

THE STRIDER

In this issue: Chris Schnittker leaving town?
MANDY HARTER & KEVIN DONOHER are fastest Thigunawats!

next issue: your submissions, results would be appreciated, of course!
SJMR "North Rim" 8k & 20k Palisade peach results, anyone?

THANKS TO OUR CONTRIBUTORS THIS ISSUE: Liz Norris, NanKeith Frates, Sheryl Douglas, Tom Ela



Nan Keith reports on the recent St. George, Utah, Marathon:

Kirk Apt and I ran the St. George marathon on Sat. 10/5. I ran 3:21:40 and Kirk didn't wake up until halfway, running a TWELVE minute negative split to finish in 3:39:09. The weather was perfect and the course was gorgeous and it was hard! I always forget how hard a road marathon is: so much of it is mental.

The reason I find the road marathon so hard is it's a much steadier effort than a trail marathon, there are no distractions like tricky footing and continuous change ups, and I basically train a lot harder for a road marathon as, for some reason, I place more importance on the time I run. The hardest part of all is the mental. Without the distractions it's all about being with myself for three plus hours and trying not to get down on myself when the going is rough and trying to rally that extra effort at the end when just finishing seems good enough.

Anyway, the most important thing is to respect the marathon. A great friend of mine said that after finishing St George in 3:06 instead of her usual sub-3:00 . I remembered to do that, and the marathon kept reminding me as I ran! I hope this wasn't too long an explanation of why I find the marathon so tough. It's a BEAR.

(Editor: Nan originally just reported times -- but I asked questions about other factors besides 'time' and she (perhaps inadvertently and definitely unintentionally) provided the always-interesting MENTAL / PHILOSOPHICAL aspects of the game ...)



Deadline for submissions for next newsletter – is November 15. Email articles to nusratkhan@aol.com or snail mail to MMS, c/o Betunada, 230 Sunset Hills, Grand Jct., CO 81503



MMS Directors meeting: the secretary?/editor missed it last month. What happened?
Long-time MMS Director, former running-store owner, multiplicity of race-directing/timing/general consultant CHRIS SCHNITTKER is leaving the end of the month to take a job in Hawaii. *The editor says: Gosh-dang it! (any potential MMS god-father/god-mother types waiting in the wings?)*

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

Saturday, Oct. 19, 10 AM Rollin' On The River 5K
Western Colorado Botanical Gardens www.strivecolorado.org or 256-8612, 244-5506

Sunday Oct. 20 The Other Half Half Marathon Moab
www.moabhalfmarathon.com

Oct. 26, Sat. (check for time, but we're fairly sure it's at about 3 p.m. or later):
LAST RUN OF YOUR LIFE ZOMBIE-INFESTED RUN (2nd Annual) -- 5k. Fruita
activities center. register at www.active.com and also check www.KEKBFM.com

Sunday, Oct. 27, 8:30 a.m. -- "a Striders classic!" Run to Whitewater 18-mile
Point-to-point Bangs Canyon Staging to mouth of Unaweep Canyon just outside of
Whitewater -- boogidieshoe@yahoo.com, put "Run to Whitewater" (or similar) in the
subject line ... or 245-4243

Lots of spooky runs around Halloween always and then
Saturday, Nov. 2, 10 AM The Panda Waddle 5K Longs Park
<http://pearpark.mesa.k12.co.us/> or www.active.com Nick Moseley 970-254-5960

Nov. 6 thru' 9th: Moab Senior Games. Included are track events, 5k run/walk,
and many other sports. Contact: Suzan Martin, Moab Senior Games
P.O. Box 1469 Moab, Utah 84532 435-260-0161
<http://www.moabseniorgames.com>

Nov. 9, Saturday: Check RimRockMarathon.com ! also a FaceBook Page ?
November 9th ! Will this be affected by the, you know, Federal Government
shut-down??

Nov. 19, Tues., 7 PM (call 589-6180 for directions and to ensure we haven't had a
date change) – possible Monthly M M S Director's meeting. Usually at Raven-Ridge
Resources, 584 25 Road. May change due to T-giving holiday ...

