

THE STRIDER



In this issue: Andy talks about the **recent Imogene!** Liz Norris muses about **life and running** and such. **KARA ROPER defends** Rim Rock M title!
Next issue: WHO will win the BIG TURKEY at the MMS Prediction run?
 Thanks Conrad, Andy, Liz, Keith, and Jennifer S for contributions to the NL !

Neither fatalities nor anyone (very) lost at **Run to Whitewater!**
 NINE intrepid souls (and 18 soles?) trekked to Whitewater on Oct. 12 ->
 Runner/trekkers in order of LENGTH OF TIME SPENT ENJOYING THE COURSE
 were 1. Sheryl Douglas. Madame President had 5 hours and 16 minutes of
 trekking. 2. Conrad had slightly less time spent out on the trail (but still 5:16).
 3. Jeff Wagner had 3:46:16 of fun? 4. Kirk Apt spent a half-hour less than Jeff
 (3:11:30). 5. Ernie Langolier - 3:06:49. 6. Greg Hewitt spent 17 minutes less time
 than Ernie. 7. NanKeith Frates was about 2 minutes faster than Greg. 8. James
 Roche - two hours, 31&1/2 minutes. And (9) LAST in the category of length of time
 on the trail was KEVIN KOCH (2:22:34).



Deadline for submissions for next newsletter is December 13. We may or may not have a NL, though. But definitely the month after that!
 Email articles to nusratkhan@aol.com or snail mail to MMS, c/o
 Betunada, 230 Sunset Hills, Grand Jct., CO 81503



MMS Directors meeting: SEPTEMBER 16: it was approved at the Mesa Monument Striders board meeting that Sheryl Douglas, President shall be added to the club's signature card, replacing former President, Chris Schnittker, who now lives in Hawaii. Conrad Cole, Treasurer will remain on the account.
 Thanks again to: John Panozzo Cliff Moore Kyle Stone Kyle Carstens Karla Durand Ray Jensen Bethany Hall Tim Hayashi Nick Mezei Conrad Cole ~~~ for their effort in netting the club \$550 by being the sag-wagons and sag?-people for the recent Tour of the Moon bicycle tour.

OCTOBER 28: again a quorum of Directors present. Is that also a plethora? Y mas que suficiente cerveza tambien. Jennifer Stoll reported that there were 189 Marathon entries (counting relays). "We have taken care of all that can be taken care of at this time." -- Apparently that observation continued to hold (& ring) true, as all subsequent comments we've heard were quite complimentary, etc.
 The actual membership of the MMS is shrinking! (Does that include our body-fat and waist-lines?)
 The website Director reported that we bought a 2-year package for more space and upgrades for under \$10/month ! In the spirit of (at the time) the upcoming Veteran's Day, the Calendar/consultant/timing-system Director reminisced about his recent trip to Flanders's Field. (I'll betcha he did a run in the area besides). A contemplative run ...

Panda Waddle 5k, Long's Park, Nov. 8:

ESMERALDA and KEVIN spent the least amount of time on the course, "Ezzie" with 20:40 and Kevin with 17:05. TWO-HUNDRED & THIRTY-SEVEN FINISHERS! (Good job, folks!)

WOMEN		MEN	
1. E. Martinez-Ramos	20:40	1. K. Donoher	17:05
2. Mykayla Music	22:05	2. Johathan Torres	19:54
3. Cheryl Stahly	23:27	3. Dylan Cisar	20:16
4. Monica Shafer	24:16	4. Jordan McCabe	21:15
5. Amber Pommarane	24:42	5. Brad Rugel	22:27
6. Savannah Ortiz	25:12	6. Jacob Lee	22:39
7. Jeannie Grooms	25:50	7. Cade Moseley	23:44
8. Rochelle Kriegshauser	26:01	8. Parker Virden	23:45
9. Emily Graves	26:12	9. Chuck Mattson	24:28
10. Jorgiea Raftopoulos	27:07	10. Shain Morren	25:17

Jaren and Kara Wickham won the 8&under category. Their older sister, Alexis, won the 9-12 age group. (Men, above): Jacob, Cade, Parker and Shain were front-runners in the 9 - 12 age group!

Jordan McCabe and Mykayla Music were fastest 19& under.

