



the **LONG RUN**

Volume 30 Issue 5

Running News for the Pike's Peak Region

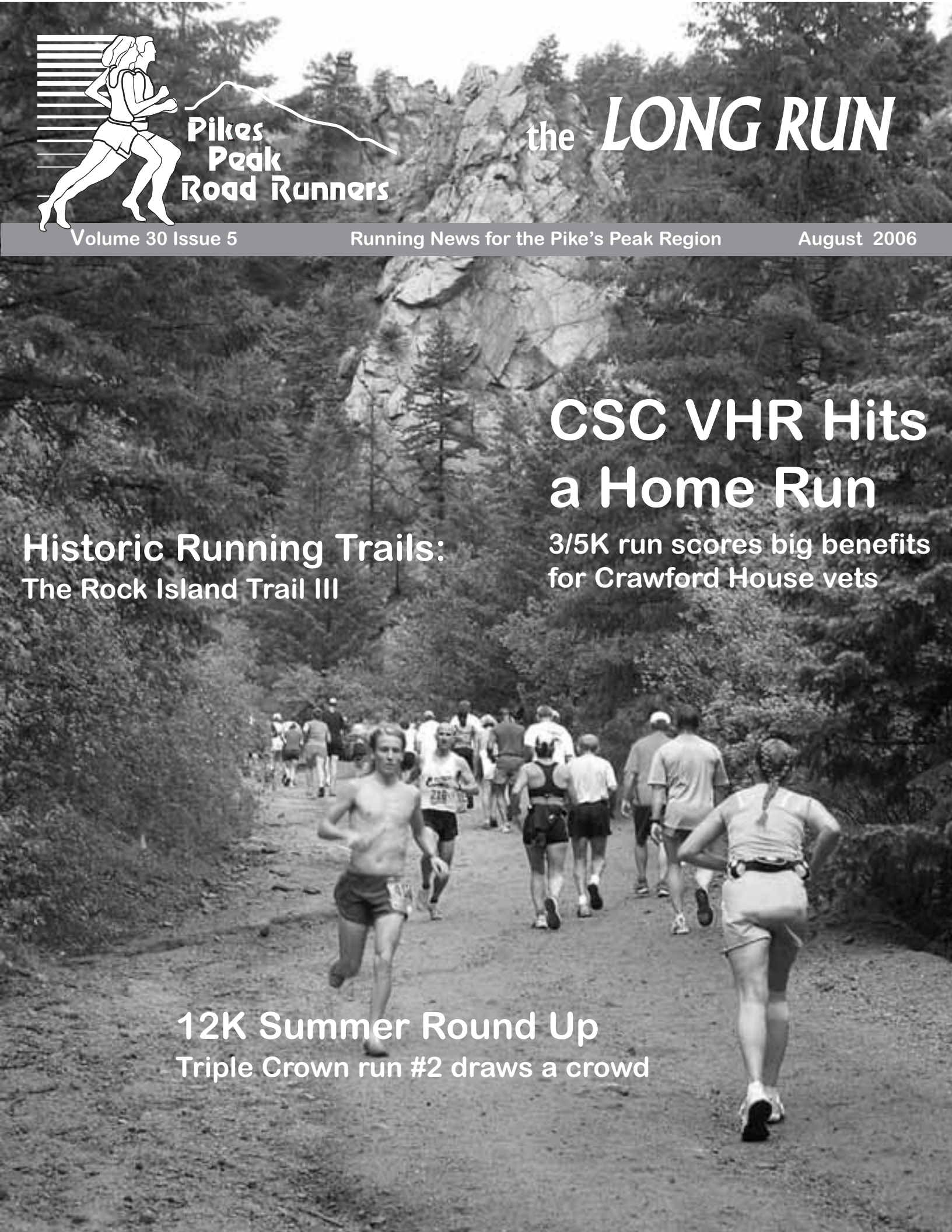
August 2006

**Historic Running Trails:
The Rock Island Trail III**

CSC VHR Hits a Home Run

**3/5K run scores big benefits
for Crawford House vets**

**12K Summer Round Up
Triple Crown run #2 draws a crowd**



PPRR Information

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<i>President:</i>	Pat Lockhart	598-2953
<i>Vice President:</i>	Larry Miller	590-7086
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<i>Treasurer:</i>	Gil Kindt	328-9828

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Tony Abdella	Jack Anthony
Jim Beckenhaupt	Travis Waldrip
Jon Cornick	Lyn Hale
Don Johnson	Jim Kelleher
John O'Neill	Micky Simpson

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Race Results	Dave Sorenson*	
Volunteer Coordinator:	Cymmie Bailey	578-1651
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Training Runs:		
Garden of Gods:	Dave Sorenson*	
Barr Trail:	Larry Miller	590-7086

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Club Meetings

Business meetings are held on the **first Tuesday** of each month at **7 pm** at the downtown Pikes Peak YMCA, 207 N Nevada. Your board encourages PPRR members and friends to attend. The July meeting is cancelled. The next meeting is **August 1st**.

Membership ☺

Memberships last for 12 months. Check the expiration date on your mailing label. **A happy face is telling you that you have 3 months or less.** You will NOT receive a renewal notice. Renew early so you don't miss a single issue! *The Long Run* will not be forwarded, so keep addresses current. Send renewals and address changes to:

Membership
Pikes Peak Road Runners
207 N Nevada
Colorado Springs CO 80903



The Long Run, Volume 30 Issue 5

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833 N Tejon
Colorado Springs CO 80903

Newsletter Submissions

Items for the newsletter are always *most* welcome! You send it, we'll try and run it. (You don't have to be an English major either. We'll fix anything that needs fixing!) Write up a race you were part of or tell us about a favorite running place or an upcoming event.

Email your submissions to editor@pprrun.org either as attachments or in the message. We accept any Windows compatible file format. Letters, disks, CD's and other media can be mailed to:

Jim Kelleher, Editor
PO Box 26252
Colorado Springs CO 80936

Submission Deadlines

All materials must be received by the **First Tuesday** of the month for inclusion in the following month's newsletter. The next deadline is **August 1**.

Newsletter Stuffing

Newsletter mailing stuffings take place on the **3rd Wednesday** each month at **6:30 pm** at the Colorado Running Company, 833 N. Tejon (corner of Tejon and Cache la Poudre). The Colorado Running Company graciously hosts the parties and provides beverages. Food (usually pizza) will be provided. Everyone is welcome to join the fun! Write Jim at jim@pprrun.org for more information.

Next stuffing is **Wednesday August 16**.

Advertising

Business card size (3.5 x 2) advertisements may be run at the rate of \$15 per issue. Submit as indicated above.

Insert flyers will be included at the rate of \$50 per issue. The maximum folded size is 8.5 x 11. *Do not staple*. Please *unfold* brochures if possible. The deadline for delivery/submission is the *3rd Tuesday* of the month. Send to editor@pprrun.org for printing (extra charge, color also available) or deliver **750 copies** to:

PPRR Newsletter
c/o Colorado Running Company
833 N Tejon
Colorado Springs CO 80903

Include check for \$50 payable to PPRR.

Advertising is welcome. Write to Jim at editor@pprrun.org for rates or call at 719.232.4419.

The editor and the PPRR board reserve the right to determine the appropriateness of any advertising.



President's Letter

Have you heard about the Mayor's Cup Challenge? John O'Neill brought this "challenge" to the board's attention at our June meeting. Compete in the Woodland Park Mayor's Cup, the Colorado Springs Mayor's Cup and the Manitou Springs Mayor's Cup. All are 5K competitions. Contact John at Colorado Running Company for more information.

Summer Roundup Trail Run was held on July 9th. The rains waited until our event completed. The Triple Crown of Running had an overwhelming number of participants that finished this event. The trail was "rutty" and "mucky" but not many complaints. We had as our guest starters Shanutel Lawrence and Ken Gerber who work with El Paso County Parks, Recreation and Cultural Services. Their one comment that they kept saying: "this is the way our trail systems are to be used". Neither Shanutel nor Ken had ever been invited to be part of any event, and we are so glad that they accepted our invitation. Results and pictures are on our website.

If you missed signing up for the Ascent and/or Marathon, volunteers are always welcome and probably still needed. PPRR is contracted for the finish lines - contact Lyn Hale - lyn@rmhcs.org and the Triple Crown of Running coordinates all of the other logistics - contact Carol Korth at the TCR office - raceinfo@pike-speakmarathon.org. Can't make any promises to have the excitement that we had last year, but the people that you meet and work with and the tasks that you accomplish - make all of our events memorable.

Yikes... it's almost time to start thinking about the Fall Series. October 1st and counting.

Pat Lockhart



AUGUST

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PPRR Board Minutes

Pikes Peak Road Runners June Minutes

(Unofficial)

Attendance: Travis Waldrip, Dave Sorenson Tony Abdella, Jim Kelleher, Pat Lockhart, Jim Beckenhaupt, Gil Kindt, Micky Simpson, Robin Satterwhite, Lyn Hale, Jack Anthony, John O'Neill, Don Johnson, Phil Foster, Larry Miller
Excused: Bill Gallegos, Jon Cornick
Guests: Bob Mutu, Shannon Taylor, Matt Carpenter

Guest Business

Online Registration: Matt Carpenter, along with Micky Simpson, presented research and brainstorming about online race registration. Other board members also added ideas.

For small races like the Barr Trail Mountain Race, an additional \$5 to \$3 fee for online services doesn't make sense. Matt wanted to encourage a high percentage of online registrations for his race and assumed that was the goal for most race directors. An ideal would be to have a computer in each running store to aid the process. Matt and Micky both presented information on several online registration methods and some pros and cons.

Active.com has raised their fees; they have ads, and release the registrations to other groups and companies. Runners have animosity towards the fee. But Active.com is a "known". Many runners use Active.com to locate events. Active.com also allows you to add race information without using it for the race registration site. Another company is Signmeup. They have no minimum race registrations but still have a high fee.

Matt is using Paypal for the Barr Trail race. The race entity must have a Paypal account. The downside is someone has to make a form and connect it to a web page. The Paypal entries "out donated" the Active.com for his Barr Trail race. Many entrants added the amount they saved in fees as a donation. With Paypal, the registration is never shared with a second company. Micky reported on Sauvtrax. They are a local company that hasn't really worked with races, but they have handled online registration for other events. Minimum fee for Sauvtrax of \$49.95.

