



# the *LONG RUN*

Volume 29 Issue 10

"All the news that's fitness to print"

January 2006

## Winter Series Slated for Saturdays

If you read your mail early and are in a lucky zip code, you might still have time to make it to Fox Run Regional Park by 10 o'clock for the first race of the Winter Series. If not, the remainder of the races take place every other Saturday.

This year marks the 27th running of the series, which includes four events with two races each: a short and a long one. The short series is 5K, 4 mile, 5 mile, and 10K. The long series starts at 10K and lengthens to 20K for the final race.

This incremental approach remains true to the series' origins, which in 1978 was simply called the "Metric Incremental Series" or, less pragmatically, the "Black Forest Series", since several races started at the corner of Burgess and Black Forest Road. That series consisted of 5 races for those hearty enough to run 10, 15, 20, and 30 miles. See *Winter Series* on page 8



Run and be happy! Participants in the 2004 Winter Series starting out strong for the final race in Black Forest, the longest of the series.

### Schedule your Saturdays!

January 14th 5K or 10K  
Fox Run Regional Park

January 28th 4M or 8M  
El Pomar Youth Center

February 11th 5M or 10M  
Baptist Road Trailhead

February 25th 10K or 20K  
Black Forest-Wolford Elem.

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## 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	282-9799
Jon Cornick	
Lyn Hale	328-9828
John O'Neill	685-5806
Mickey Simpsons	
Travis Waldrip	282-1671

### Committees

<i>Mailing:</i>	Jim Beckenhaupt	636-2696
<i>Calendar:</i>	Dave Sorenson*	
<i>Course Marking:</i>	Travis Waldrip	282-1671
<i>Equipment:</i>	Larry Miller	590-7086
	Gordon Barnett	266-5390
<i>Event Promotion:</i>	Al Grimme	534-0534
<i>Insurance:</i>	Pat Lockhart	598-2953
<i>Historian:</i>	Storme Rose	591-6819
<i>Membership:</i>	Pat Lockhart	598-2953
	Stephanie Courson	598-1904
<i>Nielson Challenge:</i>	Phil Foster	447-1371
	Al Grimme	534-0534
<i>Race Coordinator:</i>	Don Johnson	291-9712
<i>Volunteer Coordinator:</i>	Cymmie Bailey	578-1651
<i>Web Site:</i>	Dave Sorenson*	
<i>Training Runs:</i>		
<i>Garden of Gods:</i>	Dave Sorenson*	
<i>Barr Trail:</i>	Larry Miller	590-7086

\* [davidsorenson@msn.com](mailto:davidsorenson@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. PPRR members and friends are encouraged to attend. Upcoming dates: Jan 3, Feb 7.

### Membership ☺

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

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

### Newsletter Information

*The Long Run* is the official monthly publication of the Pikes Peak Road Runners club. Jim Kelleher is editor. We welcome all written contributions and photographs. You send it, we'll try and run it.



### Newsletter Submissions

Items for the newsletter are always *most* welcome! (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. Any *Windows* file format is acceptable. Race results must have columns delimited by tabs or commas, or be in *Excel* format, or in a *Word* table.

Letters, disks, CD's and other media can be mailed to:

Editor: Pikes Peak Road Runners  
207 N Nevada  
Colorado Springs CO 80903

### Submission Deadlines

All materials must be received by the *Sunday before the first Tuesday* of the month for inclusion in the following month's newsletter. Next deadline is **Feb 5**.

### Newsletter Stuffing

Newsletter mailing parties are held on the **2nd Wednesday following the Board meeting** 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 stuffings and provides beverages. Food (usually pizza) will be provided. Everyone is welcome to join the fun! Call Jim at 232-4419 for more information.

Next party: **Feb 15**

### Advertising

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

Insert flyers will be included at the rate of \$50 per issue. The maximum size is 8.5 x 11. **Do not fold or staple.** The deadline for delivery is the 2nd Tues of the month. Mail or deliver *exactly* 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.

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

## President's Letter

The board and I extend to all members a most exciting New Year. Our first board meeting was just that. Our December meeting was canceled because of weather, so we had a lot of topics and information to catch up with.