Not only was Esmeralda 4th over-all, she was joined by Emily and Jorgiea (over-all women, above) in the 20-29 a.g. The first three men each was fastest in the "older" categories: Kevin (30+), Dylan (20-29) and Jonathan was FIRST MASTER. 3rd-&-4th-& 5th women Cheryl, Monica, and Amber were in the 30-39 group; Ms. Kriegshauser was also FIRST MASTER. Jeanie Grooms trotted in first among the 50-&-+ set, as did Chuck Mattson - while Liz Norris and Randy Larson each also placed first in the "next" age-category. It was, no doubt, a great day for a big group run.



RIM ROCK MARATHON (thru' "the monument") - Nov. 1

106 finishers this year - fastest were KARA ROPER (from Grand Junction) - 3rd over-all and fastest lady - 3:20:51. DAVID NILGES (from Gunnison) ran a fine 2:57:56 for a 13+ minute gap over 2nd-place Dan Grigsby (Boulder). Second female was Christy McLaughlin (6th over-all) - 3:27:20 and local Esmeralda Martinez-Ramos (named "Ezzy"? by the sentinel) was next woman, 3:29:50 and 8th over-all.

Master's fastest were Eliot Lee (Black Hawk), 9th over-all in 3:33:08 followed by 2nd-master (also 1st >50) Michael Brenner from Aurora, 3:36:32. 4th and 5th for the "seasoned men" category were locals Michael McBride (49, G.J.) - 3:38:33, followed by 12th over-all Kirk Apt (52, Fruita), 3:39:46.

The 4th woman, Wendy McMillan (40, Longmont) was the other Master's winner, 3:42:29. 61-year-old Richard Park (Colo. Spg.) was also up-front in 3:47:00.

The 2-person relay was quite popular. This race-within-a-race FILLED UP (30 spots) and we hope the organizers make more room for this in the future. Finishing 3rd over-all among everybody was team winner "Wild Weber's" (last name Weber, and Weber) from Golden in 3:20:04 total. Runner #1 ran the uphill first half in 1:40:43 while #2 ran the mostly downhill in 1:39:21. The fastest uphill segment, however, was turned in by (no first names in the relay results) Gundlach with 1:36:44. He was from Eagle of team "High Gear". We think "our own local" Dr. Andy Mohler ran the fastest downhill in 1:33:46. His partner was "Martinez". (Results state that the team was from Denver, and was 2nd in 3:21:33 - closing fast in on the first team!).

Thanks to Jennifer Stoll from CMU. The complete results were also furnished to Ms. Web-site

and hopefully are there in their full glory!

Later November, DECEMBER & later, C A L E N D A R

NOVEMBER 22, SAT., 10:30 A.M. MM STRIDER "TOM TURKEY" 6-MILE PREDICTION RUN. 2932 B Road in Orchard Mesa -- G.J. Larry, 270-0774, ernakay@aol.com --> This race has generous awards, and you don't have to necessarily be the fastest to win first prize! This is a PREDICTION RACE, which means how close will you run or jog or saunter the 6-mile generally flat course to your pre-race prediction?

November 27, Thurs, 8:30 a.m. 5th! annual Fireman's Turkey Trot 5k -- this race starts and finishes in DOWNTOWN GRAND JUNCTION, 3rd and Main Street. This might be the most well-attended race in our area. This is usually a well-run race. Work up an appetite for whatever you are doing later!) 255-8370. www.gjturkeytrot.org

There are also Turkey-day runs in Glenwood, Steamboat, Montrose, Durango, and possibly Rifle.

December 6, Saturday, 10 a.m. Winter-Sun 10k at the Moab Golf Course. www.moabhalfmarathon.com

Sunday, December 7 WinterStart Cross Country Ski Races Skyway on Grand Mesa Classic 5K, 11 am; Freestyle 5K, 12:30 Register race day only, info 434-9753 Your chance to try a cross country ski race in a casual atmosphere:

Dec. 13, Sat. 10 a.m. Is the GJ Jingle-Bell Jog 5k "on"? Contact G J Parks&Rec at 254-FUNN. Scheduled to be at Canyon View Park.

December 16, Tues., Yes! NO MMS Director's meeting this month! We will switch to 4th Tuesday of the month beginning January.

