



the **LONG RUN**

Plan to attend!
 Meet other PPRR members!
 Meet your running competition!
 Be part of the applause!
Vote for the 2006 Board!

Volume 29 Issue 7

“All the news that’s fitness to print”

October 2005

General Membership Meeting and Fall Series Awards Banquet

November 19, 2005
 5:30 p.m. to 9:00 p.m.

Who: You! Pay at the Door
 ♦ Fall Series Volunteers \$2.00
 ♦ Participants & PPRR Members \$4.00
 ♦ Guests \$6.00

What: Spaghetti Dinner
 Bring a Dessert to Share!

Where: YMCA/Downtown Multipurpose Room
 207 North Nevada
 Colorado Springs CO

What time is What:

5:30 p.m. Dinner check-in, election check-in,
 review dessert table
 6:00 Dinner starts promptly
 7:00 General membership
 meeting starts, extra
 chairs available
 ♦ Elections
 ♦ Volunteers Awards
 ♦ President’s Awards
 7:30 Fall Series Awards
 8:15 Election Results
 8:30 Cleanup, take-down
 and departure
(times are approximate)



Why: Come be part of the fun!

RSVP Required

No Later Than Tuesday Evening Novem-
 ber 16, 2005 - 6:00 pm

**DINNERS ARE A FIXED PRICE. WE DO
 NOT GET REFUNDS FOR “NO SHOWS or
 MIS-COUNTS”**

RSVP to Pat Lockhart 719-598-2953 or
 patlockhart@worldnet.att.net

Table of Contents

Club Information	2-5
New and Renewing Members	5
Letters to the Club/Editor	6-7
Getting to Know Lori C Vest	7
Our Great Race	7
Why Run?	8
History Trail Run -	
Monument to Palmer Lake	8
The 2005 Outward Bound Relay	11
October Nielson Challenge	13
Volunteers Corner	14
Volunteers 2005 Recognition Program	15
Race Results found at www.pprun.org	
American Discovery Tr M, Half & Ent 5K	17
WANTED: 2006 PPRR Board	
of Directors Candidates	20
Photos - The Great Race & Fall Series	21
PPRR Membership Application	24

Membership Information:

Memberships are for 12 months. RENEWAL NOTICES ARE NOT SENT OUT. Please check the date on your mailing label for month of expiration--look for the sad face on your mailing label. *the LONG RUN* is mailed bulk rate. IT IS NOT FORWARDED. Please send address changes to Membership.

Mail renewals to:

Pikes Peak Road Runners, Inc.,
Attention: MEMBERSHIP
207 N Nevada
Colorado Springs CO 80903

PPRR Board Members and Other News

Club Officers

President:	Pat Lockhart	598-2953
Vice President:	Larry Miller	590-7086
Secretary:	Robin Satterwhite	471-7613
Treasurer:	Gil Kindt	328-9828

Board Members

Jack Anthony	282-9799
Cymmie Bailey	578-1651
Gordon Barnett	266-5390
Al Grimme	534-0534
Lyn Hale	328-9828
John O'Neill	w 635-3833, h 685-5806
Travis Waldrip	282-1671



Special Committees

Bulk Mailing:	Jim Beckenhaupt	636-2696
Calendar:	Dave Sorenson	davidsorenson@msn.com
Course Marking/Certification		
	Travis Waldrip	282-1671
Equipment:	Larry Miller	590-7086
	Gordon Barnett	266-5390
Insurance:	Pat Lockhart	598-2953
Historian:	Storme Rose	591-6819
Membership:	Pat Lockhart	598-2953
	Janet Rose	598-1904
Newsletter Editor:	Diane Cahalan	594-9493
	editor@pprrun.org	
Nielson Challenge:	Phil Foster	447-1371
	Al Grimme	534-0534
Race Coordinator:	Don Johnson	291-9712
Training Runs:		
Garden of Gods:	Dave Sorenson	davidsorenson@msn.com
Barr Trail:	Larry Miller	590-7086
Volunteer Coordinator:	Cymmie Bailey	578-1651
Web Page Master:	Dave Sorenson	davidsorenson@msn.com

Monthly Club Meetings

Business meetings are held at 7 p.m. on the first Tuesday of each month at the downtown Pikes Peak YMCA, 207 N Nevada. PPRR members and friends are encouraged to attend.

