

STRIDER 5 MILE TIME TRIAL

Saturday, Dec. 19, 2015

NAME	AGE	TIME			
1. Jared Leblow	16	29:33	2. Ted Leblow	47	30:13
3. Levi Broyles	48	31:48	4. Jared M. Colon	14	33:43
5. Jay Valentine	49	33:51	6. Mackennea Broyles	19	35:15
7. Bryan Baroffio	57	35:29	8. Suzie Steel	56	36:09
9. Brad Rugel	39	36:20	10. Craig Parks	58	36:28
11. Pascal Brammeier	36	36:31	12. Rhiannon Broyles	17	38:46
13. Larry Ingram	71	41:36	14. Allan Weinand	58	41:48
15. Tom Ela	62	42:35	16. Heath Scott	41	52:32
17. Esa Crumb	34	52:32	18. Sheryl Douglas	64	59:34

Crisp temps in the 30's, but sun and just a slight NW breeze greeted a hearty group of runners for a little speed fun at the River Trailhead a Albertson's on the Redlands for an eleven o'clock start. Eighteen runners and one youngster in a stroller started the trek down the river trail and around Connected Lakes and back to the start. One 100m section of snow/ice and some frozen puddles required focus, but for December the course and conditions were very good. Craig Parks journeyed down from Rifle and was happy to get to run on dry ground so it was good to be here.

Times and the efforts were quite good with several groupings of good competition. The Leblow's dominated but the high schoolers and Masters were tough. The ladies definitely held their own on this day with Mackennea Broyles and Suzie Steel leading their competitive groups. Probably Heath Scott and Esa Crumb and the stroller had the toughest go with pushing thru the snow and gravel parts of the course.

Thanks to Conrad and Kim Cole for doing the "cool" timing so yours truly could see how slow he still is after 11 months of working back to trying to be competitive. Still a ways to go to catch up with Warren Bystedt's times, but the heel is doing good.