

the strider

JUNE 2020

- Since there's no news due to COVID-19 cancellations of all recently scheduled and upcoming events, we decided to send you some history to read instead. We've selected various interesting tidbits from previous Strider newsletters and other sources starting with a reproduction of the very first Strider newsletter published for April-May 1978 (a long time ago!). Looking forward to getting back to competitions and events in the future so that we can continue to report them here!
- Note: the first real event that I am aware of upcoming is the Mad Moose Bears Ears Ultras, June 27. Mad Moose has been granted permission to go ahead with this event near Monticello, UT with certain caps and safety enhancements.
- We are in wait and see mode for the Striders Turkey Flats Race June 28 and the Crag Crest Race July 12. We'll announce go or no-go about two weeks out.
- Thanks for archives and notes from Larry Ingram, Conrad Cole and Jay Krabacher.

THE STRIDER



Newsletter for Mesa-Monument Striders

Carole Harshman, Editor

April - May, 1978

A MESSAGE FROM THE PRESIDENT

If a "first" is historical, then this publication is just that - the first newsletter of the Mesa-Monument Striders. I feel that, this being so, a re-statement of the goals of our group is in order. We have organized with the firm belief that running is a way to achieve health, to have fun in a physical activity, and to act as an outlet for the competitive nature of a person.

I am grateful for the time and dedication of the people who have contributed so much to bring us this far. My hope for the future is to see the club grow and for all members to contribute their time and talents. With just a little imagination, we all can envision the potential of this organization.

A runner is a healthy citizen, and healthy citizens make for a better community.

Many thanks,

Clarence Craig
Clarence Craig

REPORT FROM THE BOARD -

For your records, here follows a list of MMS officers and board members. Feel free to contact any of these persons for information about the club.

Clarence Craig, President
Wayne Watson, Vice-President
Larry Ingram, Sec.-Treas. (Ph. 243-3721)
Tom Harshman, Legal Counsel
Gene Arnold
Cindy Hutcherson
John Krizman
John Dvorak
Dick Youll
Coen Dexter
Carole Harshman

AT THE FEBRUARY BOARD MEETING Ms. Chris Hobbs, representing the Special Olympics committee of the Western Slope, made an appeal to our club for volunteers to help at the '78 Special Olympics, to be held May 6 at Fruita Monument High School. They expect participants to number in the hundreds, and need all the bodies they can get to assist as timers and in other capacities. Helping these retarded and handicapped persons in this very special event should be immensely rewarding. To volunteer, contact John Krizman.

AT THE MARCH BOARD MEETING Dan Peterson attended, representing the Mesa County Community Center Board for the Mentally Retarded. He reported on a benefit event to be held on April 30 called the Ten-Hour Challenge Run. See attached letter for details.

BEGINNERS ONLY - John Dvorak will be at Central High School every Sunday afternoon at 2 p.m. to work with beginning joggers and runners. He will devise individual programs, tailor-made for your age and experience, answer questions about clothing and equipment, and give encouragement and support. This is for BEGINNERS ONLY, and is not a general membership session. MMS beginner members, bring your interested friends!

POTPOURRI -

Award patches - Some time during December patches will be awarded to members logging 250, 500, 750 and 1,000 miles. Times may be logged from March 4 until December 1, and will be kept on the honor system. If you haven't already, begin your records now!

Official Members - Mesa-Monument Striders has been accepted for membership in the national organization, the Roadrunner's Club of America. Certain benefits are afforded clubs with national membership, including receipt of the national newsletter publications.

Interview with Cliff Moore

Regarding Clarence Craig and the beginning of the Club

5/10/2020

Clarence Craig was a local dentist. He was Cliff Moore's dentist. Clarence used to talk to his clients about running and his ambitions in that area. Clarence had gone down to Florida and participated in a half marathon or marathon in the 1970's and thought it was a good idea if our local community had a run club.

Back then, running was mostly a singular sport. Folks just simply went off on their own for training.

He called a meeting with like minded folks at the Pioneer Room which is in the basement of ANB Bank at 6th and Rood. Back then it was Mesa Federal Savings and Loan. Clarence chaired the meeting with John Krizman the local HS track coach and the Daily Sentinel among others. They started the Club, the Mesa Monumnet Striders. Named such as it was to include everyone from the Mesa to the Monument.

Some of the benefits were thought that more AAU meets would come to town and the local paper had more opportunities for publicity. Clarence wanted a marathon.

It became part of the club's annual duties to conduct a marathon.

Local marathon (the Colorado Marathon) left from the area of town and headed north and back. This lasted for about 4 years.

Cliff mentioned that Clarence did not like that the club was becoming a clearing house for short distance races. However, I found a letter from the City of Grand Junction (11/2/1984) that asked for our help in limiting the number of races that happened each weekend.

Conrad

Jay K (me) moved to G.J. mid-year 1978 and became aware of the MMS due to an announcement in the newspaper (Sentinel) want-ads. Dr. Clarence Craig had been posting a "personal" ad, which asked "runners" to join a "running club". Having been affiliated with a "running club" in my former town (Ft. Collins) I responded, and became a(n) MMS member. And we also found our family dentist.

The first 'official' running event I participated in was one of Dr. Paul Wubben's "desert" runs. These were conducted northwest of the airport, just off 26 ¼ Road. Dr. W had been putting on these runs for a few (or more than "a few") years.

