

# THE STRIDER

In this issue: 12 Brave Intrepid Runners finish Bangs Canyon 30k!  
 Alexis Skarda is (again) All-American Cross-Country !  
 Strider 5-mile Time-Trial is conducted, without fatalities!  
**MARTY WACKER WINS WINTER SUN 10K !**

APPLETON FREEZER 4-MILE IS "ON" -- AT APPLETON ELEMENTARY! See Calendar section for particulars. Regardless of recent newspaper notices, this event WILL BE at the "usual location."

**THANKS TO OUR CONTRIBUTORS THIS ISSUE: Larry Ingram, Liz Norris, Faye Geiger, Rick Warren, Kelley Griffin**

Next issue: almost anything YOU suggest or provide ! ?

PAUL DRISKILL, who was quite the Regional (Glenwood resident) running "fixture" passed away Christmas Eve (Dec. 24) last month. The Glenwood Independent newspaper had a lengthy tribute to him a few days later. I think EVERYBODY recognized Paul, especially his commitment and dedication to his favorite past-time. I think the cause of death was pneumonia brought on from complications from a blood transfusion a couple years back. We'll see ya' out on the roads next life, Paul.

Former area resident and (also former) MMS member/runner **Sammie Burris** left this Earthly existence on Jan. 7. She was an Arizona resident. Memorial contributions should be sent to GIRLS ON THE RUN -- [www.girlsontherun.org](http://www.girlsontherun.org)

The G J Sentinel had a feature Sports article on the **Bangs Canyon ultra trail 30k** on Sunday (Jan. 9). The race was the day before. A dozen intrepid adventurous souls (hmmm, could be a couple-dozen soles) negotiated the snowy/icy, up&down trails in the Bangs Canyon area (up Little Park Road).

Well, it's great that the local paper covers events like this -- (also the Grand Mesa Nordic Council's event from the weekend before also had pictures with accompanying commentary) -- and we hope they surprise the running community more often.

We at the Strider believe that the GJS reporting had one minor error ... They reported "Keith Fantes" won, but we suspect NanKeith FRATES ? Was the over-all winner.

SHANNON KOCH enjoyed being out on the trails the most, with 5 hours and 5 minutes of experiencing course negotiation. She was preceded by SUE DRAKE (4 hours, 44 min.). 3<sup>rd</sup> in the category of "enjoying the course the most" was recent RimRockMarathon Masters winner Kathaleen Recker (4:36).  
 4. Kevin Cole, 4:29    5. Kirk Apt, 4:05    6. Mark Lisak, 3:56    7. Mike Classen, 3:55  
 8. Marty Wacker, 3:55    9. Mike Barton (also RRMarathon Master's monster), 3:55  
 10. Mike Burnham, 3:52    11. Bryan Whitt, 3:45    12. Keith ... 3 hours 42 minutes.

**-§ MEMBERSHIP RENEWAL REMINDER <--**

Mesa-Monument STRIDERS / Attn: Tom Ela / Membership  
 P.O. Box 3685 Grand Junction, CO 81502

once each year it's time to Renew! (And/or join!)

**send your payment** (STILL \$20 for individuals, \$25 for a same-address family of 2 or more)

**Later JANUARY 2011, FEBRUARY & beyond C A L E N D A R**

Jan. 22, Sat., 11 a.m. APPLETON FREEZER 4-Mile, NOTE: YES, this is at Appleton Elem. School, 2358 H Road. Clear as mud? call Rick: 255-6510

Jan. 29, Sat. MESA STATE SPRINTS -- Skyway Nordic Center (on top of the Grand Mesa) -- 1k elimination heats at 11 AM. Collegiate and Citizen free-style. Contact Tom 434-9753 and/or check <http://www.gmnc.com>

Jan. 30., Sunday, 11 a.m. Skyway Nordic Center. 5k & 20k freestyle cross-country races. 434-9753 and [www.gmnc.com](http://www.gmnc.com)

Feb. 12, Sat., 10 a.m "Do Your Heart some Good / Sweetheart Run" 5k/10k Run  
Location: Fruita Community Center -- new courses. 4<sup>th</sup> Annual Sweet Heart Run/Walk and Health Expo! Run/walk a fast course with great prizes, delicious pre and post race food, and tons of fun! The 5k run/walk and 10k run begin promptly at 10:00am. **New this year: Sweet Heart Category:** Any two person team can combine individual times for a team total time, so choose to enter as an individual, or as a couple. Bring extra clothes and try out our new locker rooms; this way you'll smell fresh as a daisy for the Health Expo that lasts until 2:00pm. This event will be a part of the Community Center Grand Opening with a ribbon cutting taking place at 9:00am.

Kelley Griffin / City of Fruita Parks and Recreation / Fitness and Special Events Coordinator  
325 E Aspen #155 / Fruita, Co 81521 / Phone: 970-858-0360 also: 324 N Coulson St

February 19, 8 a.m. Moab "Red Hot" 55k and 33k trail runs. Website says that Registration is "full" (350 entrant limit met already!) however, check either active.com (where you'll be re-directed to [www.grassrootsevents.net/node/2](http://www.grassrootsevents.net/node/2) )

Feb. 19, 10 a.m. MMStrider "Valentine's Day Massacre Beverage-Prediction 3-mile run" is tentative.