Dec. 20, Sat. 10 a.m. STRIDER 5-MILE TIME TRIAL. This has no awards, the entry fee is just right, and many runners fast and medium and slow have enjoyed this flat (River-front Trail) paved pedestrian trail run in the past. Go for your P R for 5-miles (the editor has set his age group P R on this course at least twice). Park at the Albertson's (Redlands) at the Audobon Section trail-head. Larry: 270-0774

January 3, 2015 BANG'S CANYON 30K AND 60K BangsCanyon@yahoo.com Even if you don't run the entire distance, or don't run at all -- consider sitting around the campfire out in the high desert as part of the camaraderie and such.

Jan. 3: also cross-country ski races: SKYWAY SKUFFLE 10K on/at the Grand Mesa Skyway www.gmnc.org

January 27, Tuesday, 7 P.M. Monthly M M S Director's meeting Usually at Raven-Ridge Resources, 584 25 Road. (589-6180)

Join us for any of the 4 weekly training sessions: anyone (that is: come one, come all) can participate:

on every Tuesday, fartlek type speed workout Sherwood Park, **5:30 AM**
All abilities and speeds encouraged to join

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

Group training run every Thursday **6 PM** **New meeting spot:** 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

~~ 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. Questions? Ideas? Contact Rande Berg 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.org (SJMR)NOTE: 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

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 formerly DMT), www.go-dmt.org -- will re-direct to <http://durangorunningclub.org> formerly Durango Motorless Transit
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!



The annual State High School Cross-country meet was held October 25 in Colorado Springs. Eventually it might be held in Happy Valley. I hope they run out at the "Wubben" north desert area. Our investigative reporter says: "Hotchkiss, Telluride and Ouray finished 4, 5, 6 in the 2A meet with Jack Plantz from Telluride finishing 3rd overall and Andrew Tiedeman of Hotchkiss finishing 5th. Ro Paschal from Mancos finished 7th overall and Aiden Truettner of Crested Butte finished 8th overall.

Ian Meek of Montrose finished 3rd overall in the 4A meet. Brendan Wagler from Rifle finished 14th.

In the Boys 5A, the top local finisher was Allen Adair from Grand Junction at 43rd with Nolan Pflug from Fruita Monument finishing 48th. Jared Leblow from Central was 111th.

For the girls, the Telluride girls team tied for 2nd and Tabor Scholl won the meet (running for "West Grand"). Chelsea Meilner from Paonia took 9th with 2 Telluride girls finishing in the top 10, Soleil Gaylord (a Freshman who took 7th) and Anna Fake coming in at 10th. Paonia just put together their own cross country team in 2012 (they were combining with one of the other local schools, maybe Hotchkiss, until 2012)."

Thanks, Mr. Reporter. He missed Greta Van CalCar (Palisade) who won a top-ten medal in the 4A race. Her 20:21 (5k) was good for 8th in the race! We hope she has a healthy and "monster" senior year next year!

The course must have been tougher than a flat one, as times were almost a minute slower than observed in recent years. Fastest girl's time was the 4A winning effort -- Katie Rainsberger (Jr., Air Academy) with 18:50 -- a margin of 14 seconds over 2nd. Greta was 8th in this race. Lauren Gregory (a sophomore!) from Ft. Collins won 5A in 18:55 -- a 30-second margin. The Ft. C team also won. Tabor Scholl (who won 2A) could have won 3A (winning time was 20:32) with her 19:59 and medal-ed in the big school races. Of regional interest was that Kaela Fahrney (freshman) from Battle Mountain, was 37th in the 4A (21:37). Both her parents are former top-ranking Central H.S. runners! (& her grandfather was a member of a state championship team (also Central) back in 1967 or so ...)

The winning boy's times were consistent: Paul Roberts (Lyons) won 2A in 16:13. 3A was won by Ben Butler (Skyview) -- 16:18. 4A's fastest was Eric Hamer (Palmer Ridge), 16:18, and 5A was won by Marcelo Laguera (Pomona) in 16:19. (Too bad CHSAA couldn't somehow have all 4 of these guys in THE SAME RACE). Again, Ian Meek from Montrose ran 16:56 for his 3rd-place medal in 4A.



We are honored to have a SnowBall Hero in our midst !