Active.com - customer service is not immediate. Sauvtrax would be local and maybe more responsive. Micky suggested asking the PPRR members how they feel about Active.com fees and online registration in general. One of the major flaws in leaving Active.com is that they are known nationwide. Bob Mutu set the ADTM online registration at a cheaper fee to help offset the charge. Others also commented that Active is charging for hand holding, and features we don't use.

Micky and Matt will survey the PPRR membership on the website in September.

ADTM update - Bob Mutu -New Balance came through with a shirt, \$3 less than last year. Ent will again provide running

bags to the first 800 runners. Travis has come up with a very unique course map, a satellite view, with mile markers and segments. It will be on the website. Vertical profile will also be on the site.

Old/New Business:

PAFB Health and Fitness - Jack sent an email about the event. The health fair went well. There were 100-150 attendees and the event provided good exposure for Road Runners. 3 PPRR memberships were given out. Peterson probably didn't advertise it on base as well as it could have been. We would repeat our involvement again if the event is held again. Veteran's Home Run (Jim/Jack/Jon)The race received a \$100 donation from 56 Council at Shriver AFB and \$1500 from Computer Sciences Corporation. The \$1500 will be used for needy vet race entries. Shannon has blanket the area media with press releases. Eileen Crawford, William Crawford's widow, will be the honorary race starter.

Treasurer's Report (Gil)

Financial statements - Gil will send out invoices to the contract holders and also notify race directors when he does. The big expense this month was advertising for ADTM. We are now using a cheaper printer for the newsletter. Storage unit rent is going up from \$276 to 292.

RRCA (Jack)

Pg. 7 of the Footnotes has a couple of photos of Colorado Springs races. Next convention in Chicago. Run at work event is scheduled nationwide for Sept. 22.

Certifications/Measuring

Travis is working on the mile marking for ADTM and Bear Creek for the Panoramic.

Newsletter

Jim reported that it is a very full issue. Look for a surprise this time. Advertising an attractive opportunity because of a very targeted readership. Business card ads can help offset the cost.

Bulk mail

Full issues make overweight issues.

Calendar

Some changes-name change for YMCA tri now the YMCA 5k run. The Veterans Home Run is on active.com, and the Grand Prix 1 mile is still a tentative date. Mom's in Motion added to calendar.

Equipment

Larry reported that Bill G. is getting ready for Garden of the Gods race on Sunday., Chronos all in working order.

Webmaster

Dave is creating race specific web pages. He finished on for the

Veteran's Home Run. Each one will contain a more race information,

Sponsors, articles and info.

continued on page 15

From the Editor

We are a busy bunch of runners. You might think that with our summer calendar crowded with local events, Pikes Peak area runners would have their fill. Not so, apparently. Each month I am amazed at the number of us who venture out to venues near and far for yet more races.

Most of these seem to be longer races and off-road races. Although full, our local schedule consists largely of races around 5K to 20K, and then mostly on the roads. We do have exceptions, of course. For example, the Barr Trail race and, of course, the Pikes Peak events. But their extreme popularity illustrates the vitality of distance and trail running.

Last June, over 80 local runners traveled to Steamboat Springs to run the marathon and half-marathon. *Eighty*. Another two dozen drove up to Leadville to celebrate their 4th of July weekend in the rugged and hypoxic Mosquito Pass marathon/half (and did very well for themselves—see the results in this issue). Then there were the 24 who went all the way to San Diego to run a marathon.

So, hats off to our roaming runners. Bring back reports and send those pictures!

June brought us a wilting heat wave, great for you desert runners, but definitely a challenge. But in the Springs, we always add, “At least it is *dry* heat!” thinking of all those poor souls east of us who must suffer in their humidity. Well, I took a run yesterday that reminded me of a summer jaunt in Atlanta.

Now, we are certainly accustomed to our afternoon showers. They know their place. When it just starts to get uncomfortably hot in the afternoon, they crop up and give a nice sun shield. They shower us in a hit or miss fashion, entertain us with lightning and thunder, and cool down the air 10 or 20 degrees. Then they drift away to the plains leaving blue sky in their wake. Nice and orderly.

Today I wanted to go out for a couple of hours tooling around Palmer Park. Ever run the trails in Palmer Park after a couple of inches of rain? Think mud, as in thick, sticky, clay. Every 100 yards or so you grow an inch taller and gain a couple of pounds. When you can't lift your legs anymore, you find a rock and kick off a bucket full of mud. And today the weather service is warning of another dire drenching. So much for my Palmer Park plans. Good thing I have a gym pass. But just give it a week and we'll be back in the nineties!

Jim Kesseher

the Long Run Long Ago

10 Years Ago

August 1996: PPRR President **Larry Miller** wishes good luck to all those running the Pikes Peak Ascent and Marathon in his typical fashion: “You’re going to need it, you bunch of loony tunes.” The running of the Woman’s Distance Festival was very well attended and featured on the cover. More encouraging advice on preparation for

Pikes Peak comes from Dr Running: “If you’re not ready by now you’re going to be dead meat up there..” **Dave Sorenson** contemplates his first attempt at the Ascent and the finer points of tapering: “It’s like getting your tonsils out. You can eat as much ice cream as you wish!”



20 Years Ago

President **Russ Baker** (L) and VP **Mike Davidson** grace the cover of the August 1986 edition. Russ congratulates **Bob Mutu** on the Run for Roses, won by 27 y.o. **Patti Shull** in 19:02 and 29 y.o. Tom McGraw. Treasurer **Bill Gallegos** reports van gasoline expenses of \$6.80 for the month of July. Some Murhy’s Law attitudes end up in print: “Regardless of how bad you feel at the start of a race, you will feel even worse.” Local runners **Marty and Diane Froelick** win the Footlockers Run in Denver. **Pam Koneman** wins the 7th annual Woman’s Distance Festival in 19:29. Finally, the current record holder for the Pikes Peak Marathon is **Al Waquie** at 3:21.

25 Years Ago

Newly elected president **Jerry Donley** reflects on the strength of leadership in PPRR. Despite the simultaneous and unexpected departure of the previous president and vice-president, the organization has not suffered and the races take place successfully. **Al Grimme** makes the news once again as the new vice president. Running has its risks, but cows? The four mile Midnight Run, directed by **Sue Smith**, took an unexpected turn when the front runners spooked a herd of cattle, causing them to stampede through the rest of the pack.

Letters

Kudos for Groucho and the first Veterans Home Run

The following comments express responses to the July 2nd first annual Veteran's Home Run. "Jim" or "Groucho" refers to the race director, Jim Beckenhaupt.

My congrats to all as well. It was a fun event. My son and daughter-in-law had a great time running it.

Dan Cleveland
Trails and Open
Space Coalition

Jim and all.... an unbelievable feat.... with an unbelievable supporting group of people. Looking forward to next year. Thanks Jim for sharing your heart as you did.

Pat Lockhart

Congratulations to Jim "Groucho" Beckenhaupt and his organizing committee of Jack Anthony, Jon Cornick and Pat Lockhart.

Today's Computer Sciences Corporation Veterans Home Run had a total of 300 registrations, more than anybody expected. There were 179 pre-registrations and 131 race day registrations.

There were 206 finishers in the 5K Run and 63 finishers in the 3K Walk. Of the finishers, 71 identified themselves as a veteran.

You 'da man, Jim!! Job well done. Take care,

Dave Sorenson

I think overall it was a fun event, many PPRR leaders were present and seemed to enjoy....I met some neat vets and also there were many first time racers...and they came away happy with the experience and maybe ready to take up a new hobby—running!

Jack Anthony

I heartily agree!!!! Jim, you should be very proud! The race was excel-

lent, the weather was terrific, everyone had a good time!! GREAT first year event, Jim and company!!

Lyn Hale

Thanks to all who made this event so successful! I was so impressed with the organization and execution of the run.

Roth Marvin

I would also like to put in my kudos for the VHR last Sunday. Groucho and Co, well done! As I looked around at the runners and the volunteers, I was thrilled to see so many new faces. I know events like this are what we need to bring more people into this wonderful sport.

I was very surprised that you implemented some of Larry's techniques into this race course though. I was too slow to enjoy the boat obstacle on the course. Overhearing conversations at the finish line, I understand that there was someone trying to launch a boat in the middle of the race and some of the faster runners simply vaulted the hitch and kept going, while those not experienced through the Fall Series had to run around. What a wonderful idea! Thanks for all of the time and love you put into this event. I can't wait to see where it goes next year!

Micky Simpson

Would you/could you pick up a \$10 bill?

Dear Jim,

I do read your excellent paper. When I used to pay attention to Death Valley runs, the Lone Pine to Badwater run was downhill. Your articles make it clear it is now uphill, Badwater to Lone Pine. I can use the update, and my ultrarunner friends could use a little sanity. They do have a sense of humor. After one twenty-four hour run, a

spectator threw a ten dollar bill on the track, offering to give it to any runner that could pick it up. None could bend over to get it. Efforts to scoot it to the side of the track, so they could sit on a curb and pick it up, were futile. After ten minutes, the man picked up his ten, telling the runners that he, too, was an ultrarunner, and knew his money was safe.

June is hot in Plano. We hold a Millet Mile race as a short run and recruiting tool, in addition to a 5K. Many runners run both races. I ran only the mile, with a terrible time. This year Dan Millet, for whom the race was named, appeared. He is a past president of the Pacers, as well as the Cross Country Club of Dallas. He started running to lose weight, got hooked, and regrets that his ability to organize races was so important that he had to give up running. He, his wife Jean, and commercial race director James Thruston walked the course, making them the only entrants to finish slower than your correspondent.

The Pace lists all the runners and their times. I am fascinated by such things as the listing for the top ten women. When your correspondent joined the Pacers in 1989, the president, Bob Blum, was happy to get ten women to run. There was one race with three women entered, and each won an overall or first place trophy. The Pacers are delighted to have enough women runners now for real competition. The good old days, when simply showing up and running could win a trophy, are gone. Cunning and persistence, the source of my many trophies, are out. It requires ability now.

Regards,
William L. Jones



News & Events

Mayors' Cup becomes 3-race series

by Glenda O'Halloran

The Suicide Prevention Partnership has taken over a race that used to be a part of the Grand Prix series here in Colorado Springs. John O'Neil is part of my committee.

This year we are doing a Tri-City 5k Mayor's Cup Challenge series with Woodland Park on Aug 12, Colorado Springs on September 30, and Manitou Springs on October 28. This is a series so in order for the runners to get prizes for the series they need to register for all three races. We will all have registration information available on our websites. My website registration form should be up soon but currently it is not available.

The Colorado Springs race will be held at "America the Beautiful Park", Saturday September 30 at 9 a.m. We will have a 5k and 10k race.

