

ANNA BANANA 5k: Oct. 2 ('Citizen's/public' race before the FMHS Cross-country invitational)

Over 130 finishers -- must be a fun and different race (it's kind of 'cross-country' -- at least it's NOT on the paved roads out in the traffic).

Fastest dozen women:

1. KARAH LEVELY-RINALDI, 21:25
2. Alexia Russell, 22:06
3. Annie Fitzsimmons, 23:07
4. Megan Younker, 23:30
5. Tiffany Clark, 23:31
6. Marygrace Prinster, 23:44
7. Kelsey Snyder, 24:20
8. Kinsey Rippey, 24:27
9. Shan Mixon, 24:29
10. Sharon Poling, 24:31
11. Jaida Gray, 24:48
12. Heather Lambeth, 24:54

Fastest dozen men:

1. LENNY STAATS, 17:40
2. Marty Wacker, 17:47
3. Keenan Widhammer, 17:49
4. Lucas Franze, 17:59
5. Andy Krieg, 19:19
6. Ryan Lawrence, 19:40
7. William Powell, 19:46
8. Paul Hughes, 20:41
9. Justin Kattnig, 20:51
10. Robin Bisbee, 21:02
11. Bruce Smith, 21:12
12. Kyle Thornburg, 21:21

Age groups, Women: 19&under: RUSSELL, CLARK	20-29: FITZSIMMONS, RIPPY
30-30: KARAH, YOUNKER, GRAY	40-49: MIXON, Theresa Englebert: 26:45
50-59: POLING, Kathie Powell: 28:15	60+: Deborah Nelson: 54:18
Age groups, Men: 19&under: WIDHAMMER, LAWRENCE	20-29: HUGHES
30-30: WACKER, FRANZE	40-49: STAATS, Mike McBride: 22:16
50-59: KRIEG, SMITH	60+: Carl TenPas, 31:01

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Hey Editor --

Always enjoy the Strider newsletter as well as your recent writings for the MG. I counted 4 people I knew writing in one recent edition of M. John's mountain literary and that's not counting Mr. Fayhee himself, who I know from my nights on barstools during my 12 years in Summit County. One of them was JT, who once represented me in a small matter of "improper" possession.

So there I was on the main drag of Ouray with 1200 of my closest friends and here is the starter rallying us all with the "how many we have from Telluride out there? how many from Flagstaff? Boulder? Denver? Durango? Summit County?" with the noticeable omission of Grand Junction. Our stand was pretty thick this year, more than usual, maybe not as fast, but hey, we had some numbers working. So off to the races.

We had Marty Wacker there pushing what was left in his IT band. Mostly shuffling, but still powering off a summit section I would kill for! Bernie, our adapted son was once again the Master's champ. David Fay finished 4th in his age group, just off the podium. A woman named Lucy Graham, who I do not know, the same. Ernie Langelier was 8th in his. Tara Suplizio finished second in hers, a gentleman from Palisade, Paul Cradit, 3rd in his, and I snuck in a silver medal myself in 50-54. I wasn't happy with my time, but going to the awards ceremony eased some of the pain.

So a bunch of us GJ's are there in the Elk's park in Telluride, and here we go again, Mr MC going off with his "how many from" routine. Again, no GJ mention. Although my Imogene battle is mostly self centered on the PR, I was very proud to go up there, bow my head, get a piece of hardware and have my hometown announced. Tara the same I'm sure.

So no PR for me, but a sense of pride I did not expect to experience that day. Went back down there this past Monday and made the summit 6 minutes faster. It was a PR by a significant margin. Then I had to get back to my truck in Ouray. Almost forgot about that part. Age. Drank from the spring that pours out from the rock wall along the Yankee Boy road. Tasted pretty sweet.

As I get out and run with the local folk, from what I see our representation should only improve at Imogene and the other major trail races around the state. I see the "bug" being caught just as I caught it 8 years ago. I wanna be there the day Mr. MC gives it up for GJ. It's not all that far off.

