



**Pikes  
Peak  
Road Runners**

# the *Long Run*

Volume 30 Issue 9

Running News for the Pike's Peak Region

December 2006

## Fall Series

Ute Valley & Palmer Park  
with series results

### My Aching Foot!

The low down on plantar fasciitis

### Miles Upon Miles

Ultrarunner Anton Krupicka

## PPRR Information

### Officers

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

### Board Members

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

### Committees

Mailing:	Jim Beckenhaupt	636-2696
Calendar:	Dave Sorenson*	
Course Marking:	Travis Waldrip	282-1671
Equipment:	Larry Miller	590-7086
	Bill Gallegos	596-3507
Event Promotion:	Micky Simpson	MickySim@yahoo.com
Insurance:	Pat Lockhart	598-2953
Historian:	Storme Rose	591-6819
Newsletter:	Jim Kelleher	jim@pprrun.org
Membership:	Pat Lockhart	598-2953
Nielson Challenge:	Phil Foster	447-1371
	Al Grimme	534-0534
Race Coordinator:	Don Johnson	291-9712
Race Results	Dave Sorenson*	
Volunteer Coordinator:	Cymmie Bailey	578-1651
Web Site:	Dave Sorenson*	
Training Runs:		
Garden of Gods:	Dave Sorenson*	
Barr Trail:	Larry Miller	590-7086

\*davidsoorenson@msn.com

### 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 next meeting is **December 5th**.

### Membership ☺

Memberships last for 12 months. Check the expiration date on you 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! Third class mail is not 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 9

The Long Run is the official publication of the Pikes Peak Road Runners, a 501(c)3 not-for-profit organization. The Long Run is published monthly. The subscription rate is \$15 per year.

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Jack Anthony  
Mike Shafai

Return Address: **Pikes Peak Road Runners**  
**207 N Nevada**  
**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](mailto: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 **December 5th**.

### 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](mailto:jim@pprrun.org) for more information.

Next stuffing is **Wednesday December 20th**.

### Advertising

**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. The deadline for delivery/submission is the **3rd Tuesday** of the month. Send to [editor@pprrun.org](mailto: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 and we can help with design. **Business card** size (3.5 x 2) advertisements may be run at the rate of \$20 per issue. Submit as indicated above. Write to [editor@pprrun.org](mailto:editor@pprrun.org) for other size 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

**C**ongratulations to **Linda and Gary Staines** who are now the sole owners of the Runners Roost. All sales personnel have returned with their smiling faces and are ready to serve our running community, again. The Roost joins Boulder Running Company and Colorado Running Company in providing discounts to club members.

**Congratulations to Lisa Heckel.** In December Lisa will become the Chairperson of the Pikes Peak Group of the Colorado Mountain Club. Lisa puts together the results slide shows for the Triple Crown of Running, the Winter Series and the Fall Series.

**Thank You to Travis Waldrip** for taking over the responsibilities of the Race Director for the American Discovery Trail Marathon. Thank You to Bob Mutu for great successes of this event.

A belated **Thank You** to the **volunteers** for the Run for Hope: Al Grimme, Lyn Hale, Cymmie Bailey, Dave Sorenson, Doug Gunty, Sarah Gunty, Kevin Gunty, Lisa Van Arsdale, Mike McKay, Steve Vangam-plear, Angie Earle, Rick Dimuccio, Phil Goulding, Mike Stansbury, Luci Stansbury, Cruz Martinez, Eric Mullins, Tony Abdella, Jerred Abdella and Sheri Abdella. Sheri, thank you for keeping track of the names for me.

**Thank You to Michael Schenk/EON Studios.** EON Studios donates the "Most Improved Runner" shirts for the Nielson Challenge. Michael has been doing this for years for the club...probably ever since he retired from being our Newsletter Editor.

**Thank You** to the board member, who probably wants to stay anonymous, for donating a new "hand cart". Have you ever been "tasked" to carry the concrete filled cement blocks any distance?

And a special **Thank You** to the current **Board Members** and **Committee Chairpersons** and **Members** for their commitment in making our club a success.

Happy Holidays to all. Remember we have the Turkey Trot Predict, the YMCA Turkey Trot (Thanksgiving Day), and the Rescue Run and Winter Series coming.

*Pat Lockhart*

Cover Photo: Shown at the Ute Valley Park finish in the foreground are (L-R) Mason Norman, 4 y.o., James Reynolds, 6, and Sam Wescott, 4. In the second row are Mitchell Henderlong, 5, and Noah Trautner 4. Five year-old William Linder, looking off to his left, follows.

*photo by Thomas Dewayne*

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# PPRR Board Minutes



October 3, 2006

**Attendance:** Don Johnson, Micky Simpson, Larry Miller, Travis Waldrip, Dave Sorenson, Gil Kindt, Jim Beckenhaupt, Jim Kelleher, Jon Cornick, Jack Anthony, Phil Foster, Pat Lockhart, Bill Gallegos, Robin Satterwhite,

Tony Abdella

Excused: John O'Neill, Lyn Hale

Guests: Bob Mutu, Jim Moore, Amy Trianflou

**Meeting Minutes Review/Approval** –Travis moved, Micky second. Minutes were approved as corrected.

**ADTM finale-** Bob Mutu gave his wrap up report on the ADTM. A total of 930 runners participated in the three races. Jim Moore from ENT accepted a check in the amount of \$4,300.00 which will go towards fighting childhood obesity. This is the proceeds from the 5k event minus expenses. ADTM committee is in discussion with the YMCA concerning a program to train at risk youth for a marathon. It would be called American Discovery Team. Bob Mutu is resigning as race director at the end of 2006 and is talking with the race committee concerning a successor.

## **Old/New Business:**

**Responsibilities of Non-profit boards** – Bill presented information he obtained from RRCA and Boards.org. The board will review the board of directors' responsibilities and code of ethics at the next meeting. These two documents will be added to the PPRR Policy Handbook. Tony questioned whether we have a diversity policy in our handbook. Bill G. said that the RRCA has a diversity statement and he will also bring this to the next meeting. Pat suggested that we include a statement that mentions the clubs adherence to RRCA policies.

## **Sponsorship Agreement (Jon/Pat – in progress)**

Jon shared the proposed Veterans Home Run sponsorship agreement with Computer Sciences Corporation. He will incorporate the board's changes and present to Computer Sciences Corporation for their comments.

**2007 Veteran's Home Run(VHR)** – USAFA update (Jack)- Jack turned in paperwork to the USAFA for the 2007 VHR race course location – the old Race for the Cure route. Board members suggested looking for a backup site in case the site was not approved or an increased security level closes the Academy.

**Nominating committee-** The Nominating Committee

will send the 2007 Board slate to Jim before the newsletter deadline. The newsletter will indicate that nominations remain open and can also be made at the general membership meeting.

**Winter Series:** The Winter Series fees will go up \$8, but runners can choose to register with or with a shirt (microfiber windshirt.) Pat wanted to use the old course that began at Shepard's for the second race but hadn't received word from Shepard's. Instead she will again use the route that goes north on Santa Fe trail at Baptist Road.

**Outdoors in the Pikes Peak Region-** Jon Cornick received a call from the editor of "Outdoors in the Pikes Peak Region" who asked Jon why someone would join a running club? They want to write an article about the Pikes Peak Road Runners.

**Rescue Run.** Dave Sorenson asked PPRR to renew our agreement with El Paso Search and Rescue for the Jan. 1 Rescue Run. PPRR donates back the fee/proceeds and El Paso Search and Rescue donates their services at many races. Don Johnson made a motion, Travis second, to continue the agreement. Motion passed.

**Treasurer's Report (Gil).** Gil presented the report which was accepted and is on file with the club.

**Event Promotion (Al/Micky)** Turkey Trot information is ready and almost online.

**RRCA (Jack)** – It is award nomination time, according to Jack Anthony. We will nominate our website and Jim K. is gathering up articles for various newsletter award categories. The nomination process has to be completed by November 1.

**USATF (Phil)** Every few months we get a magazine called "Track and Coach." Phil offered to share with anyone interested.

**Certifications/Measuring (Travis)-** Cosmix is delaying the rerouting of the Monument Valley Trail so the CC race won't be effected.

**Newsletter (Jim K)** Jim has made corrections to newsletter membership flyer.

## **Bulk mail (Jim B)**

Jim reports that we are mailing more newsletters, so postage is costing more. That's a good problem.more newsletter, so a little more money. Each month's newsletter mailing costs approximately \$125.

**Calendar** – Dave will change Tortoise and Hare race director to Jim Kelleher. Pat will check to see if Runners Roost will still honor the PPRR discount.

## **Equipment (Larry/Bill G)**

Discussion about 737.

continued on page 8

## From the Editor

**M**y wife is much braver than I. She engages in Internet discussion forums discussing controversial topics. Unlike its Roman predecessor, the modern-day Internet forum has a distinct disadvantage when it comes to reasoned discussion: anonymity. I say “disadvantage” because people can say whatever they want without needing to be fair, reasonable, careful, or even thoughtful. And there is simply no reason to enter into a thoughtless discussion (which should be an oxymoron if not illegal).

I came upon such a non-discussion discussion about trail running. Ostensibly, the topic was whether most ultra runners prepare themselves sufficiently for their races. A running magazine had quoted an elite ultrarunner who made the observation that he thought most were very *unprepared*—at least to run competitively.

Now, knowing a number of runners who compete to win—from short to long distances—I could readily understand this fellow’s perspective. For many, running a race is about winning a race. That’s just why they race. They don’t often run a race for another reason. Should you happen to be a front-runner in a 100-mile race, especially an out-and-back, you will notice hundreds of people slowly running, jogging and slowly walking. You will probably feel very sympathetic and admire people for their courage, but by your standards, you would consider them under-trained, and woefully so because there is no way they can really compete.

Apparently, however, taking full advantage of their anonymity, people expressed their inability to understand his perspective (or, perhaps, betrayed their readiness to *misunderstand*). The elite runner was attacked! How dare he impugn to right to run for the joy of survival! All elite runners, don’t you know are self-centered elitists and unenlightened overachievers.

Meanwhile, a certain sports reporter gathered an impression that PPRR was an elitist club looking down its nose at Joe Runner. Never mind things like the Nielson Handicap, the Fall Series, the Turkey Trot, and, oh yeah...the kids’ races. There is nothing a snobby runner would rather do than pin a bib on a 4-year-old, cheer them across the line, *and* post their results on the Web.

Sure, we have elite runners, but an elite runner does not an elitist make. That most of us are unprepared, even woefully so, to win a race should not raise our hackles. (I am reminded of such woefulness often these days!) I don’t do better partly because I chose to train less than others. If they chose to train more, they deserve the laurels. Anyway, there’s room for everyone on the race course. We all get what we train for so it’s just a matter accepting that we’re different. Funny how hard that can be!

Peace,  
*Jim Kelleher*, Editor

## the Long Run Long Ago



### 10 Years Ago

**D**ecember’s *Long Run* 1996 depicts the newly elected board, some of whom are still on it! **Lyn Hale** received the Volunteer of the Year award. President **Larry Miller** announces an all new Winter Series at four different venues. He also regrets the Triple Crown of Running’s cancellation of the Palmer Park run and the Springs 7-mile run. He points out they are losing nearly \$20,000 in revenue. Maybe, he says, it’s time for a marathon event on the Santa Fe Trail. **Dave Sorenson** rejoices at running in the rich sea-level air. “I concentrated on sucking that rich air into all parts of my body...it was for future use after returning to Colorado.”

### 20 Years Ago

**O**n the cover of the December 1986 *Long Run*, a ski-cap clad crowd tackles Fall Series III. Sounds like conditions were much like this year’s, but much colder. **Russ Baker** is re-elected as PPRR president and even seems happy about it. And the results of the First Annual Dessert Run are in and set a tough standard for following years. **Linda Macias** and crew of 4 consumed, in less than 5K,



chocolate mousse torte, 3 flavors of ice cream, cherry cheesecake, praline torte, chocolate pudding cake, and key lime pie. And the Volunteer of the Year award goes to **Gerogia Edington**. She and 7 others received a nice, green Patagonia Jacket. Also at the awards ceremony was a “home” video courtesy of **Michael Schenk** and **Michael Davidson** of their bike ride in the Ragbrai race across Iowa.

