

T H E S T R I D E R

In this issue: WARREN BYSTEDT WINS CAPROCK 5K (Paul Hughes & Tara Suplizio fastest in the 10k). fastest high-school runner in the nation (20 years ago) wins "Desert Rats" half-marathon. Marty Wacker 3rd at Black Canyon. Keith Frates first "Master" at Desert Rats!

THANKS TO OUR CONTRIBUTORS THIS ISSUE: Liz Norris, Conrad Cole, Keith Frates, Jeff Regan

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Mike the headless runner results, next issue?
tell us YOUR STORY !

Article deadline for next newsletter – for submission of ANYTHING intended for the MMS membership (& whoever else stumbles upon an issue) is June 19. Email articles to nusratkhan@aol.com or snail mail to MMS, c/o Betunada, 230 Sunset Hills, Grand Jct., CO 81503

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(GARFIELD) From the Aid Station Perspective:

Paul Hamer and Mark Habenicht have been staffing the Aid Station at the Summit of Mt. Garfield for the past 4 years. My wife, Kim used to be up there, but I have needed her at the start and finish in recent years.

Paul and Mark set out on the trail at 6:30am, so that their pace can be relaxed yet be in position in plenty of time for the runners. This year the summit was covered with snow, and finding the supplies that Joe Schwarz had hidden behind a tree would have been difficult if not for the pin flag.

It was Paul's birthday on race day this year. How fitting, that his son Levi delivered a Pizza to him at the summit. Yep, Happy Birthday Dad he exclaimed!

Our support crew on top had to take up position by the edge of the trees to offer some sort of wind break. It is a cold adventure to stand around for a couple hours waiting for the final group to pass on by, like myself.

Although the uphill is always a grunt, coming down was a totally different story this year. Apparently, the longer one took to begin the decent, the worse off it was. Must have been the saturation of the soil. Personally, I bruised a hip and a hand slipping on a rock in the gully. Then later, while jumping a gully I clung to a rock to avoid falling into a deep crevasse.

I believe I dislocated my shoulder. But I was worried about the two young gals last seen hesitating to cross a bridge not far from lemon squeezer. The Aid Station came to the rescue and was able to bring the gals down with them. That was a good thing. Not sure if anyone would have been able to ascend the slime on the Bookcliffs side to retrieve them. Hurray for the Aid Station!

All in all, it turned out to be a good time, as no major injuries, and no fatalities. Conditions made for some pretty indelible memories. And this kind of thing keeps our numbers down to manageable levels.

Conrad



**** -> MEMBERSHIP RENEWAL REMINDER <-- ****

send your payment (STILL \$20 for individuals, \$25 for a same-address family of 2 or more)
Mesa-Monument STRIDERS / Attn: Tom Ela / Membership
P.O. Box 3685 Grand Junction, CO 81502

Late MAY 2011, JUNE & beyond C A L E N D A R

May 28, Sat., 8:30 a.m. Magnet Run 5k, Eagle Rim Park (in Orchard Mesa, next to the middle school, Grand Junction), Sheryl 255-2150

May 30, some little race in Boulder ...

No Monday night Fruita Group run on Memorial Day. Go join 50,000 of your best buds at the Bolder Boulder instead!

June 4, 7:30 a.m., WATER TOWER 5-MILE desert run. 1.5 miles N of H Road on 27&1/4 Road (northwest of Airport). Paul, 241-6478.

June 5, Sun. 8:30 a.m. USA National Masters Championships / TVA Spring run off -- Vail. 10k trail run. www.vailrec.com

June 5, 7:30 a.m. Steamboat Marathon, half-marathon, 10k. 879-0882.

June 11, Sat., 7:30 a.m. Highline Hustle Triathlon, G J P & R. Highline Lake. 254-FUNN

STRIDER SPEED AND FORM CLINIC LINCOLN PARK TRACK

TUESDAY, JUNE 14 AT 7 PM Basics of racing faster for all runners.

Enjoy running and racing more. Lower your PR and avoid injury

Cover running form, drills, workouts. Bring the shoes you use to race.

