

THE STRIDER

In this issue: summary? (never complete!) of Moab. 'Widow' (no widows were made!) Editor wrong about a couple of things! (at least one apology somewhere IN this issue) ESMERALDA sets record @WIDOWMAKER ! Jerry Fay and Kevin Donohar and Lauren Atkinson also win! Participation numbers are up! In trouble with the BLM! Good times! Who is Wesley Toews? also "top secret" discount code (shhhh!)

AREA WOMEN (M. BROYLES, A. KEARNEY, R. CAMBRAY) SWEEP DESERT RATS 5-MILE! SCOTT VIG AND KIM DOBSON ALSO DESERT RATS RACE WINNERS!

Next issue: Aubrie 5k? how did anyone from here or near-here do @ Boston? Thanks LIZ, Paul Wubben, D Plunkett, Ranna Bieschke, Randee Bergen, Charles Lassiter, Phillip Virden, Tom Ela, and Gerhard Rill, for contributions to the N L !



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



APRIL 11, SAT., **WIDOWMAKER TRAIL RUNS** (6 & 9 mi) – previously listed as being 7 and 11.

Editor: There were 55 runners at the 6- and 9-mile "Widowmaker" runs, perfect weather, & no one strayed. There were many new faces -- e.g. from Denver, Hotchkiss, Montrose and Moab, plus one cross-country semi-driver (Caterpillar) and one flat tire (Dave Younger).

Your Strider history needs to be amended.

Norm Ashley came in 1967 as Symphony Concert Master and GJHS Orchestra conductor. He started a girls running club and staged the first cross-country races (1.5 and 3-miles) in 1968. This was on the Redlands, west end of Ridges at the intersection of Mesa Grande and Rio Vista drives. He left town 2 or 3 years later, and I took over. Norm also had 2 runs off Little Park Road about one mile above the present BLM Staging area.

The first DESERT RACE was the 5-mile water-tower by Larry Ingram. That started one mile north of H Road on 27&1/4 Road. He also had a "do it in the dirt" combination motor-cycle and foot race. Later I sponsored the Triple Jump on the east side of 27&1/4 Road.

Thanks -- Paul Wubben

2015 WIDOWMAKER Results

<u>9-mile finishers:</u>		<u>6-mile finishers:</u>	
1. Kevin Donoher	64:06	1. Esmeralda Ramos-Martinez	
50:59			
2. Kevin Koch	65:27	2. Jerry Fay	58:51
3. James Roche	67:08	3. Craig Parks	62:27
4. Carey Robin*	67:44	4. Cheryl Stahly	63:46
5. Donnie Tietsema	75:57	5. Bob Thome	64:26
6. Daniel Banaszak	80:06	6. Dave Younger	64:38
7. Andy Mohler	81:31	7. Penny Verrelline	73:12
8. Ernie Langelier	81:37	8. Dave Wittmire	73:41
9. Mukoto Watanabe	82:41	9. Stefanie VonFur	75:28
10. Lauren Atkinson	83:35	10. Paul Frisbie	76:04
11. Kyle Stone	90:41	11. Dan Roche	84:26
12. Kristi Siman	91:16	12. Gilbert Sanchez	84:28
13. Mike Barton	93:54	13. G. Vandersluis	85:16
14. Laura Wetsine	95:09	14. Karen Fay	85:30
15. Anne Kearney	96:18	15. Marty Wacker	85:32
16. Mike McBride	97:26	16. Sharon Heller	85:58
17. John Cressler	1:43:48	17. Katherine Donoher	89:01
18. Jeff Wagner	1:47:57	18. Steve DeFeyter	95:30
19. Esa Crumb	1:51:03	19. Mary Lou Roche	96:58
20. Heath Scott	1:51:04	20. Carol Gallegos	99:21
21. Ranna Bieschke	1:53:49	21. Mary Smith	99:24
22. Ted Walker	1:54:00	22. Randy Larsen	1:40:26
23. Rochelle Kriegshauser	1:55:00	23. Lori Cressler	1:40:44
24. Randee Bergen	1:57:00	24. Debbie Melgoza	1:40:45
25. Liz Smith	1:58:42	25. Mike Melgoza	1:45:00

6-mile, cont.: 26. Sheryl Douglas, 1:47:19 27. Sheila Reiner, 1:54:45
 28. Michael Hawkins, 1:55:01 29. Carl TenPas, 2:02:11 30. Bob Mathes,
 2:08:32

Esmeralda set a new course record.