### 25 Years Ago

**P**resident Jerry Donley recaps a busy 1981 with club participation in over 60 runs. “It may not be possible to have another year as busy,” he writes. Getting an early start on an October morning (1:55 AM), 91 runners and a dog set out on a 5K. Why? 5 minutes into the race it became Mountain Standard Time, so they figured that the winning time, a minus 43:21, was a world record, along with everyone else...including the dog. It seems that **Al Grimme** was one of the perpetrators.



## Letters

### Update from regional RRCA

I'm in the last 6 months as Western Region Director (yeah!). I want to thank all of you that have supported me in the dual roles of this plus CO State Rep. The director role took a lot of my time due to all the organizational rebuilding the RRCA has been through. If any of you have had to revive a failing business you know the huge effort it takes to do this. Please be sure to visit the improved website and look for programs and services that your club can benefit from. If you don't see something, please let Jean know. She is actively marketing the RRCA mission to potential sponsors.

Thanks everyone and Happy Fall Running!

Lisa Paige  
RRCA CO Rep

### No ropes nor thin air for Plano Pacers

Dear Jim,

Our big event for the month was the Texas 5K at Craig Ranch, a large park in McKinney, Texas. Kidd Kraddick, a performer on KISS 106.1 FM, sponsors a children's charity, and this race was to benefit it. Club president John Ahrens went all out on this one. He was painfully aware that one of our many benefit runs in the past had actually lost money. He spread good will, recruited sponsors, collected prizes, twisted arms, and lost weight when the advanced registrations seemed to be below the 400 break-even point. Race day was blessed with cool and sunny weather, and 200 race day entries brought the charity check up to ten thousand dollars.

Pacer races are run on paved courses, and a 200 foot rise is a major hill. Most of the Pacers have not visited Colorado Springs, and would be horrified at Larry Miller's courses, featuring a mixture of run-

ning streams, hay bales, and climbing ropes for the nastier hills. Only some of our senior members have made Pikes Peak, and they tend to return shell shocked the first time. They do appreciate the novelty of breathing air they cannot see, said air also lacking the smell of many assorted pollutants.

The monthly club races, 10K, 5K, and Kid's 1K, were well attended. My own finish was not dead last, but it still did not win any trophies. I finished behind one nine-year-old girl and in front of another. Incidentally, it is not a requirement, but runners this young usually have a parent escort them during the race. Presidents John and Gaby Ahrens were all smiles as they announced the charity payout and handed out trophies for the Texas 5K and the monthly races.

Regards,  
William L. Jones  
Plano, TX

### Veterans Home Run raises \$5000+ for Crawford House veterans

Dear President,

On behalf of the Crawford House and the Colorado Veterans Resource Coalition, we would like to sincerely thank [PPRR] for organizing the Veterans Run and raising an enormous amount of funds to further assist us in our efforts to continue to feed and support homeless veterans.



The check you presented to us at our board meeting in the amount of \$5,173.41 was breathtaking. We had no idea that we would get such a huge turn-out for the run.

Jim the Grouch along with other faithful volunteers from your organization worked so diligently on this race. Without their hard work and effort, this event could not have been possible. The monies raised will be used for much needed repairs, painting, and some remodeling of the Crawford House. Our organization is growing and we could not house and support our veterans without your efforts.

Thank you again members of the Pikes Peak Road Runner's Club for making the Veterans run a success. We look forward to working with you on next years Veterans Run. It is wonderful to know that veterans helping veterans is part of your conviction.

Sincerely,  
James Tackett     Vicky Pettis  
Pres. CVRC         Director  
Crawford House

*Editor's note: The first annual Veterans Home Run took place July 2nd. Next year's race will be at Falcon Stadium on Sunday, July 1st. Jim Tackett read and presented this letter of thanks at the November 7th board meeting.*

### Trails and Open Space Coalition thanks PPRR

Dear Pikes Peak Road Runners, I would like to thank you for renewing your commitment to keeping the Pikes Peak area special. Your contribution of \$250 puts your money where your heart is: in maintaining our shared home as a beautiful area for hikers, cyclists, nature enthusiasts, and wildlife.

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## News & Events

### Cool race results

Race results posted on the internet have become standard fare. Though there is quite a difference in how they are done, most are variations on the venerable list: place, name, city, time. More detailed postings will include such things as pace, age groups, split times, and various other rankings, but still what you have is a list. Some may even be searchable and have more or less extensive archives. Another factor is timeliness. Events whose coordinators are on top of their game, such as PPRR's Dave Sorenson, will have results posted within hours after the race. Some of the longer events even allow you to track online the progress of your favorite runner.

One of the coolest results postings that departs from the list format comes from RunPix. A particular runner gets three separate pages of results stats on his or her performance in an interesting graphical format. This format makes it difficult for your editor to get a list of results, but it is fun to look at. You can see some events and look at sample postings at [www.runpix.com](http://www.runpix.com). Click on the St. George Marathon, for instance, and type in "Winterbottom". You'll see on the first page our local star's overall, gender, and age group placement along in graphical format along with percentages. On the second page, you'll find pace and speed figures along with a graphical view of who was around Traci at the finish. The third page shows the course map and where you were when the winner crossed the line. Here you can type in a friend's name and compare results. We've come a long way from typewritten lists!

### Iron for Lungs

According to Jane Hahn of Runnersworld.com, researchers at Cornell University concluded that extra iron can significantly improve

the aerobic capacity in women who are even mildly deficient in iron. Those who took supplements experienced significantly greater improvement in max VO<sub>2</sub> and muscle endurance. So, if you know you run low in the iron department, you have hope of making some real gains on the race course.

### Out of work? Running gear aficionado?

If you know your way around running gear and are looking for work, our local Dick's Sporting Goods could use you. They're looking for a "specialist" who is an active runner and takes part in local events. You would be giving lots of advice on shoes, gear, and gear for 30+ hours a week. Stop by Dick's or contact Tim Smith at (719)638-3400 if this might be for you.

### Pueblo's Rock Canyon Half Marathon

With a 9 am start, there's plenty of time to get down to Pueblo on Saturday, December 2, for this annual event. Billed as a "low-key" race at a moderate cost, they promise an accurate course, music, doughnuts, and a no-ad sweatshirt all for \$20. The race starts and finishes in Pueblo City Park. The flat course is basically on the dirt and asphalt Arkansas River Trail to the base of Pueblo Dam and back. No traffic and great views. More information and maps are available on the Southern Colorado Runners' website (calendar page, [socrunners.org](http://socrunners.org)).



### 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

Saturday Dec 2nd.  
Help maintain our trails!  
Meet at 9AM SW corner of  
8th street Walmart

October  
NL Stuffing  
Volunteers!  
Colorado Running  
Company, Host  
Jeff Smith  
Al Grimme  
Carol Lowe  
Jon Cornick  
Jeff Tarbert  
Jim Kelleher  
Phil Goulding  
Micky Simpson  
Matt Carpenter  
Kyla Carpenter  
Jonathan Veteto  
Melissa Leftwich  
Marie Baughman  
Jim Beckenhaupt  
Traci Winterbottom

## Membership

### Welcome New Members

David Androsiezska	Monument
Hillary Becker	Colorado Springs
Hailey Clay	Colorado Springs
Laura Clay	Colorado Springs
Robert Stanley Clay	Colorado Springs
Shane Conrad	Colorado Springs
Deidra Cook	Woodland Park
Carla DeKalb	Manitou Springs
Dean Dunham	Colorado Springs
Shane Hansen	Colorado Springs
Chad Heath	Monument
Tara Heath	Monument
Taylor Heath	Monument
Tristen Heath	Monument
Lisa Hiouas	Colorado Springs
James McCurdy	Colorado Springs
Mat McDowell-Larsen	Colorado Springs
Sharon McDowell-Larsen	Colorado Springs
Gabriela Olivet	Colorado Springs
Jason Olivet	Colorado Springs
Scott Perry	Colorado Springs
Jannie Richardson	Manitou Springs
Martha Rosenau	Colorado Springs
Matt Simmon	Colorado Springs
Robin Smith	Colorado Springs
Mark Useman	Colorado Springs
Rich Wilson	Chipta Park

### Cheers to Renewing Members!

Kristin Abernethy	Colorado Springs
Nancy Augustus	Colorado Springs
Keith Austin	Colorado Springs
Ben Davis	Colorado Springs
Hillory Davis	Colorado Springs
Katira Davis	Colorado Springs
Luke Davis	Colorado Springs
Michele Davis	Colorado Springs
Peter Davis	Colorado Springs
John Gardner	Colorado Springs
George Greco, II	Colorado Springs
Peggy Hartmann	Colorado Springs
Gordon J. Heuser	Colorado Springs
Hanna Heuser	Colorado Springs
Lindsay Heuser	Colorado Springs
Mike Lloyd	Green Mtn Falls
Carol Lowe	Colorado Springs
Korina Lyons	Colorado Springs
Steve McDermott	Colorado Springs
Larry C Miller	Colorado Springs
John J Powell	Colorado Springs
Cady Waters	Falcon
Emilee Waters	Falcon
Jim Waters	Falcon
Matt Waters	Falcon
Melissa Waters	Falcon
Zach Waters	Falcon

## Letters

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...Keep an eye out for improved signage along the Greenway and at Bluestem Prairie, and for the new parking areas at Red Rock Canyon. We'll be adding several miles to the Sand Creek, Midland, and Shooks Run Trails for you to enjoy. Additionally, we'll continue to provide leadership of the city's and county's top decision-makers on all open space and trails issues.

We are honored by your support. Here's to another great year together!

Sincerely,  
Dan Cleveland  
Executive Director



## Board Minutes

continued from page 4

One or two of the 737's are missing runners. Bill will check the timing cords. Larry thinks it might be a problem with the new "clickers." Bill will check them thoroughly this week.

### Webmaster (Dave)

Dave has a draft of 2007 race calendar ready.

Cymmie is up to date with race hours submitted to her.

### Race Coordinator (Don)

Pat and Don will work on contract letters for next year.

### Membership (Pat)

current statistics

478 – single

43 – clubs

9 – life

178 – family primary

371 – family members

1079 TOTAL

708 – NEWSLETTER

695 – current

156 – expiring

115 – new

133 – renewing

Matt Carpenter corrected the membership database. PPRR will waive Manitou Mayor's Cup newsletter fee - \$50, in return for Matt's work on the database.

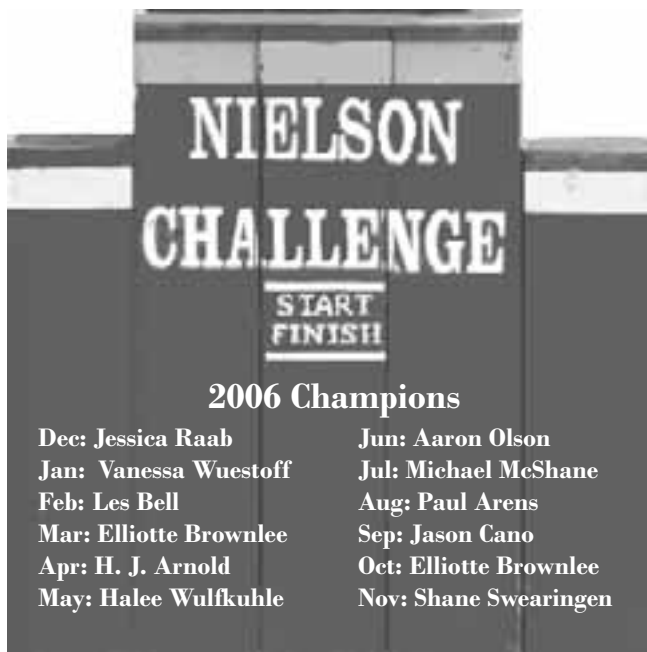
Pat presented historical membership data charts. Our membership has fluctuated between 1994 and 2006. Robin will research membership promotional display.

- 10/01 Fall Series I, (Larry) The

wording on the kids race entry form was confusing. Larry recommends 5 distances but will probably be 4 kids races at Bear Creek. Larry will probably take care of the future kids races to be held after the adult race. The board discussed whether kids should be allowed to run more than one race. Needed more water for the crowds. Larry recommends more water for the Bear Creek race. Larry won't be there for the race but he has all the jobs covered.

*Robin Satterwhite,*

Secretary



### 2006 Champions

Dec: Jessica Raab	Jun: Aaron Olson
Jan: Vanessa Wuestoff	Jul: Michael McShane
Feb: Les Bell	Aug: Paul Arens
Mar: Elliotte Brownlee	Sep: Jason Cano
Apr: H. J. Arnold	Oct: Elliotte Brownlee
May: Halee Wulfkuhle	Nov: Shane Swearingen

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

It was another beautiful morning for a run with mostly clear skies and temperatures in the 40s. Colorado Springs Utilities threw us for a bit of a loop as they had some of the trails blocked off for construction.

