



The great Santa Fe train wreck July 17, 1895 occurred about ¼ mile south of 2nd Street/Beacon Lite Road-viewing southeast. Photo Courtesy of The Vaile Museum

was undergoing repairs when a southbound train consisting of an engine and 25 cars, of which 9 were loaded, and a caboose started to cross the trestle. The repair crew had removed some bracings and this jeopardized the structural integrity of the trestle. The engine, tender and first few cars came crashing down. Four people were killed; two on the repair crew and two train crew members. What a most unfortunate tragedy that happened so long ago. I wish to thank Mr. Herb "Hobie" Edwards of the Palmer Lake Historical Society staff for his research efforts and information on the great Santa Fe train wreck of 1895.

2006 PPRR Board of Directors Nominations

Nominating Committee

As we transition from summer to fall and many of you gear up for the wild and adventurous Fall Series, it is time for the Pikes Peak Road Runners membership to seek nominations for the seven Board of Directors as well as President, Vice President, Secretary and Treasurer.

A Nominating Committee has been formed and includes Jack Anthony (282-9799), Cymmie Bailey (578-1651), Al Grimme (534-0534) and Larry Miller (590-7086). Your PPRR Nominating Committee is accepting nominations for people serving on the Board and serving in the four key leadership positions. President and Vice President nominees must have previous experience as members of the PPRR Board of Directors.

Elections will be held at the General Membership and Fall Series Awards Dinner on Saturday, November 19th at 5:30 p.m. at the downtown YMCA multipurpose room. More news will be forthcoming on that annual, fun, and important event.

A list of nominees will be included in the October *Long Run* and the list will be updated in the November *Long Run*. The

November *Long Run* will also feature a photo and a short blurb from each nominee.

If you are interested in this fabulous leadership opportunity to contribute to the Colorado Springs running and fitness-minded community or if you know of an interested member whom you feel would be a great asset to our club, please contact a member of the Nominating Committee. We want to hear from you soon!

Me? An Elected Official?

Jack Anthony

Last year at this time, I received a call from Al Grimme of the 2005 PPRR Nominating Committee. How honored I was to be contacted by one of my running heroes—Al was quite the legend, still is in my book! He said Bob Mutu (another of my running heroes) was talking about me and Al asked if I was interested in being a candidate for the PPRR Board of Directors. I did the "let me think about it" speech and did give it some thought. I ended up agreeing to run (for the board that is, I already ran....know-what-I-mean?) despite many competing priorities in my personal and professional life and was selected for the 2005 Board and I am completing my term.

I would like to reflect on my experience as a *rookie* PPRR Board member and share with you that it was a very valuable and rewarding experience. We have the largest Road Runners Clubs of America (RRCA) running club in Colorado (there's 23 clubs!). I had the chance to attend the annual national RRCA conference in May in New Orleans (please be thinking of our friends in that area) and I can honestly say the PPRR Club, our marvelous activities, members and the superb running specialty stores our community is blessed with, make Colorado Springs a gem of the national running scene. And that's just what others outside our area say—I agree! As a

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board member I was able to contribute to decisions and efforts to ensure those who enjoy running have great and varied opportunities to enjoy running. What a great experience it was attending monthly Board meetings and helping shape our running future here in the Colorado Springs area. I volunteered to help out with several races and learned a lot about setting up courses, helping with the many exciting finish line duties, and also learning how great the folks are who do volunteer to present and support our races. I was very fortunate to be a *student* race director under Eric Mullins who led the Woodland Park Mayor's Cup 5K and 10K in August.

So, as the nomination period begins for our Board of Directors, why not step up to the challenge? I did, and I am still speaking with Bob and Al—and also with everyone else on the PPRR leadership team who makes PPRR a great club and Colorado Springs area a great community to be a runner.



Runner 639 runs the Pikes Peak Marathon with an attitude—recovering from a double mastectomy, and, a chemo treatment the Thursday prior to race day.

**We have had so much enjoyment
from these strollers,
but it is time to pass them on...**

Baby Jogger II

20" Wheels



Excellent condition. Sunshade.
\$ 150

Baby Jogger Twinner

20" Wheels



Gently Used. New tubes. Sunshade.
\$ 250

All wheels on both strollers are quick release.

Call 593-1540 with questions and to come see them!!