*(ed note: the first race I ran in this area was the 1978 Triple Jump) *I may have missed the longer-run woman winner ...*

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Speaking of amending history, the Editor mused last NL issue regarding the Insane Inflatable 5k: "How much of the entry fees stay in our area? What are funds collected for?"

D PLUNKET responds: "I am at the Math and Science Center, and this morning discovered that, again this year, we will be a recipient of revenue from this event. Last year we were among several organizations that received funds, and our take was \$1,984. The money does indeed stay in the community."

Editor responds to the response: I am (a little bit embarrassed, but) so glad I was totally incorrect in my initial assessment. Thanks! The NL is here for a few reasons, one of which is DIALOGUE and corrections. THE INSANE INFLATABLE 5K IS NOT ONLY GOOFY AND UNUSUAL, THE MONEY RAISED GOES TO HELP SEVERAL ORGANIZATIONS IN THE COMMUNITY !

MMS Directors meeting --> March 24: Angelina Salazar joined us to talk about a new MMS sponsor BALANCED ROCK FOOT & ANKLE. The Doctor there is Troy Griffiths. "Runners, consider ..." Balanced Rock has been a RimRock Marathon sponsor. The editor hopes his memory (and recording notes as the meeting is conducted) is accurate, as this new sponsor will offer FREE EXAMS to MMS Members, reduced rates on orthotics, etc.

We also discussed acquiring and/or soliciting or maybe just hoping more potential sponsors would contact us!

HELP! As stated last (and previously) month(s), the Striders continue to be in **need of a storage unit** for our race paraphernalia. Some of our garages are over-flowing with cones, water jugs, etc. If you know of a unit (or part of your garage) - anything resembling a safe dry storage area, please contact any Strider Director.

Another (repeating) MMS "Help Wanted" -- **would YOU consider being a Race Director and Organizer? The Appleton Freezer and The Valentine's Massacre.**

These events are NOT as labor-intensive as, say, the RRMarathon nor any "T-shirt race"

We would surmise that if the CMU Uphill bicycle race (Fri. April 24) had a veteran's or master's age category, KEVIN KOCH would have either won or placed highly!



April 18, Sat. **LINCOLN O.M. ROARING-TO-RUN 5K**, fund-raiser for O.M. school --

The second annual (2015) **Lincoln O.M. ROARing to Run 5k** was a roaring success. Though it snowed two days before the event and rained nonstop the day before, we had a window of acceptable weather for our 134 runners. Highlights of the race results are below.

Our overall winner was Cheryl Stahly, age 31, with a time of 20.55!

In our largest category with the most runners, K - 3rd Grade

1st Male - Garion Hickman, 32.17, 28th
2nd Male - Taylen Hickman, 32.38, 31st
3rd Male - Isaiah Lovelace, 32.49, 34th

1st Female - Kimberly Lackey, 32.33, 29th
2nd Female - Allison Brunk, 32.50, 35th
3rd Female - Aliya Jones, 35.43, 43rd

4th - 5th Grade

1st Male - Zahir Michel-Fuller, 24.01, 5th
2nd Male - Kaden Brunk, 25.21, 10th
3rd Male - Benton Kellerby, 26.18, 13th

1st Female - Alondra Sanchez, 28.02, 16th
2nd Female - Amber Cerny, 31.26, 24th
3rd Female - BayLea Sparks, 31.58, 25th

6th - 12th Grade

1st Male - Zachary Wilson, 24.19, 7th
 2nd Male - Berry Newell, 25.19, 9th
 3rd Male - Sebastian Hollos, 26.51, 14th

1st Female - Emma Robbins, 48.11, 94th
 2nd Female -
 3rd Female -

18 - 29

1st Male - Braydon Gear, 25.58, 12th
 2nd Male -
 3rd Male -

1st Female - Tawnya McLain, 35.02, 39th
 2nd Female - Rayna Burford, 35.45, 44th
 3rd Female - Megan Hill, 37.10, 51st