The board has briefly discussed the possibility of sending our newsletter to the members electronically. Would you please let me know if you would "yeah" or "nay" this concept? All comments are welcome: PatLockhart@worldnet.att.net

Jim Kelleher was approved as our new Newsletter Editor. Please, as with Diane, send him anything of information or articles for incorporation to the newsletter. Our newsletter is a reflection of our running community and activities.

The SUMMER SERIES will start in May. This series is focused on the new runners or people who want to get more active. Open to anyone and hoping that the goal of participating in these events will encourage participation in the Race for the Cure. More information regarding this series will be coming next month.

The FREEDOM RUN 5K is a new event that we are currently trying to organize. Jim Beckenhaupt the middle of last year brought the concept of this event to the board. This event, if everything comes together, will benefit the Veterans' Crawford House. We encourage everyone to come to this event and "thank" the veterans who have allowed us to live comfortably in our America.

We are looking forward to the 27th annual Winter Series starting on the 14th. A few changes this year allow us to have the El Paso County Sheriff's Department and the Town of Monument provide us with additional security regarding traffic control. We thank them for their participation.

See you at the races.

Pat Lockhart

# Happy New Year!

# 2006

### December Stuffing Volunteers!

Colorado Running  
Company, Host

Al Grimme  
Brenda Lewis  
Cody Hill  
Courtney Butler  
Dave Thomson  
Diane Cahalan  
Gary Staines  
Jason Dodderlein  
Jeff Smith  
Jeff Tarbert  
Jim Beckenhaupt  
Jim Gronche  
Jim Kelleher  
John Cornick  
Larry DeWitt  
Larry Miller  
Marie Baughman  
Melissa Leftwich  
Micky Simpson  
Paul Mann  
Teri Harper

### Are you about to expire?

Check for the Happy Face on  
your newsletter label. If you  
see it, it's time to renew!

### Trail Clean-up

Sat February 7th  
Meet at 9 a.m.  
Southwest parking lot  
of 8th Street Walmart

# PPRR Board Minutes

## November 2005

(December meeting was cancelled.)

**Attendance:** John O'Neill, Diane Cahalan, Robin Satterwhite, Jim Beckenhaupt, Gil Kindt, Cymmie Bailey, Pat Lockhart, Phil Foster, Dave Sorenson, Don Johnson, Jack Anthony, Al Grimme, Bill Gallegos, Travis Waldrip.

**Excused:** Larry Miller, Gordon Barnett, Lyn Hale

**Guests:** Dan Cleveland, Jon Cornick, Mickey Simpson, Tony Abdella

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

### New Business

**Nominating Committee:** The nominating committee presented a slate of nominees to fill the three board member at large vacancies: Mickey Simpson, Jon Cornick, Tony Abdella

**Charity group race awards:** John O'Neill suggested that when we work with charity groups, we should encourage 10 year age group definition for awards and only a 1st place award in each age group. This provides more income for the charity.

**Colorado Runner magazine:** Several local races were mentioned in the latest issue including, Race of the year - Pikes Peak Marathon.

### Old Business

**ADTM** - Dan Cleveland presented the club with a check for \$5500 from the American Discovery Trail Marathon/Trails and Open Spaces Coalition. The old agreement with Trails and Open Spaces Coalition will terminate and a new agreement will continue. The following draft of the agreement was accepted by the board:

The ADTM/ Contract, executed by Robert F. Mutu, Neal Oseland, Robert McAndrews, (Dan will find original to obtain this date), dated \_\_\_\_\_, as of November 1, 2005 is terminated. Through mutual verbal agreement, and through this action, the American Discover Trail Marathon (ADTM) is under the full control and ownership of the Pikes Peak Road Runners. This event will be totally managed by the ADTM Committee. If, at any time in the future, it is determined by both parties that this relationship is no longer mutually beneficial, ADTM Committee will again have full control

and ownership of this event without dispute. In the event that the PPRR wishes to sever control and ADTM Committee does not wish to assume control of the race then the race reverts to TOSC. The current financial agreement wherein TOSC and PPRR split the proceeds each year after \$5000 is retained in the PPRR ADTM Fund for use in the following year."

**Manitou Springs Mayor's Cup:** Email from Matt Carpenter thanking PPRR on behalf of Manitou Springs Mayors Cups race, and fun runs. Run Pikes Peak Inc. handled the finish line and donated their time/fee. The race made \$4175.