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 (address has changed – on Horizon Drive, but phone number remains the same here in GJ **Andrew Winnefeld, M.D.** For an appointment call 241-7600

IMOGENE PASS RUN

Ever since I moved to Colorado from Ohio in 2007, I had this race on my mind. Early experiences with altitude sickness on Crag's Crest and The Slacker Run diminished my enthusiasm for participating in this. This year was to be different though. My friends helped me by letting me know when to register. I set my alarm and awoke in time in order to obtain one of the last spots available. After registering, I still wasn't sure I would be able to do the race. It was not the distance that bothered me, but the altitude. Although it took awhile, I knew that my body had adjusted to the altitude and that I was fit to run at high elevation than ever before. I went up to Crag's Crest and ran it again. This time, no altitude sickness! Also, I am well aware of the physiological benefits of Diamox, and planned to take advantage of them. (Just to clarify, Diamox just prevents altitude sickness; it does not make you faster or stronger.)

On the Friday before the race, I took the entire day off from work. This was so much nicer than driving to a race, arriving at 10 PM, and getting up at 4 AM the next morning. So I left for Ouray in the early afternoon the day before the race. I stayed at Twin Peaks Resort. After picking up my race packet and eating dinner, I went back to the hotel and went to sleep at about 8 PM. Sleep does help before races and I needed some. Getting up the next morning, I did my usual pre-race routine with the addition of my Diamox pill. I could not decide what to wear and what to put in the bag that would be waiting for me in Telluride. I decided it would be better to be over-dressed than under-dressed.

When I dropped my post race bag off on to the bus that was going to Telluride, a sudden urge to hide on the bus overcame me. I quickly decided I was too big to hide, and I really did want to run.

At the start line area, the energy was incredible. I saw many other people from Grand Junction and their excitement was contagious. This just-before-the-race-begins time is one of my favorite parts of the run. I think if we could bundle up this energy and put it in medicine form it would be more addictive than street drugs. I was further from the start line than usual, but that was my plan anyway. I did not want to go out too fast.

The race begins. I crossed the start line and felt great. I immediately started weaving in and out of traffic, passing people. Things became easier when there was a choice of direction. I took the less crowded path and continued to pass people. I intentionally decided not to go too fast. This is a long race and running it like a 5K would prevent finishing it. Around mile 3 I saw a man running with no shirt. Although it was warmer than previous Imogene runs, it was not that warm. I decided to catch "shirtless" and ask him some questions. Although I rarely talk while running, for some reason I felt compelled to do so. He said he was always hot, and it felt better to not be sweating. He sped up, and I couldn't keep the pace. I advised him to have his thyroid checked, but I am not sure he heard me. Later, I saw my friend Ernie in front of me. I decided to catch him. I was able to do so with effort. I said, "hi Ernie."

The moment "Ernie" turned around it was quite clear he was not, in fact, Ernie. We laughed and shook hands and wished each other well, anyway. The first 5 miles were not difficult and were fun for me. I started thinking this was going to be easy. Although, the other part of my brain said, you haven't seen anything yet.

Things became more difficult after the aid station at mile 5. The wide path became much more narrow, and the path was more steep. Most of the people around me were doing part running and part walking. I tried to hold on to just running, but finally gave up. My speed-walking pace was kind of fast. I do remember one hill where

everyone around me walked around mile 6.5. I decided that I was going to run that one and passed some people. When I arrived at Camp Bird at mile 7.5, I was quite winded, and took some time with Gatorade and a goo packet. I knew things would get tougher, but I had made it before the time limit, and I was happy.

Now, we moved on to a very steep path going uphill at an elevation above 10,000 feet. Struggling against the lack of oxygen and the steep ascent, even walking was difficult. Many people had to stop from time to time. I decided I was not going to stop, because I didn't know if I could force myself to restart. Around mile 9, I saw a large animal, the size of a pickup truck just to the side of the path. It was friendly, and told me to keep going. I knew immediately that I was hallucinating, but somehow it helped me get up the mountain. Another thing that helped was a man ringing a cowbell and encouraging everyone on. He was at the summit, but could be heard from a long way away. When I finally reached him, we shook hands, and he said, "There are 7 billion people on this planet and only a few could do this race." It made me feel great! At the summit there was tons of food. Suddenly, gummy worms seemed like a good thing to eat. I decided to take 2 and start the descent.