August NIELSON CHALLENGE

Name	Position	Handicap	Actual Time	Difference	New two milers	Age	Place	Time
Robby Giese	21	21:42.9	16:16.476	-05:26.424	Laurie Baer	46	4	0:20:15.304
Aaron Olson	30	20:23.6	17:54.04	-02:29.56	Ruben Cano	52	5	0:21:28.227
Shane Swearingen	13	16:40.6	15:08.709	-01:31.891	Bernadette Runtzel	17	1	0:15:38.24
Adam McKittrick	45	20:34	20:00.321	-00:33.679	Angela Sullivan	54	7	0:21:38.385
Isabelle Dolan	29	18:23.3	17:51.055	-00:32.245	Fabian Orozco Sr	58	8	0:23:44.524
Briana Evans	31	18:30	18:02.919	-00:27.081	Lesley Mace	53	6	0:21:30.946
Kathleen McKittrick	50	21:37.9	21:12.337	-00:25.563	Karla Nordstrom	60	9	0:24:55.644
Charles Foster	40	19:41.7	19:26.077	-00:15.623	Janna Gomez	19	2	0:15:57.336
Kenneth Davis	47	20:31	20:15.859	-00:15.141	Nallely Sandoval	35	3	0:18:16.626
Janna Rombocos	28	17:48	17:40.761	-00:07.239				
Rick McKittrick	16	15:25.9	15:23.669	-00:02.231				
Jeffrey Jury	4	13:26.7	13:25.14	-00:01.56				
Craig Sommerdorf	6	13:46.3	13:46.518	+00:00.218				
Draper Sullivan	24	16:51.6	16:52.715	+00:01.115				
Marne Collins	49	20:15	20:19.263	+00:04.263				
Roger Baer	8	13:49.0	13:56.117	+00:07.117				
Fabian Orozco	1	11:04.5	11:14.894	+00:10.394				
Peggy Leger	41	19:26.7	19:40.894	+00:14.194				
David Fenell	23	16:33.4	16:51.722	+00:18.322				
Sid Rubey	7	13:32.6	13:52.603	+00:20.003				
Max Smith	27	17:08.8	17:29.865	+00:21.065				
Paul Sullivan	2	11:41.1	12:04.662	+00:23.562				
Amy Seltzer	33	17:41	18:06	+00:25				
Andy Dillon	5	13:05.1	13:31.141	+00:26.041				
Jim Schwindt	15	14:51.2	15:21.831	+00:30.631				
Roger Pumphrey	34	17:37.2	18:08.821	+00:31.621				
Mike McKay	62	26:40.7	27:16.72	+00:36.02				
Jeannette Foster	48	19:41.4	20:18.41	+00:37.01				
Greg Leger	18	15:10.7	15:47.773	+00:37.073				
Deana Phillips	42	19:05	19:44.283	+00:39.283				
Christopher White	3	12:39.7	13:20.047	+00:40.347				
Dawn Mugele	36	17:40.2	18:21.652	+00:41.452				
Clyde Landry	14	14:26.6	15:12.056	+00:45.456				
Annette Demel	39	18:28.7	19:14.662	+00:45.962				
Alicia DelPardo	11	13:37	14:23.433	+00:46.433				
Taylor McKittrick	59	23:01.9	23:52.313	+00:50.413				
Alejandra Orozco	9	13:27	14:18.872	+00:51.872				
Kristine Vaughn	38	18:15.2	19:09.291	+00:54.091				
Jane Dillon	37	17:41.3	18:39.346	+00:58.045				
Chris Wood	51	20:11.7	21:17.47	+01:05.77				
Heather Evans	25	16:00.8	17:07.72	+01:06.92				
Rozita Swinton	61	23:55.4	25:03	+01:07.6				
Jimmy Broyles	44	18:46	19:59.286	+01:13.286				
Tanya Schwindt	26	16:01.9	17:17.991	+01:16.091				
Barbara Casados	57	22:16.4	23:34.576	+01:18.176				
James Schworob	22	15:06.2	16:35.14	+01:28.94				
Ricki Jimenez	10	12:43.6	14:20.18	+01:36.58				
Greg Brown	12	13:31.4	15:08.233	+01:36.833				
Don Wild	56	21:15.4	22:56.468	+01:41.068				
April Casados	20	14:17	15:59.345	+01:42.345				
Brenda Demars	55	19:23	22:44.086	+03:21.086				
Michael Hanson	43	15:24.9	19:49.168	+04:24.268				
Katie Williams	32	13:27.0	18:03.348	+04:36.348				