30 - 39

1st Male - Judd Berry, 21.24, 2nd
 2nd Male - Marshall Stoddard, 27.51, 15th
 3rd Male - Fran Cerny, 38.14, 61st

1st Female - Cheryl Stahly, 20.55, 1st
 2nd Female - Amber Pommaran, 23.58
 3rd Female - Daisy Sanchez, 28.03, 17th

40 - 49

1st Male - Andy Winnefeld, 24.08, 6th
 2nd Male - Ray Lackey, 32.33, 30th
 3rd Male - Jim Robbins, 33.05, 36th

1st F - Rochelle Kriegshauser, 24.33, 8th
 2nd Female - Heather McKim, 25.33, 11th
 3rd Female - Trina Duncan, 40.00, 65th

50 – and up!

1st Male - Ray Jensen, 23.24, 3rd
 2nd Male - Randy Larsen, 30.24, 22nd
 3rd Male - Carl TenPas, 30.24, 23rd

1st Female - Karol Austin, 37.50, 57th
 2nd Female - Linda Marsh, 43.21, 76th
 3rd Female - Cyndi Compton, 47.57, 93rd

MAY, JUNE, & C A L E N D A R

May 2, Sat., 10 a.m. GIRLS ON THE RUN 5K, Long's Park
www.gotrwesterncolorado.org This may be the most well-attended running event on the west slope. More than 1000 G O T R participants are expected, and there could be over 2000 runners, walkers, spectators, coaches, family members there! and the thing is: ANYONE CAN ENTER THE RACE! Girls, boys, women, men, girls, runners, girls, walkers, etc.

May 2: 9 a.m. CINCO CINCO 5k Run (& Walkathon), Colorado Riverfront Trail – park/start at Eagle Rim Park (in Orchard Mesa, next to the Middle School). \$20 (includes shirt) for non-members of WCLCC or LAA. (Affordable!) Event is fund-raiser for education efforts! See website: www.wclatinochamber.org (970) 250-5387 or nicoleruiz@hapgi.org

May 3, Sun., 9 a.m. **Addi's Cup-Cake Trot** (dotCOM) -- Little Salt Wash Park, 1135 18 Road, Fruita www.addiscupcaketrot.com 261-9481

May 9, Sat., Hayden Cog Run, part of Steamboat Springs Running Series – steamboatspringsrunningseries@gmail.com This event is a little closer to G J than most this group's events.

May 9, Grand Valley Marathon, half-M, 10k, and 5k: Palisade.
www.mammothmarathons.org start times are 6:30 a.m. for M, and slightly later times until 7:45 a.m. for the 5k.

May 16, 8 a.m., Black Canyon Ascent 6 miles – mostly UP! Reduced rates if you register early! <http://www.runningguru.com/EventInformation.asp?eID=13442>
www.sjmr.club If you are an MMS member, you might get a \$5 discount on entry with "BCA2015".

May 16, 9 a.m. Mike-the-Headless-Chicken 5k, downtown Fruita. www.fruita.org This event, like many/most? in Fruita, is quite the (usually) well-organized and fun "big deal" event -- what with Mike-the-headless zaniness pervading the surroundings ... or: www.miketheheadlesschicken.org

May 23, 8 a.m. the 1, the only, the (in)famous **GARFIELD GRUMBLE** 5+ mile run? crawl? EXPERIENCE! starts at Mt. G. trailhead outside of Palisade. Finishes after 2000 feet UP and then 2000 feet down ('summit, then plummet') in the desert north of 33 road. Conrad: 245-4243 or Joe: 245-4382

May 24, Sunday, 8 a.m. Narrow Gauge 10-mile, Santa Rita park, Durango
www.go-dmt.org and 4-mile

May 25, some little race in Boulder ...

Or go run (May 25, 9 a.m.) the Compassion weekend 5k in Ouray! donna@cimarronrealty.com, (970) 729-0273

May 26, Tuesday, 7 P.M. Monthly M M S Director's meeting Usually at Raven-Ridge Resources, 584 25 Road. (589-6180)

May 30, 7:30 a.m. **WATER TOWER 5-MILE**. "Desert run". A little easier and less strenuous than the Garfield the week before. 1.5 miles north of H road up 27&1/4 road west (northwest) of the airport. Paul, 241-6478.

