

THE STRIDER

IN this issue: *This is an interesting time to be a runner*

Marty Wacker in top 500 at Boston under 2:51 !

NEW WORLD RECORD 10k (27:01)

Suzie Steel, (20:14) & Karah Levely-Rinaldi, (21:41) & Karie Hill go ONE-TWO-THREE at DIALYSIS DASH !

THANKS TO OUR CONTRIBUTORS THIS ISSUE: Jeanie Grooms, Ray Jensen, Jan Peart, Tom Ela

Next issue: we hope, the April 18 **Fruitvale (Elem.) 5k Run** / and races between now and then & just about anything else sent in!

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Results? Minutes and miscellany from the MARCH (2009) M M S director's BOARD Meeting, in which, among other things, we heard Paul Hughes talk of the upcoming GMMS 5k. Continued (briefly) the discussion of events in which the organizer(s) do(es) not contact the MMS regarding CALENDAR CONFLICTS.

We were somewhat depressed and direction-less due to the absences of Lynn and Chris. Even though some of us couldn't adjust nor "get over it," we persevered ... Bruce evaluated a race where the entry fee was ... he ran a 50k in which the cost was less than \$1/kilometer!

Tom reported that there have been "good turn-outs" at the Thursday night runs. Brian might approach the GJ Chamber regarding having them contact us when they hear of upcoming or proposed running events.

Next meeting May 26 -- anyone can attend! We try for 4th Tuesday each month. Call 589-6180.

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Some running websites:

mmstriders.COM &

www.rimrockrun.org is still online, but apparently OBSOLETE. It is now at ascentproductions.net

Register at www.active.com

injuredrunner.com -- here in G.J., "get help"! (if you need it)

rrca.org (road runner's club of america) montrose area running: sjmr.org

colorado runner: www.coloradorunnermag.com

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

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

betterrunner.com -- "under construction" but should be interesting and useful -- & "local" (yes, that's 'better' 'runner' -- two "r"s together)

G J Sentinel running blog? http://www.gjsentinel.com/blogs/content/shared-gen/blogs/communities/running/entries/2009/03/11/lets_go_striding.html

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Rim Rock Marathon

Registration IS OPEN & will end 9/17/09, go to www.active.com

"Run the Rock"

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- - > MEMBERSHIP RENEWAL REMINDER < - -

Presently the club is mostly supported financially by existing members as well as new members. You can **send your payment** (\$20 for individuals) to:

Mesa-Monument STRIDERS / Attn: Tom Ela / Membership

P.O. Box 3685 Grand Junction, CO 81502

late April, May, early June 2009

RUNNING SCHEDULE, CALENDAR

April 30, Thursday, 6 p.m. Grand Mesa M.S. 5k & 1-mile & Dinner! You should have received an entry form 2 issues ago? Contact 254-6278, or kdodson@mesa.k12.co.us

<http://gmms.mesa.k12.co.us>

May 2, Sat., 9 a.m. **WONDERGIRL 5k**, Long's Park (Central H.S.)

www.gotrwesterncolorado.org

May 9, Sat. Grand Valley Marathon. Also half-marathon, 10k, and 5k.

www.mammothmarathons.org

May 10, Sun. "Mother's Day MILE" in Glenwood. contact nrein@rof.net

May 16, 9 a.m. MIKE THE HEADLESS CHICKEN 5k, always a hoot! www.fruita.org 858-0360

May 16, Sat., 8 a.m. (34th! annual) Black Canyon Ascent. 6-mile run. (&) non-competitive walk. Entrance to B C National Park, junction of Colo. Hwy 347 & US 50. \$30, 25 if a SJMR member. jbridgway@msn.com sjmr.org "Colorado's toughest 6 mile road race."

May 16, SKY MESA PASS TRAIL MARATHON, www.gatewaycanyons.com

May 17, Sunday, 11 a.m. "No frills" 5k -- at End Zone in Fruita. See commentary/story elsewhere in this issue.

MAY 23, Sat., 8 a.m. **GARFIELD GRUMBLE**, 5 + miles, 'extreme' trail experience. Start Garfield east Trailhead, Palisade; finish to west, north of 33 Road overpass. Conrad: 245-4243 or Joe: 245-4382.

May 24, Sun., 8 a.m. Narrow Gauge 10-mile (& 5k). DMT (Durango), 750-3371

May 25 ... some little 10k in boulder ...