If you have any questions about our race please feel free to contact me and I will answer everything I can.

Glenda O'Halloran is executive director of the Suicide Prevention Partnership and can be reached at (719) 573-7447 or gohalloran@sppp-pr.org.

Ute Pass Trail opens from Teller County to Green Mountain Falls

The El Paso County Board of County Commissioners, Town of Green Mountain Falls, Ute Pass Trail Committee, and El Paso County Parks and Leisure Services Department held the grand opening of the Ute Pass Trail, Phase II on Saturday, July 15. The ceremony was conducted at the east end of the trail.

Phase II connects from Teller County line to Green Mountain Falls. When completed, the 40 mile Ute Pass Trail will connect Colorado Springs to Cripple Creek.

24 Hours in Frisco

Trail Runners might want to try something different in the 3rd Annual 24 Hours of Frisco this September 30th. You can get a team together or race solo, and join this "trail running team relay" event along the shores of Lake Dillon. This year marks the 3rd running of the race and has fewer categories than previously. There is a solo, a 2-4 person team, and a 6-8 person team.

The 6-mile course runs around Lake Dillon between 9100 and 9500 feet on single track. The person or team to complete the most laps wins. With a glow stick every 100 feet or so, you're not likely to get lost either! Last year's solo winner made 17 circuits, while the victorious 6-8 person team completed 28.

No crew is required or needed as the Frisco Nordic Center building serves as the hangout for all the participants with food and drink available. And if 24 hours sounds like too much, solo participants can choose a 6-hour option.

For more information, check out www.emgcolorado.com.

Jack Quinn's Running Club going and growing

Jack Quinn's Pub new running club is off to a good start, fielding 100 and 120 runners on its second and third weeks. The social run comprises a 5K jaunt up Monument Valley Park to Cache la Poudre and then back down Cascade to the Pub, followed by free food and cheap beer from Bristol Brewing, a new sponsor. Meet at the pub (21 S. Tejon) at 6PM Tuesdays. Also see their great website at jackquinnrunners.com.

June Stuffing Volunteers!

Colorado Running Company, Host

Phil Goulding
Phil Foster
Nicole Rosa
Micky Simpson
Melissa Leftwich
Marie Baughman
Linda Fuqua-Jones
Larry Miller
Kayla Hafer
Kathy Butler
John O'Neil
Jim Kelleher
Jim Beckenhaupt
Henri St-Martin
Heidi Hafer
Diane Cahalan
Cymmie Baily
Craig Hafer
Al Grimme

Are you about to expire?

Don't miss a single issue!
Check for the Happy Face on your newsletter label. If you see it, it's time to renew!

Trail Clean-up

Sat July 1st
Meet at 9 a.m.
Southwest parking lot
of 8th Street Walmart

News & Events

continued from previous page

Hospitality needed for Pikes Peak Marathon

Would you like to host a world-class competitive runner for the World Mountain Running Challenge (see above)? Ron Ilgen anticipates most athletes would stay two to three nights, arriving Thursday or Friday (Aug 17 or 18) before the race and leaving either Sunday (the day of the race) or the following day. Any help you can offer with transportation would also be greatly appreciated; it would save the race committee from spending a huge amount of time with airport and race event shuttling. The organizers will provide the competitive runners with a pre-race spaghetti meal on Friday and Saturday night prior to the race. As a home-stay sponsor, you would be welcome to attend the dinner and the expos.

If you would like to be a host family and provide accommodations to a runner, please call the TCR/Pikes Peak Marathon office at (719) 473-2625 or email raceinfo@pikespeakmarathon.org.

Badwater? Meet the Sahara Desert 4000

Starting this September, Charlie Sengle of California, Kevin Lin of Taiwan, and Ray Zahab of Canada will start an unthinkable Saharan trek. This three man, international expedition team will attempt to prove they really can take the heat—and whatever else nature can hurl against them—by running across the deadly Sahara Desert. They will traverse the six counties of Senegal, Mauritania, Mali, Niger, Libya and Egypt by running the equivalent of two marathons a day for 75 days. That's over 4000 miles of scorching sand, blistering heat,

and who know what sort of treacherous terrain. This African landscape is so formidable that no one has ever been known to make it.



Ray Zahab treks 333K across Nigerian Desert.

Western States witnesses first ever disqualification

After crossing the finish line first, 27-year old Brian Morrison became the first person in the 33 year history of the Western States 100 to be disqualified. After running 100 miles, he collapsed during the final quarter mile loop around the stadium track. His pacers and crew picked him up several times and lent shoulders to help him cross the line, barely conscious. His pacer for the final portion of the race was the renown WS champion Scott Jurek. Apparently Brian just

pushed himself too hard during the last 2 miles, worried about being caught from behind.

A touching first-hand account of the finish by Leah Jurek can be found at www.ncctrackclub.com/articles/WesternStates.html.

Some second guessing inevitably followed. Why didn't Jurek just let him walk, since he had 12 minutes on the next runner? Although Jurek knew Brian would probably be DSQ'd, he also had a gut feeling that it was the only thing to do. And with hyponatremia as the diagnosis, he was right. Brian could have died right there on the track.

The race was won by 34-year old Graham Cooper. But hearty congratulations to Ted Bidwell of Colorado Springs who finished in a remarkable 26:22, despite the 100 degree temperatures and 5 miles of snow crossing.

Fall color run in Buena Vista

Buena Vista's 22nd Autumn Color Run takes place Saturday, September 16th. Spend a wonderful weekend running a great race in the crisp autumn air and enjoying the incredible fall foliage scenery. Choose between a half marathon, a 5K and 10K. A long sleeved micro fiber running shirt is included for all participants. Please see the enclosed registration form and www.fourteenernet.com/colorrn for more details.



Aid station crews have a long and proud history at most 100 mile endurance runs.

Volunteer Corner

The Veteran's Home Run: Race-Volunteerism at its Finest



I remember 2 years ago at a board meeting when Jim-the-Grouch Beckenhaupt brought up the idea of creating a race to honor and benefit veterans. Basically, the response was "Sounds like a good idea...go with it". And go with it he did!

At the time, I didn't have any idea how much work and commitment would be necessary to make it happen, but now that I have served on a race committee, I do. Our races have been established for many

years and even so, the behind the scenes effort to make sure they go off without a hitch is incredible.

To start a race from it's inception, find a venue, line up sponsors, advertise it, design and provide t-shirts, arrange food and water stations, get volunteers for yet another race, etc. etc. and have such a great turnout on its inaugural run is FANTASTIC!

Congratulations to Jim and his team, Jack Anthony and Jon Cornick for a super job well done!

For your information: We had 45 additional volunteers working the

races this past month bringing our total for the year to 203!!!

A number of you have signed up to volunteer at our American Discovery Trail Marathon/Half Marathon and 5K on Labor Day but we need more. Please contact me at cymmieb@qwest.net if you can help. Many thanks!

Cymmie Bailey

Volunteer Coordinator



Volunteer Recognition

Bronze Level: up to 20 Hours

You have earned a PPRR t-shirt

Andrew Abdella 15
Marie Baughman 16
Ted Bidwell 17
Dean Black 17
Janice Black 16
Dean Buck 19
Dan Cleveland 10
Andy Dimmen 20
Rick Di Muccio 11
Heather Evans 12
Taylor Fogg 10
Bob Foster 19
Julie Foster 13
Susan Hoxie 17
Brenda Lewis 11
Eric Mullins 10
Neal Oseland 20
Bob Royse 19
Robin Satterwhite 18
Greg Segura 14
Gini Simonson 20
Jeff Tarbert 14
Dave Thomson 10
Kim Tollin 19
Emelee Waters 11
Matt Waters 14
Zach Waters 11
Tracy Winterbottom 10
Lo Wright 10

Silver Level: 21 to 50 Hours

You have earned a cap or complimentary race entry

Jerred Abdella 34
Tony Abdella 46
Jack Anthony 28
Dave Balzar 49
Jan Balzar 48
Gordon Barnett 38
Sandy Berry-Lowe 25
Dee Budden 48
John Cornick 22
Kees Guijt 23
Rick Hessek 36
Jack Janney 21
Jack Janney 21
Gil Kindt 48
Melissa Leftwich 24
Cruz Martinez 44
Sandy Martinez 22
John O'Neill 22
Bill Ransom 24
Jim Simonson 21
Jim Umphrey 33
Kevin Waldrip 22
Melissa Waters 46

Gold Level: 51 to 75 Hours

You have earned a jacket

Sheri Abdella 60
Cymmie Bailey 65
Jim Beckenhaupt 73
Phil Foster 71
Ron Garcia 51
Don Johnson 51
Gil Kindt 54
RT Tollin 64
Cady Waters 51

Diamond Level: 76 to 99 Hours

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

Angie Earle 76
Lyn Hale 78
Micky Simpson 84
Travis Waldrip 79

Platinum Level: 100+ Hours

You will receive special recognition at the rewards dinner

Diane Cahalan 114
Al Grimme 115
Jim Kelleher 451
Pat Lockhart 213
Larry Miller 118
Bob Mutu 127
Dave Sorenson 133

Volunteers listed have accumulated 10 or more hours since October 2005

Running for a Reason: Inaugural CSC Veterans Home Run fields 300 plus

by Jack Anthony



Over 120 registered early on a sunny race-day morning, keeping volunteer veterans happily busy and bumping the total runners to more than 300.

Sunday July 2nd dawned upon Memorial Park as a dedicated troop of PPRR leaders and volunteers were joined by Crawford House staff and residents plus volunteers from Computer Science Corporation, The Rotary Club and Schriever AFB. The outlook was for about 170 pre-registered participants for the 5K run and 3K walk. We had the pick-up bags all set to go. Race Director Jim “Groucho” Beckenhaupt paced about and commented that 170 runners and walkers is pretty good for a first time race. The Colorado Veterans Coalition leadership felt the same way. Bill Bennett and Al Grimme were off marking the course as more volunteers arrived. It was

looking like the CSC Veterans’ Home Run was going to be a splendid event and net some much needed funds to help improve Crawford House.

Then IT started...let’s review what IT turned out to be. A mom and son sporting Army T-shirts asked if they could register. Five Air Force volunteers learned quickly from mentor Pat Lockhart on how to register a person and assign them a number. Okay, so two folks completed race day registration ...cool! But a line began to form and soon the race day registration team was huffing. They worked hard to accommodate a lengthening and excited line of runners and walkers. Likewise the pre-registration line

formed and bags were handed out and athletes started to pin on their numbers.