Thus a slight modification was made to the Nielson course, but it was still 2 miles. From what we understand, it may be this way for a few months.

This month's winner was Shane Swearingen, who was 1:16 under his handicap. Congratulations Shane! We have a t-shirt for you.

This month marks the end of the 12-month cycle for the yearly Nielson winner. The winner for the past 12 months is Elliotte Brownlee, who has 2 wins. Nobody else has more than one win. Elliotte will be presented with the Nielson plaque at the PPRR Membership Dinner & Fall Series Awards.

### Dave Sorenson

#### Volunteers

Al Grimme	Dave Sorenson
Phil Foster	Bob Royse
Pat Lockhart	EON Studios (shirt donation)
Sheri Abdella	

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 in the morning. Runners compete against their own previous best times. See [www.pprun.org/events/Nielson/main.htm](http://www.pprun.org/events/Nielson/main.htm) for map and more information.

## November Results

Name	Place	Handicap	Actual	Difference
Shane Swearingen	4	13:49.4	12:32.5	- 01:16.9
Elliotte Brownlee	53	23:12.3	22:00.6	- 01:11.7
Scott Wagner	16	15:16.7	14:21.0	- 00:55.7
Deann Totzke	36	19:10.8	18:15.6	- 00:55.2
Rita J. Cardin	38	19:15.9	18:21.2	- 00:54.7
Marisa E. Cardin	37	19:13.5	18:19.6	- 00:53.9
Cris Brownlee	48	21:16.6	20:23.7	- 00:52.9
Andrea Wagner	8	13:25.1	13:07.3	- 00:17.8
Melissa Leftwich	47	20:32.7	20:18.3	- 00:14.4
Terry Kurtz	7	13:16.2	13:02.6	- 00:13.6
Eric Peterson	1	11:20.6	11:08.4	- 00:12.2
Rebecca Triplett	58	23:19.9	23:09.2	- 00:10.7
Sara Wulfkuhle	14	14:16.1	14:07.9	- 00:08.2
Jonathan King	24	16:09.9	16:02.6	- 00:07.3
Ken Holmes	44	20:07.2	20:05.7	- 00:01.5
Kristopher Allen O'Der	10	13:15.7	13:15.3	- 00:00.4
Dean Buck	25	16:07.0	16:09.0	+ 00:20.9
Jim Thompson	42	19:30.4	19:33.1	+ 00:21.3
Les Bell	26	16:05.2	16:21.5	+ 00:22.3
H. J. Arnold	49	20:26.6	20:44.2	+ 00:25.0
Sergio De Lourence	39	18:12.2	18:33.1	+ 00:28.0
Barbara Casados	57	22:24.4	22:45.7	+ 00:28.5
Carl Nelson	13	13:37.5	13:59.8	+ 00:30.3
Randy Ward	2	11:08.2	11:33.2	+ 00:36.8
Nathan Parker	35	17:38.9	18:06.9	+ 00:40.4
Jeff Owsley	27	16:16.5	16:45.0	+ 00:44.6
April Casados	19	14:26.8	14:57.1	+ 00:50.2
Richard King	6	12:24.7	13:01.5	+ 00:58.2
Daniel Polak	33	17:14.5	17:54.9	+ 01:06.0
Evelyn Stettler	46	19:28.2	20:12.8	+ 01:14.6
Keith Holcomb	43	19:09.1	19:59.3	+ 01:15.6
Carin Staudte	32	16:42.9	17:41.1	+ 01:16.5
Don Johnson	23	14:45.2	15:51.2	+ 01:21.8
Dennis Stalnaker	45	18:52.7	20:07.3	+ 01:23.9
Kevin Kinney	28	15:49.5	17:05.1	+ 02:01.9
Rozita Swinton	62	23:38.8	24:55.3	+ 03:53.5
Greg Brown	17	13:19.6	14:41.4	+ 00:00.0
Victor Kovacs	40	17:22.3	18:46.2	+ 00:00.0
Bren Triplett	50	19:07.9	21:09.8	+ 00:00.0
Charles Foster	59	19:40.2	23:33.7	+ 00:00.0

### New Runners

LaMonte Brownlee	17:27.5	Brett Derickson	14:55.5
Danaio Trimbridge	12:37.2	Taylor Thielholdt	13:30.7
Jim Derickson	18:00.0	Meg Halsten	22:34.3
Tim Parker	13:14.8	Chad Halsten	22:34.9
David Williams	15:29.9	Tina Speck	15:30.5
Erich Gohlke	12:20.3	Julia Mesnikoff	18:50.7
Shane Hanser	17:07.9	Scott Witkowsky	21:37.6
William Keller	17:39.1	Alex Parker	24:04.9
Carl Burgess	15:21.3	Jenny Lopez	24:16.5
Duy Tran	14:18.3	Kristi Thielholdt	22:08.1
Adam Podratz	13:54.7		
Emma Brownlee	21:59.6		



Life is short. Running makes it seem longer.

# Concerning Competition

by Michael Shafai



Competition. It has the ability to bring out the best in us, and the worst in us. It can push us past physical and mental limits we never thought possible. And it can potentially drive us beyond the boundaries of fair play and sportsmanship. But in some cases, if we can learn to navigate around the divisiveness that competition naturally creates, it can produce long-lasting friendships.

Several years ago, I registered for a 10K race held on New Year's Day. I figured that a New Year's event would instill the discipline I needed to avoid excessive reveling the night before. And since frugality runs deep in my veins, the fact that my entry was paid and pre-registered would require me to show up. Unfortunately, when it came down to the actual day, my pre-registration status didn't do much to impede my reveling. Nonetheless, I still rolled out of bed in time to make the start.

When I arrived at the race, I immediately noticed a gathering of very thin, fit people milling about. I instantly questioned the wisdom of racing on New Year's Day. After all, unless you're a serious runner, you probably wouldn't be dim-witted enough to sign up for a 10K on the morning after the biggest party night of the year. You're probably doing what everyone else is doing on New Year's Day—either throwing-up or watching

college football.

So, in spite of the presence of numerous “professional” athletes, I still toed the line. And, just as all my other running friends declare just prior to the race when they're either returning from an injury, sandbagging, or notice thin, fit-looking people at the starting line, I told myself, “Uh yeah. I think I'll just be running this one as a training run”.

I didn't set any records that day. The combination of pre-event reveling, steep hills, and my pathetic

**Just as all my other running friends declare just prior to the race when they notice thin, fit-looking people at the starting line, I told myself, “Uh yeah. I think I'll just be running this one as a training run”**

slowness, all conspired to yield a fairly unimpressive time. But for a training run, it went fairly well.

As I closed in on the final half mile, I felt like I had a little extra kick. Perhaps it was the downhill finish, but during this surge, I actually passed a few people. Coming around the final curve to the finish, I found myself gaining on an older fellow, who I could have easily passed.

But then, I was reminded of a race I ran the previous spring, where a close friend, running his first marathon, sprinted past another competitor as they headed into the chutes. While he beamed with the pride and satisfaction of completing such an arduous event, the other competitor looked him dead in the eye and said, “I'll bet it feels pretty good to beat a girl”. His self-esteem dried up and blew away like a turd in a desert sandstorm.

So, rationalizing that I was not going to hit a P.R. that day, and considering the fact that the poor old guy in front of me was way out of my age group, I decided to maintain my position into the finish. Coming in four seconds behind him, I patted him on the back and told him nice job. In between labored breaths, we made some small talk. “Tough course, blah, blah, blah”. “Rough night, blah, blah, blah”. Then I inquired about his age group. To my dismay, I discovered we were only one month apart in age. And while I don't consider myself an intensely competitive person, I suddenly harbored an



insane desire to regain those four seconds from my new acquaintance.

Following that race, we connected for training runs and ran other local races together. One time, I drove out to Oklahoma City to run a marathon with another friend. At mile fifteen, I hit the wall much earlier than I normally do in a marathon. And as I limped along, I heard someone far behind me yelling “Four seconds! Four seconds!” It was New Year’s Day guy!

He had flown into town from Colorado the night before the race, somehow got a last minute entry from the Race Director, and chased me down just because he could. He ended up besting me that day by about fifteen minutes. But I still only wanted my four seconds back.

A year later, at the same New Year’s Day 10K, we toed the line together once again. There had been a lot of ‘smack-talking’ leading up to this day, in addition to a fair amount of stealthy training on my part. But of course, before the gun went off, we both mentioned how we would be running the race as a “training run”.

As we ran that day, we pushed each other harder than any coach, cheerleader, or crowd of spectators could have ever done. The sharp throbbing in my side, the burning hamstrings, and the collapsing lungs were like no pains I’d ever felt before. While I had been running for many years, never before had I pushed myself that hard. We literally ran together the entire race in an attempt to push each other into the ground.

Throughout the course, if I attempted to surge ahead, he would respond. If he tried to surge, I would respond. I would beg him to dial back his speed just a notch, and as he nodded affirmatively, he would simultaneously pick up his pace. I offered the same courtesy in return.

And as we neared the finish, he suggested we cross the line together. As the words that came out of my foaming, sputtering mouth uttered, “Yessss – let’s cross togetherrrr”, I took off in an all-out sprint to the finish. I could hear the gasping remarks of dismay grow more and more distant as I struggled to separate us by at least four seconds.

I also remember his wife screaming at the crowd, “Trip him! Trip him!” Had she been close enough to the course, she certainly would have done the job herself. And while I felt like I had committed a treacherous, dastardly crime by going back on my word, I got back my four seconds that day.

Once we had regained our breath, we laughed about

how the race had unfolded. And we still laugh about it to this day as we look forward to the next New Year.

So much about our sport revolves around the competition against ourselves, such as fighting the internal demons of injury or besting a decade-old P.R. That New Year’s race marked the only time in my life where I actually competed purposely against another person. And as the very nature of competition sometimes brings out the very best in us, and other times, the very worst, sometimes it can do both simultaneously. But

whether you’re competing against yourself, or competing against a fellow runner, the important thing to remember is that competition should be fun. Otherwise, it’s just another training run.

This story is dedicated to Lee “Four-Seconds” Moss, who probably doesn’t need to be reminded that New Year’s Day is right around the corner.

*Editor’s note: In the 2005 Rescue Run 10K, Mike won back exactly 4 seconds, finishing in 45:52 to Lee’s 45:56. Michael Shafai, a local writer, runner, and dad, contributes regularly to the Long Run. He can be reached at michael.c.shafai@smithbarney.com*

**As we ran that day,  
we pushed each other harder  
than any coach, cheerleader,  
or crowd of spectators  
could have ever done**



Santa Claus burning some calories at a 10K on New Year’s day. Rumor has it that if it snows, he just might show at the Rescue Run.

# Chiro Corner: My aching foot!

by Shane Conrad



Even at what's considered a "recreational" pace, avid runners can accumulate hundreds of miles during a given year. Not rain, nor sleet, nor snow will stop the die-hards from running. But there is one thing that will stop even the most avid runner dead in their tracks: the persistent and excessive pain associated with a condition called Plantar Fasciitis.

Plantar Fasciitis (PF) is the most common injury of the foot, and particularly annoying to runners, affecting almost 10% of us. The hallmark of PF is pain in the bottom surface of the foot (usually at the heel) that is at its worst with the first few steps we take in the morning. Typically after several steps it loosens up, but often is aggravated by activity.

Once thought to be an active inflammation (like tendonitis) of the plantar fascia, it has been recently exposed for what it truly is: an overuse injury that changes the cellular make-up of the tissue. Imagine the plantar fascia as a thick ligament. We could best compare it in real life to cellophane; it's stretchy, shiny, and very tough to tear should you decide to pull at either end. In PF, the plantar fascia is turned into something more like the consistency of wax paper—it's rigid and dull, and easily tears.

PF is caused by a number of factors. Flat feet, overpronation, and weak intrinsic foot muscles cause the arch of the foot to collapse each time we take a step. Normally this isn't a problem. But, when you're overweight, or increase the forces in the foot (which occurs in running), the tension on the plantar fascia is magnified. Then, as we take our body weight off of the foot, the plantar fascia springs back and reforms the proper arch only to be pulled on again the next time our foot makes contact with the ground. This repetitive yanking on the plantar fascia causes an accumulation of scar tissue to build up, leading to the dreaded "overuse injury". The mechanism of PF is quite similar to the mechanisms that cause Jumper's Knee and Carpal Tunnel Syndrome.