**2006 VA Run (Jim) :** Steve Kidd spoke with the board for Crawford House and they are in favor of the race. Ft. Carson thinks they can accommodate the race. It would tentatively be scheduled around the 4th of July and probably by a 5k. Jim is working with Fort Carson.

**Summer Series:** Pat proposed a summer series of races consisting of: Neilson, Panoramic, Family (instead of Women's) Distance Festival, Great Race. There was discussion concerning whether this series was the type of support needed to encourage a life style change or would race training programs be better pathways to create more interest in running. Some present expressed concern that the summer series would not really be anything new since the races already exist. A check off space on the entry forms would indicate that the designated race was a series race.

**Race for the Cure:** Jack commented that the national convention spoke about charity runs that do not attract "runners" but people interested in the cause. Running clubs should find a way to capture that moment of the race, leveraging the moment to continue the participants' efforts to stay in shape. The Race for the Cure is an example of the race for a "cause". The club should approach the Race for the Cure and promote a training series before the race to create runners. Jack summarized that once we get an okay for the Race for the Cure the club should promote our races and events; ramp up with Neilson, meet with new runners, meet running stores. John O'Neill will speak with Connie Smith about a PPRR connection with Race for the Cure.

### Treasurer's Report

Gil presented the monthly treasurer's report and it is on file. Gil will research opening an account with Ent.

see Minutes page 6

## Letter from the Editor

Greetings and Happy New Year! I have some trepidation in taking over the editing of newsletter, almost 30 years old. I have the normal anxieties about whether I will do a decent job and supply the news and features that you hope to find in these pages. But just as I began work on this edition, I heard that Diane had received recognition on a national level for producing an outstanding newsletter. Too late now for second thoughts, however, so here goes!

I promise not to surprise you with any major changes any time soon. But since I am accustomed to a different layout program, I have been busy re-building the basic template and tackling little tasks such as defining styles and making the little feet on the page numbers come out okay. In doing so, there was ample opportunity to stick in my own preferences, so if what you have in your hands seems to look a little different, that's because it is.

Anyway, please always feel free to give me your opinion—I have a thick skin. But if the past is any indicator, I don't have much to worry about. By all reports, you are a pretty quiet bunch of readers, too busy running or organizing I suppose.

If you *are* so inclined, however, you might ponder the ideal make-up of our running club's newsletter. What balance of content seems best? For instance, should we stick to local events, or look around the state for news? Do national events have any place here? Should there be more or less "human interest" stories and historical notes? Do you like to see coaching and training articles, or how about injury recovery and the science of running? Do you want full race results or just the highlights? I'm sure you can add to this sampling of subjects. But do let us know. Your thoughts will make great "letters to the editor".

In the near future, I will have my hands full just trying to get a system going to finish *the Long Run* on time for our monthly merrymakings, cleverly disguised as work parties. So, gather your thoughts and send them in sooner or later. In the meantime, I hope you enjoy reading this as much as in months past.

Jim K elleher

## PPRR Editor and Writer Win Regional Competition

by Jack Anthony

Pikes Peak Road Runner's *the Long Run* newsletter editor, Diane Cahalan, plus Michael Shafai, one of our fabulous club writers, have earned RRCA Western Region honors and will be competing nationally for the RRCA Jerry Little Journalism Award in the category of Large Club (greater than 500 members) Newsletter and overall Club Writer. RRCA is comprised of 4 regions; the western region includes Front Range states westward and includes Hawaii and Alaska.

Additionally, our PPRR Web Site, web-mastered by David Sorensen, is one of 40 RRCA club or event web sites being evaluated for national web site honors. RRCA includes more than 640 clubs and event organizations, the majority of the

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## 20 Years Ago

The Long Run, January 1986: President Sue Stanec writes her final letter. Sponsors receive one year ad space in the Long Run, including Coca Cola and Crib Diaper Service. PPRR's Corky Keefe (pictured on cover) wins the 2nd annual Pueblo River Trail Marathon. The 8th annual Black Forest Winter Series announced, directed by Phil Foster and Dave Smith. Podiatrist James Gremillion describes a novel cure for inflammation of toe nerves invented by an Arizona runner: "He became inebriated, pulled out a 38 caliber piston and blew the front of his foot off. This technique does, in fact, remove the nerve, but it also removes several other structures that you might want to keep!" Treasurer Bill Gallegos reports a December income of \$342. Janet Duncan seeks volunteers for her science project "on lung capacity and a second wing" [long distance airborne athletes?]