June 6, Sat. 8:30 a.m. Magnet Run 5k. Eagle Rim Park (next to Orchard Mesa M.S.) Christine, 256-6175 The course starts/finishes on top of the hill with a view way above the Colorado River -- and is run on the Riverfront Trail system. In the past has been a festive and seemingly well-organized event --

June 6: Thelma & Louise Half-Marathon, Moab: www.moabhalfmarathon.com Women only! but men encouraged to, well, encourage, help, drive, etc.

June 6, 9:30 a.m. 34th! annual Lake San Cristobal 5k & 10k, LAKE CITY (970) 944-2548, starmanlakecity@msn.com We think these are interesting downhill courses -- register at Masonic Lodge, board the van to the start(s), run back down. Benefit for Lake City Ice Climbs. \$30 pre-, and \$35 race day. Would be a great time of year to go to a real (not tooo remote) mountain town! www.lsc10k.com

June 7, Sun., 7:30 a.m. Steamboat Marathon and half-Marathon (& 10k) -- we think the M and 1/2 M start up Elk Creek Road north of town and are gradual downhills (I've heard of some, up, hills, though) back to town. 879-0882.

June 13, Sat., 7:30 a.m. The long-running and only "local" (sponsored) TRIATHLON in our area --> HIGHLINE HUSTLE Tri: put on by G.J. Parks & Rec. This event is, really, for Everybody -- short enough to hopefully survive yet still brings out many ardent enthusiasts. (500 m swim, 16-mi bike, 3.5 mile trail run). This event is well-run, well-organized, family-friendly, and, well, "local" -- and not a circus with thousands of athletes ... yet. 254-FUNN.

June 13, 8:00 a.m. Steamworks Half-Marathon, DURANGO --DMT (www.go-dmt.org)

June 20, 8 a.m. CHILDREN WITH HOPE 5K & 10K -- Wingate Elementary. This (these) 2 races are increasingly well-organized and -attended, raising funds for Kenyan Orphanage(s). A quality event! childrenwithhope.org or Shellie: 256-1610

June 20, 8 a.m. Leadville Trail Marathon www.leadvilletrail100.com
Also "heavy" half-marathon (longer than 13) -- leadvilleraceseries.com

June 21, Sun., 7 a.m. (5k) and 8:15 (10k): Strawberry Shortcut races -- Glenwood, part of Strawberry Daze. These used to be just about the biggest running events in the west slope -- come and see why. Strawberrydaysfestival.ning.com/page/strawberry-shortcut
(970) 945-7760

June 28, Sunday, 9 a.m. TURKEY FLATS LOOP 15k high-altitude* trail run! (*pretty high, considering -- you look east to The MESA, north to Uncompahgre uplift, west to LaSal Mtns in Utah)
STRIDER Trail run series: Tom: 434-9753.

Join us for any of the 4 weekly training sessions: anyone (that is: come one, come all.
NOTE: you DO NOT "HAVE TO" RUN -- show up and walk, even!) can participate:

on every Tuesday, fartlek type speed workout Sherwood Park, **5:30 AM**
All abilities and speeds encouraged to join. (Note: there is NO phone # to call for this workout. Do call about the others, though!)

Wednesday, speed workout **6 PM** Riverfront Trail access from SW corner of Redlands Albertsons parking lot. All abilities and speeds encouraged to join, 773-3124.

Group training run every **Thursday 6 PM** **Tabeguache Trailhead on Monument Road.**
As always, this is casual and all shapes and speeds are welcome with various routes to choose from. We'll look out for you. Tom, 773-3124

Group training run every **Monday 6 PM**
May 25: Mary's Loop Trailhead, I-70 Loma Exit (call to check on this, as it will be Memorial Day)
May 4: Devil's Canyon Trailhead

5/11: Pollock Canyon Trailhead, run Flume Canyon Loop
5/18: 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. Tom 773-3124

~~ Just a note: the soda/beer cooler which is often available at the end of these runs ... consider with *some help* with the \$\$\$, etc. This service is NOT intended to be included with your M M S membership. Messages? comments? questions? suggestions? Good news? (or bad) Additions? Deletions? Tom Ela nachtambule@aol.com 434-9753



ATTACKED BY A ROGUE APRICOT*(or "How my running career ended")*

Liz N's contribution: "Tale of two Marys" and Andy W's "Learning from being injured" were both inspiring and reminded me to count my blessings again.