Now at the 13,100 foot summit, we began a steep descent down a rough road covered with rocks. Some people went all out and raced alarmingly fast. I, on the other hand, tried a controlled descent. I still had a gummy worm in my mouth and almost choked. (No more gummy worms for me in races ever again!) The road was very rocky in places with small pebbles and no solid footing. I saw many people go down. I was determined not to do so. I kept thinking of my wife's advice of, "just don't die." At some times this meant walking, when others ran. Eventually the trail leveled off and there were fewer things to trip on. However, the Sun shining through the trees made shadows that hid rocks. I was still nervous until around mile 15 of falling down.

At around mile 15, we could see the town of Telluride. I knew I could finish, and this made me run faster. I was happy and passing people again. I saw people watching along the trail, and I knew the end was near. Finally, I saw the Finish Line and an amazingly wide downhill path of pavement. Downhill road running has always been my favorite, and I felt like a kid in a candy store. I easily passed many and looking at my watch, hit six minute per mile pace. I saw some kids nearby and gave them hi 5s. I crossed the finish line in about 4 hours 50 minutes.

I was so happy to finally finish, but did not feel well. I had a lot of nausea and was very tired. I sat on a bench for awhile, but that did not help. Food only made me feel worse. Finally found my bag that had been dropped off from the bus. I had warm clothes in it that I didn't need, but it made an excellent pillow. I lay down in the grassy area near the finish line and took a long nap. After awakening, I felt much better, but all the food was gone at the finish area. I had mistakenly taken no money and was too embarrassed to ask anyone. I went down to the awards area to hear of people who finished in amazingly fast times. Then waited for the bus back to Ouray. From what I heard, it was good that our bus made it back without difficulty. Apparently, one of the other buses had problems.

Now looking back at this race of 3 weeks ago, I am so glad I did this and finished it. I did not fall and kept my promise of not dying. I am proud of my 900th place finish. I have received more congratulations about this race than any other I have ever done. I had some unknown person stop me in a public place the other day and say, "good job at Imogene." I don't think it was "Shirtless" or "Ernie look-alike." Many people say that this is their favorite race and can't wait till next year. As for me, I will not be back. It was an amazing race organized well by some amazing people, but I did not enjoy most of it. No, next year I am going to do an easy race, like a road marathon.

Andy Winnefeld

and now for the rest of the story ...

IMOGENE PASS Run: September 6 -- we noted more than just a few dozen local finishers among the one-thousand two-hundred plus finishers! To repeat from last month: DANIEL

NALLY from Denver was fastest in 2:25:42 -- and fastest lady was NORA COENEN (Telluride), 15th over-all in 2:41:21.

Heath Hibbard (Montrose or Ridgeway?) set the only (as far as we could tell) age-group record, 3:03:08 for the 60-64 bunch -- by TWO SECONDS. He was 66th over-all. Rick Trujillo won for men over 65. Ernie Langelier (215th, 3:29:53) was 4th in the Hibbard age-group. Possibly the fastest local runner was GREG HEWITT, 137th (3:18:17) followed closely by MICHAEL BURNHAM who was 145th (3:20:08). A lot of runners from Flagstaff, AZ. And a by-all-no-means-complete list of Grand Valley people who finished this year's Imogene: Christy Albers, C. Aschwanden (some names will not be exactly 'local'), Janel Anderson, Laura Barslund, Nick Blanchard, Jon Buschhorn, Rachel Cambray, Darrin and Darcy Case, Cheryl Castle, Julie Christianson, Kristin Coakley, Julie Constan, Jon and Gina Cook, Matt Cuneo, Steve DeFeyter, K and K Donoher, Steve Gammon, Jim Gebhard, Dan Grisham, Jim Haraway, Jill Harmon, Mark Harrington, Leia Hillan, Jane Hilt, Devon Hutton, Butch Karl, Shannon Koch, Steve Kollar, Emma-Leigh Larsen, Karah Lively-Rinaldi, Josh Linard, Robert Lopez, Mike McBride, Toby Morse, Andrea Nederveld, Colleen Pilling, Kristi Runyan, Vernon Smith, Lauren Sontag, Joe Stroh, Jeff Tarpey, Rich Van GoobleDegook (?!), Ann W Slater, Carmen Otero, Rachel Owens, Stacie Schreiner, Heath Scott, Caleb Stepan, Lori Stone, Kim Tucker, Bryan Whitt, Edith Wilson, and some guy named Andy W. Yes, I missed somebody... whoever you (sing. or plural) are, write on it and tell us about it!