VOLUNTEERS

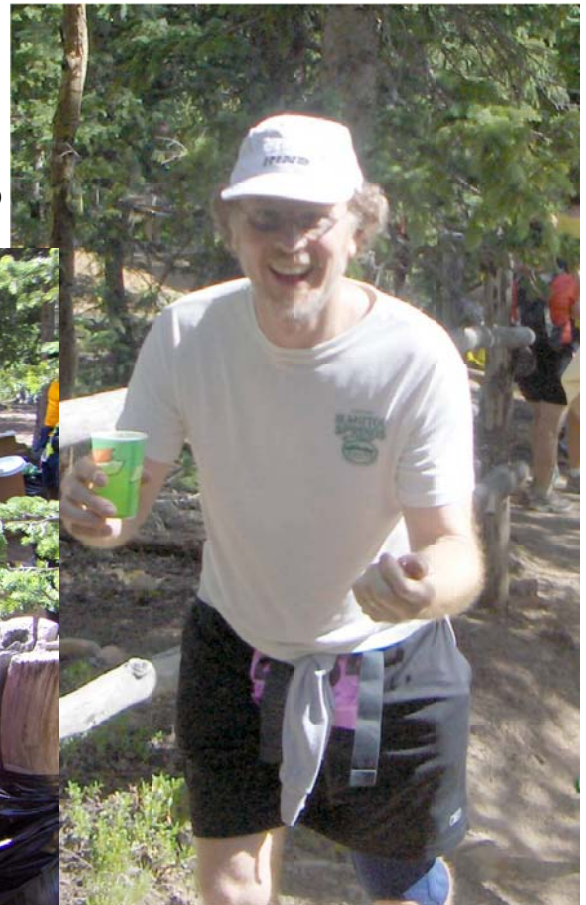
Thank you very much to the wonderful volunteers:

- ▲ Bill ChronoMan Gallegos
- ▲ Phil ConeMan Foster
- ▲ Pat SpikeWoman Lockhart
- ▲ Dave GeekMan Sorenson
- ▲ Al JackOfAllTradesMan Grimme
- ▲ Bob HandicapMan Royse
- ▲ Zane RaceDirectorWoman Meredith (who can leap tall buildings with a single bound ... well ... maybe a couple of bounds)

Here is another Love Note for you...another fine turnout on this beautiful Holiday weekend!

62 runners finished the course. Young **ROBBY GIESE** blew away the field with his record breaking 5:26.424 (actually **DAYS**) under his handicap. Way to go, and I mean that! See you next month, 1 October, 2005.

Zane



Stephanie (former Barr Camp caretaker) and Teresa (present Barr Camp caretaker) hug and Steve Kidd gives me a HUGE smile at Barr Camp!



Imagine Staying Injury Free!

Christopher Tuttle - YMCA of the Pikes Peak Region, YMCA representative on the Pike Peak Board Of Directors and **Phil Wharton**

Athletes from all over the world and all different sports want to stay injury free and improve on their athletic performance. Whether you are an elite competitor or a weekend warrior, you know that proper stretching before and after your workout can improve your performance, increase your flexibility, help prevent injury, and make you feel better. Many athletes still to this day train very hard and do not properly take care of their bodies. AI (active isolated stretching) will only take 15 - 20 minutes a day and will greatly complement your daily running routine.

Most athletes use the more traditional stretching methods, which usually consist of first warming up then doing their stretching exercises and holding each stretch for 10 - 15 seconds. What our research has taught us now is that after holding a stretch for longer than 3 seconds that particular muscle will go into what is called "myotatic reflex". This is what a muscle does to protect itself from ripping if the stretch is held for more than 3 seconds.

Active Isolated Stretching is a fairly simple and quick routine. This routine starts with first preparing to stretch one isolated muscle at a time. Secondly, you actively contract the muscle opposite the isolated muscle, which will then relax in preparation for its stretch. The key is to stretch the muscle quickly, gently, and not hold the stretch for more than two seconds then you repeat. What this does for you is help reduce your workload by relieving tightness so you can swing your limbs more freely. It also transports oxygen to sore muscles and quickly removes toxins from muscles, so recovery time is faster. Lastly, this type of stretching works as a deep massage technique because it activates fibers during stretching.

This may sound too simple but give it a try it has proven worthy for athletes all over the world. For a guide please refer to www.aistretch.com this will show you pictures and give you a simple routine to follow just click on the exercise icon. There have been remarkable results in both one's athletic performance and staying injury free using the AI method of stretching. For example, the Michigan women's track team went from eight in the conference with 60 percent injury to first in their conference with nearly 0 percent injury in just one year!

Here are a few quick myths for you to think about as your train!

1. Muscles recover more quickly if I sit in a hot tub of water.
Wrong.

Although sitting in a hot tub after a very hard workout may feel great that is about all you will benefit from it. Your muscles were already heated up during your workout. If you have a sore spot, what we recommend you do is massage it

with an ice pack (frozen ice cup works great). Gently rubbing the ice on and around the sore spot for about 15 - 20 minutes this will help reduce the swelling.

2. Resting or immobilizing an exhausted or injured muscle will facilitate healing, right?

Wrong!

