

THE STRIDER

In this issue:

EVERYONE WINS and is A DESERT CHAMPION

Fast times on the Monument Downhill -- both records broken

next issue: Palisade "Peach" 8k

THANKS TO OUR CONTRIBUTORS THIS ISSUE: PAUL WUBBEN, LARRY INGRAM, TOM ELA, LIZ NORRIS, Conrad Cole.



The Monument Downhill 5k 7/27/13

The daily Sentinel had age-group results shortly after the race. Do check www.monumentdownhill.com for complete results, which include the age-group rankings.

This article was sent to Colorado Runner Magazine, so, thanks Colo. Runner from the Strider!

Fast, Perfect, Wow! The Monument Downhill represented Grand Junction in the Colorado Runner Race Series this year on Saturday, July 27. Those who participated were treated to perfect conditions—calm, cloud cover after a great sunrise and a fast course. The course is gradual down from the East entrance to the Colorado National Monument to the Colorado River which gives altitude (4800') runners the perfect equalizer for achieving sea level times.

The "Wow!" was the competition, despite the absence of several top age group locals who are injured. The course record was smashed by 32 year old Adam Rich of Colorado Springs who hammered a 14:15 (4:36/mi) to break the course record of 14:55 that he set back in 2005 when he ran for WSC.. He had to run that fast to win as Kopec Wojciech of Poland finished a mere 8 seconds back in 14:23 for his PR after Adam eased away after the mile mark. Kopec has been in the U.S. for six or seven years and ran for Harding College in Searcey, Arkansas and is training near Gunnison with hopes of making the Polish Olympic team in the marathon and has run 2:18 in one of the several marathons he has run this year to earn money to train. He won a 10K in GJ in late June and came back for this 5K. He also brought his friend Lukas Oskierku of Warsaw Poland and Lukas was 5th in 15:19. Kory Cool of Manhattan, Kansas also traveled a ways to run and his 14:48 also eclipsed the old record. In 4th was last years winner, 17 year old, Liam Meirow of Dillon who ran an excellent 15:07, 35 seconds up on last year.

The lady's winner, Darby Gilfillan, is a 17 year old George Washington H.S. senior with a West Slope connection. Her father, Tom, trained out of Silt after Adams State and ran many races in that area before moving to and racing well in the Denver area. Darby's 17:07 (5:35/mi) pushed her past another super teen's record, Tabor Scholl ran 17:13 two years ago. Darby's was a much easier win as second was 45 year old Jill Whinnery who ran a good 19:54 for her PR.

The race paid age-graded money (except to the youngsters) and the fast guys dominated here also unlike in previous years. Adam Rich's 91% is international class and 12 others achieved National class above 80%. Mark Donelson of Evergreen (61) led the way for the "experienced" crowd with 83.4% ahead of Bob Thome's (59) 81.5%. Of special note 9 year old Santiago Renteria ran 20:51 while his 14 year old brother, Xavier, ran 17:55. The oldest runner this year, Barbara Sanchez (74) of Collbran ran 40:16 breaking her age group record by almost a minute and age grading 59%.

Larry Ingram

The Sentinel gave over-all fast times, but HERE we'll list

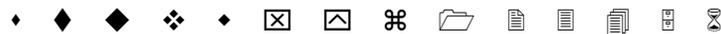
THE FASTEST WOMEN down-the-hill:

1. (and 9th over-all): Gilfillan, 17:07
2. Jill Whinnery, 19:54 -- Ms. W was Master's winner!
3. Jan Meister, 21:44 (2nd Master)
4. Bree Pease, 22:06
5. Shelley Carpenter, 22:11
6. Julie Gillis, 22:21 (wins over-50)
7. Tammy Van Pelt, 22:57
8. Nita Mancuso, 23:25
9. Heather McKim, 23:43
10. Car Livingston, 24:00

Men's Master's winner was 8th-place **Gerald Romero**, 17:03



Deadline for submissions for next newsletter – is September 13. Email articles to nusratkhan@aol.com or snail mail to MMS, c/o Betunada, 230 Sunset Hills, Grand Jct., CO 81503



