

the strider

'voice' of the West Slope's longest-running autonomous collective of running-minded anarchists, but none, really, of whom are actual monkey-wrenchers, right?

Thanks to Paul Wubben, Andy Winnefeld, Sheryl Douglas, Steve DeFeyer, Randee Bergen, and Tom Ela for contributions to the NL

Next issue: Moab Wintersun 10k! MMS "TomTurkey" Prediction Trot! And ...

Oct. 14, THE OTHER HALF, (half-marathon). Moab. (Of course)

This autumnal gem of an event attracted about one-half-of-a-thousand runners for this year's race. Though Moab is the closest town, runners enjoy the Colorado River scenery for the entire distance. Fastest times this year were by 55-years-young (!) BILL COBLER (Holladay, Utah) – 1:23:49 and CAITLIN BRAITHWAITE (31, from SLC) – 1:26:11. Caitlin was also 2nd-over-all! She was possibly paced by the next runner, Ryan Fillmore (28, from Anton? Colo.), 1:26:15. In 4th was Moab resident, Mike Barton (age 43 – is he the same Mike Barton who lived closer to G.J. and participated in many local races?). Anyway –

The 2nd-place woman was 8th over-all, 51-years-young, from Italy (!). Nives Carobbio had 1:30:50 of fun and was 1st female master. Closer to home, ROGER SANTISTEVAN (47, G.J.) was 16th over-all and 2nd in the 40-49 group with a 1:37:42. Other Grand Valley finishers included Nikki Cunning (22), 29th over-all, 6th woman, winning the age group with 1:42:45; Amber Sisson (37), 24th woman with 1:54:30; Kerry Hicks (41), 1:55:36; Tammy VanPelt (50), 1:58:05 – 100th place; Lili Francoeur (59), 1:58:05; Rochelle Kreigshauser (51) 1:58:37. Jim VanPelt was 5th in the 60+ age group; and JAMES GRANT won the 70+ age group with a barely-over-2-hour time (by 39 seconds).

www.madmooseevents.com

Paul Wubben and the Editor had a conversation regarding the Palisade Plunge (the proposed 'monster' 5,000-foot downhill mountain bike trail from the top of the Grand Mesa to Palisade). It was reported last newsletter that MMS donated \$50 to COPMOBA (mountain-bike group) for the planning and research for this – even though the proposed trail is MOUNTAIN-BIKE ONLY – no pedestrians, etc. Dr. Wubben suggested that if the trail does get built – that whoever operates it (COPMOBA?) consider opening it up to foot-traffic maybe once or twice a month, or perhaps a specific day each week. Just a suggestion ... ALSO we discussed the "sparse attendance" at the Desert Runs these past couple years. It used to be that these events were about the only trail/desert runs held in this area – and the decline in participation is probably due not only to the weekly MMS group trail-runs, but also the increasing plethora of "official" trail runs these past few years – e.g., Mary's Loop, trail runs in Aspen, Montrose, Steamboat, etc. I'll have to get back out there to run these as long as they're "there". And, how many races other than the Desert Runs can and will tolerate my three canine running companions?

Rosco donates blood at the Pavillion a few times a year. Having what he regards as a "healthy fear" of needles, this activity is akin to facing one's personal dragon(s). But the last time he went to donate, he was DENIED the opportunity. Why? His heart rate was "too low"! His resting pulse used to be sub-50 back when he was in better shape, but still sub-60 in recent years. So ... as part of the donation procedure one's vitals are measured. The blood-pressure numbers were okay, but the 47 beats-per-minute raised an alarm. He argued that this was not a problem, but the personnel at the blood bank were concerned. "Are you on beta-blockers?" they asked. He does not consider himself to be an "endurance athlete" like so many MMS members are – you know, marathons and such – so you'd presume and expect most runners to have low heart rates. Anyone else who donates blood ever have this "problem"?

Steve DeFeyter and the Editor talked about recent running activities and such recently. Among other things, Steve mentioned that “the Monkey-Wrenchers were Monkey-Wrenched” by someone else. → some of the Turkey Flats trail run flags were deliberately ‘monkey-wrenched’ by a party/parties unknown – intended to mis-direct traffic, presumably. “HAYDUKE LIVES” was written on a couple or more flags. Presumably WHOEVER may have thought the course-markers were delineating a proposed strip-mine or something. Steve’s inference was that “us runners” tend to identify with Hayduke, out there, somewhere.

MMS Directors meeting --> September 25: We discussed the MMS “Sag Wagon”/Rider-assistance for the annual bicycle Tour of the Moon (which occurred the weekend after this meeting). MMS received \$950 for their/our efforts in our aid to the tour! (Which, if the editor recollects somewhat correctly, had about 2,000 participants. A good healthy boost to the Valley’s tourism and economy, not to mention our running club as well). Also, we discussed having a MMS “presence” at the October 20 G.J. Urban Trails “Community Streets Event” – which took place the weekend before this NL came out. \$200 was donated to “the Cooler Fund.” Participants at the weekly group runs know what this is. And ... the WINTER SUN PARTY BUS was discussed. For those of you who travel to Moab for the Winter-Sun 10k (usually the first Saturday in December), this is a great alternative to driving your car there. Also, if you haven’t registered for that yet, ask/check with MadMoose about the MMS 15% discount. Rande Bergen is trying to arrange this – capacity of the bus is about forty (40) ! Patrick Hummel was “elected” to the Board. He replaces Julie Malingowski.