Traditionally when injured one would say you should RICE an injury (rest, ice, compression and elevation). What we have found unless you have a shredded or fractured injury, RICE will shut the muscle down and restricts blood flow. We recommend you MICE an injury: Move, Ice, Compress and Elevate. By using this method, it allows opening a muscle or joint up and encouraging blood flow to oxygenate the area and flush out metabolic waste from the injury. However, you need to be very careful and make sure you receive a correct diagnosis to make sure you are not dealing with catastrophic injury such as a fracture.

3. I must always warm up before stretching!

Wrong

Stretching is warming up. As you use the Active Isolated Stretching method, you are pumping blood to your muscles one at a time. As each set of stretches progresses, you gradually increase your range of motion with gentle assistance at the end of each stretch. It is a good habit to use this stretching both before and after your workout.

Are you in need of some coaching? If you need direction, motivation, and expertise coaching contact me at ctuttle@ppymca.org or call at 719-330-6290.

Volunteers Corner

Cymmie Baily

We always need your help...here's what's coming up in August and September:

Pony Express Trail Run 15 Mile Sun. Sep. 18th. Pat Lockhart is the person to call about helping out at 598-2953.

Great Race 5K/1 Mile - Sep. 24th. This is our very own *Thank you* to our runners. No entry fee! Pat Lockhart will gladly put you to work. There are many more races to check out-see our race calendar or go online at www.pprun.org. As always, many thanks!

The Nielson Challenge ☐ Sat. Oct. 1st at 8:00 a.m. This race is growing and growing! Call Phil Foster at 447-1371 ☐ or Al Grimme at 534-0534 and they'll get you started.

Trail Clean-up ☐ Sat. Oct 1st at 9:00 a.m. Don Johnson would love the help, call him at 635-3303.

Fall Series I - Kids and Adults, Sun., Oct 2nd. You know Larry! Come join the fun!

CC Tiger Classice, Sat., Oct 8th. Call Robin Satterwhite at 471-7613 to sign up and have fun at Colorado College!

The Newsletter Stuffing - Wed. Oct 12th, 6:30 p.m. at the Colorado Running Co. No need to call, just show up to stuff and get stuffed! Pizza and Beverages provided.

Fall Series II - Kids and Adults, Sun., Oct 16th. You know Larry! Come join the fun!



Volunteers 2005

Recognition Program

Cymmie Bailey, Volunteer Coordinator

Hi guys,

Here are the hours reported through July 5, 2005. Hours will be updated in the October issue.

If you have any questions with regard to your hours or the program in general feel free to e-mail me at cymmieb@qwest.net. As always, many, many thanks for your participation.

Bronze Level - up to 20 hours

At 10 hrs you have earned a PPRR T-shirt

Jan Blazer	17
Gordon Barnett	20
Dee Budden	12
Carpenter Family	12
John Cornick	14
Rick Di Muccio	13
Bob Foster	14
Julie Foster	13
Al Garcia	20
Teri Harper	11
Lori Hawkins	12
Mel Johnson	10
Melody Lundin	14
Steve McDermett	12
Suzanne McDermett	12
Sandee Miller	12
John Mills	10
Eric Mullins	17
Neil Oseland	20
Leroy Smith	14
Dave Thomson	16
Stan Upchurch	20
Matt Waters	17
Zach Waters	12
Tracy Winterbottom	16

Silver Level - 21-50 hours

At 30 hrs you have earned a cap or Complimentary entry to an individual PPRR race

Jerred Abdella	21
Sherry Abdella	30
Tony Abdella	26
Jack Anthony	23
Jim Bailey	22
Dave Balzer	21
Cornell's Kuhn	32
Tom Dewane	46
Laural Fanelli	33
Paul Fanelli	30

Silver continued ...

Phil Foster	40
Lisa Heckel	26
Jan Huie	36
Jack Janney	23
Cruz Martinez	47
Jennifer McGee	31
Zane Meredith	50
John O'Neill	32
Robin Satterwhite	47
Mickey Simpson	29
Jeff Tarbert	32
Stan Upchurch	24
Kevin Waldrip	34
Melissa Waters	21

Gold Level - 51-75 hours

You have earned a jacket

Jim Beckenhaupt	52
Angie Earle	66
Susan Hoxie	68
Don Johnson	66
Sandy Lowe	54

Diamond Level-76-99 hours

You have earned a year's membership in PPRR and entry to the Fall & Winter Series

Cymmie Bailey	89
Janet Rose	90
RT Tollin	83
Travis Waldrip	77

Platinum Level - 100 plus hours

Special recognition at rewards dinner

Diane Cahalan	350
Al Grimme	123
Lynn Hale	117
Gil Kindt	130
Pat Lockhart	249
Larry Miller	155
Bob Mutu	185
Dave Sorenson	146