Never take running or life for granted, both can evaporate gradually or in an instant. For 40 years running has been a passion, learning to be passionate about life has evolved. Ran my 1st Marathon in Munich 1974, have enjoyed running in Colorado, multiple Imogene and RimRock runs and many hours of deer trails. Then came the rogue apricot ...

Four years ago, standing five feet above ground on a ladder with an apricot-picking-basket almost full, strap around my neck and shoulders (slowly cutting off blood-flow to what's left of my brain) I reached for that last apricot and ... Lights out! I awoke strapped to a backboard being asked if I knew my name and what had happened.

Luckily, family and neighbors were nearby and dialed 9-1-1. Off I went to the E R in an ambulance with searing pain the mid-back region and orange apricot mush from head to toe. Upon arrival at the ER I was asked if the "orange stuff" was potentially toxic, and I replied "it's organic" – much to my dismay – since laughter is a good medicine, but extremely painful with a spinal fracture. I was treated by a very kind physician, she was jovial but factual and informed me that walking may be in my future but running was questionable. Pain and hospitalization were not the greatest of challenges, coming to terms with running ... maybe not, was.

After wearing a plastic "tank top" for 4 months and becoming familiar with the use of wheelchair and walker, I was able to walk a whole 100 yards. My mind was the challenge, I'll just tough this out ... Body's answer: Nope, not yet. With PT, rehab, taking a lot of my own advice and lots of help from many individuals, I walked without assistance, eventually ran 50 yards. Ran again, straightjacket-like restriction and pain. Lots and lots of stretching and mobility exercises and four years later can I run?

Yes! For 3 – 5 miles at a roaring 12 minute-mile on a good day. On a marginal day, I have the privilege of assisting fellow athletes and runners of all ages and performance levels pursue their passion. "Life has all kinds of lessons to share, if we attended class."

Live life and run with passion ~~~ regardless of how fast or how far.

~ Gerhard ~

(Gerhard R is with MMS underwriter/ sponsor Foot Support Group) Thanks a bunch, Gerhard!

Some running websites:

MESA MONUMENT STRIDERS website: The site is located at <http://www.mesamonumentstriders.com> and continues to strive for current information. We (well, Ms. B) try to have more running-related stuff there as time goes on. Questions? Ideas? Sums of money or other valuables to contribute? Contact Randee Bergen 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.club** (SJMR) NOTE: NOT *.org" but DOT "club" the website is UP & working! San Juan Mountain Runners, 631 S. 2nd Street, Montrose, CO 81401

West Colorado GIRLS ON THE RUN: gotrwesterncolorado.org THIS fine organization started HERE in the Happy Valley!

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 <http://durangorunningclub.org>

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!



Support the underwriters / sponsors of the MESA-MONUMENT STRIDERS: The following

Western Medical Associates, Colorado Chiropractic & Muscle Care, and the Foot Support Group and Balanced-Rock Foot & Ankle

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 NOTE relatively NEW ADDRESS: 743 HORIZON CT. Suite 100, Grand Junction, CO 81506 phone number remains the same here in GJ
Andrew Winnefeld, M.D. For an appointment call 241-7600

BALANCED ROCK FOOT & ANKLE, Attn: Dr. Troy Griffiths, 551 Kokopelli Blvd. #H Fruita, (970) 858-2530

Foot and ankle health is essential for optimal running performance. Whether you are a recreational, competitive, or elite runner, you can be susceptible to overuse injuries including heel pain (plantar fasciitis), posterior tibial tendonitis, Achilles tendonitis, sesamoiditis, metatarsalgia, neuromas, MPJ

capsulitis and stress fractures. Evaluation by Dr. Troy Griffiths, foot and ankle specialist, will help you determine the underlying cause of pain and the best course of treatment to minimize any potential down-time. Custom orthotic devices are often used to address any mechanical problems associated with these conditions. As part of Monument Striders, Dr. Griffiths is offering you a 20% discount on custom orthotics. Call 970.858. 2530 for more information or visit www.balancedrockfootandankle.com/



LIZ Norris reports:

Role Models

Kids watch us whether we realize it or not. They see us flipping someone off in traffic or they see adults outside sucking on cigarettes. They also see adults riding bikes or running. Which do you want kids to see adults doing? There needs to be a lot more of adults doing healthy things and having fun doing it. We are all potential role models whether we choose to be or not.

