

Veterans' Home Run – Third Tour – Saturday, June 28th
By Jack Anthony for the April 2008 PPRR Long Run

SAVE THE DATE! Saturday, June 28th, 7:00 am; the place to be is the Air Academy High School in the Pine Valley for the start of the third tour of the Veterans' Home Run 5K Run/Walk/PUSH! I'll share a bit more on the "PUSH" in a moment. VHR08 is dedicated to raising funds for the Crawford House as in the first two tours. This year, we are making course adjustments you recommended after last year's event. We've moved this local veteran's awareness and support event, traditionally held on a Sunday, to a Saturday. We've also earned the go-ahead from the AFA to hold our third annual Veterans Home Run in the beautiful Pine Valley. Now for the PUSH!

This year, VHR08 will feature a wheelchair division in the 5K race. VHR08 is being supported with the help of the USA Paralympics team. That's right, our paralympic eligible athletes, including several athletes who are destined to take part in the 2008 Olympic Games may be participating in VHR08 as a tune up for the China games. Our wheelchair equipped racers refer to their workouts as "runs" and sometimes can be heard enthusiastically declaring "I pushed for 10K." So now you know the scoop on the "PUSH." Come run with these awesome and dedicated paralympic-eligible athletes!

THIS IS THE 5K YOU MUST INCLUDE IN YOUR SUMMER FITNESS AND FUN RUNNING PROGRAM! We want to maximize participation. Besides the benefits for the Crawford House and support for America's veterans in need, we're hoping that a Saturday event and a very "PR-able" course will boost-participation. We've exceeded 300 each year; we want to reach 500 participants this year. In fact, we want to blast thru that 500 goal by challenging ALL Pikes Peak Road Runners members to take part in VHR08 and to bring a friend new to running and introduce them to what a PPRR fun running/walking/pushing is all about. Let's learn a bit more about VHR08!

The Pine Valley 5K run course is a nice out-n-back. It originates at the Air Academy High School. It's an ever so slight uphill outbound to the west and then a nice gravity-assisted downhill on the eastbound return in the last half! We very much look forward to presenting VHR08 on a Saturday this year. This ensures the race won't get in the way of your planned Sunday activities. At this time, you can register via Active.com and soon VHR08 posters and race applications will be available on the PPRR web site and at your favorite running store. Make your VHR08 commitment real—add this 5K as part of your summer fun running fitness program. Don't forget, bring a friend! Help them achieve their goal of running a 5K and joining the Colorado Springs running community!

Next time I'll tell you more about USA Paralympics involvement in VHR08 and remind you about the Crawford House, their mission, and Medal of Honor winner Bill Crawford, a humble man who earned a nation's highest combat honor.

OK, get that calendar out...Mark Saturday June 28th VHR08! Now, who are you going to invite to take part in VHR08? You best make sure they are training and excited because their 5K goal and their personal fun run "Super Bowl" is just 3-months away. See you on the trails!