



November 2019

SJMR President's Corner

What a great year it's been training and racing and just running for good health and good fun!

In my final newsletter contribution as President, I want to highlight the many hands who have helped make the club successful this year.

This club exists not simply for the encouragement and enjoyment of club members, but also to serve the community: by providing a place to connect with fellow runners and walkers, and by hosting running events for the local community to plug into.

I'd like to thank the race directors, the board of directors, other "regular contributors" to the club leadership, and finally all the volunteers who help make each race a success. All of you contribute with such a positive and constructive attitude that it makes it easy for the rest of us to participate.

Looking forward to 2020, I'd like your help to "spread the word" about our annual dinner meeting. Along with good food and a good time, we will be rotating out some leaders, and looking for folks who would like to step up and take their turn at providing leadership and direction to the rest of us. Key spots still available: President; Black Canyon Ascent Race Director (apprenticeship this year, and primary leadership the following year). With all the experience help who contribute each year, even these larger roles are not hard to pull off, and won't be an excessive time burden.

Please give a thought to these volunteer opportunities, and invite some friends to join the club at the dinner meeting. The meal and drinks are free with paid membership.



Scott, SJMR President

Holiday Races — A Great Time to Bring Friends and Family Together



Turkey Trot: This year's Turkey Trot is quickly approaching! The Turkey Trot is an annual tradition in our area and a great way to kick off Thanksgiving festivities. The run begins and ends at Oak Grove Elementary. Registration begins at 8am on **Thursday, November 28th** with the run **starting at 9am**. This is an inexpensive and fun run, **costing \$5 for individuals and \$15 for families**. There are 2 choices when it comes to distance. A 2 mile out and back course and a 4.2 mile loop. Get a jump on your day with an invigorating run or walk. Sign up as a family or just come run with your dog. We look forward to seeing you!

White Elephant Holiday Fun Run: Join us on Saturday **December 14th** at 9 am at the Buzzard Gulch trailhead off of Spring Creek Canyon Road. The course is a four (4) mile run around Buzzard Gulch. Bring a wrapped white elephant gift (a.k.a. prize) and the first one back from the run, gets first pick of the prizes.



New Saturday Fun Run Meeting Spot



Saturday's weekly The bridge that we use to cross over the Uncompahgre River from Looney Bean is still under repair. Until the bridge work is complete, plan to meet at 8:00 AM at the "corner" of E. Oak Grove and S. Rio Grande. There's a large parking area and we'll run south on the paved trail along the river (any distance you choose).

Member Sharing - Who's in Charge of Me?

Yes, those were the first words uttered by Lori Lambeth after crossing the finish line at her first Imogene Pass Run (IPR). She had nothing left and didn't know where the park was for the picnic and awards ceremony. So much for the running "euphoria." Lucky for her and all the rest of us who participated there was plenty of help!

This year's IPR event may have broken our SJMR participant record with 17 members giving this iconic race a try. For a few, it was their first time. And it was more than 20 times for a few of us old timers! A few awards were won by SJMRs and everyone enjoyed the food and beer at the post-race celebration.

Here is the list of SJMRs:

Rachel Allen	Sherry Heinel	David Jensen
Susie Benitez	Hibbard crew:	Nancy Jensen
Kathy Elmont	Alex	Rhonda Jones
Julie Gawlowski	Cristal	Lori Lambeth
Matt Gawlowski	Ethan	Jan Peart
Scott Gleason	Heath	John Unger

Interested in joining us next year? Check in for more details with these amazing racers!

Jan Peart, 24 time finisher of the IPR

IMOGENE PASS RUN



SJMR Scenes

ROK 'N' RUN

Thank you to all who participated in our first annual ROK'n Run for Peer Kindness in October 5th. With over 80 participants and a profit of \$2000, it was a huge success for a first time event - especially in little ol' Ridgway!

Thanks especially to those volunteers that helped to make the day run smoothly...you "ROK'ed" it!