Newsletter Information

the LONG RUN is the official monthly publication of the Pikes Peak Road Runners. We welcome all written contributions and photographs. You send it, we'll run it.

Please save your article in MS Word. Send via e-mail to editor@pprrun.org or through the mail to Pikes Peak Road Runners, Attention: Newsletter Editor, 207 N Nevada, CS, CO 80903. If you do not have electronic means, just mail to the Editor.

Items for the newsletter are welcomed at any time. You can mail them to the above address or drop your articles off at the downtown YMCA. Ask someone at the reception desk to place materials in the Road Runner's mailbox.

Deadline for time sensitive information

It's the weekend before the first Tuesday of the month.

Credits

Editor:	Diane Cahalan	594-9493
Race Results:	Dave Sorenson	davidsorenson@msn.com
Contributors:	All are welcome to contribute.	
Printing:	Centennial Reproduction Center 635-4453	

Stuffing Sessions

Newsletter parties are held the **2nd Wednesday** of each month at **6:30 p.m.** Everyone is welcome to join the fun!

Colorado Running Company has graciously offered to host the stuffings. PPRR will provide the food and CRC will provide the beverages.

Nov 9	CRC	833 N Tejon	635-3833
Dec 14	CRC	833 N Tejon	635-3833
Jan 11	CRC	833 N Tejon	635-3833
Feb 15	CRC	833 N Tejon	635-3833

Please call for directions & confirmation.

Photos in this edition compliments of Jack Anthony and The Vaile Museum, Dee, and John Cornick! Thank YOU!

Advertising in *the LONG RUN*

Business cards : \$15/month

Mail your card/ad and check to:
PPRR Advertising - Attn: Editor
207 N. Nevada, CS, CO 80903

Full page inserts - DUE on 2nd Tues of the month:

1. Print **750** copies of your insert on 8½X11 paper.
2. Do NOT fold or staple--8.5 x 11!
3. Deliver to PPRR Editor c/o Colorado Running Company at 833 N Tejon, Colo Spgs, CO 80903.
4. Deliver check for **\$50.00** made payable to PPRR Advertising with the flyers.



President's Letter

Our Great Race - commemorating our club's 30th Anniversary and Membership Appreciation was held on the 24th of September. Although there were only 39 runners, members of the Board of Directors were the event's volunteers and proved that yet another professional event was held. This event will be continued next year. Remember FREE. Thanks to everyone!

Congratulations to Larry Miller on the successful beginning of the 2005 Fall Series. An overwhelming attendance—both kids and adults—participated and hopefully will follow through the entire 4 races.

Discussion at our October board meeting may mean that our club will organize a Sizzling Summer Series. This is geared toward to new/beginner runners who don't yet want to compete the longer distances, but have a desire to be active. The series will be club events that are already in place—mere participation and signature will be the requirements. More details later.

The Executive Board of Directors and the Board Members at Large are coming up for re-election. This will occur during our Membership Dinner/Fall Series Dinner to be held on November 19th. If you don't want to run for an elected position, please come and participate and cast your vote and become an active member. More information in this newsletter.

The Manitou Springs Mayor's Cup is being organized this year by Run Pikes Peak. The event was just about canceled, when Larry Miller and his group raised their hands and is putting on this event. Participants are always welcome - runners and volunteers.

Are you prepared for the Winter Series?

Pat Lockhart

Editor for the LONG RUN Needed

Editor for the Long Run - Beginning January 2006, PPRR will need a new editor. Diane is retiring after the publication of the December 2005 edition. The editor is responsible for the collection of articles, information (club, general running community, and RRCA), photos, and race results compiling this information into a monthly newsletter; submitting it to the printer and webmaster; and, hosting the monthly newsletter stuffings. Knowledge of desktop publishing software is required. Some months require more time than others, average is approximately 30 hours. Diane will work with the new editor. Contact Diane or a Board Member for additional information.

Articles and photos for the Long Run may be submitted via e-mail to editor@pprrun.org or drop at downtown YMCA. Hey Members—I want your running stories! I know you are out there and have stories, send them to me!