May 26 Tues., 7 p.m. MMS monthly Director's meeting. We are now meeting on the 4th Tuesday of the month. 589-6810

May 30, Sat., 10 a.m. Red Dress 5k "run for fun", Fruita, Single-Tracks, 858-3917

June 4, Thurs., 6:30 p.m. ASPEN STREET (DAN PETERSON MEMORIAL) MILE. 5,280-foot level accurate run in and around downtown Fruita. Civic Center. Also BBQ and music. Single-Tracks, Chris: 858-3917

June 6, Sat., 7:30 a.m. **WATER TOWER 5-MILE** Desert Run. 1.5 miles north of H Road up 27 & 1/4 Road (NW of the airport). Paul, 241-6478

June 7, Sun., more Trails! Teva USA Masters Championship / TEVA Spring-run-off trail 5k and 10k -- Vail. www.vailrec.com

June 7, also the Steamboat Marathon, half, 10k -- (970) 879-0882

June 13, Sat., 7:30 a.m. Highline Hustle TRIATHLON, Highline Lake. Register by May 16? G J Parks & Rec -- 254-FUNN

June 21, Sun., 7 a.m. (8:15 a.m. for 5k) Glenwood STRAWBERRY Shortcut 10k, www.strawberryshortcutrace.com 945-7760

June 27, Sat.: (tentative) "Children With Hope" 5K run and walk at Canyon View Park -- we hope to have more info next edition

June 28, Sunday, 8:30 a.m. TURKEY FLATS 9.6 MILE TRAIL RUN. more info next issue

* For out-of-area (out of Grand Valley) events, and even some local events, check the contact information before attending. Granted, the listed events probably are "on," but every once in a while an event is changed and hard as it may be to believe, we at the STRIDER aren't informed! M M S Group training run every Thursday at 6 p.m. This is ongoing -- we'll run from the 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. We'll look out for you.

Questions: give me a call or email Tom Ela -- nachtambule@aol.com If it's too mucky, there are "pavement alternatives" from there.

Strider (not 'rrca') FOOTnotes...

Article deadline for next newsletter – for submission of articles, photos, miscellaneous financial contributions, race results, etc... is... May 22 or something like that. Please email articles (enclose a crisp \$20 bill if you can) to nusratkhan@aol.com or snail mail to MMS, c/o Betunada, 230 Sunset Hills, Grand Jct., CO 81503

WEEKLY Internet Running / Race news / update: would you like to receive local running news? on a weekly basis? -- contact Nachtambule@aol.com

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C D CRAIG: Running Pioneer

I attended a "the community is invited" 80th birthday party for Dr. Craig, DDS in early April. 'Betty' and I went because not only was he our dentist, he was a friend. And ... it was Clarence who started the MMS in the mid-to-later 1970's. I think he was the first President. And ... it was he who first even suggested a race across and through the Colorado National Monument.

WORLD 10K RECORD !

Micah Kogo (Kenya) averaged 4:21 / mile to end up at 27:01. This feat occurred on March 29 (2009) at a race in Brunssum, Holland. He is the reigning Olympic bronze-medal in the 10k (track).

Haile Gebreselassie held the former record. Now your editor has to (?) get used to a new name in the best-of-the-world category. I had memorized H. Gebresalassie, due to my former Rastafarian inclinations; and also typed the name Daniel Komen frequently -- as, after all, nobody else (I'm 95+% sure) has run a sub-4-minute mile, and ... without stopping run yet another sub-4-minute mile.

WORLD Cross-country in Jordan? Yes, Amman. March 28 ...

SR WOMEN: Florence Kiplagat (Ken) -- believe it or else, it's been many years since a Kenyan won this race! 8k, 26:13. 3 sec. back countrywoman Linet Masai. USA's Julie Culley was 21st, 28:08. Kenya, of course, won the team title -- 14 pts -- half that of runner-up Ethiopia. USA was a creditable 5th team of 12 complete teams.

MEN : I think 12k? Gebre-egziabher Gebremariam (& some people think H. Gebreselassie is hard!) -- also Ethiopian, won in 35:02. 2 seconds back were Ugandan Moses Kipsiro and Zersenay Tadese (Eritrea). The first non-African was Spaniard Carlos Castillejo, 26th place. Ryan Vail from USA was 33rd (36:54). Although Kenya and Ethiopia each had 28 points, Kenya joins the women's team as the world team champions -- their 5th runner was one place ahead of Ethiopia's 5th runner. US team 8th out of 19 teams.