JK will try to chronicle (1) MMS presidents, etc. (2) affiliation with 'major' races, etc. (3) etc.

By no means complete list of MMS Presidents follows:

Presidents: Clarence Craig (original Pres) / Robert Bartlett / Al Davenport / Bob Kline / ^{EISNER} **Dave ??? / Jan Frisby (1994) / Bruce Ricks / Mark Reece / Dan Peterson (1995) / Larry Ingram / Mark Reece / Kathleen Recker / Robb Reece (2002) / Chris Schnittker (2006) / Sheryl Douglas / & now 'somebody else', ^{KARLA NEPNEW}

**I'm embarrassed, the person whose name I've forgotten was a good friend for some years, was a Lawyer (office downtown, we celebrated my wife's birthday during a board meeting there, and also in the Jewish congregation my family used to attend)

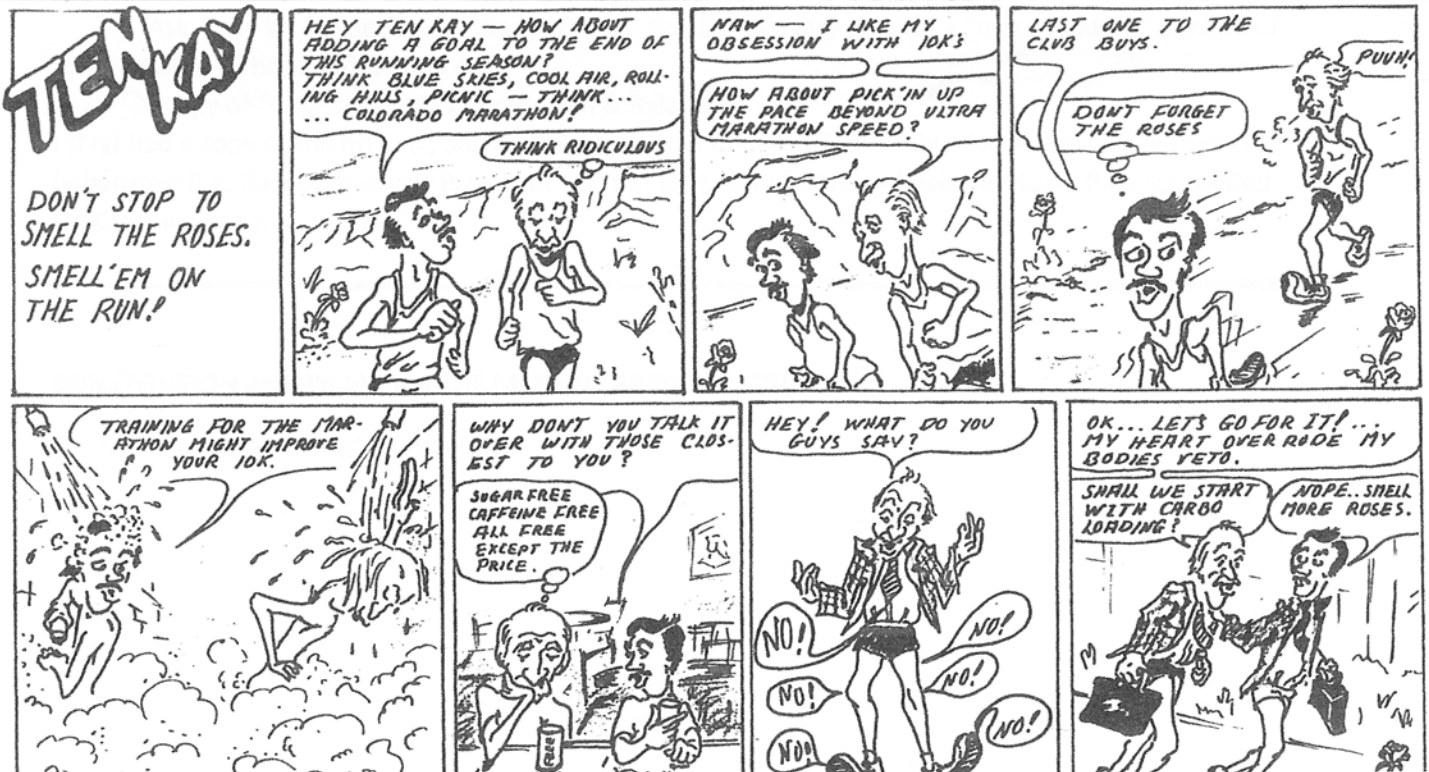
When I (Jay) moved to G.J. in 1978, the (P.Wubben) Desert Races were a fixture and popular and it seems had been conducted for several years. Attendance (and enthusiasm) was good for several years. Attendance started to decline, say, 2005 or so, in part due to a plethora of other events (the early-summer 5-mile was on the same day as the Highline Triathlon (which, as you know, has been discontinued).

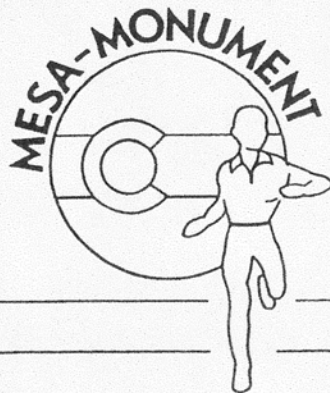
There was the G.J. ("Colorado") Marathon for many years. After this was discontinued, the Rim-Rock 37k was conducted, also for many years. I think Dr. Craig gets credit for the idea, as while mute in a chair while he cleaned my teeth, he would tell me of this idea of a race gate-to-gate thru' the Monument.