# Minutes

continued from page 4

**Event Promotion:** Al has placed the PPRR Winter Series information on Active.com. Each race of the series is listed separately.

## Committee Reports

### RRCA

Diane will convert Jack Anthony's articles and maps to PDF files for the PPRR website. She selected three issues, July, Aug. Sept., to submit for the RRCA newsletter competition.

### USATF

Phil Foster reported that the state high school cross-country meet was held at El Pomar Sports Center.

### Newsletter

Diane has a nibble for a newsletter editor. She asked if we should we have a check box on our membership form: "Do you want to receive the newsletter electronically?" The discussion on this was postponed until Pat is ready to print more membership forms.

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

Bill Gallegos has ordered two new Chronomix 737 but they have not arrived.

John O'Neill said that the Runscore software has an internal timing feature. The software costs \$225 For unlimited users and a \$25 renewal. Gil and Dave will investigate this option.

One 737 has a weak battery .Phil and Bill will try to extract the battery and replace it themselves before they send it to the factory. A dillywig on the 5-digit race clock was fixed - \$185.09 round trip shipping included.

The club received the equipment insurance policy.

### Webmaster (Dave)

Dave renewed our domain name. The PPRR site is hosted by a company in Boca Raton, Florida and was temporarily down during the recent hurricane.

### Race Coordinator (Don)

Don has sent request letters to last year's race contacts to reserve tentative dates on the PPRR calendar.

The following Race Directors were confirmed.:

Rescue Run - Sorenson  
Nielson - Grimme/Foster  
Winter Series - Lockhart  
Trail Clean-up - Johnson (Balzer backup)  
Tortoise & Hare - Miller/Mutu  
Elbert Reflections - Miller/Simpson  
Run for Sunshine - O'Neill/Waldrip

TCR - Hale (Liaison)  
Sailin Shoes - Gallegos/Grimme  
Panoramic - Johnson  
Run for Hope - Lockhart/Bailey  
CC Tiger Classic - Robin  
Distance Festival - O'Neill  
Woodland Park - Mullins/Anthony  
ADTM - ADTM Committee Mutu  
Pony Express - Lockhart/Tony  
Fall Series - Miller  
Manitou Springs MC - Run Pikes Peak  
Turkey Trot Predict - Foster/Foster  
YMCA Turkey Trot - Lockhart

## President's Report

Pat received the RRCA insurance renewal. There was no increase in RRCA dues this year. Amotion was made and passed to renew our membership with RRCA and pay for insurance.

## Membership (Pat/Stephanie)

481	Individual
42	club
9	life
132	family (primary)
264	family members
908	Total Membership
671	current
202	expiring (in next 3 months)
11	new
24	renewing

## Past Events

10/08 CC Tiger Classic (Robin). Good turnout. No problems.

10/16 Fall Series II (Larry) No problems.

10/29 Manitou Springs Mayor's Cup: Excellent turnout.

10/30 Fall Series III (Larry) No problems

## Upcoming Events

11/05 Nielson (Al/Phil) Zane's last time. Thank you  
11/13 Fall Series IV (Larry).

11/19 Turkey Trot Predict (Phil/Bob-chip timing)

11/19 Membership Meeting/Fall Series Dinner

11/24 YMCA Turkey Trot (Lockhart).

12/03 Nielson Challenge (Al/Phil).

12/06 December board meeting.

12/13 Joint Board dinner: 3 Margaritas

Next meeting: December 6, 2006

Respectfully submitted,

Robin Satterwhite

## Letters

### PPRR Runner Featured

Hi,

I just received my Jan/Feb issue of *Colorado Runner* magazine. Monthly they feature male and female runners as "Athletes of the Month" sponsored by Running Wild, a running store in Highlands Ranch. This month's male athlete is our own George Greco. The write-up includes his running accomplishments, his favorite running areas and notes that he is a member of PPRR. It would be nice to see this mentioned in the newsletter, maybe with a photo.

Lori Hawkins

*Editor's note: Congratulations to George. If anyone has a photo, we will be happy to run it.*

### Fall Series Feedback

I started back running a couple of years ago but, never got involved in any races. I called a runners sports retailer the day before the 1st run in this series and was told about the series. I decided to try it. I want to tell you now, I am thoroughly impressed with all the effort and work that you all put into this club. It has been great participating and I plan to join the PPRR runners group before future runs, which I do look forward to participating in. Thank you all for all your hard work.