DESERT CHAMPIONSHIPS 10k & 15k – August 10

The race director says: "There was some mud on the first 300 yards but otherwise the dirt track was ideal, so was the weather and NO GNATs. Only eight intrepid (dumb?)* souls showed up to run, but that is the way it was. Everyone had a true sense of accomplishment. Fortunately, the rain fell in quantity north-east of the route."

thanks -- *paul wubben*

* editor note: many, or most the real and regular runners in town know THE VALUE of early-morning summer desert runs with like-minded folks. It could be most everyone else was at a higher-elevation half-marathon. Many were (and right-fully so) probably scared of muddy conditions -- especially as it had rained a bunch the week before. Never-the-less: the 8 INTREPID SOULS who participated, are the 2013 DESERT CHAMPIONS. Dr. W says "300 yards" but the middle 4 miles of the 6.4-mile run were mostly dry! and the 9-mile run presumably had the middle 7 miles likewise.

DESERT CHAMPIONS FOR 2013 are:

15 k: ROB TRAN, 1:17:19 and BOB THOME, 1:18:36

10K: JAY KRABACHER, 52:49 CARL WOJTYLA, 60:15

LIZ NORRIS, 63:22 RANDY LARSEN, 74:23 CONRAD COLE, 88:08 and we were all chased by PAUL WUBBEN, 1:45:03.

Thanks so much Dr. W! We all appreciate this event and the other trail runs!



ALSO: ANYBODY WHO WANTS TO HELP AT SELECTED RUNNING RACES -- * AND GET \$\$\$ PAID *** BY LEARNING TO OPERATE THE STRIDER CHIP-TIMING SYSTEM? Contact ernakay@aol.com or 270-0774**

if anyone is journeying to Denver to run the OCTOBER Sports Authority Rock 'n Roll MARATHON, and needs a nice play to stay ...

I just wanted to reach out and introduce myself. I am the Corporate and Group Sales Manager at the Holiday Inn Denver - Cherry Creek. I just wanted to make sure the Mesa Monument Striders were aware that our property is offering a discounted rate of \$95 for the evenings of Friday, October 18th - Monday, October 21st for the Sports Authority Rock 'n' Roll Marathon, in case any of your members are participating or traveling to Denver for the event. We are located 4 miles away from the start line (center of Downtown Denver) so I can imagine most of the runners are wanting to stay closer downtown, however we are extending our offer to anyone (i.e. runner's families) who is coming into town for the event. If you have anyone interested in booking, they can use the link below to book their reservation:

<http://ichotelsgroup.com/redirect?path=rates&brandCode=HI&GPC=SAM&hotelCode=D ENCB& PMID=99801505>

Once again, please let me know if you need anything or have any questions or concerns regarding lodging for the Sports Authority Rock 'n' Roll Marathon, and I will be happy to help.

Thank you and I hope you have a great rest of the week!
Shannon McAllister Sales Manager Holiday Inn(r) Denver-Cherry Creek
455 South Colorado Blvd Denver, CO 80246 303.388.5561



MMS Directors meeting: JULY 23: the secretary wasn't there! There are rumors of a re-alignment of the website. And (not rumors any more!): regarding the upcoming Monument Rimrock Marathon ("now back under local control"). There will be a need for VOLUNTEERS –

Late AUGUST, September & beyond C A L E N D A R

Aug. 24, Sat., 7 AM -- the Mary's Loop and Kokopelli Classic trail runs, 16-mile and 8.5 mi. Put on by Mesa County Search and Rescue -- www.sarevents.org
Kokopelli Trailhead, Loma (I-70 Exit #15) Benefits Mesa County Search and Rescue
www.active.com

Aug. 25, 9 a.m. "10 at 10" -- Vail 10k. www.vailrec.com 479-2280

Aug. 27, Tues., 8:30 a.m. Western Colorado Senior Games 5k walk/run. At the Tennis Shelter at Canyon View Park, 730 24 Road. Snacks! \$19 covers entry into not only this event but many others! Registration at http://gjcity.org/Senior_Games.aspx
And/or call Lorie Gregor at 254-3876 Track Events also! (on Aug. 30?)

Saturday August 31 at 8:30 is the SPUR OF THE MOMENT 5K. Flat, Fast, Accurate, and best of all FREE. This is a little time-trial looping from Junior Legion Park (South of Redlands Parkway railroad overpass). Just competitive fun. Take advantage of these Strider

events, meet members, new people, add a longer run to it, a speed workout and have some running fun. Info 270-0774.