I remember thinking when I was a kid that when I grew up I could mostly do as I pleased. I saw adults doing all kinds of things. Kids notice that. They notice good and bad and they figure they can do the same when they grow up. That is why I like the idea that there are so many runs that include children and adults. The New Emerson run at Matchett Park was one of those runs where even the adults got to play like kids and that is a good thing for kids to see adults doing -- not to mention it is also good for adults to do in the first place.

We jumped over hay bales and went by water hazards. I went the wrong way following someone else and ended up going a half a mile farther. It was a lot of fun. It was play like it should be and it is all right for adults to play -- especially at something as constructive as physical exercise and it is certainly all right for kids to see adults doing just that.

I hope this run and all the other runs with kids will continue in the future. It is good for kids to see adults having fun in a healthy way but it is also good for adults to realize they are not too old to play. I had a great time. I had to have some things done at Community Hospital the following week. A person who worked there recognized me from the run -- it was great to be recognized for running :) All I said -- "Wasn't that a lot of fun?!"

I am reduced to a walk for the time being but I plan to be running again -- even if I bring up the rear :)

Happy running all



Moab (Canyonlands Half (& 5) –2015

Ranna B provided a list of Grand Valley finishers in this year's Canyonlands. The full spreadsheet might be on our website! (I think I saw it already?)

Steve Murray (fastMaster) was the fastest local @ Canyonlands 13! his 1:26:06 finishes ahead of Levi Broyles for a.g. win. Kevin O'Brien was 2nd in his a.g. to former local Mark Bell! Chasing, but not closely, behind Mr. Murray was Pascal Brammeir (1:38:20). BONNIE BRADLEY was women's quickest Grand Valley 13-miler in 1:43:04 – pacing with someone named Jim Bradley. Might be related ...

Towards the front of the race-within-a-race were Ernie Langelier (1:45:16) – must have done well in the age grouping, and Kate Avery (1:46:06). Mary and Dennis Young also either won or placed highly in their age group (70+).

Yes, Amber Pommarane was the quickest local in the 5! (39:42) John Kornfield (who no doubt “did well” in the 60+ a.g.) was 2nd-fastest local in 42:31. Vanessa McClellan was the next-fastest from Happy Valley, with 49:49.
www.moabhalfmarathon.com

The Race Director says:

More than 2,700 athletes run Canyonlands Half Marathon & 5 Mile
44 states and six countries were represented at the 40th annual Moab, Utah, race

Moab, Utah - Spectacular weather, stunning scenery, thousands of runners, hundreds of volunteers and a rogue cadre serving tube steaks contributed to a successful 40th anniversary of Canyonlands Half Marathon & 5 Mile road race on Saturday, March 21, 2015.

The course paralleled the Colorado River through scenic canyons and finished at Swanny City Park.

Paul Peterson of Fort Collins, CO, took first place among the men in the half marathon with a time of 1:09:41. Autumn Ray of Tucson, AZ, finished first among the women in the half marathon. She finished in a time of 1:21:58.

In the Masters age group (runners 40 and older), Ken Pliska of Golden, Colo., won the men’s half marathon with a time of 1:16:04. Pliska also holds the Masters course record. The Female Masters award went to Heather Gollnick of Steamboat Springs, Colo., with a time of 1:30:57.

Notable among locals was Jackson Knowles, a freshman the U of U. He took first place in his age group in the half marathon with a time of 1:32:36. His sister Jayelen Knowles, sophomore at Grand High, took first place among the women in the Five Mile with a time of 37:41.

Matthew Bell of Enid, OK, was the overall winner of the Five Mile with a time of 26:22.

Dan McLeish and his 10 year old daughter, Ruby, traveled from South Jordan, Utah to run the Five Mile together while other family members did the Half Marathon. “The temperature was perfect and the start time was just right.” Dan commented. Ruby thought it was “fun with a cool view.”

Lucy Woolsey of Vermont completed her second half marathon on Saturday and said, “The race is well organized and the course is beautiful.”