Chuck Woodall

### Cool Trophies

I wanted to let you know that I really love my Overall Series

Award. The glass runner is very unique and is a very beautiful piece of artwork to boot! PPRR does such an amazing job at all that they do from the very beginnings of an event to the final details - no stone is ever left unturned. I know that when I participate in a PPRR event that I will never be disappointed and my expectations will always be exceeded. Thanks goes out to you and all of the other volunteers that put so much of themselves into each and every event. It does not go unnoticed! Thanks much.

Tamara Rogers

*Editor's note: Tamara took 1st place honors in the 35-39 age group.*

### Maybe Next Time

Great pictures! Many thanks and thanks for a great fall series. I need to be about two minutes faster to join [my two sons] at the awards ceremony.

Best regards,  
Mark Smith

*Editor's note: Mark's 2 sons, Postyn and Griffin, were award winners in the 1-14 and 15-19 class.*

### Turkey Trot Tribute

What a joy it was to work with Bill Bennett today setting up the TT05 course and then taking it down. He is a fabulous ambassador of PPRR. The way he interacts with the police, course workers and athletes is a joy to behold. He has a cheerful attitude and a great sense of humor. I think people will remember that crazy old guy in the truck and then remember PPRR(I am one of them oldie guys too!!!). That connection will get us more members and promote running more so. He made them laugh and made them feel important. I really enjoyed his stories as a AF navigator and bombardier. He is a great veteran and hero. I think I'll have the Norton bomb scope renamed the Bennett bomb scope. Thanks Bill!

Jack Anthony



Trying not to fall during the Fall Series IV

## News & Events

### Newsletter Stars Win Awards

*The Long Run* cleaned up in RRCA's 2005 running club newsletter competition. Diane Cahalan won the award for best newsletter for a large running club in the Western region. Michael Schafai was awarded the prize for best club writer. Be sure and give them a hardy congratulations. The Southern Colorado Runners of Pueblo newsletter, *Footprints*, won first prize for a small club newsletter. Ron Dehn and Debra Wall are the editors.

### 50 Marathons Anyone?

Conventional wisdom amongst marathoners would have one wait a minimum of six weeks between successive marathons. Craig Holcomb seems not to have paid much attention. Holcomb left his job as chief financial officer, sold his Ohio home, and spent the past year on the road pursuing a goal of completing 50 marathons in 50 states. Holcomb completed his goal in 50 weeks. He ran 48 marathons and two 50K's in all. Due to cancellations and other setbacks, he had to run back to back marathons five times. He ran most of the marathons in four hours, actually winning 2!

### High Altitude Marathon

You probably won't find this one on your usual race calendars: The Everest Marathon (42K) in Kathmandu, Nepal on May 29, 2006 and costs \$2085 for the organized trip. You spend two nights at Everest base camp acclimatizing. The elevation at the Khumbu ice fall, the starting point of the race, is about 18,000 ft. You run through the glacial moraine then onto a trekking trail winding through villages down to the finish at 11,300 ft. You don't even have to compete with the locals: the Nepalis have their own class. Interested? Contact Becky Harrison, (603)374-2438 or write to [becky@adventurousrekker.com](mailto:becky@adventurousrekker.com)

### Midland Trail Detour

Colorado Springs Utilities is excavating a trench to place a new wastewater line in a parallel line slightly south of W. Cucharras and S. Chestnut, on the north side of the Midland Trail, and extending 60 feet north of the intersection. Work is expected to be completed within three weeks. Contractors will create a detour for the Midland Trail during excavation.

## Winter Series

continued from page 1

25 K. No short series was available.

This must have proven too much for some, because the next year the now Black Forest Series added an alternative track of two 5K's and 3 10K's. Cumulative times were kept and overall awards given. This year, all of the races started at the Black Forest Wolford Elementary School, still the site of this year's final race.

Well, the short distance folks were apparently still daunted by distance or else the sprinters took over. The following year in 1980 the short series was *really* short, starting at just 1 mile, then 2, 3, 4, and 5—15 miles in all for the five race series.

In the mid 80's, the event adopted its present short series format of 5K, 4M, 5M, and 10K. Phil Foster, who has long been a part of the Winter Series, was unable to recall the rationale for the change.

