

STRIDER 5 MILE TIME TRIAL

Saturday, December 20, 2014

PLACE	NAME	AGE	TIME
1.	Jared Leblow	15	28:52
2.	Ted Leblow	45	30:39
3.	Levi Broyles	47	31:06
4.	Michal Mall	17	31:19
5.	Esmeralda Enos-Ma	28	32:07
6.	Brennan Wissell	17	34:26
7.	Dave Younger	58	34:55
8.	Rob Tran	48	35:16
9.	Jan Frisby	70	35:41
10.	Suzie Steel	55	36:12
11.	Mackennea Broyles	18	36:21
12.	Cheryl Stahly	30	36:49
13.	Bryan Baroffio	56	37:15
14.	Jordan Leblow	10	37:21
15.	Dixie Poteet	16	42:47
16.	Rick Warren	68	47:21
17.	Kristin Jefferies	19	48:55
18.	Carl Tenpas	80	51:06
19.	D. Plunket	50	51:22
20.	Lamarie Smith	36	52:44
21.	Jeff Wagner	57	52:47
22.	Ako Poteet	14	62:57

The sun came out on cue and stayed out for the race and then the clouds returned. The result, the best conditions for the Time Trial that we have had in several years and also the biggest turnout since 23 showed in 2005. The youngsters in winter training dominated with eight under age 20 including the fastest overall, Jared Leblow a soph at Central High. He out-legged his dad (coach) by 1:47 and broke Austin Vigil's HS fastest by 35 seconds. Everyone turned a good hard effort and seemed to enjoy the chance to run faster than a training run. It does my heart good to see the Central and Fruita runners taking part in our low key event and improving their talent. Also look out "down the road" for ten year old Jordan

Leblow who averaged under 7:30 miles.

On the lady's side Esmeralda, Suzie, Mackennea and Cheryl turned in good age group performances. Esmeralda was 2nd lady at the Winter Sun, Suzie won the Masters, and Mackennea was 11th overall and 1st in the 18 age group. Cheryl is really improving after having a child earlier this year. Good turn out ladies.

Lots of good age group times on the men's side also led by Ted and Levi's run for second and the masters win, Levi won the Masters at the Winter Sun. Jan Frisby was "on a training run, but someone shot a gun" and he broke Warren Bystedt's 39:03 age group record set at age 74. Jan is running well in the National Masters age group races with seconds in the Syracuse (NY) 5K (20:20) and Tulsa 15K (68 min). Also Carl Tenpas just continues to have a lot of fun out there.

It was fun to put on and watch this race this year and not freeze doing so. Also we raised over \$200 in donations for a real good cause. Thanks to all and have a great 2015.

EVENT RECORDS

Open	Hector Martinez	27:30	2005
	Leanne Whitesides	29:54	2003
Masters	Bernie Boettcher	27:50	2003
	Suzie Steel	34:41	2011
50-59	Jan Frisby		
	Larry Ingram	28:03	1995
	Suzie Steel	34:41	2011
60-69	Larry Ingram	32:01	2005
70-79	Jan Frisby	35:16	2014
		or 35:41 ?	