The MMS held monthly meetings (more "public" meetings than "just the board") – and we'd have featured speakers and/or films, etc. Also, the RimRock would have a pre-race banquet the night before, and the list of speakers was AWESOME: (list forthcoming as my memory hopefully finds its way home). (Don Kardong, Susan Williams, Jane Welzel, Joe Henderson (a senior editor at Runner's World), Mark ___ (from S. Africa, became U.S. citizen, was world marathon champ, and more)

(PLANTGES)

TEN KAY (GARY HAUSCHULTZ) FEB 86





* FOUNDING AND STILL CURRENT STRIDER
BOARD MEMBER
** CO-FOUNDER OF GARFIELD GRUMBLE
*** WON THIS SEVERAL TIMES, ALSO WON
LAS VEGAS MARATHON AND IMOGENE PASS
RUN. HIGH SCHOOL CLASSMATE OF TOM ELL
RESPONSIBLE FOR CONVINCING HIM TO TRY RUNNING

THE STRIDER

NOVEMBER 82

PERALES WINS MARATHON! LADIES SHARE VICTORY

According to movies and television shows about marathon running, finishers are supposed to drag their broken bodies across the finish line in great agony. If they were feeling pain, the winners of the 5th Annual Daily Sentinel Mesa Monument Marathon certainly didn't show it. Winner Roy Perales was literally jumping for joy as he broke the tape, a victorious smile flashing from ear to ear. And Melissa Duffy and Virginia Egger, two friends who chose to share the women's division victory, were laughing happily as they crossed the line hand in hand. So much for pain and agony!

Perales, a 28 year old electrical supply clerk from Grand Junction, veteran of nine marathons, finished with a 2:34:09. He was well ahead of his closest challenger, Jan Frisby, who finished second with a 2:40:37. Mike Hardy finished third with 2:42:11 followed by Al Johnson with a 2:44:50. Lion Caldwell of Westcliffe came in 5th with 2:47:47. Rounding out the top ten were Gary McDonald of Montrose, 2:48:29; Ken Gorman, Farmington, N.M., 2:49:54; * Larry Ingram, 2:50:07; ** Joe Schwarz, 2:50:22; and Ray Jamsay, 2:54:13.

Melissa Duffy, 34, a dental hygienist from Montrose, and Virginia Egger, 29, a county planner from Pea Green, came in together in 18th place to capture the women's race with a 3:06:50. They were also well ahead of their closest competition. Christine Abramiuk finished third (54th overall) with a 3:36:15 and Susan Alexander finished fourth (55th overall) with 3:39:44.

The youngest finisher was 14 year old Wade Auld from Grand Junction. Auld completed his first marathon with a respectable 3:57:56. The oldest finisher was Dr. Woodrow Evans, 61, of Provo, Utah. Dr. Evans took 74th place with a 4:03:07.

Larry Gebhart, Grand Junction's premier wheelchair racer, finished in 24th place with a very impressive 3:10:30. Donald Bess, 32, of Denver, was the last finisher. Nursing a painful leg injury, Bess courageously limped across the finish line in 4:47:36, an excellent time under the conditions. Lester Charley must also be acknowledged for his courage. Having overslept, he arrived at the starting line ten minutes after the rest of the runners had left! Even so, he finished in 21st place with an impressive 3:08:06. Of note also, is the fact that Bill Aragon, defending champion, was graciously handing out awards at the picnic instead of receiving them. Bill was sidelined two days before the event by an ankle injury, but that did not keep him from cheering the runners on at the finish line.

An event the size of the Mesa Monument Marathon can not be produced without the help of literally hundreds of people. (The weather also co-operated by remaining cool and overcast during most of the race.) Spearheading the undertaking was Bob Bartlett, Race Director, whose heroic efforts included counselling would-be runners who called him in the middle of the night seeking advice on knee injuries! Bob's partner-in-crime was Nancy Petersburg of the Daily Sentinel. Together they handled the hundreds of details that had to mesh in order to produce a successful marathon.

(Continued)

Running

Colorado Marathon (1984)

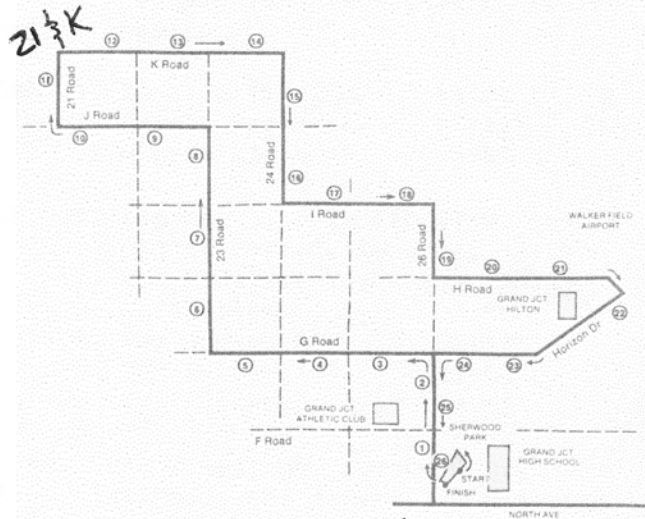
Finishers in the eighth annual Colorado Marathon in Grand Junction Saturday:

Name	Age	Men	Town	Time	Overall
Larry Ingram	39	Overall	Grand Junction	2:37.01	1
Patrick Dunne	22	20-24	Denver	2:55.42	8
Sgt. Mark Christopher	22		Cheyenne	3:04.23	15
Buddy Senn	24		Aspen	3:32.51	35
Duane Hartshorn	23		Denver	3:51.39	48
Jim Jacobsen	23		Logan, Utah	5:33.58	73
Ray Jamsay	29	25-29	Grand Junction	2:52.55	6
Tony Celentano	29		Tucson, Ariz.	2:59.43	10
Larry Routten	29		Gunnison	3:07.35	16
Dave George	27		Lakewood	3:09.52	18
Dufus Decker	28		Salt Lake City	3:11.50	19
Mark Ledin	27		Cheyenne	3:35.28	40
Bradley Bakke	28		Aurora	4:29.54	65
John Dunn	27		Moab	4:53.26	71
Kim Reece	32	30-34	Clifton	2:51.14	4
Roy Perales	30		Grand Junction	2:53.44	7
Jim Andre	30		Aspen	2:59.17	9
Ken Gibbon	32		Milner	3:04.04	14
Gary Hauschulz	32		Grand Junction	3:20.12	23
Jim Lynch	33		Grand Junction	3:21.11	25
Andrew Steurer	32		Evanston, Wyo.	3:21.20	26
Paul Yazzie	33		Montrose	3:28.03	29
William Olson	32		Aurora	3:30.37.2	33
Thomas Olson	30		Aurora	3:30.37.8	34
Joe Stommel	34		Rifle	3:32.53	36
Robert Wergin	30		Grand Junction	3:34.31	38
Steve Birckett	31		Grand Junction	3:46.49	45
Pete Peterson	30		Pagosa Springs	3:57.13	52
Allen Emmel	31		Price, Utah	4:03.20	54
Ted Lenio	34		Aspen	4:03.43	55
Doug Pearl	33		Rollinsville	4:50.48	69
Ken Gorman	36	35-39	Farmington	2:44.23	2
Michael Hardy	37		Grand Junction	2:47.54	3
Mark Fuller	36		Delta	3:03.22	12
Terry Halbert	36		Carbondale	3:12.46	20
John Thrasher	35		Steamboat Springs	3:20.32	24
Frank Daniels	35		Grand Junction	3:26.57	27
Bob Layman	37		Silt	3:28.41	31
Van Rogers	39		Grand Junction	3:33.31	37
Ken Harper	38		Vail	3:39.51	43
Paul Wacker	36		Arvada	3:44.46	44
Ron Stucki	39		Paonia	3:47.27	46
Douglas Harper	37		Englewood	3:55.31	51
Alan Whalon	38		Cortez	4:07.27	57
Russ Carson	37		Grand Junction	4:12.50	61
Craig Swenson	38		Grand Junction	4:33.31	67
Hal Stockton	49	40-49	Green River, Wyo.	3:08.28	17
John Panozzo	43		Grand Junction	3:14.23	21
Fred Ayarsa	47		Denver	3:55.21	50
Blake Chambliss	49		Grand Junction	4:09.42	59
Ronald Shaw	47		Pagosa Springs	4:14.35	62
Fred Bapp	46		Eagle	5:35.11	74
Bob Schweikhardt	54	50-59	Nucla	3:15.33	22
Ron Beckman	52		Wheaton, Md.	3:51.38	47
Wayne Ponken	59		Carbondale	3:58.19	53
Karl Newman	53		Evergreen	4:46.00	68
Bill Larson	60	60 and over	Denver	3:52.05	49
Bob Poppe	62		Aurora	4:07.26	56
David Colman	62		Golden	4:31.45	66
Randy Fisher	35	Wheelchair	Aurora	2:51.42	5
Larry Gebhart	36		Grand Junction	3:01.26	11
Virginia Egger	31	Women	Pea Green	3:03.34	13
Heather Brownell	10	Overall	Moab	4:53.24	70
Lisa Kirsehner	24	19 and under	Snowmass Village	3:27.08	28
Laura Kilberg	25		Salt Lake City	3:34.57	39
Trudy Martineau	28	20-29	Snowmass Village	3:37.01	42
Nazreen Bandolin	28		Moab	4:55.57	72
Sandy Thrasher	35	30-39	Steamboat Springs	3:28.24	30
Joan Edmonds	38		Grand Junction	3:29.54	32
P. J. Layman	33		Aurora	3:35.46	41
Betsy Peterson	30		Pagosa Springs	4:08.56	58
Barbara Woolf	31		Salt Lake City	4:12.40	60
Ann Stewart	33		Carbondale	4:22.07	63
Edie Howell	46	40-49	Battlement Mesa	4:29.35	64
John & Sandy Thrasher		Husband/wife team	Steamboat Springs	6:48.56	
John	35			3:20.32	
Sandy	35			3:28.24	

18 MILE CONFIDENCE RUN, September 1, 1984

Of the sixteen runners who took part in the Confidence Run, nine also ran the Colorado Marathon. I thought it would be interesting to compare average mile pace of the two races. So the results list in order; total time 18 mile run, average pace per mile 18 mile run, and average pace per mile Colorado Marathon.