Junior (under 20?) men's teams were led by Kenya and Ethiopia, but the US was 5th (of 18) teams, led by German Fernandez' 11th place. The junior women teams were very similar to the men results, but the top two teams were reversed (ETH 1st) -- the tied scores resulting in another "5th runner" decision, again a one-place difference. The US girls were 5th! Led by Neely Spence in 19th place.

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APRIL, Massachusetts: That Whacky Marter was 478th in 2:50:59 at the Boston 26-mile 385-yard run. Other AMERICAN Citizens were on BOTH Podiums for the first time in many years. Kara Goucher (Portland, ORE) was NINE SECONDS out of first -- 2:32:25. Salina Kosgei (Ken) won, averaging 5:48/mile. Kara was 'sandwiched' between 2 Ethiopians and 2 Kenyans -- one each in front and one each immediately after. Same with RYAN HALL -- THIRD in 2:09:40, with an Ethiopian winner (Deriba Merga, 2:08:42). Two Kenyans (and 2 ETH) were in the fastest 5.

Elva Dryer, who has run in races in G.J. before she got faster and famous, was 12th woman (2:38:50). Your humble editor made a casual perusal of the results, and there probably is/are more Grand Valley finishers, but I saw none. Interesting: more than just a few from Glenwood! Allison Krausen from Edwards was 37th woman (2:53:28). There were 'top' (under 3:20) finishers from Meeker and Paonia.

It has become tradition to run the Kokopelli on Palm Sunday to break the fast and have beer again. It began in the early 90's as a 40 mile adventure, to build on the 50K Fat Ass 50 in January and get ready for Collegiate Peaks in Buena Vista in May. that being a 50 miler. That in turn would set one up for a possible hundred miler later in the summer. Things have changed, gotten older, fatter and slower. 23 is as much as I can dredge up these days. Don't want to stop though, one might not be able to resume. Madame President Sheryl Douglas, Lou Lorber and I made the journey this year. John Panozzo started earlier and did a different course in an effort to stay away from the cooler, claiming that we had only endured 39 days. Conrad

Dialysis Dash, March 28: We had a crisp but beautiful day for the event with several people laying down some quick early season times. Lots of door prizes and beautiful post-race weather on the south-facing patio. It was Liz Norris' birthday so we had the whole group sing happy birthday. Big thanks to Girls on the Run of the Grand Valley for excellent timing, and other sponsors Asset Engineering, Wolcott Mineral Services. Chic-fil-A, Tom Guido and purified water to go, and of course Dialysis Clinic Inc. Look for year number 9 on the last Saturday in

March in 2010, unless that turns out to be the Saturday before Easter. Thanks to all who participated and volunteered. Special thanks to Shannon Koch, Kelli Kessel, Michael Santo, John Jones, and Rosie and JoAnn. See you all next year! -- Ray Jensen
FASTEST WOMEN: 1. Suzie Steel, 20:14 / 2. Karah Lively-Rinaldi, 21:41 / 3. Karie Hill, 24:13 / 4. Naomi Goodwin, 24:59 / 5. Tricia Rothwell, 25:21 / 6. Amber Sisson, 26:01 / 7. Carly Livingston, 26:03 / 8. Yvette Carnine, 26:08 / 9. Theresa Englbrecht, 26:18 / 10. Cheryl Thompson, 26:49
Dialysis AGE GROUPS:

WOMEN: 1-13: Michaela Wacker, 34:39 20-29: Karie Hill, Naomi Goodwin, Amber Sisson
30-39: Karah Lively-Rinaldi, Lana Birch 27:46; Katie Schreiner, 29:01

40-49: Suzie Steel; Tricia Rothwell, Yvette Carnine

50-59: Liz Norris, 26:59; Sandra Wyatt, 31:31; Sherry Schreiner, 31:35

60+: Rebecca Podgorny, 47:29 -- also wins over 70!