For the few people out there who are willing to take time off or stop running altogether, I have good news: PF will heal on its own...but it could take 6-18 months. For the rest of us, a day without running is punishment enough. So what can be done to get us back to full-form in time to run the Bolder Boulder? Well, quite a bit actually.

## Conservative Therapies

**Stretching** - Without a doubt the single best thing you can do to limit the course of PF is to stretch. Specific stretches applied to the Plantar fascia (FIG. 3)

have shown to be one of the best methods to alleviate pain and hasten return to activity.

An additional method can include using a tennis ball (I prefer one that's been sitting in your freezer all day) and gently rolling it back and forth along the arch.

**Relative Rest** - While it's hard to do, relative rest will also allow your body the time it needs to heal itself. PF is an overuse syndrome so limiting the cause of injury can speed recovery. Avoid running on unforgiving surface (such as asphalt) and remember to replace your worn out running shoes regularly.

**Exercise** - Exercises aimed at improving the tone in the intrinsic foot muscles (the tiny muscles in between your toes) have shown some benefit. Try laying a towel out flat on the floor and then grabbing it with the toes at one end and curling it into a roll. (FIG. 2)

**Manual Therapies** - Without a doubt, my personal experience has been that adding manual therapies can

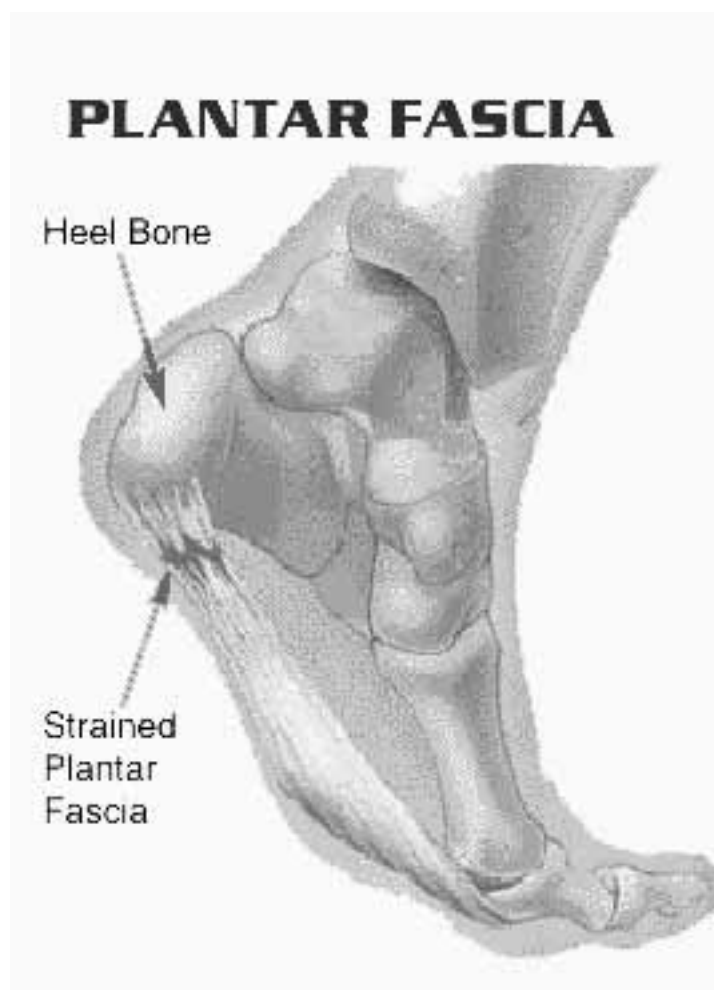


Figure1: Diagram of the left foot showing the location of the plantar fascia and where inflammation can occur from overuse.

cut your healing time down to 3-4 weeks instead of 3-4 months. Chiropractic adjustments performed on the bones of the foot can help return the alignment in the arch to normal. However, far superior to that is Myofascial Release (such as Active Release Technique) applied directly to the plantar fascia. This gets rid of the scar tissue and turns the “wax paper” back into “cellophane” in no time!

**Orthotics** – The use of orthotic inserts remains hotly debated. Unfortunately, the benefits simply don’t justify the costs. Custom orthotics are pricey and not any better than the drug-store-bought competitors. Save yourself the money. While they may initially help decrease your pain, scientific studies have shown time and time again that there is no long-term benefit to using orthotic inserts.

**Physical Modalities** – Neither laser, ultrasound, or heat have shown any benefit to PF. If someone suggests these can help you, well, now you know better than them!

#### **Radical Therapies**

**Drugs** – Over-the-counter drugs and anti-inflammatories are another common waste of money. You may recall that the previous section described how PF was once thought to be an inflammatory condition. We now know better and anyone who tells you to take ibuprofen or other NSAID’s just isn’t keeping current on the medical literature.

**Surgery** – Your easiest way out is surgery. But only 5% of PF cases require this. Studies have shown that 95% of cases are treatable with conservative care. Furthermore, the surgery cuts out a large portion of the plantar fascia which can later cause more problems than it solved once you finally return to activity.

**Steroid Injections** – Just don’t do it. Even medical doctors will recommend against this. Steroid injections weaken the plantar fascia to the point where a normal walking step will rip it in half. Additionally it will also dehydrate the fat pad we have in our heel that is our natural shock absorber meant to pad and protect the heel when we walk barefoot or hard surfaces.

**Extracorporeal Shockwave Therapy** – (whew! That’s a mouthful ain’t it.) High Wave ESWT has shown some benefit in cases that don’t respond to conservative care. But beware! The process is so painful that they use a local anesthetic. Also, be prepared to limp around for 3 days afterwards. On a side note, low wave ESWT has shown no benefit for PF.

With so many choices, what’s a runner to do? First, always consult a qualified medical professional (MD, DO, DC, PT) before beginning a treatment program (even self-stretching). PF can sometimes mimic more serious conditions such as heel stress fractures, bone

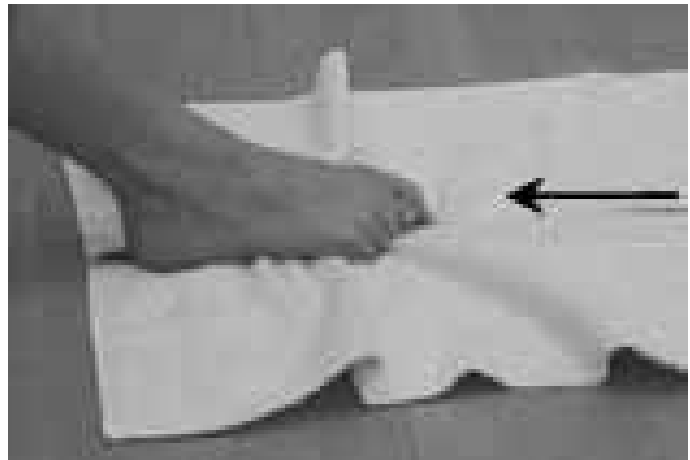


Figure 2

tumors, or worse. Thus it’s important to know for sure what you’re dealing with. Once you’ve had a thorough evaluation, you and your health provider can decide the approach that is best for you.

*PPRR member Dr. Shane Conrad D.C. is director of Conrad Chiropractic & Wellness. He is a credentialed provider of A.R.T. and holds advanced study with the American Chiropractic Rehabilitation Board. He enjoys running, biking, and soccer.*

*Dr Conrad intends this article for educational purposes only. It is not intended as a substitute for qualified medical advice. Proper treatment of all injuries should be initiated only after a thorough assessment by a qualified healthcare practitioner.*



Figure 3



**T**his year flew by didn't it? When I took on this job of Volunteer Coordinator 3 years ago, I fully expected to put in my year and move on. I've never been real comfortable asking people to help out (with anything) and I wondered at the time

what in the heck I was doing volunteering for this position! But you know what? I like it and the reason why I like it is because all of you make it so enjoyable. You don't spit and throw rocks at me when I call or email, and you've all been so nice and willing to volunteer.

I really appreciate your emails even when you're correcting me on the number of hours you've worked. It's not easy keeping track of thousands of hours, so I can use all the help I can get! It's been a lot of fun writing back and forth and then meeting you in person at the races or at the newsletter stuff-ing.

This volunteer program is for you and if you have any thoughts or ideas on how to make it more fun, please let me know. For those of you who have earned t-shirts, caps etc., don't forget to email me with your request. We want you to have the stuff!

After the first of the year, I will start posting your hours for 2007 starting with the Fall Series.

Thank you so much for making my job so rewarding and I look forward to seeing all of you at the races in 2007!

**Bronze Level: up to 20 Hours**  
**Andrew Abdella 15**  
**Bear Aten 10**

**Barry/Cindy 13**  
**Ted Bidwell 17**  
**Dean Black 17**  
**Janice Black 16**

**Courtney Butler 12**

**Stephanie Courson 18**

**Andy Dimmen 20**

**Rick DiMuccio 15**

**Heather Evans 12**

**Jeth Fogg 15**

**Taylor Fogg 17**

**Bob Foster 19**

**Julie Foster 17**

**Linda Fuqua-Jones 10**

**Herman Goellnitz 10**

**Phil Goulding 14**

**Doug Gunty 12**

**Craig Hafer 14**

**Steve Kidd 18**

**Mike Lehan 12**

**Brenda Lewis 11**

**Mike McKay 20**

**Jimmy Osborne 10**

**Neal Oseland 20**

**John Powell 16**

**Storme Rose 15**

**Emilee Satterwhite 20**

**Greg Segura 14**

**Gini Simonson 20**

**Jeff Smith 12**

**Jeff Tarbert 16**

**Dave Thomson 12**

**Lisa Van Arsdale 11**

**Emilee Waters 11**

**Matt Waters 14**

**Zach Waters 11**

**Tracy Winterbottom 14**

**Lo Wright 10**

**Marc Wulfskuhle 10**

**Silver : 21 to 50 Hours**

**Jerred Abdella 43**

**Jim Bailey 26**

**Gordon Barnett 38**

**Marie Baughman 24**

**Sandy Berry-Lowe 25**

**David Bishop 22**

**Debbie Bloch 30**

**Kirk Brown 22**

**Dean Buck 21**

**Kees Guijt 23**

**Rick Hessek 36**

# UNTEERS

## Silver : 21 to 50 Hours

**Susan Hoxie 26**

**Jack Janney 21**

**Melissa Leftwich 31**

**Peggy Marasovich 28**

**Sandy Martinez 22**

**Eric Mullins 30**

**John O'Neill 38**

**Bill Ransom 24**

**Bob Royse 25**

**Michael Shafai 32**

**Jim Simonson 21**

**Lucy Stansberry 22**

**Angela Sullivan 35**

**Kim Tollin 25**

**Jim Umphrey 46**

**Kate Waldrip 28**

**Kevin Waldrip 34**

**Melissa Waters 46**

## Gold : 51 to 75 Hours

**Jack Anthony 70**

**Dave Balzar 67**

**Jan Balzar 62**

**Dee Budden 52**

**Jim Cannon 65**

**Ron Garcia 57**

**Don Johnson 70**

**Cruz Martinez 74**

**Robin Satterwhite 51**

**RT Tollin 70**

**Cady Waters 51**

## Diamond : 76 to 99 Hours

**Sheri Abdella 84**

**Tony Abdella 81**

**Jon Cornick 83**

**Phil Foster 95**

**Gil Kindt 87**

## Platinum : 100+ Hours

**Cymmie Bailey 138**

**Jim Beckenhaupt 191**

**Diane Cahalan 116**

**Dan Cleveland 118**

**Angie Earle 117**

**Al Grimme 161**

**Lyn Hale 110**

**Jim Kelleher 610**

**Pat Lockhart 276**

**Larry Miller 161**

**Bob Mutu 364**

**Micky Simpson 103**

**Dave Sorenson 197**

**Travis Waldrip 170**

**December 2006**

# Miles Upon Miles: New arrival to ultrarunning ready to run with the best

by Jim Kelleher

Ultramarathons, especially 100 milers, tend to have different norms than marathons and shorter races. In general, runners in their 30's and 40's do much better than younger folks, and it usually takes a few attempts to find the right balance of a great many variables such as nutrition, hydration, altitude, pace, and gear. So when an unknown 23-year-old not only won the grueling Leadville Trail 100 (LT100) last August, but achieved the second fastest time in the

race's long history, it seemed to most a complete anomaly, a combination of extraordinary talent and good luck, as if someone successful in a few 10K's woke up one morning and decided to race 100 miles.