June 19, Sun., Strawberry Shortcut 5k (8:15 a.m.) and 10k (7:00 a.m.). Glenwood.
www.strawberryshortcutrace.com 945-7760

June 21, Tues., 7 p.m. monthly MMS directors (and anyone else interested) meeting. Call 589-6180 with questions.

June 25, Sat., 8 a.m. Children with Hope 5k & 10k. Wingate Elementary. NEW COURSES! www.childrenwithhope.org Shellie, 256-1610

June 26, Sun., 8:30 a.m. Turkey Flats Loop 9.6 mile (15k). Trail run -- south (& UP) from Glade Park Store. single-track high-altitude group work-out in the forest! Tom, 434-9753.

July 1, Fri. -- see announcement for ECO Climb-It Challenge at Snowmass elsewhere this issue.

Numerous JULY 4th races: starting on July 2 with the Leadville Trail Marathon -- www.leadvilletrail100.com

July 3, Sun. 8:30 a.m. 21st Annual Vail Hill Climb (7.5 miles) www.vailrec.com

JULY 4, Monday: 8:30 a.m. 5th annual Cherry Days 10k & 5k (10k is new this year), Paonia, Pete: 778-6403.

7:30 a.m. Meeker Massacre Run for your Life 5k, 878-3501

8:00 a.m. Gothic-to-Crested Butte 8.3 mile www.rmb1.org

8:30 a.m. Aspen Buddy 5-mile, Boogie's, Aspen 925-3414

8:00 a.m. Ouray(ce) 10k, Ouray Community Center, 325-4746

7:30 a.m. Blue Ribbon 10k Run, Silverton Town Hall, 387-5522.

July 9, Sat., 8 a.m. Hogback Hustle, New Castle, www.newcastlecolorado.org/recreation

July 16, Sat., 8:30 a.m. Run for the Cure 5k, Aspen. www.comenaspen.sopris.org

July 16, 8 a.m. Kendall Mountain Run, 14 miles, Silverton, 387-5522.

July 17, Sunday, 9 a.m. CRAG CREST TRAIL 10.5 MILE -- at Island Lake trailhead on Grand Mesa. Paul: 241-6478.

July 23, Sat. Grand Mesa Ultra Trail Runs, www.grandmesa100.com

Marty? you did this last year? whoa, dude!

July 30, Sat., 8 a.m. MONUMENT DOWNHILL 5K, Dos Hombres (Redlands), 270-0774 or Online registration for the Monument Downhill 5K on July 30th will open shortly. Check out the web site at www.monumentdownhill.com.

Tom Ela exhorts us, to "Time to start thinking about Imogene. You'll need to commit on June 1 because it opens and usually fills that day. Go for it!"

ONGOING: Group training trail run every Thursday 6 PM

Tabeguache Trailhead on Monument Road We'll be out there rain or shine. 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 434-9753

Group training trail run every Monday, 6 PM 6/20 Pollock Canyon Trailhead, run Flume Canyon Loop 6/6 Mary's Loop Trailhead, I-70 Loma Exit 6/13 Devil's Canyon Trailhead
SKIP MEMORIAL DAY

(and for you triathletes, join me swimming in Snook's Bottom at about 5:15 prior to the run for a quick open water swim, turn right when you leave the pavement on Kings View Rd.)

We will rotate through these four locations in this order through the season. For all but Mary's Loop, take Colo Hwy 340 south from Fruita across the river and turn right at Kings View Rd. Follow through the subdivision and onto the gravel road. Devil's Canyon parking is soon after on the left, Pollock parking is a couple of miles further on the left. We run in all conditions. Like the Thursday night group, this is casual and all abilities are welcome with various distances to choose from. Single Tracks, 858-3917



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

need a barber? thinkin' of changing from the one you have? call Kyle at 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/what's-wrong-with-your-feet/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 -- there is one Dr. there who WON'T dissuade you from continuing to run!

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 more contact info) 241-4000

COLORADO CHIROPRACTIC & MUSCLE CARE (we are trying to get contact info)

The above (and one 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!