Several Crawford House staff and residents pitched in to help. The veteran PPRR staff started to notice something. The chatter from many folks pinning on their number was “Hey, I’ve never done this before,” and, “Does this go on the back or front?” as well as “So why not put a pin in this ‘Do-Not-Pin-Here’ hole?” We had many, many first timers. Their enthusiasm and excitement grew as Dan Cleveland made announcements and Mrs. Eileen Crawford, wife of Medal of Honor winner and Crawford House

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Runner's High, Runner's Low

by Michael Shafai



As a runner, you'll likely relate to the following scenario: It's late December. Between Halloween, Thanksgiving and *Christmakwanzakah*, you've managed to gain between 5 and 15 pounds. Of course, you fear the truth, so you avoid weighing yourself during the last three months of the year.

Indolence-induced guilt begins to set in, so you head out for a short, painful run. As you amble along, you reflect upon your current condition. You take note of how sluggish and feeble you feel today relative to how swift and strong you felt during the mid-summer running season. You feel a stabbing pain in your side, and it makes you angry. You begin to take a mental inventory of potential fitness goals for the upcoming year, and you vow to do something "big".

When you return from your run, you pour yourself a cup of hot coffee and sit down at the computer. You log onto Active.com and spend hours perusing potential races for the upcoming year. Finally, you register

for a huge milestone race set for the following summer. And the gauntlet has been laid down. Now you've got something for which to train—a goal to achieve; a reason to get out of bed each day; a reason to live.

The next day, you lay out a rigorous training schedule, one that would be the envy of any Olympian. You renew your subscription to *Runners World* for another year. You enroll in an online coaching program. You change your diet. You even switch to light beer. And as you tell your friends about your upcoming "Big Race", they don't nec-

You renew your subscription to *Runners World* for another year. You enroll in an online coaching program. You change your diet. You even switch to light beer.

essarily understand your drive and passion, but they know it means a lot to you (only because you switched to light beer). Nonetheless, there's no backing out now.

Over the next seven months, entrenched in intense training, you sacrifice sleep, work, and perhaps even time with your family. You tolerate the light beer. You are 100% focused on the task at hand.

And with each successive training session, the sacrifices are beginning to pay off. You find yourself getting faster, stronger, and leaner. Your mind seems sharper. Those 5 or 15 extra pounds you donned back in December have melted away. And you're looking forward to crushing your upcoming race



because you know you're prepared.

Just prior to the event, you taper back, regardless of the guilt you feel with logging fewer miles. You load up on carbohydrate-rich foods. You get plenty of sleep. You actually take time to stretch. Everything is coming together just as you planned it.

Then race day comes. You line up at the starting line. And while you're slightly anxious about the unavoidable pain that lies ahead, you still feel strong and confident.

The gun goes off and the race is nothing but a blur. You come across the finish line knowing you just ran the race of your life. You exceed even your own expectations. In fact, you still feel fresh after you finish. You feel like you can go further. But of course, you choose not to run further. You simply relish in the moment, perhaps over a dark beer with your fellow competitors.

That night, you sleep the deepest, most relaxed sleep of your life. You dream all night, but your sleep is so tranquil, you have no recollection of the dreams. The next day arrives and you awaken at a snail's pace. Because, for the first time in seven months, there's no alarm clock to abruptly interrupt your sleep. As you lay in bed, staring at a filtered sunlit ceiling, a gloomy reality gradually sets in.

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The Rock Island Railroad Trail III

by Jack Anthony



Last month we learned some railroad history associated with the two sections of the Rock Island Trail. We also found that many of us who enjoy the downtown Monument Valley Park run through what was the bustling railroad town of Roswell. I concluded the article telling you about the wonderful Pikes Peak Historical Streetcar Trolley Museum that's located in the old Roswell railroad yard. I also teased you with a story of engine-less trains rolling into Roswell. Let's learn a bit more about that railcar rollaway scenario that actually occurred three times in the history of the Rock Island, once ending with devastating effects but fortunately no one hurt!

At Falcon, the Rock Island would often detach a string of freight cars and reconnect them so as to get the right stuff to the right places along the line. It was a very demanding job and called upon close coordination between the engineers and brakemen. A string of cars would be put on a siding and the brakes would be set awaiting a locomotive to connect to.

Now, here's a very important point. Falcon is about 900 feet higher in elevation than downtown Colorado Springs! If you've ever driven from the Peterson AFB area to Falcon, you'll see there is quite a subtle uphill grade; in fact most of that 900 foot drop occurs from

Falcon within the first few miles of the 16-mile journey from Falcon to Colorado Springs. This grade is along the line of the Rock Island tracks.

Well, on May 8th, 1938 a string of 17 freight cars and

At Falcon, the Rock Island would often detach a string of freight cars and reconnect them... a string of 17 freight cars and a caboose actually just rolled away.

a caboose in the process of getting connected for an east-bound journey actually rolled away from Falcon—the brakes were not adequately set! Yikeses!!!! Slowly and surely these loaded (heavy!) 17 freight cars with caboose rolled away and quickly picked up speed as gravity tugged them westward. An alert crew and station agent at Falcon quickly contacted the Roswell station master and warned of this impending and dangerous arrival. It was hoped the rollaway might not have had the momentum to crest a small hill at Elsmere. But it easily did and



Photo of the 17-car 1938 runaway train from Falcon, which crashed after crossing Monument Valley Creek. Fortunately, warnings were issued in plenty of time for people to clear the area and escape injury.

regained a speed of about 45 miles per hour! It rolled along what we now know as Constitution Ave and crossed the Monument Creek railroad bridge where it slammed into the Roswell yards.

Fortunately, no one was injured. The destruction was captured by Otto Perry, famous Colorado railroad historian, and displayed in Michael Doty and Mel McFarland's book, *Rocketing to the Rockies*. So, next time you are running the trail, be careful crossing the streets and also, if you do hear rumbling as you cruise westbound, peek behind you, it may be a high school cross country team about to pass you, or maybe another darn roll away on its way to Roswell.

Let me conclude this Rock Island series with a story of the entrepreneurial creativity of Mel McFarland and Howard Noble. From 1982 to 1990, these gentlemen used the Rock Island tracks from Falcon out to Ramah to support a weekend business called the Mystery Train. They called their line the Cadillac & Lake City Railroad, named after an old line in Michigan. They obtained former Milwaukee and Santa Fe engines to pull passenger cars to the old Ramah train station. The Mystery Train was staffed by up to 15 former railroad workers including retired train engineer Gordon Bassett, who so kindly helped me in my original Santa Fe Railroad history research in 1998. Some railroad enthusiasts came from as far as Denver to help operate and maintain the Mystery Train.

The Mystery Train would load up with 50-60 passengers plus the actors and actresses who would put on the mystery show. Occasionally singers would come along too. From Falcon, the Mystery Train headed to Ramah to drop off patrons and their entertainers who would enjoy a dinner and mystery theater. They used the Ramah lodge hall as the

dinner theater, a small auditorium with a stage. While the dinner and show went on, the train crew proceeded east to turn the train around and return in time to pick up the passengers, fed and entertained, and return them to Falcon. If you visit the Trolley Museum, you'll probably meet Howard and maybe Mel as well. Together they will entertain you with stories of the Rock Island and Colorado Springs Trolley glory years.

You may be aware of the Ute Pass Trail. Did you know that the Colorado-Midland Railroad journeyed up the pass to Cripple Creek and further west. The Ute Pass Trail will be the next History Trail Run series. How fortunate I am to know Mel McFarland, who has also

written books and articles on the Colorado-Midland. More trail history coming soon!



The sleek Rock Island Rocket engine was the (TA 606) steam locomotive by General Motors, generating 1200 HP, came into service in 1937.



The sturdy trestles of the Rock Island Railroad, shown here as seen from the running trail, have stood the test of time as they bridge Sand Creek, east of Academy and south of Constitution.



The Nielson Memorial in Monument Park, commemorating Larry Nielson, marks the start of the monthly handicap race.

Another warm summer morning brought out a large group this July morning. Temps were in the low 70s and rising to the upper 70s. 84 runners completed the 2 mile challenge, with 20 runners under their handicap.

Michael McShane blew away the rest of the field when he came in 3:17 under his handicap. Congratulations Michael! Please get a shirt from us the next time you come to another Nielson Challenge.

Kathy and Steve Rex called out runner's names and offered tons of encourage. After Kathy and Steve had to leave, Sherri & Jerred Abdella continued calling out names.

Thank you all for participating. We'll see you in August!

Dave Sorenson

Volunteers

Sherri Abdella	Kathy Rex
Jerred Abdella	Steve Rex
Al Grimme	Bob Royse
Phil Foster	Dave Sorenson
Pat Lockhart	Eon Studios (shirts)

The Nielson Challenge handicap race takes place the first Saturday of each month in North Monument Valley Park in downtown Colorado Springs, directly west of the Fontenero access, at 8:00 am.

