

MONUMENT DOWNHILL 5K Saturday, July 26, 2014

Grand Junction, Colorado

Chip timed by the Mesa Monument Striders

Sea level fast and calm conditions at the foot of the Colorado National Monument in Grand Junction greeted 159 racers at the start of the Monument Downhill 5K. The only negative as Adam Rich of Colorado Springs noted was the warmer temperature this year which affected his assault on his 2013 course record of 14:15. He fired out to an early lead and backed off a little by mile two and cruised to the finish for an "easy" 14:40 and "comfortable" win over steady Michael Nothem of Denver who ran a nice 15:11. In third was 13 year old Tyler Scholl of the tough, tough Kremmling racing family. Tyler ran 15:39 to lower his 15:45 age group record set in 2011 and age-graded 92.68%.

Maybe the most jaw dropping performance of the morning came from Tyler's sister, Tabor. She finished sixth overall in 16:29 and smashed the women's course record of 17:07 set last year by Darby Gilfillan and she age-graded 92.75%. Tabor said this was a tune-up for the World Mountain Championships in Casetta de Massa, Italy September 14 near where Michelangelo's marble was quarried. Second woman was Rochel Persson of Colorado Springs in 18:22. Third woman was Esmerelda Martinez-Ramos of GJ racing 18:38 for the 19-29 CR. Rochel (from Colorado Springs) won the Masters and set the 40-49 CR held by Stephanie Scholl who at age 50 won the 50-59 division in 19:18 over the division record holder, Suzie Steel of GJ age 54 who ran 19:38 as she returns to form from injuries. It was a day for women's Course Records as 62 year old Jan Peart of Ridgeway ran 23:19 and 70 year old Mary Young of GJ ran 29:17.

A couple of tough performers deserve special recognition. Heath Hibbard of Montrose won the 60-69 age group with an excellent 18:32 and led three other 60's under 20 minutes. He did it on a new hip. Also big, strong and steady 80 year old Carl Tenpas of GJ ran a fine 30:02

The race is Age-Graded and all but \$60 of the \$450 in prize money goes to the top 10 performances. The two youngsters were the top A-G but can't accept money. Thus first money went to 54 year old Suzie Steel whose 89.89% beat out 30 year old and race winner Adam Rich who had a fine 89.01% and 50 year old Stephanie Scholl was third with 87.98%. In all 21 racers scored above the National Class standard of 80% and Tyler and Tabor surpassed the World Class standard of 90%. Age-Grading levels the racing field and allows everyone in the race to see how their effort compares and also compete for the money and you can see here it is interesting in how it played out. By the way the 60 year old with the hip replacement was 4th in the money.

Thanks to everyone who participated and to our sponsors who helped greatly to make this a success and aid to the donation to the Riverfront for the fine trail expansion taking place. Say thanks to the following: Joe Mason Farmer's Insurance, Enstroms, Rocky Mountain Orthopedic, Bryan Whitesides, Colorado National Bank, Precision Printing, Dos Hombres, John and Einstein's Bagels, Albertson's, Brakes Plus, WW Peppers, Bananas, Western Convenience Store, David at Verizon, Gary Hauschultz the artist, the anonymous wine contributor, Michelle and the Riverfront volunteers, the great MMS timing crew, Jay Valentine, and Nick at Screen Image.

There's a reason why this race has been selected by Colorado Runner (Magazine) to be part of the state-wide Grand Prix series, for the second year!

Ed. notes: quite a turn-out, considering -- but this event should and probably will be bigger in future editions. The Scholl family (from Kremmling) apparently likes this event -- and Rosco and Tyler talked for many minutes about everything and whatever. He was quite conversant, philosophical, analytical, fun and insightful to talk with. His sister, Tabor, possibly ran the fastest 5k ever for a Colorado high school girl (16:29). Their parents ain't slouches, either.

FASTEST WOMEN: 1. Scholl, 16:29
2. Rochell Persson, 18:22
3. Esmeralda Martinez-Ramos, 18:37
4. Camill Morales, 18:55.
5. Stephanie Scholl, 19:18
6. Suzie Steele, 19:38

FASTEST MEN: 1. Adam Rich, 14:40
Michael Nothem, 15:11
Tyler Scholl, 15:39
Andy Rinne, 15:47
Luis Ronquillo, 16:05
Jared Leblow, 16:32

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| 7. Mary Gonzales, 19:48 | Jeff Gonzales, 16:51 |
| 8. Erica Perharda, 19:50 | Ted Leblow, 17:00 |
| 9. Kristi Siman, 19:58 | Michael Quispe, 17:19 |
| 10. (t) Erika Meister and Penny Vercelline, 21:00 | Dalton Haraway, 17:33 |

misc. notes: yeah, how many 5k's have FOUR 60+ year-young men under 20?

Age group winners were

WOMEN

MEN

14&under	Aubree Andre, 25:22	Tyler Scholl
15-18	Camill Morales	Jared Leblow
19-29	Esmeralda	Michael Nothem
30-39	Kristi Siman	Andy Rinne
40-49	Rochell Persson	Ted Leblow
50-59	Stephanie Scholl	Shawn Scholl, 18:17
60-69	Jan Peart, 23:19	Heath Hibbard, 18:32
70+	Mary Young, 29:17	Dennis Young, 26:04 (Carl TenPas, over 80, was 2nd in this category). Nice <u>Sentinel</u> coverage, including a pixure of Mr. Ela leading the middle third of the pack!