NAME	18 total	18 avg.	CM avg.
Ingram, Larry	1:44:44	5:49.1	5:59.3
Hardy, Mike	1:57:04	6:30.2	6:24.2
Charly, Lester	2:05:27		
Fuller, Mark	2:07:13	7:04.0	6:59.6
Hauschulz, Gary	2:08:01	7:06.7	7:38.1
Lynch, Jim	2:12:20	7:21.1	7:40.3
Gebhart, Larry	2:12:28	7:21.6	6:55.2
Colunga, Carl	2:12:39		
Panoaao, John	2:12:42	7:22.3	7:24.8
Peterson, John	2:12:54		
Daniels, Frank	2:14:56	7:29.7	7:53.6
Wergin, Robert	2:23:34	7:58.6	8:10.9
Cleveland, Lou	2:32:23		
Peppell, Sharon	2:38:40		
Peppell, Ken	2:40:21		
Eubanks, Mike	2:40:22		



COLORADO MARATHON COURSE DESCRIPTION... (1985)

See map. This is a 26-mile, 385-yard course. The race starts and finishes in Sherwood Park, approximately one mile north of downtown Grand Junction. The elevation at the start and finish is 4,586 feet. The course is relatively flat with occasional rolling hills and passes through the heart of the Grand Valley's scenic agricultural countryside. The course is TAC certified and sanctioned.

ENTRY FEE: \$12.00



Larry I's mentor
 Teacher at Mesa JC
 1992 STRIDER
 1992

Thanks to Juanita Moston and Bob Kline for providing the following article from the May-June Newsletter of the Mesa County Historical Society on an early days Runner in the Grand Valley.

The Editor

HISTORICALLY SPEAKING

by Don MacKendrick, President

In the days before television an highly organized professional sports, local athletic contests attracted large followings and produced great excitement in Western Slope communities. Most towns sponsored a baseball team, bicycle races and boxing matches were staged, and foot racing was very popular. Long-distance races between "local champions" and traveling semi-professionals were heavily promoted during the summer months and, although illegal, these events were accompanied by heavy private betting.



In the first decade of the 20th century, Mesa County found its running hero in a slight Indian lad named Saul Halyve, a student at the Teller Institute, an off-reservation boarding school operated by the Indian Bureau at the site of today's Regional Center near Grand Junction. Halyve was only one of many young athletes from the Indian school who participated in local athletic activities. The Institute fielded highly competitive baseball and football teams as well as a string of long distance runners.

Halyve first attracted attention in 1909 when the Daily *Sentinel* discovered him and began sponsoring him in a series of races in the Grand Valley and across the state.

The series began in Grand Junction in May 1909 with an event advertised as "the *Sentinel* Marathon," featuring both ten mile and five mile runs beginning in front of the *Sentinel* office on Main Street, then out into the country toward Clifton and Palisade. Five of the six athletes entered in the ten mile run and three of the ten entered in the five mile run were Indian youths from the Teller Institute. Halyve from the Teller Institute won. Halyve was also the winner of the ten mile event, completing the run in a little over one hour.

A second running event was held at the Fairgrounds (now Lincoln Park) in July 1909 and featured semi-pro runners from England, Australia, and Utah pitted against Halyve and several of his schoolmates. The race was held at night, with orchard heaters placed around the track to provide illumination. The Teller Institute band provided musical entertainment.

Halyve ran away from the field, completing the ten mile run in 52 minutes 25 1/2 seconds, a time proclaimed by the

Sentinel to be a world amateur record.

To give Halyve some national exposure and, hopefully, recognition, the Mesa County Fair Board decided to stage a racing spectacular in the summer of 1910. The AAU was notified of the event, and invitations were sent to athletic clubs across the nation seeking contestants to take on Mesa County's Indian champion.

Response to the invitations was disappointing, but a Danish runner named William Stanley, who had been out-running the competition in contests in California and Utah did respond. The Fair Board promised a \$250 purse to the winner and called on local businessmen to guarantee it in case gate receipts fell short.

In August 1909, Stanley arrived in Grand Junction and began predicting an easy victory. After all, he said, every town in America had its local champion who seemed awfully good until pitted against a real competitor.

The Stanley-Halyve event was to be staged at the Fairgrounds in Grand Junction on a quarter mile track. The distance agreed upon was twenty miles. Stanley preferred to run at night to escape the Grand Valley's August heat, while Halyve held out for the daytime event. After many conferences, a compromise was reached. Starting time was set at 6:45 p.m. and orchard heaters would once more be set up in case darkness overtook the event.

Stanley started fast, surging nearly half the distance around the track ahead of the local star. In mile three Halyve began closing in and in mile four caught up with and lapped Stanley. In mile seven, Halyve lapped Stanley a second time after what the *Sentinel* described as a "fierce struggle" between the two runners.

Halyve was clearly on the way to a dramatic victory when, in mile eleven, Stanley stumbled and fell. He picked himself up, ran a few more yards, fell again, and left the race with a weak pulse and heart and stomach pains. Halyve continued to run through mile fifteen when the judges called a halt and the crowd surged onto the track to congratulate their hero, nearly "smothering him," reported the *Sentinel* with their well-wishes.

September 1910 found the Teller Institute champ in a different kind of race, a contest with Rex Barber, described by the *Sentinel* as the "King of bicycle riders in Colorado." Halyve was to run five miles on foot while Barber would pedal his bike ten miles in a timed event. The contest turned out to be an anticlimax to the 1910 racing season as Barber breezed to an easy victory.

Early in 1911 word came that the Indian school would be closed at the end of the spring term. By summer the institute was deserted, the Indian students, including Saul Halyve, having been sent back to their respective reservations.