ASCENT PRODUCTIONS -- www.ascentproductions.net

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THE April 26 MMS Board meeting: attended by 9 directors and guests THOM SEAGREN, BARRY WEITZEL (Western Slope Center for Children), and Valerie Lovato from Western Colorado DOT com and Event connection Magazine. google, search, dogpile, THAT on the internet. an events and what's-up? compendium of STUFF close to home.

We briefly discussed the change "in ownership" of the Palisade Peach Run. Ascent Productions is moving elsewhere (but will "be back" for the RimRock Marathon!).

We enacted the "EVIL PLAN" in an attempt to jolt or shock or reel back in expired members.

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The Mud Crawl and other great episodes of running in the Grand Valley :)

April 23 we had what was known as the mud crawl, slip, slide and just about anything but run. It was the 2nd Fruitvale 5k run at Matchett Park. It was raining and disgusting. What a mess! I might not have gone if my brother and I hadn't both agreed to do it. Warren had more sense and decided against it. Jeannie Grooms showed up and said she had to go to work after it. I ran it 13 minutes slower than I did the last time but I didn't have twenty pounds of mud on my shoes then. My brother loves Matchett Park and has beaten me there before. He didn't beat me in the mud crawl though. I don't think my shoes will ever be the same. It was probably the only time that Jeannie never broke 30 for a 5k. No one broke 20. There is something about carrying all that mud. People did stick around that didn't have to dash off to work and despite the mud and rain, it was fun anyway. I was sore for several days afterward. I guess trying to stay upright in the mud caused me to alter my stride. The Girls on the Run will be only doing spring sessions. Gordon Harbert sold his business so don't know if we will be having that fall run or not. There are a lot of new runs now.

The Caprock Academy 5 & 10k run was a big success. There were still some since 1976 or so, does anyone remember when? 4 "the Strider" -- Mesa-Monument Striders

MOAB: moabhalfmarathon.org (the original spring 13/5 and "the other half" and the Winter-Sun) -- also (435) 259-4525

Durango-area races: Durango Motorless Transit www.go-dmt.org (DMT)

Girls on the Run (Grand Valley): www.gotrwesterncolorado.org 257-9267

For other local running/sporting events, check www.ascentproductions.net (Amy & Chris Reed)



The **Alexis Skarda report**: last issue we reported that the MSC (er, Colorado Mesa University?) **school record for 5k is 16:28.42!** We hope to report on NCAA D2 (& D1) nationals next issue.



somewhat recent running Miscellanany:

recent Gar!field Grumble winner Tim Gnojek was 2nd in the early May 'Mammoth' Palisade marathon. The winner was a guy, who, no kidding, had legally (?) changed his middle name to "Marathon Junkie."

A few years back the Strider received (& printed) updates on the local high-school track (and field, and cross-country) scene. So, in lieu of a complete in-depth synopsis of the season, we'll summarize distance highlights of the May 13-14 local West Slope Championships. Stocker is host to a few big meets, but the last big meet of the season would, I dare say, rival the State meet itself in terms of planning, number of schools and entrants, and complexity. That weekend there were FOUR separate championship meets -- all conducted at the same venue and time. Not only did 3 of our Grand Valley schools participate in the 5A Southwestern League meet, there was also the 4A West Slope League championships, the 3A West Slope, and the 2A West Slope event. G.J., Central, and Fruita participated in the Southwest League; and Palisade was in the 4A counterpart. GRAND JUNCTION was the undisputed best TEAM in the SW League, the boys winning and the girls second. PALISADE boys upset pre-meet favorite Glenwood (147.5 points to 143) and the girls were 3rd.

Best performances at these meets (with some local highlights):

GIRLS

800m: 2:18.5, Dana Shellhorn, Montrose. 2:19.6, Kreig, Grand Valley. 2:24.2, Reed, Paonia. 2:27.7, Swim, Central.

1600m: 5:19.2, Anderson, Hotchkiss. 5:21.4, Jourgensen, Moffat County.

3200m: 11:48.5, Hampton, Telluride. 11:50.5, Anderson, Hotchkiss.