July Results

Name	Place	Handicap	Actual	Difference
Michael McShane	32	19:04.4	15:46.9	- 03:17.5
Melissa Waters	31	17:01.5	15:46.4	- 01:15.1
Deann Totzke	57	20:25.5	19:15.6	- 01:09.9
Keith Holcomb	58	20:22.9	19:23.7	- 00:59.2
Jim Beckenhaupt	25	15:54.7	15:15.6	- 00:39.1
Les Bell	39	16:39.5	16:15.9	- 00:23.6
Phil Goulding	17	14:12.8	13:51.3	- 00:21.5
Jeff Cook	3	11:16.4	10:56.6	- 00:19.8
Ben Zywicki	2	11:04.2	10:44.9	- 00:19.3
Barbara Casados	76	22:50.3	22:31.4	- 00:18.9
Nick Saulnier	1	10:44.3	10:32.7	- 00:11.6
April Casados	19	14:29.1	14:19.0	- 00:10.1
Carl Nelson	12	13:48.2	13:38.2	- 00:10.0
Fabian Orozco	4	11:06.5	10:57.8	- 00:08.7
Mike McKay	82	26:46.3	26:40.0	- 00:06.3
Marc Wulfkuhle	18	14:13.6	14:08.2	- 00:05.4
Dennis Stalnaker	54	19:01.7	18:57.4	- 00:04.3
Alex Haberkorn	23	14:59.7	14:56.8	- 00:02.9
Lile Budden	7	11:58.1	11:56.5	- 00:01.6
Sheila Geere	8	12:20.8	12:20.0	- 00:00.8
Lindy Crawford	38	16:11.1	16:14.8	+ 00:14.4
Christopher White	9	12:51.7	12:56.4	+ 00:14.9
Cady Waters	41	17:02.3	17:10.4	+ 00:18.4
Monica Schwindt	36	15:58.1	16:11.3	+ 00:18.4
Peter Nielsen	24	15:00.2	15:14.6	+ 00:18.6
Janna Rombocos	45	17:30.6	17:45.5	+ 00:19.0
Anthony Abdella	56	18:56.0	19:14.4	+ 00:19.1
Jerred Abdella	55	18:55.4	19:13.8	+ 00:21.0
Roger Pumphrey	49	17:37.2	17:55.8	+ 00:22.2
Elisa Calace	48	17:35.4	17:54.4	+ 00:24.2
Carin Staudte	42	16:52.3	17:11.4	+ 00:24.7
Zane Meredith	77	22:46.0	23:07.0	+ 00:24.7
Collin Eaton	30	15:15.2	15:37.4	+ 00:30.6
Nancy Engard	59	19:06.9	19:31.1	+ 00:36.3
Zachary Crawford	53	18:29.2	18:53.9	+ 00:36.9
Alan Ley	22	14:10.5	14:35.2	+ 00:40.5
John Victoria	6	11:14.1	11:44.7	+ 00:43.8
Don Johnson	26	14:40.0	15:16.3	+ 00:45.3
Randy Eaton	34	15:17.3	15:54.2	+ 00:46.0
Cliff Donnelly	68	20:18.0	20:58.5	+ 00:54.7
Heath Schroeder	28	14:47.3	15:31.1	+ 00:55.7
Daniel Polak	46	17:02.6	17:47.9	+ 01:03.3
Jan Huie	47	17:07.0	17:53.0	+ 01:06.6
Pam Gustafson	50	17:16.1	18:10.8	+ 01:12.5
Patrick Casados	14	12:44.0	13:39.7	+ 01:13.5
Faye Palmer	70	20:13.9	21:17.2	+ 01:14.2
Deana Phillips	66	19:28.4	20:35.0	+ 01:15.9
Corey Haberkorn	40	15:45.2	16:57.7	+ 01:22.8
Rita J. Cardin	61	18:53.6	20:07.1	+ 01:30.3
Marisa E. Cardin	60	18:49.7	20:03.9	+ 01:40.6
Travis Waldrip	65	19:16.1	20:32.0	+ 01:54.9
Jim Hammer	27	14:00.1	15:22.9	+ 01:59.3
Kevin Schwindt	37	14:41.5	16:11.8	+ 02:02.3
Charles Foster	71	19:40.2	21:20.8	+ 02:04.9

continued next page

Nielson Challenge

continued from previous page

Chris Wood	75	20:18.2	22:13.1	+ 02:18.4
Alejandra Orozco	29	13:33.5	15:32.8	+ 02:21.2
Christian Wulfkuhle	69	19:05.8	21:08.1	+ 02:30.2
Dwight McShane	72	19:20.8	21:25.7	+ 06:13.4
Tanya Schwindt	52	16:14.8	18:33.2	+ 00:00.0
William Wallin	62	17:54.5	20:15.7	+ 00:00.0
Don J. Wild	78	21:09.4	23:39.6	+ 00:00.0
Kenneth Davis	81	20:01.8	26:15.2	+ 00:00.0

New Runners

Name	Place	Time
Sandra Martinez	21	14:31.5
Wade McKinney	11	13:33.8
Kerri Taylor	43	17:34.0
Nick Martinez	20	14:31.0
Leroy Smith	67	20:51.9
Michael Tarantino	5	11:24.7
Scott Wagner	33	15:51.3
Rio Davies	63	20:23.0
Bryan Calace	64	20:29.2
Kobi Rex	10	13:11.6
Jason Cano	73	21:45.3
Kelly Salling-Davies	74	22:04.2
Isaac Romero	44	17:34.7
Kyle Rex	13	13:38.9
Andrea Wagner	16	13:48.4
John Williams	15	13:43.0
Casey Esquiuel	79	25:22.7
Michelle Wilcoxson	80	25:26.3
Kaci Rex	35	16:03.1
Mariah Eaton	51	18:16.7
Molly Taylor	83	27:16.6
Casey Pretzeus	84	30:32.0



Minutes

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Volunteer Coordinator

Cymmie sent word that all volunteer reports are current.

President

Pat's mail -Mike Shafai gave thanks for the opportunity to contribute to the newsletter. A motion was made and past that cancelled the July Board meeting. Too many conflicts with the 4th of July.

Membership (Pat)

444 - single
 43 - clubs
 9 - life
 141 - family
 296 - family members
 933 - TOTAL
 656 - current
 269 - expiring
 13 - new
 19 - renew

Past Events

- Training Runs/Dave Sorenson Thursday is last Garden training run with attendance ranging from a high of 82 to a low of 60. Next week the training runs will be moving to Bear Creek Park for 4 weeks of training. They will use the same route as 2 years ago.

- 05/13 Alex Hoag Run for Sunshine - 400 runners. Total 570 so many walkers.

Upcoming Events

- 06/11 Garden of the Gods- Dave reported that everything is all set up. No loose ends. They are expecting approx. 1000 runners.

- 06/24 Panoramic - Bill B will mark trail. - 06/24 TriY 5K (Pat) - Equipment only

- 07/09 Summer Roundup Trail Run meeting on 14th. Bear Creek venue.

- 07/15 Run for Hope - Al and Bill marking course. Cymmie and Dave results and registration.

- 07/22 Women's Distance Festival - Colorado Running Company has the flyer.

- 08/12 Woodland Park Mayor's Cup - Checking on flyers - It will be part of the Mayor's Cup series.

-08/19-20 Pikes Peak Ascent/Marathon - fire only reason it would be cancelled.

Vanessa Williams -

John O'Neill reported that District 11 schools are one of the only or the only district with no middle school cross county program. John O'Neill is working on a grant with Colorado Health Partners that would help start a program.

Respectfully submitted,

Robin Satterwhite

The Panoramic at Bear Creek

by Marie Baughman

Part of the PPRR Summer Series Challenge was held at Bear Creek Park on June 24th. It included a 4-mile and 2-mile challenge. Proceeds from the race benefited the athletic programs at the Colorado School for the Deaf.

Race day began cool, but by race time was warm and sunny. The course offered wide trails, pleasant views and some challenging hills. The majority of the trail was through grassy rolling hills with a tree-lined section at the end.

The races had starting lines in two locations and one finish line. With two races sharing only sections of the trail, race director Don Johnson did a great job of organizing the points the numerous crossings and volunteers kept everyone

on the right course. However, at the very beginning of the 4-mile course, the front of the pack started to follow the cones to guide the competitors to the finish line rather than turning to the right to pick up the start of the trail. Thanks to Larry Miller for steering us back on course, without losing any time.

It is impressive how diverse a group of individuals that events like this attract: seasoned runners, to beginners, and walkers to supportive spectators. As a novice, I am always struck by the kind words of encouragement offered by volunteers on the course, other competitors, and their family and friends. The "Good job" and applause are encouraging whether first, last or somewhere in between.



Pick up those trophies!

from Don Johnson, PPRR Race Coordinator

The following list is Runner's who have awards needing pick-up. Please come and get them at

Performance Awards
17 S. Wahsatch Ave
Colorado Springs.
635-3303

You did a good job to get these!

Panoramic 4 Mile

Theresa Pitman
DeAnn Tolzke
Christine Beu
Rosalie Hodgson
Derek Engard
David Havlick
Jack Janney

Winter Series

Jane Chess
Joyce McKelvey
Bev Zimmerman
Dan Arnold
Dave DeHart

Greg Brown
Erick Bauer
Ray Cameron
Shane Swearingen
Carl Olson
Susan GriffinKaklikian
Kathy Letner
Glenda Kelly
Robyn Hudson
Emily Nyquist
Hans Zimmerman
Sandi Brandi
Neal Oseland
Tina Dessart
John Crouse
Robert Swanson
Brad Olson
Lori Kisley

Coed Team

Eric Swihart
Tina Cassens
Scott Wagner
Andrea Wagner
Craig Ehlers

Fall Series

Eddie Hildebrand
Jason Schlarb
Andrea Wagner
Andrew Worth
Chris McIntyre
Teri Harper
Sandi Brandl
Kara Durland
Eric Lawrence
Ron Nelson
Linda O'Connor
Kandee Normandin
Jill Abbotts
Jane Chess
Scott Wagner
Geanine Haddon
Dan DeRusha
Bill Means
Kevin Noleen
Duane Roberson
Kelly Worth
Ali Fitzgerald
Thanks!

Leadville Marathon Lures Local Trail Runners

by Jim Kelleher

Leadville's Mosquito Pass marathon has always intrigued me. Although I have been to Leadville quite a few times, I tend to focus on the other side of the valley—Turquoise Lake, the Colorado Trail, the Collegiate Peaks. Somehow the eastern reaches of the town remained quite vague. Where was Mosquito Pass anyway?

On a beautiful first day of July, several hundred intrepid trail runners were going to find out first hand. The course begins due east from Leadville, then more or less southeast, looping around Ball Mountain before heading north to begin the final few miles of switchbacks up to the pass.

Starting at 10,000 and turning around at 13,185 feet, the gain is nominally about 3000, but a number of long steep descents lie along the way that need to be regained.

Colorado Springs was well represented as seen in the results. The top two spots went to Tony Krupicka and last year's winner Paul Koch with Kevin Andrews in

ninth. Paul trailed Tony early on but took the lead coming down from the pass. About timberline, the course heads back up steeply where Tony went out in front for the remainder of the race.

The mountain scenery is enough to make the run worth it, but I was surprised at the number of mines the race took us past. I am used to seeing the occasional dilapidated mining shack, but many seemed very much intact and quite large in size and extent. "So *this* is where the mines are," I thought.

Back in the 1870's when Leadville was booming, the shortest way to get there was to cross over Mosquito Pass from Fairplay. Nowadays it's a 4WD adventure, but makes for a great trail marathon (and half-marathon) course and a great reason to escape the July heat of the Front Range.



Overall winner Tony Krupicka from the Springs.



A huge mining structure dwarfs runners early in the course, which passes through the heart of the Leadville historic mining area.