Although the idea of running the LT100 this year occurred rather late to Tony Krupicka (pronounced crew-PITCH-ka), the idea of running did not. In fact, his successes this year seem almost a natural evolution for one who has embraced long distance running with passion and discipline since he was seven.

A recent graduate of Colorado College where he majored in physics, philosophy, and geology and where he currently works as a tutor, Anton Krupicka was born and reared in the village of Niobrara, Nebraska. Although neither his parents nor two sisters were runners, and, says Tony, "nobody in Niobrara runs," he took off on his own accord in 5th grade and couldn't get enough of the endless miles of country road. "For some reason, I just really enjoyed running at an early age. But I think children are very suited to running. They're just naturally fit and usually not overweight." He began running to and from school while his mother drove his books in, and ran his first of six career marathons at the age of 12 in 3 hours and 50 minutes.

His early interest in running developed into a passion and his strong natural interest in ideas led him to read every running book and magazine he could get his hands on. His father had to build extra book shelves to hold them all. His early heroes were long distance runners of the 70's, people like Frank Shorter, and coaches like Arthur Lydiard. His early enthusiasm puzzles even Tony himself. "It was crazy what I did then. Here's this kid who just decides to start running and soon I'm doing 15-20 mile runs. I mean, why would anyone do that?" Lydiard's philosophy of piling on the miles influenced him. "He kept emphasizing, '100 mile weeks! 100 mile weeks!' I didn't know any better and my parents didn't know enough to stop me, so I just did it."

But he also found himself drawn to a more spiritual aspect of running, to people and cultures where running was a way of life, not something done for personal gain, like the Raramuri of the Tarahumara Indians in northern Mexico's Copper Canyon, for whom running tremendous distances in their tire-soled sandals became a necessary way of life to maintain ties between isolated communities. One of them, Juan Herrera, set the LT100 record in 1994.

His high school running years were largely uneventful and marked by a series of stress fractures, which have plagued his career thus far. Eventually making his way to Colorado College here in the Springs, he set aside his



Tony Krupicka crosses a bridge nearing the finish and in the lead at the American Discovery Trail Marathon. His minimal running attire is consistent with his minimalist and back-to-nature philosophy of life.

preference for distance running and took up cross country and track. “It’s basically the only time in your life,” observed Tony, “where you have the opportunity to run on a team, have basically all of your race, travel, and physical therapy expenses completely taken care of, and get to ex-

## I certainly didn’t see myself winning 100-milers the first year after college, but now I feel I should be able to compete with the top guys out there.

perience the camaraderie and friendship of such a tight-knit group of runners. I figured marathons and ultramarathons would always be out there, so why not stick with it?”

He did manage a couple of marathons during college, but it wasn’t until afterwards that long distance races became a focus. “I’d really been waiting to get out of college. I got discouraged running 5K in track, like getting killed, getting lapped. That really sucked!” So he ventured up to the Estes Park Marathon earlier this year. “We almost missed the start of the race. I was looking at it like just a long training run. But we ended up running a pretty decent pace and I realized I might get the course record, so that became a goal.” And set the record he did with a 2:45 time.

“It has always been the plan to move up in distance after college, and I was really interested in trail running and mountain running. But I spent college summers in Nebraska. There’s great rural roads there, some cool pasture trails (he’s named his favorite the “Ethiopian Trail”), and the views of the Missouri River valley are outstanding. But there aren’t any mountains at all.” So it was with some hesitancy that he signed up for the Leadville Marathon, not knowing how he would handle the steep ascents and the altitude. “But you run a good race like Estes Park and it builds confidence.”

By any measure, Tony has had a remarkable year, winning three marathons, a 50K, and a 100 mile ultra, and setting course records in three of the events. If Matt Carpenter accomplished something similar, it would not surprise us. But in Krupicka’s course of events, we witness something not seen everyday: the career of an extraordinarily gifted distance runner in its nascent stages. He sort of backed into his races this year, entering as if by afterthought. He had no pretensions to such a string of victories but discovered in the process just

what he is capable of. It’s like when we surprise ourselves with how well something turns out and say: “Wow, look what I can do!”

“At the Leadville marathon,” Tony reflected, “I decided to just try to keep up with Paul Koch, who was an assistant coach at CC and sort of a mentor for me in terms of mountain and trail running. He climbs really well. At that point, I wasn’t very confident in my climbing abilities. I really improved over the summer, being able to go up passes and stuff. Anyway, he was less than a minute ahead of me going up Mosquito Pass, and that really boosted my confidence. But he’s pretty horrible on the down hills, so I knew I had it!”

Despite winning the event, he said, “That was a stupid race. I didn’t do anything to drink enough water, no gels, no Gatorade or anything. I think if I had some gels I might have been able to break the course record. (He was about two minutes short.)” Nevertheless, “that gave me confidence going into the Leadville 100, because Paul DeWitt (previous LT100 record holder) ran it in about the same time, and he was able to do the 100 in like 17:15. So I thought maybe I could try to run his pace someday. So, it was definitely a huge confidence booster.”

That was July 1st, but Tony still had no plans to run the 100 this year. Next in line was the High Mountain Institute’s 50K on July 16th, two-thirds of which is on the LT100 route. “It had been a goal for a long time to start doing ultramarathons, so that was a good place to start, with a 50K.” But, like many new to long trail runs, he learned that one has to pay extra attention to stay

continued on page 18



Tony Krupicka (R) posing with his pacers after his Leadville 100 victory. The chance to enjoy the camaraderie of fellow runners lead Tony to stick with track and cross country during his years at Colorado College. From the left are former teammates Julian Boggs, Nick Campbell, Alex Nichols.

# Miles Upon Miles

continued from pg 17

on the course route. He took a left instead of a right coming out of May Queen. “I just assumed the course kept going around Turquoise Lake. I finally turned around after about 4 minutes.” Despite that, Tony set another course record.

But besides scoring another win, which he seems to take in stride, it caused him to start seriously considering the 100. “If you had asked me in June if I could do really well in the 100, I would have said ‘Not at all.’ I would have just laughed at you. But by the time it rolled around, I was definitely very confident.”

His training schedule for the Leadville 100 could only be undertaken by one who truly loves running. He recalls that on average he ran an incredible 190-200 miles a week in July and early August in preparation. Although this regimen at times wore out even his love of running, he was undaunted. “I just feel like if you want to be competitive, it made a lot of sense. I mean, it’s a 100 mile race. I feel like a lot of people don’t realize the benefit of being slightly over trained. For instance, when training for an ultramarathon: I think you have to feel crappy on a lot of

runs in order to simulate what’s it’s really like in the late stages of the race.”

He ran 2 to 3 hour trail runs in the early morning, shorter runs in the afternoon, and several mountain runs on the weekends, up to 50 miles. Due to concerns about repeated stress fractures, he avoided

**Ultrarunning is a tremendous means for exploring my outer limits and for realizing that these limits are primarily a consequence of my inner proclivities and determinations.**

speed work. And, catering to his spirit of naturalism, “Most of my runs I would end up with 10-20 minutes or so of barefoot running on the football field, longer runs too. I’ve done a lot of that the past few years. It’s kind of a minimalist approach...more natural foot strike. Kind of like the Tarahumara or any other primitive runners. I really enjoy that.”

His training readily strikes even most ultra athletes as excessive, and certainly runs counter to prevailing wisdom. Naturally, he received advice to the contrary. But in response, he showed some of his independence and competitiveness. “I felt horrible at the beginning of a lot of my long morning runs and people think I over do it because of that. But it doesn’t matter to me, because it’s going to help me win on race day.”

His accomplishment at Leadville was covered in October’s issue, as well as his win at the American Dis-

covery Trail Marathon a scant two weeks later. “That was probably a mistake,” he admits, “but I could really use the money!” (The ADTM has cash awards.) When we talked, he had only a couple of races in mind for the future: a marathon in the spring and the Western States 100.

“My goals have shifted dramatically since Leadville it terms of the kind of races I’d like to do and the kinds of times and who I’d like to run with. I certainly didn’t see myself winning 100-milers the first year after college, but now I feel I should be able to compete with the top guys out there.”

Tony’s plans for the future include graduate school in geology. “I’m most interested in environmental science, but it’s a lot more practical to do something in geology. Preserving the environment is probably my one true passion besides running. It all comes from my upbringing. I grew up on a very small farm, super self-sufficient, sustainable— three huge gardens. All summer long my mom would be canning vegetables and fruit. I’m really thankful that’s the way I was allowed to grow up.”

Through all the training efforts and success, however, running remains a passion, and the primary motivation stems from a need deeply ingrained. “Every morning getting to run on a trail is just like the perfect life for me. I enjoy it a lot.” On a deeper level, he says, searching for words, “The basic underlying philosophy of my running—and therefore my life, because running is such a huge part of my life—sort of a primitive, natural, basic lifestyle as opposed to a corporate or materialistic mindset.”

Newly invited to provide a youthful perspective for Ultrarunning Magazine, Tony’s writes in a philosophical tone, “This unfettered state of being seems to only truly come

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A high mileage week for Krupicka preparing for the LT100. Most runs originated near Colorado College.

Mon	am 2:45 flat and easy
	pm 1:10 Red Rocks Canyon
Tue	am 4:00 Jones Park, vertical gain
	pm 45 min flat and easy
Wed	am 3:15 Garden of the Gods
	pm 50 min flat and easy
Thu	am 2:15 Garden of the Gods
	pm 3:00 Barr Trail area
Fri	am 1:20 flat and easy
Sat	am 7:40 Pikes Peak from Colorado Col.
Sun	am 5:00 Pikes Peak from Manitou Spr.
	Total: 220 miles over 32 hours

# Springs Trail Runners Take Texas Trek

The Palo Duro Trail Run takes place in October each year south of Amarillo. 2006 marked the 21st running. The event was organized and conceived by the colorful Red Spicer, who ran first race in 1985 as a 50 mile event that had 13 participants. This year's race had nearly 400 runners in three events: a 20K, a 50K, and a 50 mile. The course is essentially a 12.5 mile figure-8 on the floor of huge and multi-colored Palo Duro Canyon, second in size only to the Grand Canyon. The loop is traversed up to 4 times for the 50 mile run.

The race could become an annual tradition for Pikes Peak runners. Last year we made a very strong showing, with Rick Hessek, Keith Grimes, Ted Bidwell, and Gordon Barnett placing 1st, 3rd, 4th, and 26th, respectively, in the 50 mile, along with a number of finishers in the 20K and 50K. Making the trek this year from the greater Springs area were a dozen hearty trail runners.

The trail itself is almost all single track dirt with a few road crossings. It is not particularly technical. The first several miles of the loop are essentially flat and winding through trees, gullies, and over bogs (via sturdy bridges). This was the section one could really "fly" on. The rest of the course, however, consists of seemingly endless roller coaster hills, though none so steep and long as to make a determined runner walk.

After a good soaking, the high percentage of clay turns the course into a real shoe sucker. Fortunately recent rains had time to soak in and dry up leaving the dirt and clay portions of the trail firm.

The uniqueness of the Palo Duro trail run lies in the setting. This year favored runners with starting temps in the 40's and clear blue skies. After the first few miles of darkness, the morning sun began to light up the majestic and colorful canyon walls and turned into one of those days that leaves one feeling just glad to be alive.

Besides the stupendous scenery, a few other attributes



50-milers Herb Tanzer, Lisa Butler (L) , Jon Teisher (R) stand with 50K participant Bruce Huber (M) under the Colorado State flag in Palo Duro State Park. Flags from every runner's state lined the finish chute.

of this event contribute to its unusual character. The start/finish line sits in a small grassy field across from a campground. If the commotion of the pre-dawn gathering of runners and fans went unnoticed by campers who were just there for the views, the bag piper starting up at 6 AM surely had them wondering what they had stumbled into.

The finish chute deserves mention on its own. No line of orange cones or mundane string of rope for this race. Instead, the chute consisted of a long row of Texas flags on one side and a flag from every state and country of runners' origins on the other. We must not fail to mention something this writer has not seen on a course before: dozens of inspirational and often humorous little sign posts planted by the trails' side. They displayed messages like, "If you start feeling good during an ultra, don't worry, it will pass!" and "Life is short; running makes it seem longer." Another sign read, "It's not a real trail run unless somebody gets lost. Are you lost?" "I nearly died laughing," said Lisa Butler.