MMStrider HATS: The hats should have arrived at Karla’s house. We will sell them for \$15 (exact cash or check), like last year. Karla will bring them to the weekly run groups until we run out or anyone can email her if they won’t be attending a group run and want to buy one. Also, there are a couple of shirts left - 2 ladies medium and 1 adult small tank and 2 small t-shirts.

For submissions for next newsletter: Email articles to nusratkhan@aol.com

Doesn’t have to be a ‘submission’! Let me know of O-missions, etc.

or ‘regular’ mail to MMS, c/o Betunada, 230 Sunset Hills, Grand Jct., CO 81503

The M M S Directors, currently, are:

KARLA NEPHEW – President (& Jaguar-Timing-System).

ANDY WINNEFELD – Vice-President & frequent medical insight).

TOM ELA – Membership (among other things). CONRAD COLE – Treasurer.

ROSCO BETUNADA – interim temporary acting Secretary, Newsletter (since 1995 or so).

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. (No telling when a running event needs some Design consultation). COREY HINMAN (GVTA Liason).

The Oct. 7 RUN TO WHITEWATER was ... CANCELLED! Due to all the rain we had been getting. Those who know the area will readily agree that it would have been a verrrry muddddy mess. Hopefully next year!

Sept. 29: annual bicycle Tour of the Moon. A huge thank-you (and “atta-girl” (or boy)) to those MMS members (and friends) who were the sag-wagon/rider’s assistance crew – and our/your running club was pretty generously compensated ~

November/December, and ~ C A L E N D A R*Note: all phone numbers "970" unless indicated otherwise*

Oct. 27, Sat., 9 a.m. HOLY FAMILY SPOOKTACULAR 5K, 7th & H Roads – Kathy, 201-3928

November 3, Saturday, 8 a.m. RIMROCK MARATHON – HALF/MARATHON -- & MARATHON RELAY rimrockmarathon.com

Nov. 3, 10 a.m. Pear Park Panda Waddle 5k, Long's Park (near Central H.S.)
970-254-5960 nick.moseley@d51schools.org

Nov. 3 and 4: the Moab Trail Marathon, ½ M, & 5k has SOLD OUT for the Saturday events. However, register before Oct. 30 and get in (a mere \$80?) for the Sunday (11/4) half-M.
moabtrailmarathon.com

Nov. 17, Saturday, 10:30 a.m. **STRIDER 'TOM TURKEY' 6-MILE PREDICTION RUN.**
2932 B Road (in Orchard Mesa, near 29 road and on B road). AWARDS go not necessarily to the fastest, but to those who run closest to their pre-race predictions. Larry, 270-0774

November 22, Thursday (yes, Thanksgiving), 9:30 a.m. 9th Annual G.J. Firemen's Turkey Trot 5k – 2nd & Main, downtown G.J. early entry (save \$10) by November 19 -- \$25 (adults).
255-8370 or www.giffoundation.com

Also Thanksgiving morning: 9 a.m. San Juan Mountain Runners (Montrose) Turkey Trot, Oak Grove School (west of town), 62100 Oak Grove Road. Prediction runs, we think. \$5 per person. Choose between 2-miles or 4-miles. Sjmr.club

There are also "turkey runs" in Durango, Steamboat, and (we think) Glenwood and maybe Rifle ...

Nov. 27, Tues, 6:30 p.m. Monthly MMS Directors meeting may or may not be held, this month: Call 270-0109 for location & etc.

December 1, Saturday, 10 a.m. the Winter Sun 10k, start at Moab Golf Course, run a downhill course back to town. www.madmooseevents.com

Back by popular demand - the Winter Sun Party Bus! Take a bus to Moab and back with all your running friends. The bus will pick you up at Canyon View Park at 6:00 AM or the Fruita Rec Center at 6:30 AM. There is one pit stop on the way to Moab. We'll go to packet pick-up at the high school and then to the start of the race at the golf course. Riders may leave their belongings on the bus at all times and may wait in the bus at the start of the race if the weather is bad. The bus will be at the race finish and at noon we'll load onto the bus and head downtown for several lunch choices. We'll reload at 2:00 and the party and celebrating will be happening all the way back to Grand Junction. This is a sign-up for the bus only; please register for the race separately at <https://www.madmooseevents.com/winter-sun-10k>. For more information and to reserve your spot on the bus go to <http://signup.com/go/vhcisAn>.