**March 5, Sat. 10:30 a.m. TORTOISE & HARE 6-MILE RELAY**, 2932 B Road, G.J., Larry: 270-0704. Teams are "paired" at the start, each runner goes 3 miles. Paved mostly level early-season speed workout.

Next month you should receive the "Official" M M S annual Calendar -- which includes not only all local running events we know of, but most regional (and some not-so-regional) events as well. If you put on or know of an event which you want in the upcoming MMS Calendar, contact [ernakay@aol.com](mailto:ernakay@aol.com) (or 270-0774)

**Group training run every Thursday 5:45 PM** Craven's Coffee Warehouse, 598 N. Commercial Dr. For Craven's from Patterson: between 25 and 25 1/2 Rd turn south on Northgate at B & H Sports, make an immediate left at the T, when the street turns south again go straight ahead into the parking lot, the door is in the middle of the south side of the building; there's a big sign on the end of the building that says "Images".

We'll be out there rain or shine. A headlamp may help. As always, this is casual and all shapes and speeds are welcome with various routes to choose from. We'll look out for you.

Questions: give me a call or email Tom Ela [nachtambule@aol.com](mailto:nachtambule@aol.com) 434-9753

**Group training run every Monday, 5:45 PM Single Tracks Bike Shop**  
on the circle in downtown Fruita. We'll be running streets for better footing in all conditions. Bring a headlamp. Like the Thursday night group, this is casual and all abilities are welcome. Single Tracks, 858-3917

New to the area? Burned out on the same running routes? Call Rosco 243-8308 or 589-6180

**Article deadline** for next newsletter – for submission of ANYTHING intended for the

collective is February 11. Email articles to nusratkhan@aol.com or snail mail to MMS, c/o Betunada, 230 Sunset Hills, Grand Jct., CO 81503

We really do appreciate news of other races, personal experiences on the road (or trail), and suggestions for what we've missed (or should not have included).



Support the underwriters / sponsors of the MESA-MONUMENTal STRIDERS:

need a barber? thinkin' of changing from the one you have?  
 Big League Haircuts 2464 Hwy 6 & 50 Ste 116 Grand Junction, CO 81505  
 255-7448

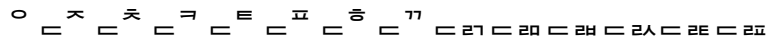
**SINGLE TRACKS (858-3917). Good bike store. Best running store in the area!**

**FOOT SUPPORT GROUP** Foot/gait/orthotics/bracing/shoe modification specialists  
 3212 F Road, 434-2727

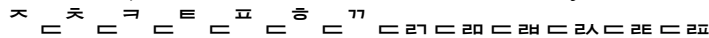
**WESTERN MEDICAL ASSOCIATES** if you don't have a physician, or are considering a change ... 241-7600 (note: there is a running doctor on the premises)

The above (and some just below) sponsors/underwriters have not only ensured that your membership rates remain lower than they could be, well, obviously, they support running in the Grand Valley (& elsewhere). Support them if you can!

**Shannon Koch Homes** (a Realtor with REMAX 4000) -- so if you're needing a realtor (EVERYBODY does, sooner or later!) consider one who is an active runner (& tri-athlete) and MMS member (see website for contact info)  
 & Alpine Computer Solutions [www.ALPINEPC.com](http://www.ALPINEPC.com) 257-1011



THE MMS Board meeting: November 30: "the usual" -- we continue to crawl closer to issuing parallel cyber and paper newsletters -- but (!) the annual calendar will be sent out as in the past (hard-copy): a summary of all regional races we know of, and non-regional "big ones" (e.g., Boston Marathon, Denver events) as well. Look for this in February.



STRIDER 5 MILE TIMETRIAL Saturday, December 18, 2010

- (NAME AGE TIME) 1. Lenny Staats 48 34:24 2. Suzie Steel 51 35:45  
 3. Larry Ingram 66 36:31 4. Jay Krabacker 61 38:27 5. Marshall Steel 50 40:03  
 6. Keith Miller 41 40:36 7. Butch Karl 57 42:10 8. Carl Tenpas 76 52:05  
 9. Paul Wubben 79 74:40

For a short time I thought I would be the youngest in the time trial with Paul, Carl and I as the only runners, then the young group showed up. Keith Miller at 41 was the kid in the group when we started at 11:00. Suzie Steel was the only lady and she was fast enough to keep Lenny on course when he tried to head for the wrong lake. Suzie and Marshall had run the Las Vegas Half just two weeks before and had done very well, Marshall in his first half averaged 8 minute miles (1:44:03) and Suzie won the 50+ age division with a nice 1:32:40.

Actually Lenny was just doing his cool down for the day, he had already completed 11 miles