DC

-☺ MEMBERSHIP RENEWAL REMINDER <--

Mesa-Monument STRIDERS / Attn: Tom Ela / Membership
 P.O. Box 3685 Grand Junction, CO 81502
 approximately once each year it's time to Renew! (And/or join!)
send your payment (\$20 for individuals, \$25 for a same-address family of 2 or more) to:

NOVEMBER 2010, & beyond C A L E N D A R

Oct. 30, Sat., 9 a.m. Holy Family Spooktacular 5k. 7th & H Road (G.J.), Kathy, 201-3928
www.holyfamily-gj.org

Nov. 6, Sat., 10 a.m. **Harbert Lumber Fall Festival 5k** (& 1-mile). Benefit for Girls-on-the-run. Canyon View Park. www.gotrwesterncolorado.org or 257-9267 BIG EVENT (by local standards)

Nov. 7, the (ING?) New York (City) Marathon

Nov. 13, Sat., 8 a.m. RIM ROCK MARATHON, Colo. Nat'l Monument
<http://www.ascentproductions.net>

Nov. 20. Sat. 10:30 a.m. STRIDER TOM TURKEY 6-MILE PREDICTION RUN, 2932 B Road (Ingram's) Larry: 270-0774. Prizes not necessarily to the fastest -- but to those who run closest to their pre-race predictions!

Nov. 20, 9 a.m. The MMS would prefer everyone comes to one of the longest-running MMS events -- the Editor first ran this in 1978! -- the Turkey Prediction, above, but ... There is another event this morning. You could possibly run the Matchett Park 5k and hurry over to Larry's house for 6 more miles! --> editorializing aside: Matchett Park 5k Trail Run, 9 a.m. Sponsored by City of GJ Parks & Rec., (970) 254-3866, \$15 -pre-reg, \$20 day of race. Also kid's 1k. Trail strollers and dogs on leashes welcome.

Nov. 25, Thurs. 8:30 a.m. 4TH ANNUAL FIREMAN'S TURKEY TROT 5K.
GJTurkeyTrot.org 2497 Power Road (Soar Orthopedics), behind Redlands Albertson's. 255-8370 almost SIX-HUNDRED finishers last year!

If you can't attend the local Fireman's GJ turkey trot, consider
 Nov. 25, 10 a.m. Durango Turkey Trot, 5-mi. see DMT website

Nov. 25, 9 a.m. Montrose Turkey Trot, 4.3 (& 2) mi. Oak Grove Elem. SJMR (website)

Dec. 4, Sat. 10 a.m. Winter Sun 10k, Moab Golf Course, www.moabhalfmarathon.com

DEC. 4, 11 A.M. WINTER-START RACES, Cross-country season begins! 5k classic, at Grand Mesa Skyway, www.gmnc.com or Tom, 434-9753

Dec. 11, Sat., 9:30 a.m. Palisade Jingle Jog 5k, www.ascentproductions.com

Dec. 18, Sat., 11 a.m. Strider 5-mile Time Trial, River Trail (Redlands at Albertsons), Larry, 270-0774.

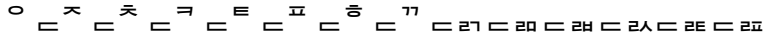
c o n t i n u i n g :

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 (below:)

Group training trail run every Monday, 5:30 PM 11/1 Mary's Loop Trailhead, I-70 Loma Exit
Time Change 11/7 - Mon 11/8 run from Single Tracks ongoing We will rotate through 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. For location, call Single Tracks, 858-3917

Messages or to get on or off the list: Tom Ela nachtambule@aol.com 434-9753



THE SON RUN

In February, Tami Duran had a dream to set up a benefit 5k for local uninsured cancer patients. On Saturday, Sept. 25, the first annual SON RUN became reality for Tami and her friend Starla Dyson. Forty-five runners and walkers showed up at the Glacier Ice Arena to run/walk the Riverfront Trail. Thirty volunteers showed up to help. They were much appreciated. Over \$1200 was raised!

The over-all male winner was Lenny Staats with a time of 17:19.5. The over-all female winner was Andrea Ager with a time of 21:00.1. (*Ed. note: Ms. Ager was also second over-all!*) There were several other Strider members who also ran: Andy Winnefeld (22:17.5); Liz Norris (30:14.2); John Pogline (36:31). Most stayed around for awards and "door" prizes. Congratulations to Tami and Starla for all their hard work and a successful event!

(kindly submitted by S. Douglas)

Fastest Women: ANDREA AGER, 21:00.2. Ashlee Hafey, 21:20

3. Lisa Thon-Kollar, 25:24 4. Kelsa Frary, 25:44 5. Sarah Nichols, 26:10

Fastest Men: LENNY STAATS, 17:19 2. Jack Ballenger, 21:31

3. Danen Friedly, 22:14 4. Andy Winnefeld, 22:17 5. Nick Burton, 22:40

Article deadline for next newsletter – for submission of ANYTHING intended for the collective... is... November 23 or so. 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!