4x400m relay: 4:09.2, Telluride. 4:13.2, Cedaredge. 4:13.3, Durango. 4:15.1, FM.

4x800m relay: 9:57.4, Battle Mountain. 10:00.3, Durango.

BOYS

800m: 1:58.1, Eric Shellhorn, Montrose. 1:58.3, Sperry, Steamboat. 2:02.8, Bisbee, FM.

1600m: 4:26.8, Lebron, Moffat CO. 4:27.3, Zirkle, Hayden. 4:28.8, Shellhorn, Montrose. 4:37.4, Kyler Brown, FM.

3200m: 9:54.7, Lebron, Moffat CO. 10:07.8, Brown, FM.

4x400m relay: 3:27.0, Montrose. 3:27.4, Glenwood. 3:29.4, GJ.

4x800m relay: 8:09.9, Moffat CO. 8:15.1, Montrose. 8:39.9, Fruita.

STATE was the following weekend (actually 3-days, Thurs - Sat) in Lakewood. We are not going to post times 'n such, only to say that things were much faster (e.g., Hotchkiss' Natalie Anderson had to run an 11:03 3200 to win the state title). Not too many years back, any girl running a sub-2:20 800m was practically guaranteed a state medal, even in the "big" school meet. There were 4 girls under 2:11 in 5A this year! And we're proud to pass on that the State girls 2A 1600m fastest 3 were west slopers: Sam Bergrenn (Middle Park), 5:09; Natalie Anderson, 5:10; and Brandi Kreig

(Parachute H.S.), 5:11.



Fruitvale Elementary 5k

April 23: This was allegedly just as muddy as the Garfield 'thing' (Grumble?) also being run this morning. Times were probably affected on the order of as much as 30 seconds per mile -- difficult to gauge or assess! Never-the-less, 77 "mudders" participated out at Matchett Park. Teen-agers AVELICIA GUZMAN & RUDY VASQUEZ (both 17) won their respective divisions, Mr. V in 22:46; and Ms. G with 26:46. Runners-up were Krystal Ryan (28:12) and Nick Mosely (23:26). Master's Fastests were Brian Omeriac (40), also 4th over-all -- 23:42; and 55-years-young Jeanie Grooms -- 31:10.

April 30, CAPROCK Academy 5/10 k

WARREN BYSTEDT ran 26:42 to finish fastest among 91 finishers in the 5k! A few seconds back was the fastest lady, Katie Skalla (only 51 years younger than Warren. Katie's 29) in 26:46. 3rd over-all was 11-year-old Colton Berentis (28:17) and 4th was 2nd female Grace Miller-Forrest (10!) in 28:24.

PAUL HUGHES (26) cruised the companion 10k in 38:22, a 3.5 minute margin over runner-up Devlin Sherrill (16) -- 41:54. 3rd and 4th among the 27 finishers were 41-years-young TARA SUPLIZIO (also won 'master's, both men and women) -- 44:07 and Krystal Ryan -- 45:04. 118 total finishers for this (1st year?) event. Good Job! check: caprockacademy.org

Grand Valley Marathon, Half Marathon, 10K, 5K on May 7 had 290 total participants in 4 concurrent races. From what we've heard, MammothMarathons(dot org) puts on a quality well-organized running experience.

The marathon had 33 finishers, 110 in the half-M (79 were women!), 74 in the 10k (51 women!) and 73 in the 5k (again, over 2/3 female).

BIG M: 40-years-young Chuck "M.J." Engle ran a fine 2:58:25 -- a solo time-trial, as 2nd-place Tim Gnojek had 3:20:27 of fun. ANGELA TSAI (just 22) was fastest lady (3:32:22), and Jessica Sullivan was next woman (3:45:32). Liz Norris also enjoyed? this event.

half-M: over-all winner was SHANNA BAKER with a fine 1:21:31. She is 38, a little younger than 2nd woman (& master's fastest) Kim Short (1:44:52). 3rd woman was 46. The men were similar, in that the, um, middle-aged runners RULED. Results indicate Ricky Denesle (age 51) was first man -- but we're about 74% sure Ricky's name is DENESEK -- the dude from Telluride. He enjoyed 1:31:14 of effort, a 3-minute margin over 48-years-young Scott Jones (1:34:15). Amazing middle-aged folks -- 3rd was 47, 4th was 41, while the 5th man barely won the under-40 (he was 39). Greg Hewitt was 12th in 1:45:27.