As I continue to say—you members are AWESOME—keep the articles and photos coming!

September Stuffing Volunteers

Colorado Running Company, Host

Carla Augenstein
Jim Beckenhaupt
Diane Cahalan
John Cornick
Phil Foster
Paul Mann
Larry Miller
John O'Neill
Micky Simpson
Jeff Smith
Jeff Tarbert
Dave Thomson
Tracy Winterbottom

**Trail clean-up will
be held on Sat
Nov 5 and Dec 3
@ 9a.m.**

**Southwest parking lot
of Walmart on 8th Street**

Attendance: Present- Pat Lockhart, Robin Satterwhite, Gil Kindt, Larry Miller, Dave Sorenson, Cymmie Bailey, Jack Anthony, Travis Waldrip, Jim Beckenhaupt, John O'Neill, Phil Foster, Al Grimme, Gordon Barnett, Bob Mutu, Bill Gallegos
Excused: Don Johnson, Zane Meredith, Diane Cahalan
Not present: Chris Tuttle

Meeting Minutes Review/Approval: The minutes were approved as corrected.

Old Business:

- 2006 VA Run -Jim is proceeding with plans for this race next year.
- The Turkey Trot Predict will serve as a test race for chip timing.
- Reserve account at Wells Fargo will be used for future equipment purchases.
- Equipment insurance. Report from Bill Gallegos. Reviewed the equipment inventory. A motion was made for PPRR to apply to RRCA for equipment insurance. The motion passed. The estimated replacement cost for equipment is \$22,953.66. According to the insurance policy, it doesn't matter where the equipment is stored, at the storage shed, or at a member's house. The premium will be est. \$250.
- Pat has invited Tony Shockency, new to the Downtown Y, to attend a board meeting when his schedule permits.

New Business:

- ADTM fund usage. Larry made a motion to use some of the profits from ADTM to support Kids Races at PPRR Fall Series. The Kids Race would then be free. The motion passed.
- Shoe Drive - John O'Neill and Colorado Running Company are having a shoe drive for Hurricane Katrina victims. Donations of all types of shoes can be dropped at all 3 area running stores. Vans from Phil Long will deliver the donations.
- Nominating Committee - Pat asked Jack Anthony to head the Nominating Committee. Al Grimme, Larry Miller, Cymmie Bailey also agreed to serve. They will set a meeting date before they leave tonight's meeting.
- Fall Series Dinner/ Annual meeting. YMCA Multipurpose Room has been scheduled for the Fall Series dinner/ annual meeting. Crackers catering will be arranged by Pat.
- Jack Anthony discussed strategies to take advantage of community interest in running before and after a major race. Running clubs should strategically remind folks that they are a group who could support their continued interest. Even though we wouldn't be directly involved with or a sponsor of a particular race, we can encourage participation and in turn it supports local running and our club.

Treasurer's Report: Gil Kindt - The full report was accepted and is on file. Total bank accounts, \$18,642.25.

Event Promotion: Al Grimme reported that information for the Fall Series, kids and adults, and the CC Tiger Classic 5k race are posted on Active.com.

RRCA: Jack Anthony previewed a few subjects for future historical articles for the newsletter. He is still trying to schedule a visit Lisa Paige from RRCA and is also researching how we submit newsletters to RRCA for annual awards.

Certifications/Measuring: Travis Waldrip reported that the ADTM received a new certificate because of re-measuring due to Colo. Springs Utilities work at the South turnaround. The PPRR Great Race - 5K will use start and finish of ADTM 5k.

Calendar: Corrections to the September calendar were submitted to Dave Sorenson.

Equipment: Larry Miller asked if anyone knew where the second distance measuring wheel was hiding. Several present thought that it might be in possession of John O'Neill. 2 new canopies were purchased for \$89/each. Discussion followed concerning the 737 timing devices. The have become unreliable. Larry made a motion to replace 2 Chronomix 737 for \$1500. The motion passed. Larry and Bill Gallegos will work together on that purchase. Dave asked if he could borrow a chrono on Monday nights for kids racing events. The board approved.

Volunteer Coordinator: Cymmie is still missing volunteer hours for the Pikes Peak Ascent/Marathon and the American Discovery Trail Marathon.