Lisa has run the race numerous times, though this was her first crack at the 50 mile distance. She had a great run, placing third among the women in 10:26. Afterwards, she reflected, "I thought about running 50 miles and why I do it. I was struck by a thought about stretching myself beyond my limits, beyond that comfort zone, to the point where the hard shell on the out-



A view looking south east over Palo Duro Canyon, second in size only to the Grand Canyon. Near perfect conditions and clear skies greeted travellers for the 21st Palo Duro Trail Run.

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# Trail Runners Trek to Texas

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Palo Duro Results for the Greater Colorado Springs Area*		
Place	Age	Time
<b>50 Mile</b>		
3	Herb Tanzer	54 8:07
17	Jon Teisher	31 9:33
18	Jim Kelleher	49 9:45
26	Lisa Bulter	42 10:25
34	Bev Carver	47 10:59
<b>50 K</b>		
13	Bruce Huber	55 5:40
23	Theresa Bone	35 6:20
29	Normon Hall	56 6:41
60	Tom Hamilton	59 7:54
<b>20 K</b>		
67	Dawn Mugele	35 2:23
69	Janna Rambocos	35 2:23
146	Kathy Nelson	49 3:54

\*includes the suburbs of Denver (Theresa) and Canon City (Kathy) ☺

side cracks just enough to let the light through.” Far from depleted, she was looking forward to a rim-to-rim double crossing of the Grand Canyon only two weeks later.

Beverly Carver successfully completed her first 50 miler in 11 hours. She cruised comfortably for the long day of running, tired but enjoying every moment of it. “I really liked the run and felt pretty good the whole way, though I didn’t care much for running in the dark!” She had a good

enough experience that now even the Leadville 100 is tempting her.

The 50 mile course started in the dark with nearly 60 runners. Some from other time zones and longitudes were not expecting darkness at 7AM, and on the floor of the remote canyon, with no moon to help, it could not have been darker. This resulted in some scrambling the evening before to secure at least a flashlight. 39 finishers stuck it out through the four loops keeping an average pace of roughly 11:45 minute miles.

Jon Teisher made his first trip, but as can happen in an ultra, really struggled the last 10 miles or so. “I was really hating it! I felt like they could pave it and put in a Walmart for all I cared! (Just kidding, Red.) But afterwards, I was really glad I did it.

Although his first run in Palo Duro, Herb Tanzer is a tried and rue veteran of ultra running, having the notable feat of winning the ‘87 Western States 100 to his credit. He cruised to a third place finish with a time of 8:06. One of his goals for this event was to qualify for Western States next year. It will be his tenth running. He grinned and said, “I want that 1000-mile buckle!”



The Start-Finish line for the Palo Duro 50M, 50K, and 20K, is situated on a small meadow on the floor of the canyon. Looking down the finish chute, on the left, Texas flags proudly flap in the breeze while a flag from every participant’s state lines the right side. A Texas barbeque awaits all.

# Miles Upon Miles

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into existence after several miles, even hours, out on the mountain trails. Of course, ultrarunning is not the only path to feeling connected and grounded, but, for me, it is a tremendous means for exploring my outer limits and for realizing that these limits are primarily a consequence of my inner proclivities and determinations.”

Running shirtless, his long hair flying, sporting a beard and wearing a beaded necklace, Tony gives evidence to his free spirit and healthy disregard for convention. But beyond this surface impression lies a good deal more. He is thoughtful, studious, humble about his accomplishments, yet aware of his talents; unpretentious in his expectations, yet ready to tackle the superlative challenge; free-spirited and unreligious, yet holding firm convictions and a deep spiritual sensitivity. And if he can stay injury-free, expect to see a few more ultramarathon course records for Anto Krupicka.

## Allergies or asthma affecting your sports activities?

*Exercise-induced asthma is a common problem in athletes*



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# Linda's Leads: On the Run

by Linda Fuqua-Jones



**O**n *the Run*, a short novel by Michael Coleman, is written with a young-adult audience in mind. I recommend that you older Land Sharks and other teens request this book from the library for winter reading. Even if you are only young-at heart, you will still find a lot to like. *On the Run* is peopled with believable characters and exciting situations. Parents: if you have a reluctant reader in your family, this book is a good choice to offer.

Luke is the fifteen-year-old son of a thief, and, sadly, he is following in his father's footsteps. With his dad in prison and his mom home with his two younger siblings, Luke contributes to the family by selling things—things he has stolen. "His thieving was a kind of part-time job."

As with any job though, there were problems: "Occupational hazards' he'd heard them called, though his dad had summed it up best: 'It's a game ...we nick things and try not to let them nick us.'" Luke had been nicked by the police often enough that his classification in the Police National Computer is PYO.

Persistent Youth Offender. "Persistent," meaning so many times

that he'd lost count. "Youth," because he was still under sixteen. And "offender"—to use another of his dad's jokes—because he'd offended the cops by showing how hopeless they were at preventing him from nicking stuff. Stuff like the bright blue box that had just attracted Luke's attention. The box is in plain sight inside a 4x4, and based on the logo, Luke expects to find expensive running shoes inside, top-of-the-line goods that he can sell. Luke's special talent is picking locks, but this apparently simple theft becomes complicated very quickly when two older boys from his tough neighborhood take over where Luke leaves off.

Due to an unusual set of circumstances, Luke is sentenced to community service: working with blind youth. His main assignment is to be a guide runner for Jodi, an under-sixteen girl who has qualified to run in the London Mini-Marathon, which is held in conjunction with the London Marathon. The Mini-Marathon covers the last 2-1/2 miles of the marathon course.

Anyone interested in the London Marathon will enjoy reading this book. Coleman includes enough detail about the Mini-Marathon course to give prospective London Marathoners a preview, and for those who have participated, a chance to recall their own finishing experience.

In addition to Luke and Jodi, other characters include their families, Luke's probation officer, members of the blind community, and, of course, the two youth offenders from Luke's neighborhood. Coleman's writing convinces the reader that these characters represent real people and situations, both bad and good, that few of us would have contact with.

This book is available at your library. Use the catalog at [ppld.org](http://ppld.org) to request a copy of *On the Run*, by



Michael Coleman. For any assistance, please feel free to contact me at the Palmer Lake Branch Library.

*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](mailto:lfuqua-jones@ppld.org) or at 481-2587.*



# Running in the Era of Security

by Jon Cornick



**H**ow has security affected your running? Have you lost some favorite trails because they were on, or crossed, military reservations?

Have some of your paths been fenced off, or blocked with concrete barriers?

I began thinking about this last month when I read in the paper that the US Air Force Academy was reopening its trails to the public. Shortly after that announcement, the club received notice that our request to hold the 2007 CSC Veterans Home Run on the Academy grounds was approved. I was so happy I thought we had won the war on terror. But this new-found freedom wasn't the case for some runners who ran the Army Ten Miler in Washington DC last October.

I work for a company that has a runner's e-mail group. You subscribe to the group and get connected with all the company employees who share your interest in running. A few days before the race, I began to read a lot of emails about complaints with the security measures surrounding the Army Ten Miler in Washington D.C. People were reporting on restrictions that included having to go through metal detectors to get to the starting line, no water bottles allowed, and no electronic devices. I immediately discounted these reports as an over-reaction, until I read it on the event's web site.

At first I had to chuckle, thinking about where a runner would have to hide a bomb to go undetected. Then I thought about germ war fare and what it would look like if someone was running in the race leaving a plume of toxic...odor? But sadly, someone must have thought of these scenarios and more, to fund this kind of security. I asked the employees of the company to write to me about their experiences with the se-

curity at the Army Ten Miler. I got swamped with replies.

Most runners agreed, once the gun went off (did I hear a gunshot?) that it was pretty enjoyable and that the security didn't deter from having a good time. Not many were put out by the pre-start chaos, only people who didn't read the warnings.

Long lines formed behind everyone who showed up with water belts, camel packs, MP3 players, heart monitors and the like. Random wand checks were carried out in the starting area and a soldier with a bull horn ran off a list of prohibited items, such as guns and alcohol (the usual runner accessories).

Last year the Army Ten Miler was actually 11.3 miles, due to a last minute detour around a suspicious package on one of the bridges, or so I'm told. Many of the replies I received made note that there were still people they saw wearing i-Pods. If there was a terrorist runner who wanted to do damage, they could have probably done so.

So what did the protective measures really accomplish? You could make all kinds of claims about deterrence and threat levels, but without a doubt, security measures changed the way the race was run. Someone paid for the officers in the patrol boats, those that stood guard along the route, and those that had to check bags. If all those duties were performed by volunteers, the number of volunteers needed to run the race increased because of security. Overall, security is another added cost to putting on a race after the terrorist attacks of 9-11.

One day, while out hurdling over concrete barriers, I began to think back to my childhood, growing up on the shores of Lake Michigan and hearing my parents talk about digging up the back yard and building an official Civil Defense approved bomb shelter. At that time, the Soviets were going to attack at

People went through metal detectors to get to the starting line, no water bottles allowed.

any moment. They were sneaky people with a hatred for freedom. We needed to be ready, so we could protect the American way of life. I never did figure out how we would do that from the confines of our personal bomb shelter. I guess I just grew up without an answer to that.

As I hurdled over that last concrete barrier, I decided I'm OK with how security has interrupted my favorite trails. I've found new ones. I still run races that used to be held on the Academy, just at a different location. I'm really happy knowing that they will be run there next year. I wonder if the children today will look back and ask questions about security like I did. Questions that never get answered, even after you grow up.



"So, are you sticking with your 7:45 pace? Hey, is that a new kind of hi-tech water bottle?"

# Fall Series: Cross-Country to the core

by Jim Kelleher

Luck was with Fall Series 2006 in the form of pleasantly warm weather and injury free running, at least for the first three events. Luck ran out at Palmer Park for the last race as strong winds and snow greeted runners who nevertheless bundled up and took the conditions in stride.

Ute Valley Park, venue for the third race of the series, lived up to its reputation as being the potentially muddiest of the bunch. Runners had to literally ski down a couple of sections. One stretch of snow didn't do much to clean the shoes that had just plunged through the muddiest water imaginable. "If there's any rain or snow melt, that hole is always there and I knew Matt and Gordon [course markers] would take you through it. They know that's what I would do!"

"But that's what makes the fall series: the volunteers who mark the courses. They understand what this is all about and the uniqueness that has always been there." The Fall series has been around for nearly 30 years. "Not using the same parks and using what the park has to offer in the trails is what has made this series unique. When you start taking these little trails it makes it a lot more fun."

There were 277 finishers for Ute Valley as this year's series has topped the charts in terms of registrations for both adults and youngsters. Scott Lebo, Gerald, and Brett Wilson were in the lead for the men after race 3, and Nicole Rosa, Andrea Wagner, Kay Wendlandt, and Courtney Butler headed up the women's series.

Mud and water and the challenges of rocks and logs are characteristic of the Fall Series. "It's hard and some people complain," says Larry, "but it's just part of cross country running. I went to a race in Everett, WA and the mud puddles you thought were 2 or 3 inches deep were really 2 or 3 feet. I thought, 'What the heck is this???' But afterwards, I realized I really enjoyed it. People have fun; you always see them smiling at the end."

Palmer Park was in fairly good shape as far as the trails, and the wind and snow abated shortly into the race. The course was somewhere between 7.5 and 8 miles and is by far the most technical of the series with several significant climbs, the best of which led many to the conclusion that trying to run them was futile.

Within the first few miles, several runners who took a misstep and turned an ankle pulled off the course. So it looks like the Pink Cast award will find a home after all. But recipients are always in good company: it was Matt Carpenter who started the tradition by breaking an ankle at Ute Valley Park years ago.

A couple of positions changed in the overall standing after all was said and done. Robert Gilliam, who had been 2 minutes and 39 seconds behind third place Brett Wilson, turned up the heat and crossed the line 3:02 ahead of Brett to grab third place overall honors. For the

women, Andrea Wagner, who led throughout the series, was unable to keep up with a determined Nicole Rosa. Nicole ran the course 2:51 faster, which was enough to take over first place for the series. Kay and Courtney held onto the next two places and all four were first in their age groups.

Larry has been a fan of the Fall Series and has always looked forward to it. As race director, he does his best to keep it "cross country", but also progressive. "My idea of a progressive cross country series is more in the degree of difficulty than the distance. The first one gets you used to trails, and the water is just there for fun. The second one has lots of up and downs. Then in Ute Valley Park you have something a little more technical. Finally, Palmer Park is hardest. Almost 60% of the course is pretty technical and nasty. But you can take what you've learned during the earlier races and apply it."