What happened to the Teller Institute running champion is hard to say. The *Sentinel* stopped reporting his exploits, which may well have ended with his departure from the Grand Valley. In any case, he did not become an Olympian.



JUNE 2004
STRIDER

THOSE WHO INSPIRE

Everyone of us has been inspired in our endeavors by someone, some famous, some not so famous, but each is seen as special. For all of us runners that go back, that far, it might be Frank Shorter running away with the 1972 Olympic Marathon. It started the U.S. running boom.

For me as a runner and a competitor Tom Haggard from Montrose was one. He told me that he looked forward to getting older (turning 50 at the time) so he could get away from the fast, younger guys. I have really come to appreciate that attitude as only runners can. Jan Frisby never ceased to amaze me with his, 'I go to a race and sure enough someone shoots a gun.' And sure enough he blows out of the blocks like Smarty Jones at a whole new pace than our training runs where I thought he was struggling. His success on the national circuit inspired me to compete at that level following in his *large* footsteps. There also is Warren who inspires us all. He makes me think there is hope after all--despite his political failings.

But on May 16, I was reminded of one of the most inspiring, unassuming people I had the good fortune to meet while running races. He wasn't a runner but he was a competitor with a love for the active life. Possibly at hundred events in the 80's I watched Larry Gebhart arrive in his old pickup, pull his personally converted and re-converted wheelchair out of the back and join in the fun. His Southern sounding accent added to his keen personality and positive attitude.

Several incidents show the toughness of this man who lost the use of his legs when his pelvis was crushed in a logging accident in 1974. The Striders use to have a Watermelon Half-Marathon on the Colorado National Monument (way before the "Hassle") starting at the visitors center and up and 300 m. over the high point (Black Ridge) make a U-turn and back. Larry and a fellow wheelchairer, John Davis, whom he recruited muscled up the hill. They were so happy to be over the top they let it fly then realized they had to do a "U'ey" and go back up. Their brakes were leather work gloves and Larry grabbed the tires too hard and flipped with the chair down off the road. My wife, Erna Kay, was doing the turn-around water station and rushed down the hill, saw his torn pants and bloody knees and asked if he was hurt. Larry's response, "Can't feel a thing." Erna felt terrible but all Larry wanted to do was get back up to the road and finish the race. I never could quite imagine riding an old wheelchair down from Black Ridge around the shear drop off corners and with no real breaks.

Later, after a race in Delta that went out and up and down the mesa SW of town, Larry told me a policeman doing traffic control got out his radar gun and clocked him at 42 mph. Crazier than me. How fast down the Monument? Give the man a ticket. He did the MMS Colorado Marathon more than once, and he and his buddies did Moab, Basalt, and Georgetown.

Once at a February race Larry was in a hurry to get the chair in the pickup and leave right after he finished. I asked why the rush? He said he had a rather busy day with other events to get to, a ski race at Powderhorn and then a wheelchair basketball game in Delta that evening and usually they didn't have a sub. Put that in your triathlon books under different.

Larry skied 22 years, it was his best sport according to Sam Childress whom Larry got into skiing, which Larry instructed. He was on the National Handicapped Ski Team as a competitor/coach and went to the Winter Olympics the year handicapped skiing was a demonstration sport. Also typical Larry, he and Sam were the first to ski the big runs untethered at Powderhorn.

I know exploits like these inspired others in wheelchairs to strive and be active, just ask Sam Childress another of Larry's racing friends. He credits Larry with getting him involved after an auto accident left him paralyzed. Not much slowed Larry Gebhart until the legs had circulation problems as he thought when I saw him about six or so months ago. Soon after I saw him the doctors found cancer was the problem and I'm sure he gave cancer a hell of a battle, but it finally won on May 14, 2004. He *lived* 57 active years.

by LARRY INGRAM

The Mt. Garfield Grumble
from a race director's point of view.

JULY 1989 STRIDER
NOTES ON FIRST GARFIELD GRUMBLE
(RUN UP CLIFTON SIDE BY FINISH AT SUMMIT)

Last month we read Sammie's article of her adventures as a participant. For some reason I feel some of the other things that happened should be mentioned. In the spring of 88, Joe and I got to laughing at the prospect of having a race up Garfield after hiking the course that we used. Well we pretty much gave up on it until it came time to put the annual race calendar together. Then the absurd nature of the whole thing became more and more attractive.

We had many obstacles to overcome that were not planned. Since we were not going to be collecting an entry fee, we did not have to pay for a permit from the BLM. When we went to check out the 4wd road up the back side we found a locked gate. We thought then that we might be beat. However, a fellow runner from the BLM came up with a key. Things were back on and the plans were made. We were going to surprise everyone with a bash at the summit. We brought with us the normal finish line accouterments—clock, finish line banner, the banner holders complete with tires as well as a lot of refreshments. We had several cases of beer, pop, and juice. We brought fruit, hot dogs, a barbecue grill and a chef's hat for the cook. There were also aluminum lawn chairs and a chase lounge. It was a real sad realization when we discovered that we were too far from the summit of Mt. Garfield to get all that stuff over there. The back way up led us to a parking area which looked to be about 300 yards from the summit of Garfield. That summit turned out to be the first of two false summits in between where we parked and our destination. So we portaged supplies until about 1am and got up at 4am to lug some more. We were cutting it real close so we had to leave most of the goodies at campsite. We brought the clock, finish line banner, the flag, the flare gun two 5.9 gallon jugs of water and some max. Joe and I ran off the mountain to greet the runners in Moulton Valley. We were only 15 minutes late. About the time we spent setting survey flags and self serve aid station. From there Sammie pretty much covered it last time. It was a lot of fun starting the clock up top with a flare from the bottom. (We even had FAA approval) It seems that all participants had a real good time. Many had not seen the valley from that angle before. Joe and I were glad that all had a good time. Still there was a mild disappointment by not being able to carry out the ultimate in absurdity at the finish. With Rick Trujillo blasting the course with Bruce Ricks right behind him in 27 plus minutes we realize that the course is too short. Next year it will be up one side and down the other. The question is: which side should be up and which down? Send your suggestions to the editor.