WESTERN MEDICAL ASSOCIATION if you don't have a physician, or are considering a change ...

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!

someone who has recently become a sponsor is 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 257-1011

Not to surprise anyone, but we suspect G.J. RedRobin is considering sponsoring ... next time you're @ Red Robin -- ask if manager DENNIS is there ...

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THE September MMS Board meeting:

And, the last episode of "As The Valley Runs": (Sept. 28): we were somewhat dismayed to learn that the City (of G.J.) decided to have their annual Matchett Park 5k cross-country event THE SAME DAY as the long-running MMS Turkey Trot. (See "calendar").

We'd like to report on some of what wasn't running-related (a doctor in the meeting mentioned that never before did he have a patient who thought they were possessed, AND another wanted a prescription to not to have to wear a seat belt) but ... The "Son Run" awards were "screwy." Okay ... and, the MMS earned \$100 from the Mary's Loop for rental of our (your) equipment! Thanks: M C S A R ! The MMS pays a bunch (okay, it's \$950) to the RRCA for insurance and other benefits each year. The website is paid for thru' August, so we should do the (Alpine Computer Solutions) switch-over then.

There are at least six "official sponsor" candidate companies, probably more (THIS will help keep the MMS membership rates the same as before).

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Running Shoes

I disposed of 2 pairs of running shoes last week. This is always a sad event for me. I start to think of all the races and great runs they helped me get through. Unfortunately, they both were no longer useable. I was in Ohio last weekend and I only brought 1 pair of running shoes - my lightweight Asics. (I usually have a minimum of 3 pairs of running shoes in my car for emergencies).

Anyway, in the middle of an 8 mile run, the back of my heel started hurting. After completion of the run, I inspected the shoe, and found a large erosion in the material, and a large blister on my foot. I still had 2 days left in Ohio, and I did not want to buy new shoes. **Duct tape to the rescue!** I did get 2 more runs out of these shoes, but I would not recommend this approach. Lets just say this was less than comfortable.

My other shoes were Asics trail running shoes. I only run trails usually 1 time per week, so they don't get a lot of use. I had been wearing them for about a year though, and I was having foot pain after every run in them. At first I blamed the socks. Then I blamed the weather. Then I had to face reality and realize that after only about 500 miles the shoes were ready to be retired.

I just saw a new shoe review in a running magazine. I read about all the different shoes, and picked my favorite. Then I realized there is no chance I would ever buy that shoe. First of all, it is difficult to find those new shoes in the store, and I don't like to buy on-line or order through

Join Girls on the Run of Western Colorado this winter for some running and fundraising through our Solemates program, and kick off spring with a wonderful run in Moab. Solemates is the adult fundraising "leg" of Girls on the Run. Solemates runners/walkers train for an athletic event (this year the Canyonlands Half Marathon is our main event), and raise money for GOTR to help us fulfill our mission of providing affordable and accessible after-school programming for girls that prepares them for a lifetime of self-respect and healthy living. Join us for Solemates of Western Colorado **Moab Weekend, March 18-20, 2011**. There is no better way to make winter running FUN! We are so excited about our Solemates event this year – the Canyonlands Half Marathon – on March 19, 2011. This event is one of the premiere running events in the area. It is so popular that registration is done by lottery. However, Girls on the Run of Western Colorado has 30 guaranteed entries to the event for the first 30 registered Solemates participants from throughout Western Colorado. Runners must register for Solemates prior to Thanksgiving, and be one of the first 30 registered, to guarantee entry into the Canyonlands Half Marathon. But wait, that is not all! We have also reserved cottages and lined up a pre-race pasta buffet in Moab for Solemates participants, if you choose to indulge in the weekend get-away! In addition to the national fundraising incentives, we have a few local ones as well. Any Solemates participant who raises \$500 or more will get a free dinner at catered Solemates Pre-Race Pasta Dinner. Any Solemates WC participant who raises \$750 or more will get their lodging covered as well (for one person at the cottages). Finally, Solemates WC can provide you with individualized training support in addition to the training schedules you will receive from the national Solemates office! With a minimal \$262 fundraising commitment, Solemates is a great way to support GOTR, train with a group to accomplish a personal running/walking goal, and have a great time doing both. Check out the Solemates page on our website – www.gotrwesterncolorado.org for more information. There are a limited number of guaranteed race entries available, so don't wait too long.

Thanks, Jill