Sept. 7 -- Imogene Pass is today also? It's all filled-up! but check www.imogenerun.com

September 7, Sat., 9 a.m. G J PARKS & REC annual FILTHY FIVE "mud run" -- Matchett Park. 5k of obstacles and mud and ... check Grand Junction city website, Parks & Rec Department, "Special Events" -- Also: Kid's "half filthy 5" (1.5 mile) 10:30 a.m. (I bet they'll get just as muddy, if not more) 254-FUNN

Sept. 7, 8 a.m. "Fruitadens Family Run Run:" 5k (the "Fruitadens" is an actual small fast dinosaur!) Museum of Western Colorado – Dinosaur Days. At Dinosaur Journey, south of Fruita www.museumofwesternco.com/

Sept. 14, Sat., 10 a.m., Grand Mesa Bear Chase 4-mile, 8-mile, Half-Marathon at County Line Ski Area on the Grand Mesa <http://bearchase.agdevices.com>
4-mile is one-lap, 8-mile is two laps of course which you can view at the website. Entry is \$25 for the shortest race, \$30 for the 8, and \$35 for the ½ M.
"brought to you by the Grand Mesa 100". Register through active.com

Sept. 15, Sunday -- choose between the "EverGold 10k Trail Run" in Vail (10 a.m.) -- www.vailrec.com or 479-2280 -- OR -- the "Lead King Loop 12.5k or 25k " trail runs in Marble! www.leadkingloop25k.com

Sept. 17, Tues., 7 PM (call 589-6180 for directions and to ensure we haven't had a date change) – Monthly M M S Director's meeting. Usually at Raven-Ridge Resources, 584 25 Road Suggestions, comments, input almost always welcome.

Sept. 21, Sat., 8:30 a.m. Golden Leaf 1/2-Marathon, Snowmass to Aspen on trails -- www.goldenleafpace.com Bob: 925-9360

Sept. 28, Sat., 9 a.m. SPIRIT OF THE VALLEY 5K, run/walk/'n roll "Everyone welcome" – St. Matthew's Church (27 & ½ Road and Cortland). 3888 27.5 Road. Choose to be "competitive" or not; "hearty" brunch; live rock 'n roll; childcare; kid's activities; t-shirts; BENEFIT for Colorado Discover Ability & SAMS (no: not "sam's club"). \$30 adults, \$15 students (free under 12). Check – www.spiritofthevalley5k.org or 242-3293

Sept. 28 -- call to see if this is the correct date (Martelle, 242-5255) and/or watch the media or call FM High School! the ANNA BANANA X-C 5k -- "Citizen's race" before the high school cross-country invitational at Connected Lakes St. Park?
also rumoured on Sept. 28 is a Ouray Trail run?

Sept. 29, Sun., 8:30 a.m. Mountain Harvest Fest 5/10k trail runs in Paonia -- call to confirm: 527-3969

("Come one, come all!") : **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 6 PM
All abilities and speeds encouraged to join, 434-9753.

Group training run **every Thursday 6:00 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.

Group training run **every Monday, 6 PM**

(also join for a swim at Snooks Bottom, 5-ish prior to run. At end of pavement on Kings View,
turn right into Fruita Open Space Park and continue to parking)

8/26 Mary's Loop Trailhead, I-70 Loma Exit

9/2 Labor Day, no run currently planned

9/9 Devil's Canyon Trailhead

9/16 Pollock Canyon Trailhead, run Flume Canyon Loop

9/23 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. Chris 260-4612

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



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. Thanks for your support in this endeavor. <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

*** -> new MEMBERSHIP? or 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.



LIZ NORRIS writes about :

We all run. We are all different shapes, sizes, ages and abilities. Many of us run races but few of enter races to win. We do it to challenge ourselves but often to socialize and connect with others. There are a few runners who still challenge themselves but do not enter races. There is a still a connection with

running that most runners would understand and also share. I did not run races for quite a few years after getting out of school and then I started running marathons. I met someone recently who runs a lot but does not show up at races but the places he likes to run are challenging yet peaceful. I enjoyed the time we knew each other and now I miss him.