Conrad

AUGUST 2008 STRIDER

Most of you noticed the June 26 FREE PRESS article penned by Steve Kasica entitled "Local running group hits its stride." Mr. Kasica sent an inquiry to one MMS Board member, who, in turn, provided the questions to the rest of the Board. Much of the FP article may be duplicated below, but the editor thought it might be of interest to share the collective Board response to Steve's request to the collective in general:

Greetings: First of all, Steve, congratulations (much belated) on your PR and FMHS school record of 1:54.2. (I am a former 800m runner myself, and my daughter still has the Central HS record (any girl at FMHS run faster than 2:18?))

You submitted TEN questions to P Frisbie, the MMS Web Master. I'll briefly list them, and the MMS "group" response(s). Yes, Paul brought your queries to our Board meeting and we collectively considered your interest and the data you are trying to collect. And, thanks for whatever "press" the MMS may achieve from this.

I've cc'd the other Board members as they may have the time and volition, perhaps sense of humor, to add onto this — and quite possibly "correct" any misconceptions and errors I may have inadvertently promulgated.

1. How has the club changed since its conception in 1978? How has the club grown with the growth of the Grand Valley?

Not much. (Changed, that is). We have gradually and slightly "grown" with time. We are approaching mid-100's (+) members (many are "family" or 'group' memberships so member number is probably more). It seems in 1978 and for a few years after the "favorite local race distance" was the 10k. Now, that's changed with many 5k's in the area. We used to sponsor and put on a Marathon — again, that has slightly changed with the ambitious Rim Rock Run 37k (not too different from a Marathon). Keep in mind that the MMS does NOT put on the RimRock, that is done with a separate organization. However, most the RRR people are also MMS members. We also used to put on a couple track meets but interest fell off — however the GJParks & Rec has "taken that up."

2. I am a runner as well, and I see a lot of people jogging around so what do you believe are some of the benefits of joining a running club versus running by yourself?

"Camaraderie." Also, members receive a regular newsletter and can be informed in advance of EVENTS, receive race entry forms, get on a mailing list (sorry if someone DOES NOT want to be on a list) – but such mailing lists are running-related. There are reduced entry fees for CERTAIN races – and often discounts on running items (shoes, clothing, etc.) at certain stores.

3. Who is involved in MMStriders and what kind of people join?

All kinds – fast, slow, women, men ... but we are getting older in general.

4. What activities is the club involved in?

Mostly running, of course. However, we assist in PROMOTING running events (e.g., the RimRock, various other events in the area – including the Palisade 5-mile, the desert trail series and other trail runs NOT in the desert (e.g. Crag Crest, Turkey Flats). We provide INSURANCE (through the Road Runners Club of America) to member's races. We have TWO 'prediction' runs each year, in which the top prizes go not necessarily to the fastest, but to those who run closest to pre-race predicted times. We also provide EQUIPMENT (race clocks, finish line chute material, signs, etc.) to regional races for a modest rental fee.

5. What do you think the future of the MMStriders looks like?

We like to think "scintillating." Hard to tell. We believe that we'll "still be around," especially as THAT's been true since the later 1970's already. It's hard to predict, but running is, of course, the most basic gadget-free elemental easiest (?) form of cardiovascular activity there is, and THAT won't change ... will it?

6. Does the growing mountain-biking community threaten or benefit the Striders?

Benefit. We have much in common, especially an appreciation for TRAILS. And the MTB-ers develop

more trails which runners appreciate! (e.g., Tabeguache, Kokopelli and Mary's Loop areas). And, keep in mind, hardly anybody does just one sport/outlet anymore. Many of us alternate biking with running. We have several "hard core" members who are also Tri-athletes ("the Junkyard Tri-Dogs"). Also, snowshoe races (in winter, of course) are very similar to running races – wish there were more of them closer to our area (and some which aren't so long distance!).

7. Does the club have, 'like,' a manifesto?

Sorry, the former teacher in the group had fun with the ... "yeah, LIKE, man ..." (a Los-Angeles-ism?). Yes, we do. The original club had a set of Bylaws and etc. which have slightly modified over the years. Actually, the Bylaws are more like 'suggestions,' or guidelines.

8. Colorado is a big running state – there's Gunnison and of course Boulder but do you think Grand Junction is a good place to run?

