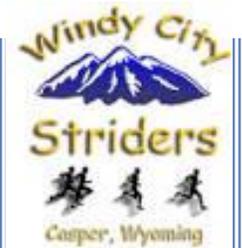


May 2015 Member Profile

Mike Diesburg

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My Friend, Mike Diesburg, by Cindy Rogers

I volunteered to the Striders Board to interview the member(s) of the month so bear with me on my first interview.

I decided that since Jersey Mike's recently opened and I had yet to try a mouthwatering sub sandwich that we would meet up there, a good thing Mike likes a late lunch as even at 130P; it was still a bustling place.

Mike has always been an athlete of sorts, from mountain biking to riding motorcycle enduros to observed motorcycle trails that he did for 17 years starting at the young age of 9 and ranked nationally, to road and trail running, he is an active soul. He ran his first 5k in college, back in the day, I guess 1987 could be considered back in the day, and has since competed in many events as far as the sunshine state of Florida, the rim to rim to rim of the Grand Canyon, to high atop the Big Horn mountains taking in 50 miles of beautiful scenery, and more than once. As a matter of fact, as we speak he is training again for the 50 mile Big Horn trail run the end of June.

I know many of the things that Mike and I talked about, I knew before but I really never took it all in because those conversations could have taken place while we were running, putting on an event, enjoying some post-race cheer, or just talk in passing.

I think we all have a motto or mantra we apply to many aspects of our lives, so I had to ask Mike if he had one, and what do you know out comes his wallet and a small laminated piece of paper.

Isiah 40:31

But those who wait for the Lord

Shall renew their strength,

They shall mount up with wings

Like eagles,

They shall run and not be weary,

They shall walk and not faint.

Mike's first Strider event was the 2008 infamous Turkey Trot and he has since served his civic duty of being on the Board of the Striders, along with being the founder of the Skunk Hollow trail run on Casper Mountain, which this July will be the third annual. He is also in his fourth year of being our trail leader of the Tuesday night trail runs that begin in May and run through the fall showing us the trails of the Platte River Parkway, Garden Creek area and Casper mountain to name a few. When visiting with Mike as my tuna sub was overflowing from the bread to my mouth, he talked about the whole idea of the Tuesday night runs was to offer the Casper running community the opportunity to meet and greet each other, take in some conversation while running and provide an avenue to network and make dates to run with folks that have similar running likes and abilities. Therefore, here's your sign folks, come join us for a Tuesday night trail run.

I think I run a lot of miles when I look at my monthly/yearly mileage, huh; Mike has me beat for sure. Most important to him is knowing his limits and running the right amount of miles at the right pace for the event he is training for and his shoes. He always was kind of a Brooks man when it came to road shoes but he has found a new love, besides Angie, and that is Hoka, he would highly recommend that we give them a test drive. Montrail is his favorite brand for hitting the trails but it sounds like a Hoka trail shoe might be soon put to the test. Our good friend, and ultra-runner Becky Wheeler just had a contest for the best trail running photo and guess who won, Mike, therefore he gets a pair of Altra running shoes compliments of Becky and Altra.

Mike has worn many hats in his working career, while he earned an elementary education degree, he did some student teaching at Pineview School and one way he rewarded his students for good performance was to take them on mountain bikes rides on Friday afternoons. Unfortunately for students and school administrators Mike found that he could earn more money elsewhere.

I know what my post-race recovery drink is, and like many runners Mike enjoys chocolate milk followed by lemonade, and to really make for a good recovery, if water is near, you will find Mike plopping down in a nice cold creek or lake to help with his muscle recovery.

We all have those days where we just don't know if we can get ourselves outside the front door, well so does Mike, and he says that more often than not, those are some of his best runs. For the most part he enjoys running by himself for a couple of reasons, he can set his own pace and if he decides to run more or less, he can and it will not impact anyone but himself. He does admit though having a buddy or a group to run with does make us accountable and even he needs to be held accountable at times.

What does the future hold for him, possibly a 100 miler, maybe the Jungfrau marathon which is a road and trail marathon near the Matterhorn in Switzerland, knowing Mike whatever he sets his mind to do, it will get done.



Contest Winning Photo



Enjoying the many trails that Casper and Wyoming have to offer!