Race Coordinator: Manitou Springs Mayor's cup is not cancelled. The Run Pikes Peak group will direct the race. It will be a low entry fee, no shirt race. Dave will take the cancelled notice off of the website and the calendar.

President's Report: (Pat)
 Pat received a thank you message from the Trails and Open Space Coalition. The Briar gate YMCA has started a running club for ladies at 9 a.m. This information already appears in the PPRR newsletter.

Membership statistics:

Single	462
Clubs	42
Life	9
Families	140
Family Members	268
TOTAL	921

The happy face on your mail means it's time to renew. Use the membership form on the last page of the newsletter. Thanks!



Past Events:

- Nielson Challenge (Zane/Phil/Al) 80 runners in August. Maybe we need to computerize.
- Woodland Park Mayor's Cup (Jack/Eric). Good experience PPA/PPM (Lyn/Bill) Memorable weather conditions
- ADTM Very successful. 760 finishers for all three events. 205 finishers in the marathon. 15% above last year. 167 finishers- 5k Half marathon 388 finishers. 56% more than last year. Positive feedback. 18 Boston qualifiers. Prediction - will need more volunteers next year.



Upcoming Events:

- 09/18 Pony Express (Pat) - aspen are turning.
- 09/24 Great Race (Pat) - flyer in this month's newsletter, Finish line. 8 a.m. Robin, Al Dave, Gil
- 10/01 Nielson
- 10/02 Fall Series I Same course, finish line Lynn Robin - Registration
- 10/08 CC Tiger Classic, Gil, Cymmie, Bill G.
- 10/16 Fall Series II
- 10/29 Manitou Springs Mayor's Cup. Larry, handling it.
- 10/30 Fall Series III

Next meeting October 4, 2005

Respectfully submitted,

Robin Satterwhite

New Members

Mark Bennett	Colorado Springs
Dean Buck	Colorado Springs
Kim Buck	Colorado Springs
Angela Buckley	Colorado Springs
Mike Buckley	Colorado Springs
Samuel Callan	Colorado Springs
Ben Chavez	Colorado Springs
Paul Cooke	Colorado Springs
Isabella Crow	Fort Carson
Kristina Crow	Fort Carson
Mark Crow	Fort Carson
Laurie Dauman	Colorado Springs
Susan Dawson	Colorado Springs
Deb Devine	Crystal Bay
Sharon Dieter	Colorado Springs
Isabelle Dolan	Colorado Springs
Jeremy Dreher	Colorado Springs
Chris Duval	Colorado Springs
Briana Evans	Colorado Springs
Heather Evans	Colorado Springs
Troy Matos Evans	Colorado Springs
Sam Giamarvo	Colorado Springs
Bill Gideon	Colorado Springs
Brian Goodack	Colorado Springs
Ricardo Gutierrez	Colorado Springs
Geanine Haddon	Colorado Springs
Greg Haddon	Colorado Springs
Erin Hannan	Colorado Springs
Ray Harris	Fort Carson
Andrew Heimbrock	Colorado Springs
James Kahkoska	Colorado Springs
Bill Kurtz	Colorado Springs
Eric Lawrence	Colorado Springs
Jason Ledbetter	Colorado Springs
Alfredo Matheus	Colorado Springs
Ina Meyer	Cascade
Mark Moore	Colorado Springs
Nancy Moore	Colorado Springs
Ed Morava	Marsland
David Munger	Colorado Springs
Pablo Najera	Colorado Springs
Pam Parker	Colorado Springs

