

STRIDER 5 MILE TIME TRIAL Saturday, December 9, 2017 NAME AGE TIME 1. Bryce Boggs 16 33:18 2. Heath Hubbard 64 33:19 3. Kyle Przystup 18 34:17 4. Patrick Hummel 33 34:37 5. Jay Valentine 51 35:00 6. Craig Parks 60 35:22 7. Mac Zartrun 14 36:54 8. Bob Thome 63 37:06 9. John Ferguson 62 37:16 10. Ashlynn Squiles 15 37:52 11. Woof-Woof The Bandit 1 37:37 12. Laura Venner 35 37:38 13. Liz Norris 64 52:50 14. Sheryl Douglas 66 54:00

Beautiful December conditions for a good run, no ice or snow on the trail, sun and 40 degrees. So where were all the Strider' runners? Without the Fruita High School distance runners and two out-of-towners there would have been a real small group. It is neat to see young runners at events for several reasons. They are showing dedication to getting stronger and faster. They are our future in the sport. They get to see that running can last a lifetime and be fun and social. And I think they found out that the "older than dirt" crowd can still be a challenge. Note that Heath Hubbard (64) from Montrose almost chased down 16- year-old Bryce Boggs for the win. Heath claimed that his hip replacement was the difference. Check the rest of the 60 crowd's times, they were right in there. Craig Parks was down from Rifle, he just turned 60, retired and is training more and looks to be even more competitive than he already was. Also note that Liz Norris is on the comeback.