

2009 Pikes Peak Area Race Calendar

This is the 2009 race calendar for the Pikes Peak area. This includes Colorado Springs and surrounding areas. Race events and dates are subject to change.

Running Apparel & Shoe Stores in the Colorado Springs area (ordered by length of existence):

Runners Roost – 121 North Tejon, (719) 632-2633, Owners: Gary and Linda Staines

Colorado Running Company – 833 North Tejon, (719) 635-3833, Owner: Jeff Tarbert; Manager: John O'Neill

Boulder Running Company – 3659 Austin Bluffs Parkway, (719) 278-3535, Managers: Lori and Cody Hill

SOCIAL AND TRAINING RUNS

Day	Social and Training Run	Distance	Location	Contact Information
Sun	Barr Trail Training Runs – Long Runs (Nov 30 through Jun 7, 8:00 AM) (Jun 14 through Aug 9, 7:00 AM)	1-3 hours 1-3 hours	Memorial Park (Manitou) Elk Park (Pikes Peak)	www.inclineclub.com
Thu	Barr Trail Training Runs – Speed Training (Apr 2 – Aug 13, 5:30 PM)	1-2 hours	Memorial Park (Manitou Springs)	www.inclineclub.com
Fri (7am) Wed (6pm), Sat (7am)	Colorado Running Company Group Runs	30 min -2 hrs	Colorado Running Company	John O'Neill (corunco@aol.com)
Tue & Thu (6:00 am)	Early Morning Training Runs	1+ hour	Various locations	Mike Shafai (michael.c.shafai@smithbarney.com)
Tue & Thu (6:00 am)	Garden of the Gods Training Runs (Apr 7 through Jun 11)	1 hour	GOG North parking lot (enter at 30 th street)	Dave Sorenson (DavidSorenson@msn.com)
Tue & Thu (6:00 am)	Summer Roundup Training Runs (Jun 16 through Jul 2)	1 hour	Bear Creek Park West	Dave Sorenson (DavidSorenson@msn.com)
Sat (8 am)	Boulder Running Co. Group Runs	1-2 hours	Boulder Running Co.	Chris Ekman (278-3535) www.brccoloradosprings.com
Sat	Runners Roost Group Runs (call for time)	1-2 hours	Runners Roost	Gary Staines (632-2633) www.runnersroost.com
Tue (6 pm)	Jack Quinn's Running Club	5K	Jack Quinn's	www.jackquinnrunners.com
Sat (7am)	Herizon's women only	30-60 min	Colo Running Co.	Jillian Keavney (635-3833)
Wed(6:30pm)	VillaSport & Boulder Running Co Runs	5K/track/tempo	5904 Prairie Schooner	Jayson_Middlemiss@VillaSport.com
Tue (6 pm)	Salsa Brava Nacho Ordinary Running Club	3M	Rockrimmon & Briargate Salsa Brava	266-9244 (Rockrimmon), 955-6650 (Briargate)
Monthly(7pm)	Full Moon Run (see www.pprun.org for location and dates)	1 hr	See www.pprun.org	Micky Simpson (mickysim@yahoo.com)

RACES

Date	Race Name	Distance	Organizer	Contact Information
January				
Thu 1	Rescue Run	5K/10K/Kids	EPC SAR & PPRR	Dave Sorenson (DavidSorenson@msn.com)
Sat 3	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Sat 10	Winter Series I	5K/10K	PPRR	John Gardner (john.n.gardner@smithbarney.com)
Sat 24	Winter Series II	4M/8M	PPRR	John Gardner (john.n.gardner@smithbarney.com)
February				
Sat 7	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Sat 14	Winter Series III	5M/10M	PPRR	John Gardner (john.n.gardner@smithbarney.com)
Sat 28	Winter Series IV	10K/20K	PPRR	John Gardner (john.n.gardner@smithbarney.com)
March				
Sat 7	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Sat 14	5K on St. Patrick's Day	5K	Grand Prix	John O'Donnell (director@csggrandprix.com)
Sat 21	Widefield 5K Walk & 5 Mile Run	5K/5M	Widefield Comm Cntr	Widefield Community Center (719) 391-3515
Sat 28	2 nd Annual Run for Rachael	5K	Rachael Ribbon of Hope	Lynette Newton (lynette@rachaelribbonsofhope.com)
April				
Sat 4	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Sun 5	Colorado Parkinson's Awareness Run/Walk	5K	CO Parkinson Found.	Dan Harding (daniel.harding@peterson.af.mil)
Sat 11	Tortoise and Hare Age/Sex/Height/Wt Hcp	5K	PPRR	Tim Steffens (timmahh2@hotmail.com)
Sat 18	Elbert Reflections	5K/10K	Elbert HS Boosters	Richard Riegenbach (rriegenbach@elbertschool.org)
Sat 18	UCCS Bash the Bluffs	5K	UCCS	Timothy Stoecklein (tstoeckl@uccs.edu)
Sat 18	Autism Awareness Month Walk/Run	5K	Alpine Autism Center	Michelle Linn (linn-jandm@msn.com)
Sat 25	Catamount Institute's Earth Day Fun Run	5K/1M	Catamount Institute	Jan Eitel (eitel@catamountinstitute.org)
Mon 27	Landsharks Spring Track Series (Kids)	Up to 1 mile	Landsharks	Steve Rex (steverex@wwdb.org)
May				
Fri 1	Kokopelli Kids Trail Running Series	.5M – 1.5M	Prospect Lake Events	Lisa Rainsberger (lrainsberger@comcast.net)
Sat 2	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Sat 2	Take 5 in the Garden of the Gods	5K/5M	Grand Prix	John O'Donnell (director@csggrandprix.com)
Sat 2	Victim's Rights Week Run & Walk	5K/1M	Victim Rights Week	Kelly Kissel (info@victimsrightswkscs.org)
Mon 4	Landsharks Spring Track Series (Kids)	Up to 1 mile	Landsharks	Steve Rex (steverex@wwdb.org)
Fri 8	Kokopelli Kids Trail Running Series	.5M – 1.5M	Prospect Lake Events	Lisa Rainsberger (lrainsberger@comcast.net)
Sat 9	9 th Annual Alex Hoag Run for Sunshine/Kids	5K/0.5M	Kim Hoag	Kim Hoag (kimhoag01@comcast.net)
Sat 9	Greenland Trail Runs	50K/25K/8M	Colo Runner Mag.	Derek Griffiths (derek@coloradorunnermag.com)