Larry continues, "If you're running trails, you always find something different. People tried to imitate the Fall Series, but they're not unique and never became successful." If you missed it, you can be sure it will be back next year. And, with Larry at the helm, you can count on a true cross country experience.



Despite muddy shoes, river soakings, blocking logs, rope climbs, and rock scrambles, the PPRR's Fall Cross Country Series always leaves 'em smiling. Near the finish, Genevieve Poucel gives her vote of approval.

# Fall Series 2006 Cumulative Results

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time					
<b>Female Finishers</b>																
1	Nicole Rosa	46	Colorado Spgs	3:07:17	65	Amanda Orsillo	29	Colorado Spgs	4:59:22	54	Matthew Scott	28	Colorado Springs	3:24:48		
2	Andrea Wagner	26	Woodland Park	3:08:20	66	Jill Will	27	Colorado Spgs	5:00:11	55	Eric Lawrence	32	Colorado Springs	3:25:03		
3	Kay Wendlandt	42	Colorado Springs	3:13:28	67	Marsi Loving	52	Colorado Springs	5:00:56	56	Kent Bailey	56	Colorado Spgs	3:26:00		
4	Courtney Butler	23	Colorado Spgs	3:15:36	68	Lynne Hall	50	Colorado Spgs	5:03:56	57	Brad Olson	44	Colorado Spgs	3:26:17		
5	Tina Gray	23	Colorado Springs	3:17:20	69	Jackie Hill	49	Colorado Spgs	5:06:05	58	Sam Fancher	51	Colorado Springs	3:28:55		
6	Gina Garcia-Shaw	39	Colorado Spgs	3:18:05	70	Kathleen Overton	42	Colorado Springs	5:19:15	59	Bryan Doerer	40	Colorado Spgs	3:29:22		
7	Diane Wright	44	Colorado Spgs	3:20:00	71	Martina Ritchie	61	Colorado Spgs	5:22:25	60	Dan Carragher	25	Colorado Spgs	3:29:37		
8	Sharon Greenbaum	43	Colorado Spgs	3:21:09	72	Emma Kidd	11	Colorado Spgs	5:23:01	61	Chris Fernengle	27	Peyton	3:29:58		
9	Tamara Rogers	39	Monument	3:21:56	73	Lydia Mutomb-Stewart	32	Fort Carson	5:54:36	62	Steve Graff	38	Monument	3:30:03		
10	Jamie Myran	32	Colorado Springs	3:27:17	74	Angela Weisen	35	Colorado Springs	6:33:38	63	Alan Lew	56	Colorado Spgs	3:31:16		
11	Jill Montera	40	Pueblo West	3:30:53	<b>Male Finishers</b>											
12	JoAnn Hopper-Davis	37	Colorado Spgs	3:32:12	1	Scott Lebo	40	Colorado Springs	2:28:31	64	Chad Briggs	32	Colorado Spgs	3:32:08		
13	Gina Harcrow	35	Woodland Park	3:34:32	2	Gerald Romero	35	Colorado Spgs	2:30:06	65	Jim DeReus	36	Colorado Spgs	3:32:32		
14	Jennifer Moore	23	Canon City	3:34:58	3	Rob Gilliam	37	Colorado Springs	2:40:10	66	Jon Cornick	50	Colorado Spgs	3:34:06		
15	Lisa Sieders	45	Denver	3:35:50	4	Brett Wilson	38	Colorado Spgs	2:40:33	67	Ed Browne	52	Colorado Springs	3:34:45		
16	Jessica Brandon	28	Colorado Spgs	3:36:51	5	Todd Murray	43	Colorado Spgs	2:42:04	68	Jim Kelleher	48	Colorado Springs	3:36:16		
17	Tracy Crowell	33	Colorado Springs	3:38:45	6	Jim Lee	37	Elbert	2:44:34	69	Kevin Houghton	32	Colorado Springs	3:36:18		
18	Alice Childers	47	Peyton	3:41:29	7	Kyle Reno	24	Colorado Springs	2:45:16	70	Jeffrey Jury	46	Fountain	3:37:11		
19	Erin Talbot	26	Colorado Spgs	3:44:16	8	Scott Konnagan	43	Colorado Spgs	2:45:54	71	Sid Rubey	45	Colorado Spgs	3:37:20		
20	Jennifer Brennan	32	Colorado Spgs	3:47:39	9	Jarrett Hon	31	Colorado Spgs	2:45:58	72	Rusty Smith	39	Pueblo West	3:37:32		
21	Tricia Bursnall	33	Colorado Spgs	3:48:10	10	Anthony Santosus	19	USAFA	2:47:15	73	Greg Brown	49	Colorado Springs	3:39:20		
22	Tina Cassens	37	Colorado Spgs	3:48:29	11	Paul Sullivan	39	Colorado Springs	2:47:59	74	Eric Steiner	59	Colorado Springs	3:39:32		
23	Scheri Nagaraj	30	Colorado Spgs	3:49:43	12	Chad Halsten	32	Colorado Spgs	2:48:57	75	Geoff Miller	48	Palmer Lake	3:39:37		
24	Linda Ronas	41	Colorado Spgs	3:50:03	13	Brian Ropp	43	Pueblo	2:49:19	76	Ben Lobato	38	Colorado Spgs	3:40:41		
25	Claire Schneider	41	Colorado Spgs	3:50:12	14	Thom Ledoux	32	Canon City	2:51:06	77	Jim Beckenhaupt	50	Colorado Spgs	3:40:50		
26	Sabine Peters	39	Colorado Spgs	3:51:14	15	Steve Abeyta	41	Colorado Springs	2:51:38	78	Ed Gritters	42	Colorado Springs	3:41:35		
27	Teresa Mulholland	28	Colorado Springs	3:51:34	16	Brian Goodach	29	Colorado Springs	2:51:45	79	Robert Brotherston	47	Security	3:42:03		
28	Rebecca Nalepa	27	Colorado Spgs	3:52:07	17	Chris McIntyre	26	Colorado Spgs	2:52:35	80	Don Byers	50	Colorado Spgs	3:42:27		
29	Teri Harper	43	Woodland Park	3:54:58	18	John Goodloe	45	Colorado Spgs	2:53:25	81	Ted Tewahade	33	Pueblo West	3:42:50		
30	Bernadette White	43	Colorado Springs	3:58:55	19	Brian Vaniwarden	27	Canon City	2:54:00	82	Ty Paywa	40	Colorado Spgs	3:42:56		
31	Sarah Fischer	28	Colorado Spgs	3:59:58	20	Matt Simmons	30	Colorado Springs	2:57:35	83	Shawn Fedinatz	35	Colorado Spgs	3:44:03		
32	Felicia Popowski	31	Colorado Spgs	4:01:10	21	Troy Stiles	26	Colorado Spgs	2:58:30	84	Mark Smith	49	Colorado Springs	3:45:30		
33	Wendie Wilhide	45	Colorado Springs	4:02:32	22	Christoph Zurcher	29	Colorado Spgs	3:00:22	85	Mike Borton	50	Pueblo	3:45:36		
34	Amy Solverson	35	Colorado Springs	4:03:01	23	Mike Lloyd	48	Green Mtn Fall	3:01:09	86	Henry Hund	65	Pueblo	3:45:47		
35	Lori Kisley	36	Colorado Springs	4:05:06	24	Scott Suter	43	Colorado Springs	3:02:28	87	Don Farr	38	Colorado Spgs	3:46:37		
36	Donna Eastep	48	Colorado Springs	4:06:55	25	Larry DeWitt	49	Colorado Spgs	3:03:20	88	Les Goss	55	Colorado Springs	3:47:13		
37	Amy Arcuri	31	Colorado Springs	4:07:41	26	Christopher White	40	Colorado Springs	3:03:31	89	Chris McReynolds	39	Colorado Springs	3:47:30		
38	Debra Sharpe	30	Colorado Springs	4:07:57	27	Jordan Montera	14	Pueblo West	3:04:06	90	Michael Puig	48	Colorado Spgs	3:48:29		
39	Carole Runnells	54	Colorado Spgs	4:08:24	28	Allen Browne	19	Colorado Springs	3:04:11	91	Tom Morin	47	Colorado Spgs	3:50:33		
40	Rita Cardin	36	Colorado Spgs	4:09:20	29	Sebastian Mullebrouck	26	Divide	3:05:15	92	Pat Murphy	48	Colorado Spgs	3:50:47		
41	Deby Williams	38	Colorado Spgs	4:10:38	30	Clay Enoch	33	Colorado Spgs	3:06:37	93	Clayton Clester	41	Woodland Park	3:51:30		
42	Kristin Ooley	20	Colorado Springs	4:16:42	31	Sean O'Day	31	Colorado Springs	3:07:07	94	David Patrick	44	Colorado Spgs	3:52:28		
43	Andrea Slater	25	Colorado Spgs	4:17:22	32	Postyn Smith	13	Colorado Springs	3:07:29	95	Scott Wagner	25	Woodland Park	3:53:39		
44	Rebecca Medina	36	Pueblo	4:19:06	33	David Sparks	44	Colorado Spgs	3:07:35	96	Dean Buck	47	Colorado Spgs	4:03:33		
45	Tracy Mann-Reno	40	Colorado Springs	4:21:45	34	Troy Chantala	23	Pueblo	3:07:47	97	John Mills	56	Colorado Spgs	4:03:44		
46	Briana Evans	16	Colorado Spgs	4:21:55	35	Steven Carter	38	Canon City	3:10:26	98	Andrew Ford	23	Fort Carson	4:06:02		
47	Jennifer Wescott	31	Colorado Springs	4:27:54	36	Nicholas Felix	24	Fort Carson	3:11:17	99	Robert Spell	44	Parker	4:09:04		
48	Susan Metzger	49	Colorado Springs	4:28:13	37	Yoshio Adachi	20	USAFA	3:11:54	100	Stephen Talbot	32	Colorado Spgs	4:12:46		
49	Heather Evans	35	Colorado Spgs	4:29:37	38	Lester Busche	34	Colorado Springs	3:12:50	101	Robert Ronas	42	Colorado Spgs	4:20:14		
50	Deidra Cook	26	Colorado Spgs	4:31:52	39	Edward Kalick	33	Fort Carson	3:13:53	102	Donald Taylor	45	Colorado Springs	4:20:31		
51	Erin Brockberg	27	Colorado Spgs	4:32:16	40	Jeff Lang	48	Colorado Springs	3:15:28	103	William Keller	37	Colorado Spgs	4:21:23		
52	Tammy Smith	41	Colorado Spgs	4:32:53	41	Eric Sova	35	Colorado Spgs	3:15:56	104	Brad Chriss	33	Colorado Springs	4:22:24		
53	Sarah Brockberg	26	Colorado Spgs	4:33:10	42	Mark Baines	43	Colorado Spgs	3:17:01	105	Phillip Smith	43	Colorado Spgs	4:26:21		
54	Daiva Cooper	34	Colorado Spgs	4:33:43	43	David Mulligan	45	Colorado Spgs	3:18:04	106	Geoffrey Chance	65	Colorado Springs	4:27:14		
55	Elaine Chavanon	51	Colorado Spgs	4:33:56	44	Humberto Paredes	49	Pueblo West	3:19:04	107	Fred Wright	72	Colorado Springs	4:28:23		
56	Andrea Stillman	40	Colorado Spgs	4:33:56	45	Justin Carrington	30	Colorado Spgs	3:19:11	108	David DeHart	58	Colorado Springs	4:30:00		
57	Maida Scott	37	Colorado Springs	4:34:58	46	Tony Abdella	52	Elbert	3:19:15	109	Joseph Mendygral	44	Woodland Park	4:30:03		
58	Cathy Cregan	39	Colorado Spgs	4:37:55	47	George Greco	58	Colorado Spgs	3:19:18	110	Jeff Smith	65	Colorado Springs	4:30:05		
59	Kim Schultz	28	Colorado Springs	4:39:36	48	David Kronshage	38	Colorado Springs	3:19:22	111	Dennis Normoyle	62	Peyton	4:30:21		
60	Lisa Hiouas	32	Colorado Spgs	4:43:06	49	Peter Tonsits	44	Colorado Spgs	3:19:32	112	Norman Hall	56	Colorado Spgs	4:38:54		
61	Trish McCormick	48	Colorado Spgs	4:49:45	50	Matt Tyner	36	Colorado Springs	3:19:58	113	David Huber	33	Colorado Springs	4:39:48		
62	Julie Mullebrouck	37	Divide	4:52:30	51	Tim Dolan	37	Colorado Spgs	3:22:33	114	Frederick Thompson	49	Fort Carson	4:43:44		
63	Becca Huber	29	Colorado Springs	4:54:25	52	Darrell Weaver	60	Colorado Springs	3:22:39	115	Jason Smith	28	Colorado Spgs	4:53:01		
64	Mel Johnson	35	Colorado Spgs	4:58:20	53	Michael Brilleslyper	42	Colorado Spgs	3:24:03	116	Sean Mulholland	28	Colorado Springs	4:54:20		
										117	Keith Martin	41	Monument	4:56:37		
										118	Ed Mighell	76	Denver	5:05:38		
										119	Kenneth Holmes	61	Colorado Springs	5:06:08		