Christopher Peterson	Colorado Springs	Lori Hawkins	C Springs
Tom Roemer	Colorado Springs	Kenneth Holmes	C Springs
Janna Rombocos	Colorado Springs	Amber Jackson	C Springs
Laurie Ryan	Colorado Springs	Jerry Jackson	C Springs
Jess Schultz	Colorado Springs	Justin Jackson	C Springs
Bodo Schultz	Denver	Kelly Jackson	C Springs
Monica Sharp	Colorado Springs	Dan Jaecks	C Springs
Craig Simpson	Woodland Park	Bryce A Jenkins	Monument
Timothy Stankey	Colorado Springs	Anne Kidd	C Springs
Jennifer Steele	Colorado Springs	Emma Kidd	C Springs
Katherine Susak	Colorado Springs	Jonathan Kidd	C Springs
Kristina Susak	Colorado Springs	Nathan Kidd	C Springs
Rick Susak	Colorado Springs	Steven Kidd	C Springs
Shelley Susak	Colorado Springs	Tracey Mann-Reno	C Springs
Auriana Tapia	Colorado Springs	Steve McDermott	C Springs
Diana Tapia	Colorado Springs	Malinda Crawford McDonald	
Harlow Tapia	Colorado Springs	Marilee McDonald	C Springs
Joshua Tapia	Colorado Springs	Mike McKay	C Springs
Kareen Tapia	Colorado Springs	JD McKenna	C Springs
D'Lynn Texter	Manitou Springs	Rebecca Medina	Pueblo
Elizabeth Tucker	Colorado Springs	Colleen Moffett	C Springs
Matt Tyner	Woodland Park	Erin Moffett	C Springs
Brian Vaniwarden	Colorado Springs	Kath Moffett	C Springs
Jeff Vaniwarden	Canon City	James Moore	C Springs
Emily Vann	Colorado Springs	Marion Moore	C Springs
Lori Vann	Colorado Springs	Bill Moyle	Lone Tree
Mike Vann	Colorado Springs	Bob Mutu	C Springs
Matt Von Thun	Colorado Springs	Gordon Neal	C Springs
Lisa Walton	Manitou Springs	Michael K Olson	C Springs
Scott Wescott	Colorado Springs	Neal Oseland	C Springs
Gary Williams	Colorado Springs	Deanna Patrick	Peyton

Renewing Members

Keith Austin	Colorado Springs	Adam Podratz	C Springs
Jeanne Baker	Colorado Springs	Alana Podratz	C Springs
James Beckenhaupt	Colorado Springs	John J Powell	C Springs
Carol Benight	Manitou Springs	Steve Pugsley	C Springs
Chip Benight	Manitou Springs	Teal Reeves	C Springs
Holly Benight	Manitou Springs	Bradford Rogers	Monument
Sarina Benight	Manitou Springs	Caroline Rogers	Monument
Myron Berg	Colorado Springs	Garrett Rogers	Monument
Carson Black	Colorado Springs	Hannah Rogers	Monument
Mark Brockie	Colorado Springs	Peter Rogers	Monument
Robert Brotherston	Security	Tamara Rogers	Monument
Greg Brown	Colorado Springs	Carol Saucedo	Palmer L
Larry Card II	USAFA	Scott Shaum	Monument
John Cassidy	Colorado Springs	Bradley Smith	C Springs
Alice Childers	Peyton	Griffin Smith	C Springs
Diane K. Cridennda	Colorado Springs	Mark Smith	C Springs
Katie Griese Davis	Colorado Springs	Poslyn Smith	C Springs
Kenneth Davis	Colorado Springs	Connie Smith	C Springs
Robby Griese Davis	Colorado Springs	Amy Silva-Smith	C Springs
Susan Davis	Colorado Springs	Barry Smith	C Springs
Brenda Demars	Colorado Springs	Brady Smith	C Springs
Tim Dolan	Colorado Springs	Nathan Smith	C Springs
Kara Durland	Colorado Springs	Gregg Stinson	C Springs
Jim English	Colorado Springs	Angela Sullivan	C Springs
Phil Fielder	Colorado Springs	Draper Sullivan	C Springs
Charles Foster	Colorado Springs	Ellie Sullivan	C Springs
Jeannette Foster	Colorado Springs	Paul Sullivan	C Springs
Samantha Foster	Colorado Springs	Seth Sullivan	C Springs
Wendy Garrison FC	Pueblo	Weston Sullivan	C Springs
George Greco, II	Colorado Springs	Peter A Tonsits	C Springs
Chad Halsten	Colorado Springs	Heather Van Den Aardweg	
Tom Hamilton	Colorado Springs	Angela Vesey	USAFA
		Andrea Wagner	WoodlPark
		Scott Wagner	WoodlPark
		Donna Wheeler	C Springs
		Andrew Worth	C Springs
		Kelly Worth	C Springs