10k: in keeping with the non-youngsters ruling things, 49-years-young ERIC HERMANN ran a decent 39:04, 2-minutes ahead of Brad Larochelle (41:18). KERRY HICKS was fastest woman (51:36) and Gina Pagano was not far back (51:55).

5k: DEREK ONGALO (just 25) won in 19:02, Jimmy Turner 2nd (19:43). LAETITIA LINARD (another youngster, 30) was female-quickest, 25:37, not too far ahead of 12-year-old Claire Gehl.

for complete results, peruse <http://mammothmarathons.org/>

May 14, **BLACK CANYON ASCENT** -- "Colorado's toughest 6-mile road race" -- where over 200 finishers ran UP to the Black Canyon National Park. 217? That's gotta be a record -- as

the few times I've done it, it seemed crowded with several dozen, including the walkers who started earlier. Nationally-ranked Simon Gutierrez did not win, finishing behind Rickey Gates. Gates ran sub-7's for the 2,000' UPHILL (41:45) with Gutierrez in 42:48. Marty Wacker, always up for a competitive undertaking, was a creditable THIRD (45:15). Past winner BRANDY ERHOLTZ won again (7th over-all) in 47:59. 2 places back was 2nd woman Stevie Kremer (49:24). Christie Aschwanden was 5th female, 58:33.

On May 14 Gateway Canyons Resort sponsored the Sky Pass Trail Marathon

For more info, check www.gatewaycanyons.com -- (took me a while to finally be re-directed to active.com -- I think). There were 28 finishers in this desert-to-mountain-top adventurous undertaking, and fastest was Kerry Matticks, whose 3:22:34 was really good, considering. (We don't know if Kerry is a gal or guy, presumably guy). 18 minutes later Eric Black trotted in (3:40). Kelli Kessel continues to be an avid off-road participant, enjoying 4 hours 45 minutes of scenery.

the "DESERT RATS" or Spring Desert Ultra "Festival" -- Mary's Loop Area, Loma and Mack

(The K Frates) update on some of the races at the Desert Rats Trail Running Festival held out at the Kokopelli Trails on 4/16 and 4/17. A few brave souls from Mesa County braved the 50 mile race which had 8000 ft of climbing. The 25 had 4000 ft. In the 50, Bryan Whitt, 37, of GJ ran a 12:24:08, Benjamin Hauschulz, 26, Pallisade and Mark Kahler, 51, Cedaredge, both ran 12:51:25.

In the 25, I (Keith Frates-Female) Fruita, ran 4:14:55 and was 6th woman, 1st master's woman, John Constan, 43, GJ 4:17:03; Sarah Shrader, 37, GJ, 4:58:23; Doug Beach, 53, GJ, 5:05:56; Molly Moyer, GJ, 35, 5:18:07; Kelli Kessell, 40, GJ, 5:30:35; Julie Tierney, 41, GJ, 5:35:13; Ann Leonard 31, GJ, 6:41:53; D Plunkett, 46, GJ, nine minutes faster than her goal, 6:21:14; Gus Hendricks, 42, Fruita, 6:27:26; Karyn Bechtel, 35, Glade Park 7:08:31.

Half Marathon was won overall by Melody Fairchild, who is now 37 yrs. old, in 1:48:40. Scott Vig, 36, Fruita was 6th male ; in 2:07:38; Kelley Griffin, 25, Fruita, was third Female, in 2:08:50; Jefferson Smith, 34, GJ, 2:28:50; Tom Ela, 58, GJ, won his age group in 2:28:50.

There are even more finishers from Mesa County in the half marathon and 5 mile races, but I am tired of typing. The website is gemiadventures.com and it's the Desert Rats Trail Running Festival.