LIZ Norris reports:

I am having running hit-and-miss because of health issues and training between setbacks. One of my better days I set out to run at Sherwood Park for a fundraiser there and after I planned on helping out with another fundraiser at the Catholic Outreach (by the way Paul and Melba were there at the Outreach fundraiser playing music with the Evergreen Quartet). Of course the first one was a run for the American Cancer Society. I traversed the park three times in about 24:12. If you run the inner part of the park that would come to about 2.7 miles but if you run on the outer parts, which I did to go around slower people it is about three miles. Not a bad effort for me even if I wasn't racing. But it gets better -- I saw Marty and ran a few laps with him. I now find that he is again leaving the area but to Denver. I will again miss him but I was glad to share a few laps with him. I ran farther than I intended because I saw Marty but still made it to the other fundraiser. People come in and out of our lives and make us all the better for it. I was sure glad I decided to run a few laps at Sherwood Park that day. I enjoyed the Empty Bowls after. It was a great day but I am going to miss Marty.

I went running one morning to see a lone cloud making thunder but decided to run anyway. I saw Esmeralda going down Jeannie's hill as I was going up. I was rewarded by seeing a double rainbow. I am glad I did not turn back. It was good to see Esmeralda as well. I also know that Esmeralda finished her first marathon in awesome style. I was only going to one when I was about her age although much slower. To date I have done 98 -- are they like Lays Potato chips and no one can do just one :) Larry Ingram patted me on the shoulder as I tried to recover after the race. I do not know if I have two more in me but then I did not know I could do more than one :) I recently ran the Panda Waddle -- I was five minutes slower than last year. Sheryl D and I garnered age group awards and finished two seconds apart -- getting older - you get the slower you can run and sometimes win something anyway. But Sheryl runs the same pace on trails which I cannot do. I recognized Jeannie G. Randy L, Rochelle, among the many other Striders at the run which turned out to be a great day. Everyone had fun but people like Esmeralda and Jeannie also beat most of the people there :)

I have enjoyed the fall colors and run whenever I can. Running has been a challenge as I have some health issues and the treatment causes me to run with anemia. Those red blood cells are very important for running but I can't stop running. Do you suppose that running is just an addiction? Well it is one that I do not want to give up. I am not alone as I see others out in the dark and in all kinds of weather.

The days get shorter and the fall brilliance has made morning runs more enjoyable though winter has its pleasures as well. The holidays will be soon upon us. Like any other demand, we should remember to go for that run or whatever else we do for ourselves and not get totally absorbed in the demands of the season that we forget to care for ourselves too. Happy running all :)

ed. note: YEP. yup. this 'running thing' is (& i try to make it so) "an addixion." Thanx, Liz.

On Nov. 8, in addition to our local "Panda Waddle 5k" the **RMAC Championships** were held in Gunnison. We (as we all should be) were pleased to note that CMU acquitted themselves admirably in what is usually THE TOUGHEST NCAA Div. II running conference in the country. CMU Women and Men each were 4th place team -- among 15 schools running. "The usual suspects" -- Adams State, Western, and, yes, MINES (CSM has been nationally-ranked for years now also) were on the podiums, but our local school has demonstrated that they (and by association, our local community) is "up there" too.

WOMEN: Actually, our local school edged CSM for 4th-place team. Adams and Western were one, two, with CU-C.Spgs 3rd. Lauren Martin (ASC) won the 6k race (22:16) with five more team-mates in the top 10. The editor believes that they should win nationals -- definitely contend! CSM ladies ran as a tight group, led by Shannon Emery, 19th (23:40) with 4 team-mates within 12 places back.

MEN: It was close between ASC and Mines for team-title! (ASC = 33, CSM = 38) with WSC then CMU for top 4 teams in the conference. ASC and CSM combined had 7 of the fastest 10 runners. Daniel Vavrck from our local school was 10th, running the 8k in 26:28. Tabor Stevens (ASC) won in 25:20.