Date	Race Name	Distance	Organizer	Contact Information
Sun 10	The Mominator	5K	Moms In Motion	Vanessa Warren (vwarren8@msn.com)
Mon 11	Landsharks Spring Track Series (Kids)	Up to 1 mile	Landsharks	Steve Rex (steverex@wwdb.org)
Sat 16	Gleneagle Spirit Fun Run	5K		Mark Rudolph (MarkRudolph@adelphia.net)
Sat 16	Ute Pass Elementary Fun Run	1M/5K	Ute Pass Elementary	Lynn Grieb (lgrieb@mssd14.org)
Sat 16	Fisher DeBerry Foundation Run/Walk	5K	DeBerry Foundation	Burt Trembly (burt@coachingcharities.com)
Fri 22	Kokopelli Kids Trail Running Series	.5M – 1.5M	Prospect Lake Events	Lisa Rainsberger (lrainsberger@comcast.net)
Fri 29	Law Day Run	5K	Law Day Run Club	Donna Billek (lawdayrace@boyet.com)
Sat 30	Adopt-a-Village Humanitarian Run	5K/10K/kids	Adopt-a-Village Intl	Katie Walker (kawalker@hsd2.org)
Sat 30	Reach Your Peak 4 Mile Run	4M	Junior League	www.jlcoloradosprings.org
June				
Sat 6	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Sat 6	Kiowa Kickin' 5K	5K	Kiowa High School	Jill Miller (jillandnigel@netzero.net)
Sat 6	Panoramic	4M	PPRR	Luci Stansberry (lvstansberry@qwest.net)
Sun 14	Garden of the Gods 10 Mile Run	10M	TCR	Matt Carpenter (info@gardentemile.com)
Sat 20	Sailin' Shoes	5K/10K/1M	Concept Restaurants	Maile Gray (graywren@comcast.net)
Sat 27	Veterans Home Run	1K/5K	PPRR	Jon Cornick (cornick_jon@bah.com)
July				
Sat 4	Palmer Lake 4th of July	4M	PL Elementary PTO	Sue Walker (sue@monumentalfitness.com)
Sat 4	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Sun 5	Summer Roundup Trail Run	12K	TCR	Diane Kelsay (raceinfo@pikespeakmarathon.org)
Sat 11	Run for Hope	3K/5K	Memorial Hospital	Deb Marshall - Deb.Marshall@memorialhealthsystem.com
Sun 12	Barr Trail Mountain Race	12M	BTMR	Larry Miller (fallseries@aol.com)
Sat 18	Women's Distance Festival	5K	PPRR	John O'Neill (corunco@aol.com)
Sun 19	Gold Rush 9 Mile Mountain Race	9M	Victor Elks Lodge	Glori (g.thurs@yahoo.com)
Thu 23	Teva Paint Mines 6K Race	6K	ATRA	Nancy Hobbs (trrunner@aol.com)
Sat 25	Classic 10K	10K	Grand Prix	John O'Donnell (director@csggrandprix.com)
Sun 26	Cheyenne Canon Mountain Race	8K/12K	ATRA	Nancy Hobbs (trrunner@aol.com)
August				
Sat 1	Run for Rwanda	5K	Intl Anglican Church	Steve Flannery (o_flannery@yahoo.com)
Sat 1	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Sun 2	State Games of the West 5K Run/Walk	5K	The Sports Corp	Cody Hill (Cody@BoulderRunningCompany.com)
Sat 8	Run to the Shrine	2.1 M	Cheyenne Mtn Zoo	Shannon Cole (scole@cmzoo.org)
Sat 8	Sue DiNapoli Ovarian Cancer Run	5K/3K	Ovarian Cancer Fdn	Laura Ayotte (BeOvaryAware@comcast.net)
Sat 8	Woodland Park Mayor's Cup	5K/10K	WP Park and Rec	Cindy Keating (ckeating@city-woodlandpark.org)
Sat 15	Pikes Peak Ascent	13.32M	TCR	Ron Ilgen (raceinfo@pikespeakmarathon.org)