Place	Age	City	Time
120	Phil Foster	72 Colo Spgs	5:11:52
121	Steven Kidd	51 Colo Spgs	5:19:13
122	William Overton	50 Colo Springs	5:25:49

## Ages 9 and up (mostly)

Place	Age	School	Time
Jared Gorthy	4	Chipeta	12:04.1
Grace McReynolds	5	Acly Intl	11:36.8
Jack McReynolds	6	Acly Intl	08:44.1
Caleb Neumann	6	Abrams	10:17.1
Donovan Bain	6	Frontier	10:56.3
Benjamin Snediker	6	Prairie Winds	11:01.7
Christina Selinger	6	Pioneer	11:21.5
Halle Hawkins	6	CMCA	11:38.1
Bryson Forbush	6	CSCA	11:49.7
Alex Gregan	6	Grant	11:50.7
May Bombria	6	Meridan Ranch	12:48.7
John Ford	6	CMCA	13:29.4
Zachary Ward	6	Abrams	16:31.0
Tanner Norman	7	Mtn View	08:26.9
Caleb Treat	7	Abrams	08:51.6
Tanner Taskerud	7	Trailblazer	09:00.4
Joey Botcherby	7	Stetson	09:02.5
Sam Cregan	7	Grant	09:15.5
Robert Ford	7		09:45.1
Joey Graff	7	Prairie Winds	10:17.7
Quinn Gossage	7	Howbert	10:28.4
Sam Huber	7	Springs Ranch	10:31.7
Nick Kronshage	7	Martinez	10:47.1
Trintin Crane	7	Trailblazer	11:36.2
Marcus Card	7	Rock Mtn Mont	11:37.4
Shannon Snediker	7	Prairie Winds	13:11.6
Kyle Rex	8	TCA	06:55.9
Mitchell Shaw	8	CSCS	07:47.4
Blake Ridgeway	8	Jordahl	08:04.7
Collin O'Connor	8	Jordahl	08:18.0
Abe Means	8	Prairie Winds	08:38.7
Tyler Oyebi	8	Abrams	08:54.4
Gregory Seliniger	8	Pioneer	09:27.8
Jeremiaj Pimentel	8	JICES	09:55.4
Arden McReynolds	8	Acly Intl	10:11.5
Callie Trautner	8	Academy Endeav	10:18.5
Meredith Tanner	8	Jordahl	10:49.0
Gabriel Becker	8	Abrams	10:59.9
Brad Cochran	8	Monument Acade	11:02.8
Gavin Hanson	8	Abrams	11:05.5
Blane Shimp	8	Jordahl	11:27.7
Alyssa Jackson	8	Abrams	11:30.6
Michael Nixon	8	Jordahl	12:30.1
Jorie Neumann	8	Abrams	12:32.9
Tristianna Armstrong	8	Jordahl	12:44.3
Jillian Burlingame	8	Jordahl	12:57.3
Gregory Ford	8	CMCA	13:41.6
Marcus Baraks	8	Abrams	15:14.8
Sean McKenna	9	Trailblazer	07:49.7
Adeline Mullins	9	Frontier	08:24.1
Ryan Bush	9	TCA East	08:25.9
Sarah Stafford	9	Howbert	08:33.0
Conor Bertles	9	TCA	08:41.7
Taylor Dolan	9	Prairie Hills	08:43.0
Saxon Musgrave	9	Jordahl	08:45.7
Hannah Ingram	9	TCA Central	08:46.8
Donnie Byers	9	Venetucci	08:59.1
Andrew Smith	9	Sierra Vista	09:36.1
Amias Luna	9	Meridan Ranch	09:52.4
Sean Snediker	9	Prairie Winds	10:03.6
Saviel Nieves	9	Abrams	10:06.5
Alexis Esselman	9	Jordahl	10:48.4

Place	Age	School	Time
Alex Hawkins	9	CMCA	11:00.6
Silas Graff	9	Prairie Winds	11:11.5
Bethany Shimp	9	Jordahl	11:15.2
Daniel Parker	9	Abrams	11:16.9
Rachel Vosler	9	Meridian Ranch	11:53.8
Jeffrey Delong	9	Abrams	12:11.6
Deven Ford	9	CMCA	12:26.4
Rebecca Burlingame	9	Jordahl	15:16.4
Caleb Ingram	10	TCA Central	07:32.1
Lauren Murray	10	Trailblazer	07:37.6
Sean Bertles	10	TCA	07:52.5
Dylan Stimson	10	Woodland Park	08:12.8
Savannah Ebherth	10	Gateway	08:15.5
Rebekah Swanson	10	Abrams	08:16.3
Roan Perschke	10	Wolford	08:21.5
Blake Evans	10	Colorado Sprin	08:41.1
Troy Trujillo	10	Arrowwood	08:42.3
Brandon Kronshage	10	Martinez	08:52.3
Cody Himes	10	Abrams	09:21.7
Chase Taskerud	10	Trailblazer	09:27.1
Sean Knoff	10	Jordahl	09:34.1
Daniel Paredes	10	Swallows	10:02.3
Chase Parker	10	Skyway	10:05.2
Drew Carrington	10	King	10:07.3
Dominick Cox	10	Madison	10:16.1
Derek Gorthy	10	Chipeta	10:21.2
Hannah Vosler	10	Meridian Ranch	10:43.1
Anna Ford	10	CMCA	10:44.2
Carrie Oyebi	10	Abrams	11:03.7
Stefan Sarpy	10	Jordahl	11:46.2
Justin Riley	10	Abrams	12:16.0
Michelle Fife	10	Jordahl	12:19.2
Amanda Paulson	10	Abrams	12:49.5
Michael DeSantos	10	Abrams	14:11.5
Heather Bates	11	Challenger	06:37.2
Colin Prater	11	Horace Mann MS	06:53.4
Brittany Droogsma	11	TCA	07:19.8
Peter Tonsits	11	TCA Central	07:26.2
Bretton Wright	11	Trailblazer	07:36.8
Collin Eaton	11	TCA North	08:02.6
Cassandra Hardy	11	Rocky Heights	08:06.9
Brian Follett	11	CS Christian	08:44.8
Tasha Stimson	11	Woodland Park	08:55.3
Alexander Hamilton	11	Fox Meadow	08:58.2
Erin Riley	11	Abrams	09:08.7
Faith Swinimer	11	Abrams	09:28.5
Erick Pimentel	11	Fountain	09:59.3
Brett Esselman	11	Jordahl	10:02.8
Jerred Abdella	11	Meridian Ranch	10:08.5
Freddy Ford	11	CMCA	11:40.9
Caitlan Treat	11	Carson	12:34.0
Ashley Smith	11	Skyview Middle	12:53.0
Courtney Oyebi	11	Abrams	16:12.3
Brandon Moore	12	Challenger	07:54.8
Joe Follett	12	CS Christian	08:05.9
Kate Draeger	12	Challenger	08:28.2
Joshua Rivera	12	Pinello	09:20.6
Alexander Paredes	12	Skyview	09:35.2
Steven Hardy	13	Rocky Heights	07:13.8
Jay Trujillo	13	Cresthill	07:25.5
Drew Stimson	13	Woodland Park	07:26.9
Britanie Bing	13	Watson JHS	08:57.0
Mariah Eaton	13	TCA North	09:04.2
Sarah Guhl	14	TCA	07:20.3
Lagen Bing	14	Homeschool	08:53.0
Rachel Ingram		TCA Central	10:25.9

## Ages 6 to 8 (mostly)

Place	Age	School	Time
Noah Trautner	4	Handprints Pre	06:27.5
Rori Bent	4	Meridan Ranch	06:40.7
Rachel Suter	4		07:23.4
Autumn Crow	4	Holy Apostles	07:44.7
Kylie Crow	4	Holy Apostles	07:53.6
Chrisopher Card	4		08:00.6
Zachary Gerhardt	5	Trailblazer	04:31.5
Nate Stafford	5	Howbert	05:21.0
Noah Enoch	5	Howbert	06:43.3
Trout Buesser	5	Howbert	07:20.2
Lilliana Hamilton	6	Academy Intern	04:33.3
Lindsey Murray	6	Trailblazer	05:28.2
Drew Ridgeway	6	Jordahl	05:34.4
Juliana Bigelow	6	Taylor Element	05:40.6
Fiona Perschke	6	daVinci Acly	05:45.1
Walker Rudolph	6	Pinon Valley	05:47.9
Quinn Slatter	6	TCA	05:55.2
Chloe Cassens	6	Trailblazer	05:58.6
Drew Richardson	6	Kilmer	06:06.9
Landon Suter	6	TCA Central	06:15.9
Mary Means	6	Prairie Winds	06:29.7
Austin Parker	6	Abrams	07:36.9
Saleena Dionne	6	da Vinci Acly	08:07.8
Katie Vosler	7	Meridian Ranch	05:15.7
Harley Morgan	7	Steele	05:18.4
Luke Paige	7	Goldcamp	05:50.3
Kyle Schneider	7	Trailblazer	05:51.4
Brittany Cardin	7	Bristol	06:19.4
Jamie Cortez	7	Academy Intern	06:23.5
Adam Solverson	7	Prairie Hills	06:28.1
Megan Webb	7	Evans	07:05.0
Joseph Swinimer	7	Abrams	07:24.9
Elizabeth Heimbuch	7	Holy Trinity	07:25.7
Patrick O'Connor	7	Holy Trinity	07:47.4
Stephanie Kalick	7	Patriot	07:55.6
Mike Greenbaum	8	Foothills	04:08.4
Erin Amos	8	Homeschool	04:38.2
Logan Prater	8	Team Thule Kid	04:40.4
Tyler Benson	8	CSCA	04:56.6
Collin Mack	8	Academy Intern	04:58.1
Jordan Bettner	8	Scott	05:20.4
Brennan Riley	8	Abrams	05:38.9
Christian Wulkuhle	8	Woodman Hills	05:48.9
Cecilia Lee	8	Homeschool	06:05.7
Andrea Edwards	8	CSCS-WP	06:28.9
Dawson Wright	9	Trailblazer	04:07.1
Reese Tonsits	9	TCA Central	05:27.4
Arielle Solverson	9	Prairie Hills	05:54.1
Courtney McCarthy	9	Aragon	06:32.3
Marisa Cardin	10	Bristol	05:03.1
Amanda Means	10	Prairie Winds	05:09.8
Will Huber	10	Springs Ranch	07:58.0
Sandy Chapman	10	Aragon	08:03.8
Rachel Richardson	11	Creekside MS	05:39.7





Upper left, Jamie McFadden leads Dean Laird and Jennifer Owen up the final mud hill at the Ute Valley Park run. Top right, race director Larry Miller, hands on hips, is as happy as the runners that the race went well. A coating of mud could only half-obscure the colorful shirt of Jeff Jury, middle left. At Palmer Park for Fall Series 4, bundled volunteers take shelter from the flying snowflakes. Bottom Left, the snow has stopped but the wind chills kids waiting for their event. Also with hands on hips, Jeff smith looks like he's had just about enough of the Fall Series.



Boulder Running Company Presents

*Women's Night*



Thursday December 14th 5-8pm

Join us for a woman's holiday evening!

Enter to win prizes & make your holiday gift list.

There will be massages, a fashion show; along  
with food give-aways & fun!

Colorado Springs 278-3535

**29TH ANNUAL  
EL PASO COUNTY SEARCH & RESCUE**

# **RESCUE RUN**



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**Rescue Run 5K/10K**

**January 1st, 2007**

**Palmer Park**