Years ago while living in California this nasty man would cuss at and harass me while I was running. I changed my route to avoid him and only occasionally heard his insults as he drove by in a car. One day I saw his car approaching and he slowed. I thought "Oh no, here we go again." Instead, he told me "I should have running with you instead of making fun of you." Then he soberly told me that he had terminal lung cancer. I told him I was sorry and that I did not run to make anyone feel bad. I had made an impression on him but I hadn't intended that. I can still see his face. And all I wanted to do was go for a run.

I started running as a kid and it was from bullies a lot of the time. It was not long before I noticed that I just like to run even when something was not chasing me. I was the sickly kid with allergies and asthma and go pneumonia once in a while but all I wanted to be was strong. I read about Teddy Roosevelt and he had some of the same complaints I did. I also was inspired by Jack LaLanne who tried to get all the housewives of America to get up and exercise. I was into exercise at an early age but running was my primary method and I did get strong. I did not do these things to show off or make anyone feel bad, or good for that matter. I exercised (ran) because it made me feel good. But whether we do them for just our own benefit, I now know that others see us -- like that man noticing my running from many years ago.

In my day there were few adults who were examples of the benefits of fitness. For that reason I am so glad that now there are so many schools having fund-raisers that include a run, a bike ride, or walking. These events mix kids with adults of all ages and I think it is a beautiful thing and a fine example to younger people when they see their parents, teachers, and even grandmas out there moving. When kids see adults moving and healthy that is a positive message that should help children to adopt those habits resulting in a healthy happy life instead of the other way around. We influence others in many ways though we may not want nor intend to do so. It is great that there are adults out there influencing children in a healthy way by their actions.

I took part in the Orchard Mesa Middle School 5k and saw kids and adults out there running and walking. The race ended up a hill. I have had some issues that interfered with training so I was quite a bit slower than last year but I had just as much fun. Bunny Merrill ran across the finish line -- she is only ninety-some years young. We influence others as I said whether we intend to or not. Let's do it in a good way as the Orchard Mesa Middle School 5k illustrated so beautifully.

~ ~ happy running, all :)

Nov. 8, Moab Trail Marathon, half-M, 5k: www.moabtrailmarathon.com

5k: I seem to remember Robb Reece winning this a few years back? --> the 5k must have been what is called a "scramble", as the winning times would be reasonable for a 10k: to wit: a 35:28 winning time (Juan

Hernandez) and 39:57 (Samantha Maddox). There were 126 finishers. (Yes: check the webs-site: this wasn't a mud run (would have been if the weather 'cooperated') but was quite the obstacle course. Scrambling up and down rocks using ropes? among other parkour stuff.

13: 739?! for an off-road trail race? YES: there were staggered starts, 5 waves for both this and the Long Run. Times indicate a "non-scramble" --> 1:34:41, by Gordon Gianniny AND Nicholas Turco, 1:34:42. Both in the 19-&-younger group. First master was Steven Fenster, 1:44:28 (7th over-all); and Deanna Ardrey was first woman (1:48:32) -- in the 30+ age group. She was 13th over-all. Ernie Langelier won the 60+ age group (2:09:01) and was 58th. Home towns weren't listed on the website, SO I KNOW I DID NOT LIST HARDLY ANYONE FROM OUR LOCAL RUNNING TALENT POOL.

M: Very creditable winning time -- the 26-mile jog was the U.S. National Championships for Trail Marathons. Dakota Jones (from Durango, I think) ran SUB-SEVENS for a 3:02:05 time. He was 4+ minutes ahead of Mario Mendoza (3:06:44). Megan Kimmel (3:27:50, and 12th-over-all) was women's winner. There were 523 finishers! Ah, the lure and whatever-it-is about Moab... Cate Fenster (must be familiar with the 1/2 M master's winner) was 31st, 4:00:18 and master's winner as well. 2nd lady was Laura Tabor, 3:52:34. Of regional interest was that Anita Ortiz (Eagle) won the 50+ (4:03:32), 2nd master. I remember her winning Mary's Loop a few years back, and her daughter is considered among the top junior Mountain Runners in the U.S.A.

At present, the Board of Directors of the Mesa-Monument Striders are:

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