Local Runners' Results



Place	City	Time	
1	Tony Krupicka	Colorado Springs	3:41:04
2	Paul Koch	Colorado Springs	3:50:44
9	Kevin Andrews	Colorado Springs	4:25:45
20	Tibor Kiss	Manitou Springs	4:49:33
28	Todd Walton	Manitou Springs	4:59:11
35	Jill Case	Colorado Springs	5:05:56
45	Mike McHargue	Colorado Springs	5:13:38
51	Eric Gabe	Colorado Springs	5:19:40
58	Larry Dewitt	Colorado Springs	5:25:10
76	Jonathan Veteto	Manitou Springs	5:38:44
86	Bernie Schneider	Colorado Springs	5:43:15
88	Scott Robinson	Colorado Springs	5:44:50
104	Anita Fromm	Manitou Springs	5:53:21
105	John Genet	Colorado Springs	5:57:26
106	Greg Angell	Colorado Springs	5:58:03
141	Kim Krebs	Manitou Springs	6:25:15
154	Sarah Case	Florissant	6:35:26
191	Sonia Skiba	Colorado Springs	7:08:53
192	Lori Hawkins	Colorado Springs	7:13:26
199	James Massa	Colorado Springs	7:20:44
200	Lisa Butler	Colorado Springs	7:21:35
205	Jared Veteto	Colorado Springs	7:24:44
216	Charles Hachmeister	Colorado Springs	7:47:35
225	Blake Schwank	Colorado Springs	8:15:07



At about mile 11 and 12000', marathoners trudge steadily upward through alpine meadows east of Leadville against the backdrop of the Sawatch Range. Mt. Elbert stands just right of center.

Runner's High

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It's over. Everything for which you've worked over the past seven months is now past history. With the exception of birthday parties, back-to-school activities, and a Labor Day barbecue, there's nothing "big" left on your calendar.

You have no goals. You have nothing for which to train. Essentially, you have no reason to get out of bed that day, or the next day, or the day after that. You suddenly fall into a deep depression. And of course, there's only one you can extricate yourself from this hopeless melancholy.

You drag yourself out of bed, pour yourself a hot cup of coffee, and you sit down at the computer. You log onto Active.com. And over the next two hours, you peruse big races for the upcoming year. Finally, you register for a race that's even "bigger" than the one you just completed. And now you're ready to live again.

So if you're feeling depressed about your current situation, there's no need to turn to Dr. Phil. Sign up for a race—one that pushes you beyond your comfort level. Because while happiness is never permanent or omnipresent, your smile is always at its widest when you're crossing a finish line.

Michael Shafai, a local writer, runner, and dad, contributes regularly to the Long Run. He can be reached at michael.c.shafai@smithbarney.com



Run Blister Free

by Steve Harp

Runners are very well acquainted with blisters. The common runner's blister is caused by friction from shoes or clothing which rubs repeatedly on the skin causing friction burns. As the outer layer of skin separates from the deeper layers, the space between fills with fluid and creates the raised bump we all know and dread. Blisters are a common problem for athletes wearing in new shoes, as well as athletes and runners who take part in longer events, such as marathons, Ironman triathlons, and adventure races. Yet, your choice to spend time in running shoes doesn't have to condemn you to dealing with blisters for the rest of your days. I learned the hard way so you don't have to, and heeding the advice below can save you a lot of pain.

Make sure your running shoes fit properly. They should be slightly larger than a street shoe (1/2 – 1 size larger) to allow your feet to swell while you run. Professionals at specialty running stores are great resources for finding the proper shoe fit and they should help you make sure your shoes minimize the friction points and provide comfort and support. Runners also need to keep an eye on the age of their running shoes because the friction points can change as the structure of the shoe breaks down over time. Most shoes have a lifetime of 300-500 miles (or 3-6 months), so keep track of your mileage and replace your shoes regularly.

There are certain places where runners are more susceptible to blisters, particularly the big and little toes and the back of the heel.



Anti-friction creams like, Brave Soldier Friction Zone, work for most athletes, as do patches and second-skin materials that protect areas against excessive rubbing. Runners should try these as methods of preventing repeat blisters from forming on areas that have blistered in the past.

Keep your feet as dry as possible, because a wet foot will blister faster than a dry one. This can be accomplished with a moisture-wicking athletic sock, which moves sweat and moisture away from the skin and minimizes blistering. Cotton socks are not a good option because they keep moisture next to the skin. And if you're participating in ultra-endurance events like adventure races, you're going to need to go the extra step of changing socks frequently because fresh socks can mean the difference between finishing or dropping out.

While blisters are considered a frequent occurrence for athletes in many sports, you don't have to accept blisters as a normal part of your active lifestyle. With a few precautionary measures, you can prevent 90% of blisters. Next month, I will discuss how to treat the few blisters you do get.

Steve Harp is an Expert Coach for Carmichael Training Systems, Inc. and an experienced distance runner who has finished in the top two percent of the field in the Boston Marathon. Find out what CTS can do for you, and sign up for a free newsletters: www.trainright.com.



Linda's Leads: Ultramarathon Man

by Linda Fuqua-Jones



Here is a question for the married male readers of *The Long Run*:

If a woman makes a pass at you, how do you react?

A) Panic and stutter remarks about your happy marriage and lovely wife.

B) Panic and giggle, too stunned to stutter.

C) Buy her a drink and converse pleasantly; then panic, go home, put on your gardening sneakers and run 30 miles.

For Dean Karnazes the answer, on his 30th birthday, was C. That, along with the realization that his life had become mundane, was his reawakening as a runner. In his book *Ultramarathon Man: Confessions of an All-Night Runner*, Karnazes writes, "After half a lifetime, I'd been reborn. Most runners are able to keep a rational perspective on the devotion, and practice responsibly. I couldn't, and became a fanatic."

When you read his book you will learn that fanatic is quite possibly an understatement. For weeks after his 30th birthday all-night run he was "nearly incapacitated from



Dean Karnazes points to 130 degrees showing on a gauge during the 2003 Badwater ultra, where he placed 2nd. So why is he smiling?

muscle spasms and inflammation." Amazingly he considered this "a good hurt" that would have made his high school coach proud. He writes, "Pain and suffering are often the catalysts for life's most profound lessons. A passion I'd ignored for half my existence had been serendipitously reignited in one all-night thirty-mile hullabaloo. The resulting ice packs and tubes of Ben-Gay were a small price to pay."

Karnazes' return to running followed a reasonable progression once he recovered. "Four nights a week, right after work, I would change into my new jogging gear and hit the road." He would drive his car around the route to learn that he had gone five or six miles, and as his fitness improved he covered the same distance faster. Karnazes recalls, "I was really proud about my level of endurance, as if I'd reached some imaginary pinnacle on the fitness stud-o-meter." However, one evening two men in military fatigues and backpacks "blew right past" him on a steep path.

That made him think: "Wow ... How were they able to pass me with such gusto? They'll probably stop and rest at the top, and I'll pass them. They're probably just running wind sprints. There's no way they could hold that pace for long, especially with those packs on their backs. Not a minute later, though, the two men came charging back down. My running cap nearly flew off as they roared past me, and I coughed feebly on the dust cloud they kicked up." Karnazes goes on to explain how he learned that the two men were training for the Western States 100.

As shown in the above examples, Karnazes' writing style is conversational and often humorous, which makes his incredible stories about several famous ultras, including Mountain States and Badwater,



sound like nearly-normal activities. He concludes with his account of "The Relay," which is a 199-mile relay race from Calistoga to Santa Cruz, California. Karnazes entered The Relay as a team of one. Impossible? Read the book and find out!

Dean Karnazes is currently planning to run 50 marathons in all 50 states in 50 days. He will run the Boulder Backroads Marathon on September 24, 2006. For more information about his "Endurance 50" go to endurance50.thenorthface.com

Ultramarathon Man is available at your library. Use the catalog at ppld.org to request a copy.

Linda, a librarian at the Palmer Lake Branch Library, is a club member and avid marathon walker. She especially enjoys finding books that suit your interest and would love to hear from you at lfuqua-jones@ppld.org or at 481-2587.



First Annual Veterans Home Run

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namesake Bill Crawford, welcomed the first ever CSC Veterans' Home Run participants and prepared to turn loose what had grown to a crowd of nearly 300 who were ready to run or walk.

"Ready, Set, GO" cried out Mrs. Crawford, and away

the inaugural members of the first ever CSC Veterans' Home Run launched. While awaiting the athletes' return, Bill Gallegos organized the finish line crew while other volunteers shared accolades: "Wow, look at all these people who turned out!" and, "My, my, what a great turnout". Shortly thereafter, the racers and walkers returned, some fast, some slow, all smiling!

Together with a fabulous finish line crew, Dave Sorenson and Gil Kindt skillfully generated the results and soon posted them. Veteran racers as well as first-timers gathered around and learned of their results. Dave quickly produced the numbers behind the run: a total of 300 registrations, which far exceeded what was expected. There were 179 pre-registrations and 121 race day registrations. There were 206 finishers in the 5K Run and 63 finishers in the 3K Walk. Of the finishers, 71 identified themselves as a veteran.

As press time our awesome Treasurer Gil Kindt was reviewing CSC Veterans Home Run expenditures and income. How fortunate we were to have Computer Sciences Corporation as the Veterans' Home Run primary sponsor and the Rotary of Colorado Springs also providing a financial contribution. Additionally, the Schriever AFB 5/6 Council, a community-minded group of mid-level Air Force non-commissioned officers, contributed funds that were used to help pay for Crawford House resident participation. A huge thank you is extended to all our sponsors and a hearty "way to go" to you great participants.

We anticipate Crawford House being presented a sizeable donation that will help them with home improvements and enhancements for the residents. Gil's still counting and pounding away on the calculator...we'll report the final donation soon!

After the race, representatives from Computer Science Corporation and The Rotary spoke, echoing their commitment to veterans and the CSC Veterans' Home Run. Nobody was leaving and Race Director Jim the Grouch wasn't grouchy at all as he cheerfully awarded trophies to the speedy. He then got the crowd into a frenzy as he passed out many prizes courtesy of Jack Quinn's, Bally's Fitness, sports massages, and certificates from our fabulous running stores here in Colorado Springs, plus many PPRR prizes too.

Thank you for making the first annual CSC Veterans' Home Run a success, especially for so many first timers who have caught running fever. The PPRR leadership team as well as the Crawford House staff and our outstanding sponsors are already thinking of ways to grow the CSC Veterans' Home Run, honor our Crawford House veterans, and host an event that is terrific for our speedy folks as well as welcoming for fun run first timers. Thanks again and keep on running!

Heartfelt Impressions

by Jon Cornick

I'm no writer. So let me try to get through this with a dry eye.