Phil recently inspected the course and is optimistic for good conditions underfoot in race 1.

## Welcome New PPRR Members!

Carlos Chavez	Colorado Springs	Carmen Molitor	Colorado Springs	Kim Tollin	Colorado Springs
Generoso Cruz	Colorado Springs	Carl Nelson	Colorado Springs	RT Tollin	Colorado Springs
Christie Cutter	Colorado Springs	Carl, Jr. Nelson	Colorado Springs	Chris Vallow	Colorado Springs
Mike Cutter	Colorado Springs	Elizabeth Nelson	Colorado Springs	Roger Villmow	Colorado Springs
Rob Gance	Colorado Springs	Evan Nelson	Colorado Springs	Sam Whilding	Colorado Springs
Peggy Hartman	Colorado Springs	Marti Nelson	Colorado Springs	Christian Wulfkuhle	Falcon
John Jeter	Colorado Springs	Robert Nieves	Colorado Springs	Halee Wulfkuhle	Falcon
Carol Kinata	Colorado Springs	Estelle St-Martin	Colorado Springs	Marc Wulfkuhle	Falcon
Barbara Krauser	Manitou Springs	Henri St-Martin	Colorado Springs	Sara Wulfkuhle	Falcon
Peggy Marasovich	Colorado Springs	Andrew Subudhi	Colorado Springs		

## Volunteer Corner

### Happy New Year PPRR Volunteers!

by Cymmie Bailey

It's a new year and a new opportunity to volunteer for your club. We've started out with a bang: already 104 of you have volunteered and I've seen many new names. Apparently word has gotten out just how much fun the newsletter stuffing is because more and more of you are showing up to help. Is it the pizza and wine?

Our Volunteer Recognition and Reward Program is our way of letting you know how much you are appreciated. Our race calendar runs from October to October so the hours below reflect races starting with the CC Tiger Pride race through the Rescue Run on Jan 1st. I post your name once you reach 10 hours. As I receive the hours from the race directors, I will update the lists. If you have any questions, please email me at cymmieb@qwest.net.

If you haven't given volunteering a try, how about making a resolution to work at just one race! A word of warning though, it is contagious and one race may lead to another and another. You can help our core of volunteers tremendously by coming out so we hope to see you at the races!

*Cymmie Baily is the Volunteer Coordinator for the Pikes Peak Road Runners.*

### Volunteer Recognition

#### Gold Level: 51–75 Hours

*You have earned a jacket*

Dave Sorenson 57

#### Diamond Level: 76–99 Hours

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

Diane Cahalan 94

Pat Lockhart 92

\*Since October of 2005.

### Never Pre-Register: A primer on race-day etiquette

Adapted from Rita Tone

How is your race-day etiquette towards volunteers? Many runners follow these simple rules:

#### Pre-race:

1. Never pre-register. (They said they would have same day registration, didn't they? Don't risk the \$\$\$.)
2. Complain loudly about how long it's taking to register. (After all, you need to warm up, right? The people in front of you should have pre-registered!)
3. Complain loudly about the color, design, and fabric of the shirt. (Last year's was soooo much nicer...)
4. Show up five minutes before race time with fifteen kids to register.

#### Post-race:

1. Don't turn in your card, stick, whatever, until someone tracks you down for it. (So what if it delays their results? You're tired; let them find *you*.)
2. Go to the table where they are figuring the results and ask one of the following questions:
  - Where are the shirts? (It doesn't matter that there are no shirts within 50 yards.)
  - Where is the water? (The results table is for post-race refreshments.)
  - What was my time? (Don't give them your number, they should be able to tell just by looking at you.)
  - Who won my age group? (You paid for this race; *your* question is important.)

3. Go back on the course to run with a friend. (Be sure to cross the finish line a second time.)
4. Stand over the results table and peer over their shoulders to get a glimpse of how you did. (You really didn't sweat *that* much.)
5. Leave promptly after the awards. (You're a runner: someone else will pick up cups, put away chairs, carry boxes and tables.)
6. Never volunteer to help at, or worse, direct a race. (That's for non-runners, after all. They don't train so they have time on their hands.)

But if you value volunteers, please beg to differ!!

