of course there is the tortoise and the hare at Larry's and if you are really in for a challenging run there is the widow maker and the Garfield grumble :) Striders runs are always fun even though some Striders are fast and then there are those like me who are slow and are getting slower. I am looking forward to mostly Striders runs but I may show up at a few others to bring up the rear. This may be a year that I do not do the downhill though - I think I may have gotten too slow and may have to participate in another way. Anyway the weather is getting warmer. I have been wearing shorts most mornings and I am looking forward to seeing you all on the road and the trails --

Happy running all

Ed: and to you too, Ms. N ! (by the way, she set an age-group record in this year's "Massacre" !)



January 3, 2015 BANG'S CANYON 30K AND (optional) 60K

Bangs Canyon Trail Run - 30K, 60K Bangs Staging Area

With some last minute snow the course was about average this year with packed ATV track on most of the course and some longer sections with loose dry powder. The temperature was relatively warm starting in the 20s and reaching low 30s later in the day. Cloud cover kept it from feeling too warm.

Once again, no one was willing to head out for a second loop to take on the 60k this year.

In the women's race Keith Frates ran steady to capture yet another women's title. Shannon Koch powered along to second and Kristi Siman edged out Laura Wetstine for third.

In the men's race James Roche cemented his lead on the long climb up Old Windmill, Spring? Trail-running season soon!

steadily pulling out of sight. Giff Walters and Patrick Hummel would duke it out until the final climb when Giff closed the deal and a late closing Scott Vig would have to settle for 4th.

Matt Rutledge, traveling from Golden, took home the second annual Jeff Recker Bonk award. Greg Hewitt, Esa Crums, and Heath Scott opted to spot everyone a 15-20 minutes by missing the start. Last but not least, Kathy Donoher persevered getting turned around on course and made it back home just in time for the after party.

A good time was had by all at the post race camp fire. Special thanks to Ray Jensen for going above and beyond again this year providing music, fire, food, and drink. He gets the super boy scout award.

If you had fun, bring a friend next year!

-Kevin

60k → NONE

30k

1. 2:48 James Roche 27M 2. 3:03 Giff Walters 29M 3. 3:06 Patrick Hummel 30M
 4. 3:08 Scott Vig 40M 5. 3:16 Donald Tietsema 29M 6. 3:23 Sean Wetstine 39M
 7. 3:29 Jeff Friedman 31M 8. 3:34 Kevin Donoher 35M 9. 3:44 Keith Frates 54F
 (1F)
 10. 3:51 Adam Byerly 35M 11. 3:42 Chris Wright 42M 12. 3:55 Rob Tran 48M
 13. 3:56 Kirk Apt 52M 14. 3:59 John Constan 47M 15. 4:01 Shannon Koch 40F (2F)
 16. 4:02 Greg Hewitt 58M 17. 4:11 Kyle Stone 46M 18. 4:26 Kristi Siman 35F
 (3F)
 19. 4:26 Laura Wetstine 32F (4F) 20. 4:41 Karah Levely 41F (5F)
 21. 4:59 Matt Rutledge 38M 22. 4:59 Ernie Langelier 62M
 23. 5:01 Amy Cunningham 38F (6F) 24. 5:07 Sue Drake 58F (7F)
 25. 5:12 Esa Crums 33F (8F) 26. 5:12 Heath Scott 40M 27. 5:12 Tracy Mucha 33F
 (9F)
 28. 5:42 Wilmer Perez 66M 29. 6:39 Conrad Cole 64M 30. 7:04 Katherine Donoher
 36F (10F) ??k: Kristin Coakley, Kelly Curry, Kathaleen Recker, Randee Bergen, &
 Butch Karl

Saturday, January 31, 2 PM **Beer Mile! (also Shot Mile and Sober Mile)**

2nd annual event!

Beer Mile Men's Race **Kevin Donoher 7:48** Marty Wacker 7:58 Scott Vig 8:57
 Brian Buechler 10:01 Tom Ela 10:51 David Maas 13:34
 BAD A\$\$ LADIES Race **Kathy Donoher 16:28** Kristi Siman 16:32
 Shot Mile Men's Race **Kevin Koch 6:58** Stan Morrison 12:52
 Ladies Race **Karah Levely 8:41** Angela Johnson 9:29 Corey Hinman 9:31
 Trish Rothwell 9:40 and Julie Malingowski 10:11

Goofy Race **Bryan Whitt 10:46** Shannon Koch 11:02 Butch Karl 11:42
 Amy Cunningham 11:25 Carl TenPas 15:17 Angie Frisbie 17:34 Nita Gomez 20:04
 and chased by none other than Angela Johnson 20:08

The Editor wonders ... ¿ how about some DETAILS ? Pixures?



