

NOV. 23, Sat. STRIDER 'TOM TURKEY' 6-MILE PREDICTION RUN

		age	actual time	difference from predicted time
1.	Paul Hughes	(29)	40:02	TWO SECONDS (slow)
2.	Rob Tran	(47)	45:36	thirty-six
3.	Marshall Steel	(53)	49:21	thirty-nine
4.	Sheryl Douglas (62)	65:56		fifty-six
5.	Bob Thome	(59)	45:58	fifty-eight
6.	Dave Younger	(57)	42:24	1:04
7.	Tom Ela	(60)	52:01	1:11
8.	Ernie Langelier (61)	50:29		1:46
9.	J. Hailstone	(53)	52:04	2:03
10.	Patrick Hummel	(29)	37:53	2:07
11.	Jay Krabacher	(64)	49:22	2:08
12.	Jay Valentine	(47)	48:12	2:30
13.	Chuck Bisbee	(17)	36:04	2:36
14.	David Maas	(38)	49:46	2:44
15.	Taylor Valentine	(16)	52:22	3:40
16.	Brian Buedt	(31)	55:02	4:58
17.	Tami Ascherman	(49)	52:44	7:10
18.	Liz Norris	(60)	52:22	7:28

Eighteen hardy souls braved the four-inches of slush on Saturday morn November 23 to vie for four plump frozen turkeys (appropriately, the frozen part, that is). Conditions warranted changing courses from the now snow/mud slick "dirt course" to the old alternate paved course. Fortunately, only one mile hadn't seen a snow plow, but tires had blazed paths to the asphalt.

All but six runners ran faster than their predict. Most thinking slick spots, slush, and a mile and a half of slight uphill would make them slower, so most were one and two minutes fast. The 19-pound turkey went to Paul Hughes who was TWO SECONDS SLOW, that is what not getting in much training will do for you. He joined the "elite" turkey predictors club of three seconds or less and the first to do so since 2010. Rob Tran was 36-seconds slow, beating out Marshall Steel's 39-seconds fast to win the 17-pound bird. The 14-pound turkey for fourth went to Sheryl Douglas whose 56-second miss beat out Bob Thome's 58 second miscalculation.

The fastest strut of the day went to Fruita Monument High XC runner Chuck Bisbee with a nice 36:04. It is good to see young runners like he and 16-year-old Taylor Valentine (this was her longest run and in 52:22) out improving and participating in local events.

Liz Norris took home the turkey gravy this year because she was 7:28 faster than her predict. She had to have thought biking through the cold and slush to OM took more out of her legs than it did. She "beat out" Tami Asherman, who was also faster, at 7:10. Always better to miss on the fast side, and usually you are faster than you think, or is that you think too much?

Good fun, good workout, good camaraderie, and hot Russian tea, what better on an "ugly" looking Saturday morning?

(Strider thanks to race director Larry Ingram)