The first annual CSC Veterans Home Run was a new experience for me. Not only did I work behind the scenes to prepare for the race events, but I also worked side by side with someone who will directly benefit from the proceeds. A recovering vet (I'll call him Ron) helped with the registration and handing out packets. His journey through life took an unfortunate turn, but he's on the rebound. That morning he was face to face with strangers that came to run a new 5K race. The pride he took in helping was evident in the smile on his face. Every runner, every walker, meant more money to fix up his temporary home. Maybe he was thinking about getting a new carpet, fixing a leaky roof or a new lock on his door, its hard to tell. I can tell you this, he was as surprised by the turnout as we were. So many strangers, so many vets, so many soldiers and retirees. The crowd, backing his recovery, was far more than he could imagine. What he has to go through, only he can do, but to see so many others who came out on his behalf, was a significant emotional event. These participants used their joy of sport to further the cause of humanity. Nobody likes to hear of a vet in trouble, but they, more so than many of us, have had their humanity challenged, and for some, that has taken a toll. We put on a race because in our heart, we knew we had to help. When that check goes to the Crawford house, I'll be there, and the year after, and the year after. The experiment started by the veterans coalition, the VA and the service communities in the Pikes Peak Region is working, the Crawford house is proof. I'm incredibly proud to say that when Jim approached his friends and asked to help his brothers in arms, we answered the call. It's an honor and a privilege to be on the board of the Pikes Peak Road Runners. Knowing that an organization with access to this much influence can change the lives of those few who have given us the pride to act in this manner is an inspiring feeling. My hats off to everyone who had a hand in this event. Our sponsors can be certain that their contribution is going for a cause that they can feel proud to announce to the world, as it should be.

Now where's that box of tissues...

Veterans Home Run Results

Place	City	Time	Place	City	Time	Place	City	Time			
5K Men's											
1	Andrew Abdella	20 Elbert	0:16:49	66	Craig Bomberg	40 Colo Springs	0:26:50	111	Miles Sweeney	67 Manitou Spring	0:33:07
2	Jeffrey Prata	33 Colo Springs	0:17:02	67	Les Lundin	57 Colo Spgs	0:26:51	112	Travis Waldrip	53 Colo Spgs	0:33:55
3	Fabian Orozco	?? Colo Springs	0:18:04	68	Fred Walker	38 Colo Springs	0:26:53	113	Bobby McGuffin	49 Colo Spgs	0:34:46
4	John McKenzie III	51 Colo Springs	0:18:44	69	Paul Gustafson	48 Monument	0:26:53	114	Alex Martin	35 Peyton	0:36:05
5	Rob Gilliam	37 Colo Springs	0:18:55	70	Erich Schroeger	39 Colo Spgs	0:26:55	115	Malcolm Gibson	?? Colo Spgs	0:37:49
6	Aaron Sever	33 Colo Springs	0:19:07	71	Richard Kober	49 Colo Spgs	0:27:07	116	Ken Davis	43 Colo Springs	0:44:03
7	Steve VanGamble	15 Colo Springs	0:19:09	72	Al DiMeo	45 Woodland Park	0:27:10	5K Women's			
8	Adam Zywicki	16 Colo Spgs	0:19:25	73	Noel Cleveland	37 Lubbock	0:27:18	1	Jennifer Winckler	30 Colo Spgs	0:21:09
9	Sam Settlemeyer	15 Cottage Grove	0:19:39	74	Dennis Howard	53 Colo Springs	0:27:19	2	Kallie Quinn	30 Colo Spgs	0:21:33
10	David Wilhide	48 Colo Springs	0:19:40	75	Tom Sayers	?? Colo Springs	0:27:23	3	Tamara Rogers	39 Monument	0:22:18
11	JL Whittington	42 Colo Springs	0:20:38	76	Jeth Fogg	40 Monument	0:27:24	4	Sharon Greenbaum	43 Colo Springs	0:23:05
12	Christopher White	40 Colo Springs	0:20:40	77	Victor Kovacs	44 Colo Spgs	0:27:34	5	Lolton Liberacki	17 Carleton	0:23:13
13	Logan Bell	15 Colo Springs	0:20:56	78	Tony Alicata	45 Monument	0:27:42	6	Jenna Smith	18 Woodland Park	0:23:28
14	Joshua Johnson	26 Colo Spgs	0:21:02	79	Eric Veile	26 Jefferson City	0:28:09	7	Georgann Richardson	51 Colo Springs	0:23:51
15	Ingemar Westphall	36 Colo Spgs	0:21:16	80	Paul Maraian	?? Colo Spgs	0:28:13	8	Kelsey Hilton	15 Colo Spgs	0:24:17
16	Wade McKinney	17 Colo Springs	0:21:34	81	George Gregor	54 Colo Springs	0:28:21	9	Bernadette White	43 Colo Springs	0:24:22
17	Mike Johnson	36 Colo Springs	0:21:34	82	Jason Kuciemba	22 Colo Spgs	0:28:21	10	Wendy Eldridge	50 Rocky River	0:24:26
18	Richard Park	53 Colo Spgs	0:21:42	83	Nigel Broadfoot	25 Woodland Park	0:28:22	11	Taylor Fogg	11 Monument	0:24:31
19	Zachariah Johnson	18 Colo Spgs	0:21:48	84	Richard Mosbach	61 Colo Spgs	0:28:29	12	Rosalie Hodgson	44 Colo Springs	0:24:40
20	Tommy Eldridge	14 Rocky River	0:21:49	85	Charles Gerchow	62 Colo Springs	0:28:29	13	Leigh Ann Kirkeide	28 Colo Spgs	0:24:41
21	Jesse Galvan	29 Colo Springs	0:22:01	86	David DeHart	57 Colo Spgs	0:28:32	14	Bailey Gearhart	13 Colo Springs	0:24:53
22	Phil Goulding	55 Colo Spgs	0:22:04	87	Harold Rollins	38 Colo Springs	0:28:36	15	Michelle Tilford	39 Colo Springs	0:24:58
23	Rich Rigenbach	48 Elbert	0:22:05	88	Jerred Abdella	11 Elbert	0:28:38	16	Nicole Drummer	30 Colo Spgs	0:25:18
24	Fornah Reuben	21 Colo Springs	0:22:13	89	Tony Abdella	52 Elbert	0:28:39	17	Melissa Getz	35 Colo Springs	0:25:23
25	Ryan Eldridge	16 Rocky River	0:22:46	90	Jim Settlemeyer	48 Cottage Grove	0:28:49	18	Annie Collopy	30 Colo Springs	0:25:25
26	Teagan Settlemeyer	12 Cottage Grove	0:22:46	91	Dustin Gamache	31 Colo Spgs	0:29:00	19	Micky Simpson	49 Peyton	0:25:37
27	Jim Newton	48 Colo Spgs	0:22:58	92	Robert Bishop	43 Colo Spgs	0:29:02	20	Katie Monhaut	26 Colo Springs	0:25:41
28	Shannon Rodriguez	14 Pueblo	0:22:59	93	Peter Housari	??	0:29:05	21	Connie Smith	43 Woodland Park	0:25:53
29	Michael Sekerak	28 Colo Spgs	0:23:01	94	Kevin Wagner	44 Colo Spgs	0:29:30	22	Karen Kramer	44 Colo Springs	0:26:00
30	Mario Carrillo	39 Dayton	0:23:19	95	Paul Burke	66 Colo Spgs	0:29:41	23	Bonnie Miller	36 Colo Springs	0:26:12
31	Dennis Burg	?? Falcon	0:23:24	96	Hugh Bell	46 Colo Springs	0:29:43	24	Kathy Theodore	40 Falcon	0:26:24
32	Kevin Walda	?? Manitou Spring	0:23:28	97	Earl Eiben	48 Northville	0:29:51	25	Susan Hirst	45 Colo Spgs	0:27:11
33	John Dzuba	45 Colo Spgs	0:23:32	98	John Harner	43 Colo Spgs	0:29:52	26	Debbie Monfre	47 Colo Spgs	0:27:25
34	Tom Ellerbusch	34 Colo Springs	0:23:39	99	Joseph Mendyral	44 Woodland Park	0:30:01	27	Zully Renon	26 Colo Spgs	0:27:26
35	Kevin Sannes	42 Colo Springs	0:23:49	100	Fred Kelsey	52 Colo Spgs	0:30:04	28	Pam Gustafson	47 Monument	0:27:28
36	Miles Roth	13 Colo Spgs	0:23:52	101	John Duran	56 Colo Spgs	0:30:19	29	Melissa Beavers	32 Colo Springs	0:27:44
37	Stan Richardson	54 Colo Springs	0:23:54	102	Ken Roth	63 Colo Springs	0:30:26	30	Danielle Tsingine	?? Window Rock	0:27:58
38	Robert Brotherston	47 Security	0:23:54	103	Patrick Allgood	34 Colo Spgs	0:30:27	31	Erica Kramer	16 Colo Springs	0:28:10
39	Rodney Bolman	50 Colo Springs	0:23:56	104	Bruce Magnuson	58 Colo Spgs	0:30:33	32	Danielle Bonderenko	35 Colo Spgs	0:28:14
40	Shane Wagoner	36 Colo Springs	0:24:03	105	Tim Britt	41 Colo Spgs	0:30:59	33	Elizabeth Shores	28 Colo Springs	0:28:18
41	Linwood Murphy	?? Colo Spgs	0:24:12	106	Keith Holcomb	40 Colo Spgs	0:31:38	34	Tiffany King	26 Colo Springs	0:28:26
42	Rusty Hatfield	48 Colo Springs	0:24:17	107	Gary Myers	65 Monument	0:31:43	35	Jane Anderson	?? Manitou Spring	0:28:26
43	William Roberts	22 Colo Springs	0:24:30	108	Alex Cannon	13 Colo Springs	0:31:54	36	Shawna Beeler	19 Woodland Park	0:28:27
44	Phil Theodore	40 Falcon	0:24:35	109	Jon Thompson	25 Fountain	0:32:19	37	Margaret Adams	48 Monument	0:28:34
45	James Cannon	44 Colo Springs	0:24:39	110	Stephen Telafuik	67 Colo Springs	0:32:39				
46	Gary Franchi	57 Canon City	0:24:43								
47	Mark Barner	38 Colo Springs	0:24:50								
48	Michael Albrecht	32 Colo Spgs	0:24:53								
49	Brett Badgett	32 Colo Springs	0:24:54								
50	Chris Beiswanger	27 Colo Spgs	0:24:59								
51	Shawn Fedinwatz	35 Colo Spgs	0:25:00								
52	Mitchell Troy	39 Colo Spgs	0:25:01								
53	Ken Hilton	46 Colo Spgs	0:25:16								
54	Frank Thornburg	54 Peyton	0:25:22								
55	Robby Giese	12 Colo Springs	0:25:28								
56	Bill Landers	57 Colo Springs	0:25:31								
57	Doug Roth	36 Sahuarita	0:25:35								
58	Gary Kielpikowski	51 Colo Spgs	0:25:50								
59	Matt Monfre	46 Colo Spgs	0:25:51								
60	Ross Westley	69 Arvada	0:25:52								
61	Bob Bowyer	43 Colo Springs	0:25:56								
62	Peter Olejnik	58 Monument	0:26:28								
63	Joe LaRose	45 Colo Spgs	0:26:29								
64	Shannon Rodriguez	32 Pueblo	0:26:39								
65	Sam VanGamble	11 Colo Spgs	0:26:46								