IT'S A GREAT PLACE (year round) TO RUN!! It "blows our minds" why GJ isn't approaching Gunnison or Alamosa or ColoradoSprings or FrontRange running status. Think about it, you can run ALL YEAR. In the hottest parts of the summer you either run early or GO UP in elevation. We can run dirt trails of all types and elevations and varieties; the tracks, run around grassy parks when it's too muddy; go up to Glade Park or the Mesa or the MTB (Tabeguache/Kokopelli) trails – or as many of us do, continually look (and find) new places to run. Many of us like to "explore" a new (for us) area by running it. You can run the paved Riverfront trails ... the list is almost endless. But what you're asking about is the ... infrastructure, the community, the status, the reputation. Perhaps it's better that we AREN'T mentioned in the same breath as those other places. But there is a tight-knit supportive community of runners here. Also, as an idea as to HOW STRONG we can be – ColoradoRunnerMagazine puts on a series every year ("Grand Prix") to select the best/fastest runners in the state. The first year that that was done, the Grand Valley (and the MMS) had the STATE CHAMPION ROAD RUNNERS for three age groups – 40-49; and 50-59; and 60-69! All three (male)!

9. So I started an indoor track club at FMHS last winter and it was a disaster. What challenges do you face maintaining a club that includes the whole Grand Valley?

Need an indoor track. And besides, we can run outdoors 11.5 months a year, it seems. But due to harsh winters, Alamosa NEEDS an indoor track! for example.

10. What is your favorite thing about the MMStriders?

(One member joked: "often there is beer.") CAMARADERIE. Many of our races are casual with very modest entry fees, if any fee at all to encourage everybody to run. For many, one of the best things is to know there are "other runners" – and many try to link-up/hook-up for group workouts. Many of us regard the desert trail series and Garfield Grumble and Turkey Flats and Crag Crest and etc. as "group workouts."

Larry Ingram added: "Good answers. Would answer that GJ could usually go head to head with any city in the state on quality of runners especially in the last decade. Jan Frisby was Nat. Runner of the year, Linda was top 4 age-group in the US and and I was undefeated in Nat. Age group championships one year. Also the women have been tough but weaker now, remember Leanne* and Nicki Cormack won the women's citizens race at Bolder Boulder. Throw in Robb Reece in the mountain TEVA races and don't forget Warren he is the toughest 70 I know of in the state. Jay Valentine is among the top 5 Masters in the state I would say. Jeanie Grooms would hold her own plus add in Nelson now. Of course Denver has more depth and Alamosa and Gunnison have the good young runners and Boulder has the elites that are not natives, but....."

AUGUST 2008
CONTINUED

*LEANNE WHITESIDES
**WARREN BYSTEDT
***KERI NELSON

The 2nd Annual **Six Hours Of Serpents Trail** took place on Saturday, March 30th, starting at 6pm and continuing on until midnight. We had a roughly 65 year age span from youngest to "most life experienced" participant, some fantastic starry skies once night fell, and nice temperatures throughout. Kevin Koch raised the bar on most laps completed, running 10 full laps in the six hour time span, two more than Marty Wacker's already impressive 8 laps in 2012. Kevin was the recipient of the "traveling trophy" (a Serpents Trail Centennial Celebration commemorative tee-shirt, donated by Ray Jensen at the inaugural SHOS), as well as a celebratory bacon cupcake just following the completion of his last lap. This 10-lap mark is roughly 33-34 miles; it'll require a supreme effort to match or better this standard in the future.

Rob Tran, who did several laps with John Turner, decided to do "just one more," and finished with a rock-solid second place 5 lap count. An impressive number of 3-4 lappers participated, often buddying up with someone else to enjoy the trail.

Other highlights include Carl TenPas taking his trip up and down Serpents to celebrate his 79th birthday; Louisville, CO resident Jen Merschel, who has family in Fruita, joining us to get in her long run for the week; and a number of "family affair" participants-parents and children, husband/wife, etc.

We had a "friendly discussion" with Ranger Eric regarding our group run roughly an hour into the event; at the end of it, we carried on as we were with his approval. He appeared to be very interested in banging the celebratory gong; since he was on-duty, though, he refrained, but appeared to appreciate that this was low-key running camaraderie at its best, giving the green light to continue tallying our laps on the dry-erase board, and celebrating completed laps with a bang on the gong, or two.

Thank you, Angela Johnson, for again providing the dry erase board/priming it for use, Conrad Cole for supplying the water jug, Marty for delivering the freshly washed traveling trophy, and everyone who showed up to run or hike.

- | | | |
|---|-----------------------|-------------------------|
| Kevin Koch-10 laps | Rob Tran-5 laps | Kelly McLaughlin-4 laps |
| Corey Hinman-4 laps | John Turner-4 laps | Jen Merschel-4 laps |
| Jen Stagner-3 laps | Conrad Cole-3 laps | Josh Linard-3 laps |
| Laetitia Linard-3 laps | Cliff Moore-3 laps | Angela Johnson-3 laps |
| Julie Constan-2 laps | Shannon Koch-2 laps | Richie Hahn-2 laps |
| Jacob Hahn-2 laps | Carl TenPas-1 lap | JoAnn Hazlewood-1 lap |
| Mary Jo Bailey-1 lap | Cheryl Thompson-1 lap | Skip Stahly-1 lap |
| Kim Dobson-1 lap | Cory Dobson-1 lap | Kim Cole-1 lap |
| Elizabeth Whitt-1 lap | Ariana Larsen-1 lap | Emma-Leigh Larsen-1 lap |
| & not exactly last nor least ... Marty Wacker-1 lap | | |



Will the MMS (re) take over the RimRock Marathon? Is there a "later-day Katie Hill" amongst our readership? We're debating ...