*Editor's note: PPRR and the Long Run do not necessarily share the views expressed above, especially Cymmie Bailey, our race directors, and all our wonderful volunteers!*

# William From Plano, Texas

by William L. Jones

I made it! In a close race, I finished the White Rock Half Marathon before it finished me. Coming in 3837 of 3889 finishers will not set a record, but they gave a finishers medal and put my name in the official listings. Try [www.runtherock.com](http://www.runtherock.com). Follow the link and use the search features.

There were several Colorado runners in the half and the full marathon.

The start was near freezing, requiring me to wear a long sleeved tee shirt. The 1992 Rescue Run shirt from Colorado Springs worked well. Two runners recognized the El Paso County Rescue logo on the arm, and greeted me as they ran by.

We had the only race in the area New Year's Eve. Beautiful sunshine and temperature near fifty pulled in a lot of runners, with neighborhood high school students doing very well in the 3k and 8k races. I finished the 3K.

Long time members and Pikes Peak veterans Linda Kelly and Ken Ashby were married at a Dallas race course during December. Linda ran at Pikes Peak as Linda Musil. Part of their celebration is hosting a Fat Ass Fifty (kilometers), finishing as I write this. Using Dallas park facilities at White Rock Lake, Ken, certified to do it,

measured out a four mile start and a nine mile lap around most of the lake. Runners entered for free, and chose to run thirteen, twenty-two, or thirty-one miles. No aid stations provided, but water fountains are plentiful.

Thirty-one mile finishers earned listing in the

Dallas Morning News. Ken has run an ultra on Saturday and a marathon on Sunday several times. He lost count, but is over two hundred of each, with twenty-one White Rock Marathons included. Linda has run and won many races, and has several hundred-mile belt buckles from ultra runs.

I resigned as editor and staff of The Pace, the Plano Pacers newsletter. The new editor is Michelle Mire, who is a professional writer as well as a club runner. Please wish her well.

*William is a regular contributor to the Long Run. He can be reached at [wljones@waymark.net](mailto:wljones@waymark.net).*



## Local Runners Journey to White Rock

Congratulations to Colorado Springs runners who completed the White Rock Half-Marathon and Marathon. Results are given below, with honorary mention of our friend William from Plano. If we missed you, let us know!

### Half Marathon: 3898 Finishers

Name	Place	Time
Frank Huskisson	1256	1:59:39
Jennifer Bivens	1786	2:07:19
David Witherspoon	2372	2:15:48
Steve Gillis	2582	2:20:09
William Jones	3844	3:45:53

### Marathon: 3309 Finishers

Kevin Weinman	596	3:43:18
Barbra Mellecker	800	3:51:26
Dominique Caspers	1260	4:07:29



# Resolution Without Disillusion

by Michael Shafai

A hhhh. The New Year has arrived. Which means it's that time again—time to make resolutions. As my son's namesake, Benjamin Franklin, declared on the subject, "Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man."

And now that we are a couple of weeks into 2006, the evidence is overwhelming that we humans have resolved to improve ourselves. The gyms are packed, the trailhead parking lots are full, all the swimming pool lanes are occupied, cigarette sales have plummeted, and fitness equipment sales have skyrocketed.... At least for now.

Because they go in one year and out the other, I rarely take resolutions too seriously. This does not mean that I don't make an effort though. And this year is no exception. So, a couple weeks ago, I sat down and wrote down my own resolutions. Oddly enough, all were running-related.

Prior to putting ink to paper, I consulted my handy-dandy "New Year's Resolution Writer's Guide," which provides detailed instructions on how to draft effective resolutions. Since many people have yet to make their annual commitment, I thought I'd share these guidelines with the reading public.

According to my "guide", first off, resolutions should be results-oriented. They should drive you to reach towards a lofty goal that is not particularly easy to achieve. For example, a New Year's resolution would probably not read as follows: "I resolve to eat at least three 15 oz. bags of Ruffles potato chips per week." Nor would it be: "I resolve to run a total of zero races in 2006". Make your resolution one that is difficult to achieve, and assuming you follow through, you will find yourself a better person by the end of the year.

Second, resolutions must be specific. Avoid using vague statements when defining your goal. For example, if you want to improve your running results in future races, instead of stating, "I resolve to run faster," specify when and how you plan to do it: "I resolve to run faster in the Pikes Peak Marathon in 2006."