Veterans Home Results (cont)

Place		City	Time
38	Julie Orr	56 Dolores	0:28:35
39	Elaine McGuffin	47 Colo Spgs	0:28:42
40	Joyce Settelmeyer	44 Cottage Grove	0:28:49
41	Robin Satterwhite	54 Colo Springs	0:28:51
42	Kat Gamache	24 Colo Spgs	0:29:00
43	Mechelle Haflich	36 Colo Springs	0:29:01
44	Karin Haney	31 Colo Spgs	0:29:07
45	Carolyn Cronk	49 Monument	0:29:17
46	Vicky Pettis	?? Fountain	0:29:33
47	Nan Scranton	51 Colo Spgs	0:29:42
48	Kristina Roth	36 Sahuarita	0:29:46
49	Logan Prater	8 Colo Spgs	0:29:48
50	Lynann Bowyer	39 Colo Springs	0:29:51
51	DeAnn Totzke	27 Colo Springs	0:29:54
52	Jackie Snyder	51 Colo Springs	0:30:00
53	Maryana St.Bernard	26 Colo Spgs	0:30:03
54	Laura Lucas	54 Monument	0:30:17
55	Stacy Gapper	33 Colo Springs	0:30:21
56	Laura Rago	35 Colo Spgs	0:30:30
57	Dorie Hopkins	33 Colo Spgs	0:30:32
58	Vicki Bishop	43 Colo Spgs	0:30:37
59	Kristi Kence	27 Colo Springs	0:30:39
60	Ann Falk	27 Colo Spgs	0:31:00
61	Judith Russell	59 Colo Spgs	0:31:02
62	Laura Caimi	?? Colo Spgs	0:31:02
63	Cymmie Bailey	56 Colo Springs	0:31:07
64	Nanc Fritzcitz	49 Monument	0:31:46
65	Lisa Bomberg	40 Colo Springs	0:31:59
66	Gloria Cleveland	37 Lubbock	0:32:17
67	Carlotta Rivera	39 Peyton	0:32:22
68	Sally Russe	29 Colo Springs	0:32:28
69	Sinika Britt	33 Colo Spgs	0:32:38
70	Diane Cahalan	48 Colo Spgs	0:32:47
71	Martha Lovell	57 Colo Springs	0:33:39
72	Sue Brown	39 Colo Spgs	0:33:41
73	Melissa Leftwich	55 Colo Spgs	0:34:05
74	Amy Roemer	34 Colo Springs	0:36:05
75	Melissa Neumaier	?? Calhan	0:36:17
76	Lynn Roth	48 Colo Spgs	0:36:25
77	Linda Gearhart	41 Colo Springs	0:36:25
78	Alexea Rhodes	?? Colo Spgs	0:36:26
79	Zane Meredith	55 Colo Spgs	0:36:39
80	Amy Maraian	?? Colo Spgs	0:37:06
81	Lourdes Bolinger	48 Colo Springs	0:38:46
82	Kristena Malmgren	30 Colo Spgs	0:38:52
83	Darcie Farrow	37 Monument	0:38:52
84	Carrie Higgs	37 Colo Spgs	0:38:56
85	Charlotte Cannon	41 Colo Springs	0:39:42
86	Candace Tsingine	44 Window Rock	0:39:43
87	Lisa Ingram	35 Colo Spgs	0:40:21
88	Felicia Mendygral	42 Woodland Park	0:42:27
89	Julie Foster	70 Colo Spgs	0:44:33



Eileen Crawford, wife of Medal of Honor recipient William Crawford, honored the event with her presence and started the runners on their way. The Crawford House will receive race proceeds.

Place		City	Time
90	Sheryl Myers	65 Monument	1:05:00
3K Men's			
1	Erik Sturm	?? Colo Springs	0:19:30
2	Jack D'Errico	10 Colo Springs	0:20:59
3	Mark Johnson	50 Minooka	0:23:09
4	Mike Owens	49 Colo Spgs	0:24:12
5	Jacob Gish	5 Colo Springs	0:25:07
6	Michael Olson	50 Colo Springs	0:25:20
7	Greg Piper	47 Colo Spgs	0:26:44
8	Charles Snygg	66 Colo Springs	0:26:45
9	Greg Wellesley	16 Colo Springs	0:27:02
10	Robert Cronk	59 Monument	0:28:25
11	Cole Harner	8 Colo Spgs	0:28:51
12	Donald Haptonstall	37 Colo Spgs	0:29:34
13	Reginald Clay	50 Colo Spgs	0:29:59
14	Larry Kousman	?? Colo Springs	0:29:59
15	Marv Roth	58 Colo Spgs	0:32:12
16	Chris Wilson	39 Peyton	0:32:16
17	Dean Baaj	40 Colo Springs	0:33:11
18	Jon Cornick	50 Colo Spgs	0:33:13
19	Charlie Smith	62 Colo Springs	0:33:36
20	Ronald Compos	70 Colo Springs	0:34:17
21	Jack Freeman	56 Falcon	0:38:43
22	Stephen Nockels	45 Colo Spgs	0:39:07
23	Al Demarest	64 Monument	0:39:08
24	Nick Cannon	10 Colo Springs	0:39:31
25	James Kennedy	43 Colo Spgs	0:39:33

Place		City	Time
26	Byron Guidry	49 Colo Spgs	0:39:43
27	Richard Sanders	63 Colo Spgs	0:40:05
28	Randy Gilbert	49 Colo Spgs	0:40:42

3K Women's			
Place		City	Time
1	Sarah Burg	33 Colo Springs	0:22:41
2	Susan Shrieves	42 Colo Spgs	0:22:44
3	Patrick Musick	53 Colo Spgs	0:23:01
4	Victoria Miraloa	38 Colo Spgs	0:26:44
5	Anne Magnuson	58 Colo Spgs	0:27:43
6	Kelly Haptonstall	37 Colo Spgs	0:27:43
7	C.J. Jardin	44 Colo Spgs	0:27:44
8	Lisa Harner	45 Colo Spgs	0:28:52
9	Loretta DiMeo	44 Woodland Park	0:29:00
10	Joanne Erb	46 Colo Spgs	0:29:44
11	Christy Schroeger	36 Colo Spgs	0:30:49
12	Caroline Rogers	8 Monument	0:31:05
13	Anne Roth	53 Colo Spgs	0:32:14
14	Dawn Wilson	29 Peyton	0:32:17
15	Teresa Westphall	38 Colo Spgs	0:33:11
16	Jon Anne Cornick	53 Colo Spgs	0:33:14
17	Katie Cornick	20 Colo Springs	0:33:25
18	Crystal Luna	33 Colo Springs	0:33:32
19	Michelle Nethercot	40 Colo Spgs	0:33:34
20	Therese Smith	53 Colo Springs	0:33:36
21	Gwen Hunt	56 Colo Springs	0:34:17
22	Maggie Santos	41 Manitou Spring	0:34:42
23	Rebecca Arndt	40 Peyton	0:34:42
24	Lujle Morin	59 Colo Springs	0:34:43
25	Gina Woodworker	?? Colo Spgs	0:34:49
26	Jennifer Albrecht	?? Colo Spgs	0:35:06
27	Shelly Hough	?? Colo Springs	0:35:07
28	April Freeman	25 Colo Springs	0:35:12
29	Audrey Himes	65 Colo Springs	0:38:18
30	Sharon Davis	55 Falcon	0:38:19
31	Jeriann Ascione	?? Colo Springs	0:38:43
32	Sheri Nockels	45 Colo Spgs	0:39:07
33	Anna Foster	66 Colo Springs	0:39:31
34	Jeanine Guidry	?? Colo Spgs	0:39:32
35	Carol Boom	64 Colo Springs	0:41:46



photos by Jon Cornick



Summer Round Up Slips Between Showers

by Jim Kelleher

The rain held off, the sun lit up Pikes Peak, the runners came from near and far, and the Summer Round-up took place in as pleasant conditions as possible for the strenuous 6K of uphill challenge to the turn-around, an elevation gain of nearly 1000 ft..

Although a county parks representative apologized for the potential ruts caused by recent heavy runoff, there were few complaints. "The course was in good condition," says Paul Koch, especially given the half a foot of rain Bear Creek Park has received in the past week. "It was actually very nice with the cloud cover and cooler temperatures," despite the unseasonable humidity.

Volunteers did have to work hard before the race to smooth over a deep rut that ran through the last 20 yards before the finish, just after a sharp turn.

The Summer Round-up is the second race of the Triple Crown of Running series. The 1st was the Garden of the Gods 10 Mile Run on June 11th. The third race time comes from the Pikes Peak Ascent or the ascent portion of the Marathon.

The 35 to 39 men's age group was a force to contend with as they grabbed 7 of the 13 top spots, including 3rd place Paul Koch who only last weekend took 2nd place in the grueling Leadville Marathon up 13,000 ft. Mosquito Pass.

Scott Lebo took an early lead in front of John Gaudette and Noah Zark up to the three mile marker, but Noah was the first one down the hill at the Gold Camp Road crossing and held on to finish first overall.

In the female group, although Tamara Rogers led much of the way, Stephanie Jones extended her lead in the series to 6 ½ minutes and scored her second win to boot, crossing the line less than a second ahead of Stacey Chaston.



Top left: First place Noah Zark gains the lead after overtaking Scott Lebo. Top right: Rene and Nilda Ramirez work away at the 1000 elevation gain. Mid left: Alan Davidson leads young Maddie McKeever from Littleton (middle) and Liz Helland just at the 3/4 mark. The girls will overtake him before the finish. Mid right: Ken Wilson leads Tamara Rogers, first woman up and down the hill, at Gold Camp Road. Following are John Hannand and Pat Castle (rear). Bottom: A significant rut right at the finish is carefully eradicated by volunteers to spare speeding racers a nasty surprise.