Sun 16	Pikes Peak Marathon	26.2M	TCR	Ron Ilgen (raceinfo@pikespeakmarathon.org)
Sat 22	Police Athletic League Run	5K	Police Athletic Leag.	Dawn Olson (olsonda@ci.colospqs.co.us)
September				
Sat 5	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Mon 7	ADT Marathon/Half Marathon/Relay	26.2/13.1	PPRR & TOSC	Sara Wulfkuhle (runadtmarathon@yahoo.com)
Sat 12	The Great Race	5K/1M	PPRR	Luci Stansberry (lvstansberry@qwest.net)
Sun 13	Race for the Cure	5K	Komen Foundation	Race Chair (racechair@komencs.org)
Mon 14	Landsharks Cross Country Series (Kids)	½ M to 1.86M	Landsharks	Steve Rex (steverex@wwdb.org)
Sat 19	Discovery Canyon Campus 5K Run & Kids	5K, 800meters	DCC	Alison Flaherty (alisonf@asd20.org)
Sat 19	OktoberFast Race	5K/10K	Grand Prix	John O'Donnell (director@csggrandprix.com)
Sun 20	Pony Express	15M	PPRR	Patricia Lockhart (patlockhart@worldnet.att.net)
Mon 21	Landsharks Cross Country Series (Kids)	½ M to 1.86M	Landsharks	Steve Rex (steverex@wwdb.org)
Sat 26	Colorado Springs Mayor's Cup	15K/5K/kids	Suicide Prevention	Lisa Rainsberger (lrainsberger@comcast.net)
Mon 28	Landsharks Cross Country Series (Kids)	½ M to 1.86M	Landsharks	Steve Rex (steverex@wwdb.org)
Oct Sat 3	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Oct Sat 3	XTERRA Marathon of Trail Races	26.2/13.1/5K	Marathon Majic, LLC	Victoria Seahorn (Victoria@marathonmajic.com)
Oct Sat 3	The Great Pumpkin Races	10K/5K/kids	PP Comm. Found.	Bob Small (BSmall@PPCF.org)
Oct Sun 4	Fall Series I (adults & kids)	3.5M & kids	PPRR	Larry Miller (fallseries@aol.com)
Oct Sat 10	CC Tiger Classic	5K	Colorado College	Robin Satterwhite (rsatterwhite@coloradocollege.edu)
Oct Sat 17	Peace Officers' Memorial Valor Run	5K	Peace Officers Fund	Erin Gibson (emgibson26@yahoo.com)
Oct Sun 18	Fall Series II (adults & kids)	5M & kids	PPRR	Larry Miller (fallseries@aol.com)
Oct Sat 31	YMCA/BSA Halloween Creepy Crawlers	5K	YMCA/BSA	Andy Barton (abarton@ppymca.org)
Nov Sun 1	Fall Series III (adults & kids)	5.5M & kids	PPRR	Larry Miller (fallseries@aol.com)
Nov Sat 7	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Nov Sat 7	National Run 4 U.S.	4M	U.S. Army	Dave Servinsky (deservi@comcast.net)
Nov Sat 14	America for Gold	5K	America for Gold	Kevin Montford (khmonte@hotmail.com)
Nov Sun 15	Fall Series IV (adults & kids)	6.5M & kids	PPRR	Larry Miller (fallseries@aol.com)
Nov Sat 21	Turkey Trot Predict	5K	PPRR	Phil Foster (jpfoster2@earthlink.net)
Nov Thu 26	YMCA Turkey Trot	5K	YMCA	Joe Driskell (jdriskell@ppymca.org)
Dec Sat 5	Nielson TWO MILE Challenge FREE	2M	PPRR	Phil Foster (jpfoster2@dogtoothcoffee.com)
Dec Sat 12	Jingle Fest and 5K Run	5K	YMCA	Mitch Walma (mwalma@ppymca.org)
Dec Sat 12	Stocking Shuffle Run/Walk/Relay	5K	Colorado College	Garrett Meek (g_meek@ColoradoCollege.edu)