RIM ROCK RUN



ST GEORGE MARATHON



2019 SJMR Calendar at a Glance

Event	Date	SJMR Race Director/Key Contact
Turkey Trot— <i>Club Event</i>	November 28	Ammon Leggett
SJMR Annual Dinner— <i>Club Event</i>	December 9	Scott Gleason
Holiday Fun Run	December 14	Sponsored by In Motion Therapy

Runners in the Know

One-way run above Ouray defies 50 m.p.h. winds By John T. Unger

The sudden, deep cracking sound from a tall fir tree overhead got my attention in a big way. A blown down, fourteen-inch diameter spruce was blocking our vehicle from driving the final half mile up to the start of the Horsethief Trailhead. Such late September winds raised the stakes for my intended solo seventeen mile run at timberline.

Most SJMR runners know the Bridge of Heaven (hereinafter BOH) area and back to Dexter Creek, accessed from just north of Ouray. I had positioned my car at the Bear Creek trailhead south of Ouray and been given a ride to Dexter Creek and the Horsethief Trailhead, so as to do the one-way run I had last enjoyed six years ago.

Earlier that morning I had been concerned about the prospect of being exposed above timberline in the "possible high winds" which had been forecast. As I began my run uphill, I now wanted to get above timberline ASAP, because running alone in tall trees was riskier than being high up and exposed fully.

For the first sixteen and a half miles, I encountered not a single person, nearby or distant. Only in the final half mile down the end of the trail to the highway did I come upon one hiker, and then two others. During all that time running alone, I considered the difference between a party of one traveling in the wilderness versus a party of two or more. The exact same mishap (broken ankle, or brief loss of consciousness from a head injury) for a solo would be immensely more life-threatening than for a party of two. So conservative decision making is the price to be paid for enjoying hours of three hundred sixty-degree unbroken vistas of mountain passes and extremes of weather and geography.

I chose to carry two water bottles of 22-ounce volume each: one full, one empty. I was gambling, based on past experience, that Cascade Creek (just past BOH) would likely be dry, but that Difficulty Creek could supply my water. That worked. I chose to carry my Steri-Pen water purifier and my In-Reach locator system. I often have needed to use the former but hope never to need to use the latter.

The winds did arrive up high that day, sometimes actually pushing me backwards while running uphill. Though they shredded and blew away most of my blaze orange vest, and though graupel and frozen sleet fell intermittently for several hours, the sun shone in the last mile, and the trip was worthwhile all the way.

The last time I had run it, trail route markers did not exist between Wildhorse Peak and the headwaters of Bear Creek. This year, even though the trail itself disappeared up there, many new six-footer posts of four-inch diameter had been newly erected, just within sight of one another.

One must use one's own judgment on such a route, with such a weather forecast, even if with a buddy or partner. That was a great one, in the end.

John T. Unger is a Diplomate of the American Chiropractic Board of Sports Physicians, with over twenty-five years of practice in Montrose. Like most SJMR runners, he cherishes hours of one foot in front of the other at timberline. Ideas for future columns are welcomed at sportsdocunger.com.



On the pass from Difficulty Creek's headwaters to Wildhorse Basin, damage occurred from last Spring's deep snows and bears grubbing for food at the signpost rockpiles.

SJMR Club Announcements

TURKEY TROT THANKSGIVING MORNING



XNLV240593

\$5/person \$15/family • 2-mile or 4.2-mile option
9:00 a.m. start, 8:00-8:45 a.m. registration
Oak Grove School • more info: www.sjmr.club

Do you have your SJMR Car Magnet?



Wear your club membership proudly by putting one of these magnets on your car. If you would like one for \$5 (covers cost of magnet) send an email to Caroline.

2020 REVEL Mt Charleston Marathon/Half Marathon April 4, 2020

Save \$5 on registration by joining the SJMR team at this [link](#). Training starts in December. Once you have registered, the [team leader](#) will contact you.

SJMR Annual Dinner

Please join us for our annual dinner meeting where you can enjoy drinks (beer, wine, soda, and water) and a catered meal from Pahgre's. We will have a year in review, awards presentation, and annual elections.