NOV. 23, Sat. 10:30 a.m. STRIDER 'TOM TURKEY' 6-MILE PREDICTION
RUN! Turkeys are not necessarily awarded to the fastest, but to those who run closest to
their pre-race predictions! Two years ago the Editor was 'edged out' of the LAST
TURKEY by some guy who ran about 60 minutes! (and was ONE SECOND closer to his
prediction). 2932 B Road (Orchard Mesa, near Chipeta Golf Course), Larry:
270-0774

Dec. 7 WinterSun 10k (Moab) registration is open!
www.moabhalfmarathon.com

NOTE: The March 15 Canyonlands Half and 5 Mile will not be a lottery this
year. Registration opens Nov. 13, first come first served! Mark your calendars.
www.moabhalfmarathon.com

Join us for any of these 4 weekly training sessions:

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

Every Wednesday, speed workout Meet next to the Riverfront Trail near the SW
corner of the Redlands Albertsons parking lot 5:45 PM
All abilities and speeds encouraged to join, 434-9753.

Group training run every Thursday

Every Thursday 5:45 PM at 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: give me a call or email

Group training run **every Monday**, 5:45 PM

10/21 Pollock Canyon Trailhead, run Pollock Bench Loop
10/28 Mary's Loop Trailhead, I-70 Loma Exit 11/4 (Note: time change!) --
Devil's Canyon 11/11 Pollock Canyon Trailhead, run Flume Canyon Loop
11/4 Time change! Stay tuned for details of winter mode running

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.

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



Sept 29, THIGUNAWAT 10K TRAIL RUN @ Powderhorn Ski area --

Forty-three women and twenty-nine men finished this year's tough Powderhorn
"Color Sunday" Trail run. GOOD PIXURE OF KEVIN D in the Sentinel just afterward!
Mr. DONOHER was fastest, by over 8 minutes, in 51:09. Jerry Fay was the only
other under-one-hour finisher 59:53). Quite close in 3rd was Martin Wiesiolek,
who was second in the 47-year-young category (Mr. Fay is same age!).

Area Triathlon-queen MANDY HARTER (age 32) was first woman, 5th
over-all in 62:44. She was chased by Danielle Balengee (master's winner) in
64:20. Tara Suplizio was 3rd woman, 2nd master in 69:21.

MEN: 1. Donoher 2. Fay 3. Wiesiolek, 60:03 4. Eric Kane
(28), 61:55 5. Matthew Meyers (13), 67:06 6. Ernie Langelier (61),

68:37

WOMEN: 1. Harter 2. Ballengee 3. Suplizio 4. Karah Levely-Rinaldi (40), 73:19. 3rd 'master' and 4th in the race? This is the Colorado West Slope, baby! 5. Erica Gardner (36), 76:46. 13th woman was the first under 30! --> Danielle Pena (84:09), and in 19th was the first over-50, Jane Johnson, 90:42.

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

The following sponsors/underwriters
Western Medical Associates, Colorado Chiropractic & Muscle Care,
and the Foot Support Group
have assisted in keeping membership costs lower than they could be. And:
they support running in the Grand Valley (& elsewhere). Support them if you
can!

FOOT SUPPORT GROUP Foot/gait/orthotics/bracing/modification specialists
“ European Craftsmanship – Biomechanical Design” 3212 F Road, Clifton, CO 81520
888-242-3881 or, in the 970 area code: 434-2727

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

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

Some running websites:

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

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

colorado runner: www.coloradorunnermag.com

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

West Colorado GIRLS ON THE RUN: gotrwesterncolorado.org

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

Durango-area races: Durango Motorless Transit www.go-dmt.org (DMT)

www.gjrunning.com -- we'll review this and see what it is -- in fact, please do us a favor and suggest other locally-relevant sites -- and let us know more about those we've included here

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

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

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

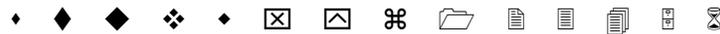
MMS members get reduced rates at all the low-key local events. You can get in free to the monthly directors meetings. (actually, any- and everyone gets in free, but hey!). You also receive the monthly email or paper newsletter often with race entry forms and such delivered right to either your door or email-box.