Feb. 8, Sunday, 2 p.m. NUCLA Resolution 5k Run/Walk -- fundraiser for "Hoof and Paw"
 Animal Rescue. 555 Main Street: Nucla Fire Building!

Spring? Trail-running season soon!

The Race Director comments: This was our 5th year for the Nucla Resolution 5K race and usually the first event of the year. Very cool soft twill caps and water bottles for swag this year. Dogs on leashes were encouraged as it's a fund raiser for our local animal rescue organization.

CONSIDER ATTENDING THIS FINE INTERESTING NOT-TOO-TOO-FAR-AWAY EVENT NEXT YEAR! I'm glad I did! We drove through Unaweep Canyon, joked about needing "only" \$400 minimum to stay a night at Gateway Canyons, (& seriously, now ==>) were almost *overwhelmed* by Dolores Canyon Scenery, speculated about the Twilight-Zone-vibe of the Uravan area, thought we mistakenly took a turn to AREA FIFTY-TWO and finally arrived in downtown Nucla. The fun (& run) continued ...

I'm serious, folks. My wife and I (she brought her bike so she could ride the course and area while I participated) really enjoyed the unseasonably spring-like weather on the drive there and back. I decided to do something really strange, even for me, and ran with TWO DOGS ON SEPARATE LEASHES. Yes, the thought occurred that we could encounter two squirrels running across the road in opposite directions and my arms would get torn off. Fortunately that didn't happen. Surprisingly, the dogs were pretty well-behaved and if it wasn't for some guy who ran really fast with his dog (23-some) I/we would have contended for the DOG FIRST PLACE prize.



Appleton Freezer 2015

11:05 Saturday 24 January 2015 at Appleton Elementary School

Donoher, Kevin	M	35	1	22:07	GJT	24-JAN-2015
LeBlow, Jared	M	15	2	23:24	GJT	24-JAN-2015
LeBlow, Ted	M	46	3	24:08	GJT	24-JAN-2015
Dobson, Kim	F	30	4	24:23	GJT	24-JAN-2015
Dobson, Corey	M	30	5	25:17	GJT	24-JAN-2015
Baroffio, Bryan	M	56	6	27:16	GJT	24-JAN-2015
Frisby, Jan	M	70	7	27:21	GJT	24-JAN-2015
Ellison, Evan	M	13	8	27:23	Moab	24-JAN-2015
Younger, Dave	M	58	9	27:59	GJT	24-JAN-2015
Parks, Craig	M	57	10	28:44	Rifle	24-JAN-2015
Jones, Ryan	M	15	11	28:49	GJT	24-JAN-2015
Stahly, Cheryl	F	30	12	28:50	GJT	24-JAN-2015
LeBlow, Jordan	M	10	13	29:15	GJT	24-JAN-2015
Steel, Suzie	F	55	14	29:18	GJT	24-JAN-2015
Brammeier, Pascal	M	35	15	30:01	GJT	24-JAN-2015
Miller, Keith	M	45	16	31:36	GJT	24-JAN-2015
Knowles, Jayelen	F	16	17	32:01	Moab	24-JAN-2015
Steel, Marshall	M	54	18	32:44	GJT	24-JAN-2015
Von Fuiel, Stephanie	F	31	19	33:25	GJT	24-JAN-2015

Mattson, Chuck	M	59	20	33:30	GJT	24-JAN-2015
Jensen, Ray	M	50	21	33:43	GJT	24-JAN-2015
Winnefeld, Andy	M	43	22	34:13	GJT	24-JAN-2015
Ingram, Larry C.	M	70	23	34:47	GJT	24-JAN-2015
Lozano, Sophia	F	15	24	35:34	GJT	24-JAN-2015
Bisbee, Michele	F	48	25	35:39	GJT	24-JAN-2015
Jefferies, Kristen	F	19	26	38:53	GJT	24-JAN-2015
Smith, Tamarie	F	36	27	39:38	Fruita	24-JAN-2015
Wagner, Jeff	M	57	28	39:40	Fruita	24-JAN-2015
Tenpas, Carl	M	80	29	39:55	GJT	24-JAN-2015
Norris, Liz	F	61	30	40:17	GJT	24-JAN-2015
Guevin, Daniel	M	51	31	42:05	GJT	24-JAN-2015
O'Connor, John	M	57	32	42:46	GJT	24-JAN-2015
Vagher, Amy	F	36	33	43:35	GJT	24-JAN-2015
Douglas, Sheryl	F	63	34	45:56	GJT	24-JAN-2015
Guevin, Debbie	F	51	35	56:29	GJT	24-JAN-2015

Feb. 7, Boulder: Laura Thweatt WON the U.S. national cross-country championship. No, this was not a specifically collegiate, nor citizen's, nor ... this race was for all runners in the U.S., professional or otherwise. She is now the reigning NATIONAL women's Cross-Country champion. Why does the editor bring this up? Easy -- she is but the latest in a series of (mostly) women we've seen running local high school races! I remember her, as a Durango stand-out, in larger track meets at Stocker. Specifically, the West Slope Regionals in about 2009 or 2010. And before that, national steeple-chase champion Emma Coburn (hope I have the name correct) from the large metropolis of Crested Butte!