December 2, Sunday 11 a.m. Winter Start Cross-country Ski Races – classic 5k, and freestyle 5k. Grand Mesa Skyway (top of Grand Mesa). www.gmnc.org or 434-9753

December 8, Saturday 11 a.m. Strider 5-Mile time trial. River Trail on the Redlands (near the Albertson's) Larry, 270-0774. This is an accurate paved (mostly) flat (also mostly) quiet river-front course.

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!

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. Are the Tuesday runs still occurring?

Every Wednesday, speed workout, 6 PM – These were at the Tabeguache Trailhead on Monument Road but will be at the Lincoln Park (Stocker) Track – until things "lighten-up" next spring. All abilities and speeds encouraged to join, 970-773-3124.

Group training run every Thursday, 6 PM -- 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

Last outdoor/trail run will be at Devil's Canyon Trailhead on October 29. Subsequent Monday night group-runs (beginning Nov. 5) will meet at the Copper Club (down-town Fruita, a couple blocks east of the "circle." We run in all conditions. Like the Thursday night group, this is casual and all abilities are welcome with various distances to choose from. Tom 970-773-3124

Tuesday morning trail run, 5:30 AM - Tabeguache Trailhead on Monument Road (be prompt for this one) – EDITOR'S NOTE: not sure if this is happening. Contact Tom at nachtambule@aol.com or 773-3124



Running with Pneumonia

I had been feeling poorly for 5 days with cough and fever. The cough was severe and lasted all night. Fever was relieved by ibuprofen every 6 - 8 hours. Running was out of the question. My wife finally convinced me to seek medical attention. In the ER, they checked my oxygen level and it was very low. I did not believe it was possible and suggested the machine was broken. I told the nurse, "I am a runner and my oxygen level is never that low." They gave me oxygen and breathing treatments that helped. Finally, the chest x-ray came back and showed pneumonia. After looking at the film, I had to agree, it was pneumonia. They considered admission to the hospital.

The nurse-practitioner said, "I have never seen somebody with pneumonia, who looks so good." "That is because I run," I said. So I went home with a prescription of antibiotics and an inhaler.

The first few days after diagnosis, my aerobic exercise consisted mostly of walking from the bedroom to the bathroom. This was a challenge! Climbing our 1 flight of stairs also left me winded, but I was improving! Also, the albuterol inhaler helped. After about 1 week, I was only coughing every 10 minutes or so. I decided it was time for a run! I made it about 1/8 mile before a coughing fit took place. I did bring my inhaler and I mostly walked the rest of 2 miles. I tried again a few days later and was able to run with only a few stops. I ran a 13 minute mile! Usually, I would be running 9 - 10 minute miles, so this was slow, but it was running! As the days went by, I became thankful for a 12 minute/mile pace. Then I cut it down to 11 minutes per mile. A few days before the race in Moab, I finally ran 1 sub 10 minute mile.

Then came the Other Half marathon in Moab on Oct. 14th. Why was I doing this race about 5 weeks after being diagnosed with pneumonia? I had signed up early and did not believe that I could get my money back and this was my favorite race! Also, I knew I could finish it in less than 3 hours, 30 minutes (cut-off time). I have never felt so unprepared! My longest run in the last 5 weeks had been 6 miles. So, I had 1 goal which was to finish the race. When the race started, I felt great and was running 9 minute miles. By mile 6 I had sore muscles, but was still running. On the hills, I was

determined to push through and keep running. I managed to run the entire race without stopping to walk! I finished in 2:13. This was my slowest time ever in Moab, but I was so happy with it! (I once ran 1:44.) No coughing and no walking occurred.

It may be awhile before I get to my pre-pneumonia running times, but it is nice to feel a little better every time I run. Keeping in mind that pneumonia can kill people, I am happy that my body was able to overcome it this quickly. I have a new perspective as well. Sometimes, it is not just about how fast you are, but that you are still going that matters. As the bus was leaving Sorrel Ranch (the end of 1/2 marathon) to take us back to the town of Moab, I saw an overweight woman who I did not know, who was waving and throwing her arms up in the air. She was going to finish in about 3:20, but she was going to finish and I was happy for her.

Andy Winnefeld

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

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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!

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888-242-3881 or, in the 970 area code: 434-2727



“Charles” (no last name given) won the October 6 Cedaredge Applefest 5k with a 21:28. The results did list his age group (13 – 19). Runner-up was Isaac Stanley, 21:44, winning the 20 – 35 group. In 3rd was women’s winner Allison Martin, 22:23 (20 – 35). Cindy Stonessmith was women’s runner-up (23:20), 5th over-all and in the 50 -59 group. Lynn Alford won the 60+ age group (30:55).

On Saturday, Oct 13th several Striders joined the BLM for a fall trail work day. This was at the **Palisade Rim Trail Head – The Leave No Trace** organization had representatives at the trail-building. They are a national nonprofit organization dedicated to protecting the environment by teaching people to enjoy it responsibly. Their website is LNT.org They had a table set up at the trail head. Corey put pictures and information on facebook about the trail-building under all things running and socializing.

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")

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_____ 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
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