

STRIDER 5-MILE TIME TRIAL -- Saturday, Dec. 21, 2013

1. Kevin Donoher (34), 31:29
2. Jeff Friedman (30), 33:15
3. Dave Younger (57), 36:30
4. Ernie Langelier (61), 41:06
5. Tom Ela, (61), 42:37
6. Keith Miller (44), 48:48 (Keith ran the 5.25 mile course)
7. Sheryl Douglas, (62), 59:20
8. Tamarie Smith (35), 61:58
9. Jeff Wagner (56), 61:59
10. Paul Wubben (82), 80:40

Another in the series "What a difference a day makes" day. We went from "cold but nice" to "cold and rather miserable." But the worst part is we went from finally having dry surfaces to slick with new snow especially over icy spots on the River Trail from Albertson's. No one really likes Dyke Road but it offered the better/safer surface so the race director chose this as the lesser of two evils and put the cones for the course from behind Albertson's into Connected Lakes Park connecting the cement trail out to the river point and back to behind Albertson's.

Now would anyone show up in these conditions? First Sheryl and Kevin and then a "rush" with just minutes to start. Ten rough (er, crazy) runners out for a little winter fun in this, the 2nd coldest December (15.9 degrees) in GJ history, somebody say global warming. Paul Wubben preferred the trail and started off on his race. The rest followed over to Dyke Road to start. The race director felt bac, well, that he got to get back into a warm car. Nice people stopped to see if he needed help.

Kevin Donoher was the most serious, well, he was the only one in shorts at 20-some degrees and snowing, and he also turned in a nice time averaging 6:18 per mile. He said he slipped a little, if you avoid the packed tire tracks and said a dog even helped him pick up the pace. All ran well and seemed pleased from the effort and having an event to keep them motivated during the inversion from ... Tom Ela, though, seems to love this, of course he puts in a lot of weekend days up on the Mesa competing in winter aerobics. Keith Miller must have gotten snow-blinded and came back on the trail and looped Albertson's to the finish, adding at least a quarter-mile to his time. Paul Wubben negotiated the trail successfully as he does every week in winter -- tough, as usual.

(the Strider thanks Larry Ingram for submitting this !)