Oh: Ms. Thweatt ran the 8-k course in 27:42, a 30+ second margin over 2nd place. Hopefully some day the editor can make the time an effort to "flesh out" the list of "locals done good" on the national stage, as a few other names come to mind ...

The Fruita Rec. Center Valentine's 5 and 10k runs:

Feb. 14, SweetHeart Run ("Do your heart some good") – About SIX HUNDRED participants! Good going -- this has got to be the biggest spring running event in our area -- 434 in the 5k and 148 finishers for the double-5k. There was one mysterious (to me) winner name, with three not-so-mysterious race winners: Mr. Sticky Buns was fastest in the 5k, also won by KATE AVERY. BRENDAN WAGLER AND KERI NELSON were winners of the 10k. The Sentinel had a picture or three of this event, showing shorts, spring-like weather, etc. whew!

WOMEN (10k)

1. Keri Nelson	42:34
2. Cheryl Stahly	46:18
3. Kimberly Short	46:57
4. Sierra Wiggins	48:41
5. Stefanie VonFlue	49:18
6. Jan Meister	49:27
7. Amber Pommarane	49:45
8. Rhiannon Broyles	49:53
9. Kathy Meyer	50:29
10. Tiffany Haifley	50:39

MEN

Brendan Wagler	37:13
Levi Broyles	39:13
Heath Hibbard	39:49
Tim Davis	41:39
Jim Haraway	42:01
Candelario DeLuera	42:24
Bryan Baroffio	42:48
Nicholas Duncan	43:02
Xavier Renteria	43:16
Kyle Clark	44:03

Ages of over-all winners weren't provided -- but, still, there were a lot of impressive age-group showings here -- e.g., the 2nd through 7th-place men were ALL over 40! 3rd woman (Short) won Master's with 6th-place (Meister) 2nd master and 1st > 50.

Levi Broyles was first master, and pretty darned impressive was Mr. 3rd-place (Hibbard) having a phenomenal time for the 60-age group! Jim Haraway was actual 50-59 winner, just ahead of the 2nd and 3rd places in that category (DeLuera and that Baroffio fellow). Duncan and Renteria were the first two runners UNDER 40! (15-19 category) while Clark won 30-39. Dennis Young won the 70+ in 72:30.

While Ms. Nelson won over-all, Ms. Stahly was first 30-39; Short = 1st master; Wiggins won the 20-29; Jan ran an impressive time for 50+; Rhiannon Broyles was first under 20. Sheryl Douglas won the 60-69 in 75:09 but actual over-60 winner was Mary Young (70+) in 72:30.

MEN (5k)

1. Sticky Buns	18:44
2. Alex Rico	19:18
3. Dalton Haraway	19:35
4. Evan Ellison	20:00
5. Brandon Craven	20:17
6. Rob Tran	20:24
7. Chad Meister	20:28
8. B J Stone	20:59
9. Colby Paulson	21:50
10. Owen Johnson	21:58

WOMEN

Katie Avery	22:41
Jennie Ricks	23:47
Katie Gallagher	24:16
Aubree Andre	24:33
Sarah Wagler	24:57
Shan Mixon	25:20
Bethany Roach	25:31
Hana Hokenbeck	25:48
Julia Gruner	26:12
Tina Peltier	26:33

Front-runners tended to be younger in the 5,000 trot, but master's fastest were Mr. Tran and Ms. Mixon, mixing it up with the kids. Jennie Ricks won 20-29; Gallagher the 30's; Aubree Andre and Sarah W were one, two in 14-&-under. Juanita Mancuso won 50-59 in 27:01; Jerri Shaw was fastest 60-and-up (30:52) while Pat Sluski ran 42:02 to win 70+.

Mr. Rico not only was 2nd-faster over-all, he won the 20-29; followed by younger runners -- Dalton Haraway won the 15-19; and Evan Ellison won the under-15 group. Owen Johnson was first in the 30-39. Also: Doug Beach (50+) ran 24:08; Steve DeFeyer ! won 60-69 (37:18) but 70-year-young Mid Coolbaugh (31:15) could have lied about his age and won the 60+ as well. Carl TenPas continues to emulate the Energizer Bunny and showed everyone you can still run and have fun and also win the 80+ (31:52).