Aid stations are staffed with various civic and school related groups. “This event wouldn’t happen without the incredible support we get from our dedicated volunteers,” said race director Ranna Bieschke. One mysterious and unsanctioned aid station has shown up for years now. They arrive via raft, tie up at Nude Beach, and haul all their supplies up to the course. They serve grilled hotdogs and cold effervescent malted beverages. We don’t know who they are but we love them. Ahh ... Moab!

Finishers received unique medals, Moab Brewery beer, fresh fruit and other treats to help them refuel. The post-race party also featured live music from the Swashbuckling Doctors of Fort Collins, CO.



What about the April 16 - 19 **Desert Rats Trail Running Festival**, with 5, 13, 25, or 50 mile runs!?? For those of you who received the paper (“hard”) copy of this NL, we had not been able to find results. However, since the paper NL “went to press” we accessed results thru’ Colorado Runner Magazine (thanks, CRM!), and noted many Grand Valley winners, notably SCOTT VIG winning the 50k over-all! And KIM DOBSON as fastest woman in the Half-Marathon! And ... a Grand Valley SWEEP in the women’s race in the 5-mile. Led by MACKENNA BROYES, area ladies went 1, 2, 3, 4, 5 in the race. Mackenna was followed by Anne Kearney – who listed her home as “Connecticut” which is just a little bit away from Happy Valley. I’m

fairly sure that this is the same Anne K whom I/we've seen in local races recently. Third was Rachel Cambray, then Stefanie VonFlue and Amber Pommarane.

5-mile: won by Mackenna (18 yrs young) in 48:03 and Nate Maddox (also 18) from Eagle in 40:57. Anne had 50:46, Rachel had 54:36, Stefanie – 54:55 and Amber in at 55:21. “Our” ladies placed from 4th over-all (Ms. Broyles) with the other 4 all placing in the top 11. Also finishing this race were local runners Gilbert Sanchez, Caitlin Simms, Tamarie Wagner, Mike Hawkins and Diane Lamb. There were 59 survivors in this event.

Half-Marathon: The most popular event with 167 finishing – led by KIM DOBSON (just 30) with 1:41:52 (8th over-all) and Cameron Smith (age 19 from Gunnison) with 1:29:55. Many local finishers, led by Makoto Watanabe (age 20) just one place ahead of Kim in 1:40:30. In 14th was James Morton-Cohen, 1:46:29 winning the 50+ age group. He was one place ahead of Levi Broyles, a familiar semi-local runner. 17th and 18th were Bill Wentz (1:51:36) and Brier Youngfleish (1:51:40). Also finishing under 2 hours was Aaron Poust. And ... Simeon Kaan, Jessica Nathe, Tom Ela (2nd in the 60+), Troy Youngfleish, Amy Cunningham, Jen Landini, Jeff Emerson, Liz Fortushniak, Hannah Holm and many more!

“full” M: Timmy Parr (33, from Leadville) won in 3:18:22. A fine trail time, finer still if it was muddy? Any “I was there” reports? And Whitney McCain (6th over-all, age 34, Boulder) in 4:09:52. There were 50 finishers and Kristi Siman was 5th woman in 4:32:17, Leah Weckworth was 9th with 4:55:50. In at 5:17:52 was Laura Wetstine, and later Jeff Wagner (6:14:43). Other locals were John Osler, Ruth Kubin (winning the 50+ group), Lynell Morris, Teri Shecter and Hannah Gilwit.

50k trail experience: 49 runners completed this, led by SCOTT VIG (4:34:49) and Lindsay Thalacker (Logan Utah) with 6:15:23. Dustin Simoens (Crested Butte) was 2nd, 4:38:39, and Jason Whitesides (from G.J., is he Brian's brother?) had 5:03:28 of fun to finish 3rd, yet 2nd master after Mr. Vig. Brad Rugel was 11th, 6:12:11, followed by Sean Cotter (15th) 6:19:18 and Mike McBride, 6:28:32. John Coughran was in at 7:26:29. Scott Heath and Adam Rush also finished. “Honorary almost-locals” Mark Lisak and Mike Barton were also in this race.

Double-Marathon: there were 14 finishing the most grueling event. Jeason Murphy from Carbondale trotted in at 7:59:17 and Laura Hronik (C. Springs) jogged in almost 3 hours later at 10:51:18. 7th over-all was Grand Junction resident SEAN WETSTINE (9:35:53).