On another note, there was a good article on Master's training and racing by Gordon Bakoulis in last months Running Times. Made me feel better to know that someone as talented as she is is facing the same limitations. Thanks for doing the newsletter. Greta will be missed.

Keith Frates

April 16 and 17: 334 participants finished the four separate events. Note the "familiar name" for the half-marathon ...

The courses were "as advertised" -- and not taking the easier trails when, heck, why not throw in Moore Fun and Mack Ridge for some more-strenuous up- and down-hills. The 25 and 50 were held on Saturday, with the half-M and 5 mile (actually closer to 6) on Sunday.

50 MILES: thirty-eight athletes chose the BIG WORKOUT, and Duncan Callihan (28) from Gunnison and Anita Ortiz (46) from Eagle were the fastest -- at 7:38:47 and 8:16:28. Ms. Ortiz was 3rd over-all. Corey Hanson (Bellvue) and Helen Cospolich (Breckenridge) were runners-up: 8:00:05 and 8:52:34. Another local was Adam Bechtel (Glade Park), 9:08:25..

The 25-mile event had 154 finishers. Timmy Parr made it a Gunnison sweep today (3:09:10 -- an excellent time considering it's NOT a flat paved course!) while 7th over-all Ashley Arnold from Carbondale made it an upper Colorado River drainage sweep, with a 3:33:52. Seconds were Dylan Bowman (Aspen) and Sari Anderson (also Carbondale) -- 3:11:50 and 3:42:34. Fastest master was Arthur Johnson (Ft. Collins) in 3:46:29. Some locals were John Constan (4:17:03), Doug Beach, Sarah Shrader (4:58:53), Molly Moyer,

Kelli Kessell, and Julie Tierney.

half-Marathon (almost 14 miles): MELODY FAIRCHILD, 37 years young, was over-all winner in 1:48:40. Ms. Fairchild still lives in Boulder. Second over-all was Matt Hart (SLC), 5 minutes back in 1:53:37 pacing the crowd of 93 runners.

Five (5.6) mile: 49 people opted for this event, with Robert Picazo (Bent, NM) first in 44:37 and runner-up and fastest lady was Lynda Andros-Clay (now from Edwards, CO) with 46:44.

see www.geminiadventures.com

My name is Jeff Regan, and I am a production coordinator for EMU-Eco Music Festival. I wanted to give you some information on an exciting race opportunity in Snowmass Village, CO over the summer. This year we will be launching the **Eco Climb-It Challenge** as part of EMU-Eco Music Festival on **Friday, July 1**. The race is a **3000 vertical foot, 4.65 mile race** from Base Village to the summit of Elk Camp. All of the information for the race is below, and you can register NOW for the race at www.emufestival.com/challenge. We would greatly appreciate if you could forward this information to your entire running organization, as well as anyone you believe would be interested in the event. Please let me know if you have any questions at all. My contact information is below. ---

*** Race Description *** "A fight to the finish at the summit of Elk Camp," 11,300 feet above sea level, the Eco Climb-It Challenge is a 3,000 vertical foot uphill battle for climate change. The race kicks off on Friday, July 1 at 9AM, where participants will work towards the common goal of supremacy over the mountain and title of Climb-It Champion.

*** Registration Information *** Participants can register for the Eco Climb-It Challenge NOW through online application www.emufestival.com/challenge. Once registered, registrants will be e-mailed a form to be able to choose which local school they would like to support through their participation in the race. ** The registration fee is \$50 with the option to add an EMU ticket to the registration for \$55 dollars. A donation of \$25 from each registration fee will go towards a green initiative or project at the participant's selected school. *** The schools participating in the Eco Climb-It Challenge are Aspen Community School, Aspen Country Day School, Aspen High School, Carbondale Community School, and Waldorf School. *** Categories and Winners ** The Eco Climb-It Challenge will consist of two categories: 1) Male 2) Female. The first male participant and the first female participant to cross the finish line will receive the Climb-It trophy and a tree planted in their honor at their selected school.* --- Thank you for your help! Warm regards, -- Jeff Regan, Production Coordinator EMU Festival

jeff.regan@emufestival.com (561) 346-2251