MEN: 1-13: Samuel Jordan, 23:46 14-19: Preston Bauer, 27:59

20-29: Omar Martinez, 16:25; Hector Martinez, 17:11; Scott Olson, 17:58

30-39: M Wachter, 17:17; Michael Burnham, 18:05; Chris Carmiencke, 21:56

40-49: Jay Valentine, 17:03; Steve Farlow, 22:03; Tim Coit, 22:13

50-59: Dave Younger, 19:57; Chet Brown, 23:09; Tom Ela, 23:59

60+: Larry Ingram, 20:29; Tom Guido, 25:16; Warren Bystedt, 28:09; and Carl TenPas, 28:26

GREETINGS, FELLOW RUNNERS

How is the Spring training going? Are you interested in running a "no frills" 5k? On Sunday, May 17, we are hosting Garry Morton Day at the End Zone in Fruita. Garry, a very dear friend and fellow employee, passed away on March 15. We are raising funds to help pay for some of his medical bills.

The 5k is a no-timed, no t-shirt event. Just a nice easy Sunday morning jaunt. Starts at 11:00 a.m.

We are also having a spaghetti dinner at 1:00 p.m. \$5/person. Please RSVP.

If interested please call Jeanie Grooms -- 241-5077 evenings -- for info.

Thanks for reading / listening --

Your local ultra running nut case,

(s)

Jeanie Grooms

P.S. Entry fee is whatever you would like to donate to our cause.

In regards the Garry Morton Day fundraiser, you can also call Rosie at 858-7082 or Carol at

858-7702. Email cmitchell@bresnan.net

As ALL (?) local runners know, the weather cancelled this year's (April 4) Widowmaker. however, the "widow-maker report (or "mudmaker")" was emailed from a Montrose runner ...

From: "Jan Peart" <jbridgway@msn.com> Date: Wed, 8 Apr 2009 16:58:09 -0600 We are a TOUGH group--leaving at an ungodly hour to run a race called the "Widowmaker!?!" in questionable conditions, no less!! And what to our amazement do we find???? Nobody shows. . . . just us dedicated SJMR's--dedicated, wet SJMR's. Alas, the race was cancelled.

Apparently, no one wanted to tackle the newly named "Mudmaker" after a night of record breaking rainfall in Grand Junction. But the 6 of us who braved the weather rebounded with a fun 8-mile loop along the Colorado River then warmed up with hot coffee and banana nut bread at the local Starbucks before heading back home. Another weekend fun-run characterized by theno-pressure, relaxed, good-time camaraderie that has become a staple of our weekend events. Disappointed by our "trail-less" adventure last Saturday, we discussed doing Dominguez Canyon this weekend. So I will be watching the weather closely and will be getting regular updates from the Easter Bunny so that another long drive doesn't find us slogging through mud (or worse, running along the highway!). If the weather does not cooperate, we will be plan for a fun-run closer to home. Watch for my email on Friday. I don't know about you, but I am ready for some warm, dry, shorts-wearing, leg-baring conditions-- Jan

March 21, Better Half-Marathon (& 5-mile) which were held at the Gateway Canyons Resort. I was able to view results... once. But maybe the internet is not happy or maybe I wasn't friendly enough with the internet, but have not been able to view them since! Gateway people? Luke? I think it should be easy to get results and R D commentary to me/us... YOU TRY: check: www.gatewaycanyons.com

Who are the fastest local high school track athletes for this season? GIRLS -->
800m: (see A. Nelson, following). Kasey Mortensen, Fruita, 2nd at Rangely (3/28), 2:32.7.
1600m: Alicia Nelson (Moffat County) should place in state -- 5:14 at Rangely
3200m: Kelsey Slauson, G.J. -- 12:03, Rangely meet.
4x400 relay: Glenwood -- 4:11.7 ...
BOYS 800m: Rafael Cote (GJ) ran 1:58.4 in mid-March.
1600m: Woody Seagren (Fruita) won Rangely in 4:45, team-mate Jordan Potterton, 4:47.
4x400 relay: won by Grand Junction, 3:27.8. Still, not bad for March.
4x800 relay: Fruita has run 8:38.9 -- but The Strider has not seen a whole lot of h.s. track results... next month, though, "it'll all be over" (State meet by mid-month) so we'll know "how we did."

Note: the annual MMS "Tortoise & Hare" relay was IN this issue of the Strider. However, the editor was lazy and "cut & paste" the nicely-typed/formatted (but incompatible with his primitive computer system), so it is NOT 'here' in the internet/web NL edition.