April 20: the **BOSTON MARATHON** -- no 'surprises' this year, a million+ spectators watched CAROLINE ROTICH (Kenya) and LELISA DESISA (Ethiopia) pace the field. Mr. D also won two years ago during the somewhat 'over-shadowed' running.

WOMEN: 1. Rotich, 2:24:55 (31st over-all), 4 seconds ahead of Mare Dibaba (Eth). 3rd was Buzunesh Deba (Eth), 2:25:09. 4th woman was top American, DESIREE LINDEN (Michigan) in 2:25:39 and in 9th was Shalane Flanagan (Portland OR), 2:27:47.

MEN: 1. Desisa, 2:09:17 followed by countryman Yemane Tsegay, 2:09:48. In 7th & 8th were Americans DATHAN RITZENHEIN and Meb Keflezighi (2:11:20 and 2:12:42). Didn't Ritz run for C U ? and Meb was last year's winner. Fastest from Colorado was Jeffrey Eggleston (Boulder), 12th in 2:14:17, 4 places and five minutes ahead of fellow Boulder-resident Sage Canaday.

WHO IS WESLEY TOEWS ?? The 8th Colorado runner was a Rifle resident, turning in a 2:37:50. (Mr. Toews is on the MMS website as a member! Way to go, dude!) Also from our area is this year's B.A.A. 60+ age group champ – HEATH HIBBARD, jogging in at 3:01:41 !

Email forwarded by Andy Winnefeld:
Subject: Widowmaker Run To: [J](#)
Date: Monday, April 13, 2015, 9:48 AM

Good morning Andy,

> I wanted to send an email and invite the Mesa Monuments Striders to come into the field office and discuss the need for a special recreation permit for larger events
> such as the widowmaker run. We are receiving feedback from the community about the size of the event and the issues it creates for other users.

> I have been told that this started out as a relatively small group of runners and the BLM determined that you would not need a permit for the small group size. > We have been made aware that this event has now grown to over 50 runners and a number of other attendees. In addition, the BLM permits several events at this time of year and in order to effectively manage these events and avoid conflicts we have to know if and when other events are taking place in areas where we are planning to issue an event permit. A permit will be required for any event with an attendance of 25 people or more. It is my understanding that you now have several sizeable events throughout the year and we can sit down and discuss the possibility of including them in a single permit.

> Please contact me at your earliest convenience to arrange a meeting so that we may work on issuing the required permit.

> Sincerely, Chuck Lassiter p.s. I tried to email Sheryl Douglas as well but
> her email address came up as unrecognized.

> Charles Lassiter, Outdoor Recreation Planner/Permit Administrator
Grand Junction Field Office

Ed. note: Darn! And I thought no-body else noticed (how "busy" we could be)... Granted, as we all know, even a trail run of, say, many dozens of participants, IS NOT GOING to be as intrusive, tear-up the environment, make ruts in the mud, dump and scatter TRASH -- as much as what seems to be the typical motor-vehicularized activity, not to mention the trashing I've observed by many "target shooters" and such

TOM ELA received a message from RUNNING WAREHOUSE dot COM regarding discounts for MMS members:

Mr. Editor: Please add this note to the newsletter edited as you see fit for 15% discount at <http://runningwarehouse.com>. As you see this code is for MMS members only and should not be passed along to others. Thanks!

Thank you for your recent order with Running Warehouse. We have set up a 15% online discount for your club.

This discount cannot be used with any other discounts and is only valid for online purchases. The discount code is **MESAMONGVD** and may be entered on the checkout page in the "Redeem Coupon Code" box. Please enter your code and hit return after entering to activate the code.

If at any time during the shopping period "cancel order" is clicked, it is necessary to re-enter the discount code.

Please have your club or team members contact you directly for your specific code.

WARNING: If your discount code is posted on a message board or appears on a site such as www.retailmenot.com or www.slickdeals.net your code will be discontinued and your team will be banned from participating in the program going forward.

So, MMS Members, the editor would like this discount to last for many of us for a while, so DON'T distribute and (for the time being) consider this newsletter NOT to be a "message board." This discount code will appear in this NL only and not be repeated in future editions. Write it down and keep it out of reach of non-members, your parakeet, and especially your cat!