My running friend-- He did not run races except sometimes from a cop when panhandling. I met him at a writers' forum. It was in instant friendship - you know how that happens sometimes. He was a runner and a writer. He was also homeless. He did work for a temp agency and wanted full time work. Before the 2008 recession he lived in a house and did the so called normal things such as drive a car. After being laid off from work he soon exhausted all his resources and found himself homeless. He told me he used to wonder how people became homeless and he was sorry he found out the answer.

This guy had been one to frequent the Barr Trail and not local bars. He ran trails for pleasure and to commune with nature. He was not the stereotypical idea a lot of people have of the homeless. He loved nature and he said the only good thing about being homeless was being out in nature more. He said everything else about it was not good. He did not like the insecurity but running on trails gave him some sense of purpose, control, and security. As long as he could go out for a run then he could handle it.

Running was his great solace. He started having problems with his knee and had to bike more but he did not give up running the trails. He loved to write after a run saying that his most creative ideas came to him on the run. His writings were filled with beautiful descriptions of seeing a bobcat, a red tailed hawk soaring above him, seeing an ugly possum, and listening to the quails. He wrote of the smell of the sagebrush and the feel of static electricity before a summer thunder storm. He wrote of his awe and respect for nature and his joy at being part of it. He wrote of his frustration concerning the fact that he did not make enough money or have a permanent residence and how running trails helped him cope.

We hit it off so easily when we met several months ago. It was a sincere friendship and harmony similar to the one he had with nature. It was a friendship of trust and mutual understanding as well as respect. I was very comfortable around him and he was comfortable around me. We laughed and we talked about ecology, philosophy, and even politics. I got used to seeing him, exchanging ideas, laughing about silly things, and talking about great places to run. He really loved the Kokopelli trails. He taught (me) more about the joy of living and taking part in nature by the simple act of running in the woods.

He lived on an island along the river and the police found out and cleared his camp when he was away at work. He came back to see what little he had was destroyed and disposed of - including a lot of his writings. It seems the authorities should have given him a chance to clear out his things. They should have talked to him first. Maybe he should not have been camping there but it could have been handled differently. He did not camp there because he wanted to but camped there because he did not know what else to do. They came and he had no warning. I was glad to have known him and am sorry he is gone. I have not seen him since I heard about what happened to his camp. I wonder where he is and what he is doing. I know that wherever he is, running is still part of his life. I wish he were still part of mine.



Conrad organizes long runs most Sundays. He sent an email to the "usual suspects" to meet at Crag Crest Sunday July 28. His report:

Getting awfully old and must be losing my memory. Thought I was at Crag Crest on Sunday but it wasn't the same. There were a lot more rocks and there was

not as much oxygen as there used to be. The flowers were about the same and the outhouse smelled as bad. The trail seemed to look the same but it was a lot longer than the old one. I can't believe how much longer it was. Anyway I knew I must be at the wrong place since nobody else showed up

Conrad

We will try to get results from the numerous regional and local and events-of-interest not listed here for next issue. However, if anyone would report on Thelma&Louise; Leadville 100; Ridgeway 1/2 (& M?); Grand Mesa 100; the various trail runs including Imogene; heck -- is the Rifle Falls "cheatin' woodchuck chase" still goin' on?

And ... we (locally) aren't done with Triathlons for this year -- Over the week-end of October 5 and 6 the "Desert Edge" triathlons will be conducted at Highline Lake. There are 'road' tri's and an Off-road (MTB) Tri. www.racingunderground.com

We hope our friends in Montrose, with the San Juan Mountain Runners, will confirm that the October

M M S DIRECTORS

SHERYL DOUGLAS -- President TOM ELA -- Membership
CONRAD COLE -- Treasurer ANDY WINNEFELD -- Vice President
ROSCO BETUNADA -- secretary&NL Paul Frisbie -- "Web Guy"
LARRY INGRAM -- Calendar and consultant to Race Directors.
CHRIS SCHNITTKER -- Equipment Manager
ANONYMOUS -- director of everything not covered by the others

12 or 13 "North Rim" (of Black Canyon) 20k & 5-mile runs are "on"?
check www.blackcanyonraces.com

<SpiritOfValley5K-2013.pdf>

<OM5K-2013.pdf>

<Zombie5K-2013.pdf>