



January 2019

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SJMR President's Corner

Welcome to another year of "Healthy and Fun!" with the San Juan Mountain Runners!

We finished strong in 2018 - with the Turkey Trot, Annual Meeting & Dinner, and the new Holiday Fun Run- thanks to the enthusiastic leadership and participation of our club members. I'm already excited by this year's new faces and helping hands, including the introduction of a periodic newsletter. This little gem is packed with information to help you lock down your running goals for the year. Take special note of the 2019 SJMR Calendar so that you

don't miss any of the exciting events we sponsor and co-sponsor.

As we launch 2019, my hope is that each of you is able to take more advantage of what the club has to offer, and that together we attract new members who have resolved to have a more "Healthy and Fun!" new year.

Stay committed to your goals, and we'll see you on the trails!

Scott Gleason
SJMR President

Winter Rim Romp

The Winter Rim Romp is scheduled for **February 2nd** at Black Canyon of the Gunnison National Park. This is a challenging and fun out-and-back course with options for distance and style. Choose a 5 mile snowshoe race or a 10 mile freestyle (skate or classic) ski race. Non-competitive timed 5 mile freestyle ski also available. Awards for winners.

Brews and Chili Bowl after party in town after the race with awards and swag. All this to benefit Mended Little Hearts of



Western Colorado, a non-profit group providing support and friendship for families with children born with congenital heart defects. No park admission fees. Groomed course on the South Rim Road.

Weekly Fun Runs



Several SJMRs routinely meet to during the week to run. If you would like to join any of the runs for the first time or after being away for a while, send an email to the contact person using the link below to confirm the time and location.

Day	Run Description	Contact Person
Saturday	Meet at Looney Bean at 8:30 am for a run along the river trail and frontage road, depending on your distance.	Jan Peart
Monday	Montrose Run with options like Shavano Valley Rd	Jan Peart
Thursday	Depending on road conditions, we meet at the Colona Roadhouse parking lot or in Montrose at 8:30 am for an out and back run.	Caroline McAndrews

Member Sharing: What's the Protocol?



I finally made it to Colorado and I was ready to go on my first Saturday run with the SJMR. When I woke in the morning I was greeted with 6 inches of snow covering my driveway and the roads.

Of course I know it snows and real runners don't shy away from a little chill, but surely there must be limits. As a 40 year fair weather Californian, I immediately called my SJMR Go To Person—Jan Peart. "So Jan, it's snowing. What's the protocol?" I was hoping

to hear a few options: "We all sleep in, wait for it to warm up, then shovel our driveways." Or maybe she'd say "We all meet for coffee and breakfast at Looney Bean." No, that wasn't her response. Dependable Jan said, "We run."

Certainly I can't be known as a soft Californian! So into my car I piled extra running shoes, Yak Trax, a face mask and extra clothes for afterwards. To my surprise, a group of about 10 runners showed up to

run. We blazed a trail by the river through the freshly fallen snow. I was reminded of the S&G song...I am a rock, and a rock feels no pain. In fact, I loved the run! Two months into my new home state and I look forward to the powdery snow and the camaraderie of our Saturday runs. I hope to see you out there!

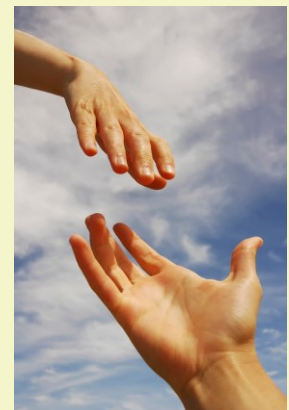
Caroline
New SJMR Member

Want to Get Involved?

Your annual membership entitles you to discounts at SJMR events and local participating merchants. You can also look forward to group fun runs, training runs, random drawings and door prizes, fellowship, motivation, inspiration... and let's not forget that your annual membership fee helps keep this club

going! If you haven't already renewed your membership for 2019 you can do so via PayPal at our [SJMR](#) website.

Lori Lambeth
Membership & Communications



2019 SJMR Seminar Series

Our first 2019 educational series talk will be provided by **John T Unger**, Certified Chiropractic Sports Physician on Thurs, March 14 at 6:00pm (location in Montrose TBD). John will speak on "Running and your Joints...what does research tell us?"

John will help us address the question whether running helps or hurts our skeletal system; and how we can prevent the classic runner injuries.

Join us for this informative talk by one of "us" ; an SJMR member and avid runner! Please sign up on our Facebook page or contact Mary Plumb at scaryplumb@mac.com

Mary Plumb
Community Outreach and Education



2019 SJMR Calendar at a Glance

Event	Date	SJMR Race Director/Key Contact
Winter Rim Romp — <i>Club Event</i>	February 2	Becky Sondergard
Canyonlands Half Marathon & 5 Miler	March 16	Jan Peart
Girls on the Run 5k	May 4	Julie Osborne
Montrose Aruna Run/Walk	May 11	Graham Trenda
Black Canyon Ascent — <i>Club Event</i>	May 18	Jan Peart
Trail Town 5 or 10 Miler— <i>Club Event</i>	June 29	Dan Quigley
1st Annual SJMR Trail Run & Potluck— <i>Club Event</i>	July 14	<i>Volunteer Needed</i>
Mt Sneffels Marathon & Half Marathon	August 17	See website
ROK (Running on Kindness) 5 and 10k Trail Run	Oct 5	Mary Plumb
Turkey Trot— <i>Club Event</i>	November 28	TBD
SJMR Annual Dinner— <i>Club Event</i>	December 9	Scott Gleason
Holiday Fun Run	December 14	TBD

San Juan Mountain Runners



San Juan Mountain Runners has been southwestern Colorado's premier running club since 1977, sponsoring fun-runs and other running events around the Western Slope.

Our Mission:

SJMR is a nonprofit organization that encourages runners of all ages and abilities to gather for motivation, competition, and socialization.

Contacts

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Ammon Leggett, Vice President

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Secretary/Treasurer*

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Resources

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Follow us here:



Message Board

Training for the Mt Sneffels Half Marathon

Fellow SJMR member and certified ChiRunning Instructor, RRCA, Newton and Lydiard

Running Coach **Jill Burchmore** will be offering a 16 week training program this Spring leading up to the Mt.

Sneffles Half Marathon for runners of all abilities.
For more information:

- * Contact Jill at (970)708-5037 or email Jill@TellurideRun.com
- * Inquire at Ridgway Adventure Sports
- * See website www.TellurideRun.com

Our Sponsors