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

We plan to have results and 'story' next issue. Suffice to say that the Race Organizers (special thanks to Jan (is it B Ridgeway or Bridgeway?)) were quite flexible and moved this event to be a MONSTER mountain downhill run* closer to Hotchkiss. Your humble editor was the undisputed winner in the whiskey-swilling cigar-smoking senior citizen category in the shorter run. I was glad to see this somewhat well-attended (guess: 40 in the 8k, more than that in the longer run). *The 20k participants ran UPHILL starting at about 8600' elevation for about 2.5 miles on a road recently plowed of the snow, then turned around and plummeted downhill. Jeff Wagner, Rosco, and Tamary (I KNOW I have the first name incorrect) Smith were Grand Valley participants. Neat hi-tech long-sleeve t-shirts with the last-minute disparaging addition to the design impugning the fed. gov't shut-down, heh. And lotsa food!

Remember that our Montrose (SJMR) friends are not that far away and if is any indication of the quality of their usual events, GR R R EAT JOB!



Liz Norris muses and discusses RUNNING:

We have all seen different sports where competitors struggle to win only to congratulate one another after the struggle is over. This is most dramatic when watching runners on the track. To recognize and admire your opponent, whether you beat him or not, is the essence of true sportsmanship. The

14th was Brian McConnell (46!) from Grand Junction: 1:41:40. Shannon Koch (not quite 40) was 7th woman and 2nd in the age group: 1:47:39. Also from our area were Shelly Steadman (41), 32nd, 2nd in the age: 1:52:20; Linda Parsons, and Nicole Engbarth.

I like how the website extolled that the late-season event would have water temperatures in the 70's ... ha!

Sunday, the following day, things had warmed up slightly for the Road events -- a "standard Olympic" and a "sprint".

The Olympic event (1500m swim, 40k bike (24.8 mi) and 10k run) had 151 finishers -- paced by 'youngster' John O'Neill (23) from Edwards in 1:59:54. He was fastest swimmer and runner, 3rd fastest bike, in 20:00, 64:03, and 34:51. John was 4 minutes ahead of Steve Mantell from Ft. Collins.

Impressive in 8th-place was the first master, Daniel Fernandez (Boulder) in 2:13:49. 3.5 minutes back was Kevin Koch. Kevin was 93rd out of the water and 4th-fastest on the bike. 24th over-all was fastest lady (and another 'master' -- 43!) Heather Gollnick from Steamboat -- 2:24:22. Just behind Heather was Erik Hemstad -- who was second over-all in the previous day's event! Heather was almost 4 minutes ahead of 2nd woman, youngster (20) Brittany Warly from Englewood. Jeff Recker was 62nd and missed age-group 3rd by under 2 minutes. Also finishing from the Grand Valley were Matt Deeths, Tom Ela (who won 60+ age group), and Tiffany Stedman.

The 'Sprint' event (750m water, 13.2 bike, 5k run) had a Grand Junction winner -- CHRIS SCHROEDER (age 19? goes against my theory, here) in 1 hour, 11 min. & 32 sec. He was wet for 11:27, rode for 37:00 min. and jogged thru' the 5k in 21:43. He was a little over a minute ahead of Rodrigo Fernandez (age 48!) from Boulder. Hmm... I suspect he's related to the master's winner of the longer event. Fifth over-all of 111 finishers was Nadia Sullivan (35) from Loveland in 1:16:59. Nadia was 2 places ahead of Allen Russell, first in his age group and 3rd master. John Turner (44) from GJ was 11th in 1:20:15. Another impressive effort was 4th woman, 22nd over-all Paula Maresh -- who was 2nd female in the previous day's event.

Other Grand Valley finishers were Peter Kunisch, 31st in 1:29:00; Luke Clayton (1 place back); Shelley Carpenter, Eric Langner, Glen Wallace (who was 1st "clydesdale"), Kathy McConnell, Suzie McConnell (mom?), Karissa Erickson, Tricia Rothwell, Bryce Christianson, Janine Kunisch, and Lisa Hermann.

Can someone provide Palisade Peach 8k results and commentary?