Date: Monday, December 9th

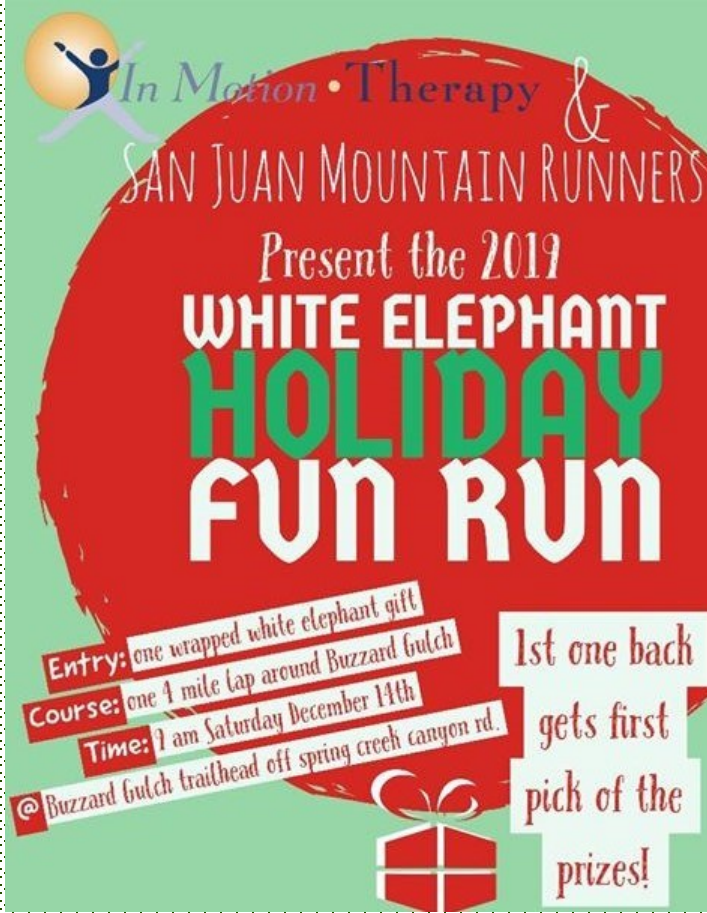
Time: 6:00 to 8:30 pm

Location: Ute Museum,
17253 Chipeta Rd, Montrose

Invitees: Members and their family

Cost: FREE with your membership

RSVP: Reply to the SJMR email in early December

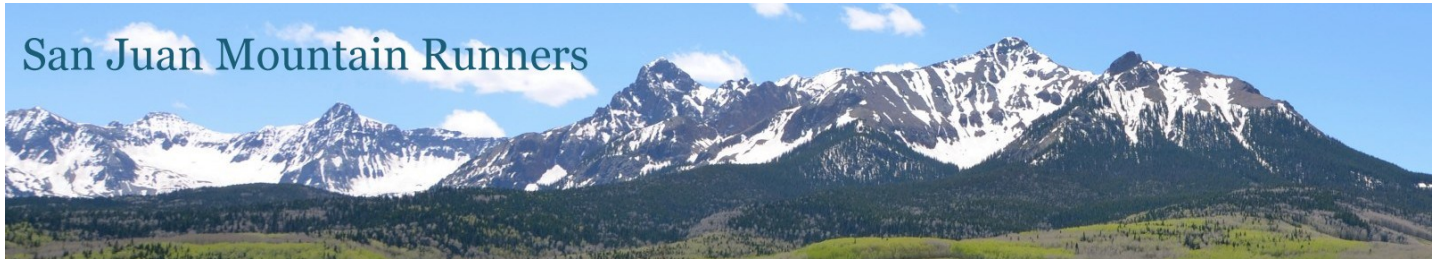


**Present the 2019
WHITE ELEPHANT
HOLIDAY
FUN RUN**

Entry: one wrapped white elephant gift
Course: one 4 mile lap around Buzzard Gulch
Time: 7 am Saturday December 14th
@ Buzzard Gulch trailhead off spring creek canyon rd.

**1st one back
gets first
pick of the
prizes!**

San Juan Mountain Runners



Wanna know what's going on with San Juan Mountain Runners, local races, training runs, fun runs, etc?

Check out the [SJMR Website](#)

Check out the [SJMR Facebook Page](#)

Check out the [Montrose & Delta Runners Facebook Page](#)

Check out the [Cedaredge Run/Walk/Bike Social Group](#)

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

Scott Gleason, sjmr.pres@gmail.com, President

Ammon Leggett, Vice President

Rachel Allen, Treasurer

Dan Quigley, dquigley@dowl.com, Equipment Manager

Our Sponsors — They welcome our patronage