Third, resolutions must be measurable. If it can't be measured, it is impossible to know whether or not your resolution was successful. So, for example, instead of stating, "I resolve to run faster in the Pikes Peak Marathon in 2006," perhaps try, "I resolve to run faster in the Pikes Peak Marathon this year by finishing in a time of 4:30 or less."

Fourth, resolutions should be achievable. You don't want to make your resolution so unreachable that you're only setting yourself up for failure. You will only end up depressed, miserable, and ultimately resigning yourself to running zero races in 2007 and eating three 15 oz. bags of Ruffles potato chips each week. So, instead of stating, "I resolve to run the Pikes Peak Marathon this year by finishing in a time of 4:30 or less," I would probably say, "I resolve to run the Pikes Peak Marathon this year by finishing in a time of 6:00 or less." Of course, you will want to select a time that is reasonable for you.

Finally, according to my handy-dandy "New Year's Resolution Writer's Guide," the experts suggest sharing your resolutions publicly. By doing so, accountability is increased, which results in a higher likelihood of success.

So, in the spirit of public disclosure, following are my resolutions for 2006. Please, someone, hold me accountable. And if you feel so compelled, feel free to share yours with me and we'll hold each other accountable.

- I resolve to burn at least as many calories as I



# American Discovery Trail Marathon: A contribution to childhood

by Bob Muitu

The Pikes Peak Road Runners (PPRR) elected to adopt the American Discovery Trail Marathon in late 2003. In 2004, Ent Federal Credit Union (EFCU) became one of our Presenting Sponsors. EFCU and PPRR had a vision of the ADTM becoming a major race in our region and also raising funds for a health related charity. Just a year later, a two-year financial commitment by EFCU and discussions with the Memorial Hospital Foundation resulted in the ADTM adding a 5K race to raise funds for a program to combat childhood obesity in our region. All entry fees (less direct 5K expenses) from the 5K race went to EFCU earmarked for a grant. Unfortunately, the actual proceeds from the 5K race were less than we'd hoped, but EFCU generously increased their grant to \$5000.

Our combined efforts were recognized by Memorial Hospital and its Foundation. A description of the program to combat childhood obesity was provided by Memorial's HealthLink Director Char Waters who indicated "Through collabora-

PPRR had a vision of the ADTM becoming a major race in our region and also raising funds for a health related charity

tion with the area YMCA's, particularly the Briargate YMCA, we will be providing a 4-6 week long after-school program which will meet a few times a week for an hour each. We will be piloting the program in Explorer Elementary School in D20. The YMCA will be providing the physical activity component as well as staff. Memorial Hospital HealthLink will be providing the nutritional component and grant funds for associated expenses. Memorial will begin using the \$5,000 to cover supplies, nutritional

snacks, awards, and t-shirts for participants as well as printing costs for flyers. Keeping the costs low should allow us to provide this program several times throughout the year to other schools, after receiving results from our pilot program at Explorer Elementary."

Ms. Waters also wrote, "We are extremely excited to have this joint venture between Memorial, the YMCA and D20. As other schools are hearing

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Runners at the ready in the ADTM last September.

# Training Uphill: The Missing Link?

By Dennis Newell

**H**ill training is an important element to every running training program. Hills are a great way to increase your workload and can be incorporated through daily mileage, short or long intervals, rolling tempo runs, and a variety of other methods. Hill training enhances aerobic development, leg strength, power, neuromuscular coordination, and speed; and based on these physiological responses, it should be a component of your training program.

The first way to implement hills into your training program is to incorporate hills into your Foundation/Base period by adding routes with rolling hills. By adding hills into your Foundation/Base miles, you can gradually adjust to the demands of hills in your training. You can increase the days that you run hills up to three or four days a week during this time for added aerobic capacity and leg strength.

After you feel comfortable with running hills through your Foundation/Base period, you can start to add hills in the form of longer duration intervals of 1-3 minutes (3-5 minute recovery). You should try to complete 4-8 intervals with an adequate warm-up and cool-down. These intervals will serve as an aerobic workout for the most part, but will also allow for leg strength development. These longer duration intervals are an essential progression for hill training and allow you to begin running shorter and more intense hill sessions. These longer duration intervals will allow for the body to adapt to running at higher intensities than your daily endurance pace.

Another way to implement hills into your running program is to incorporate shorter duration hill intervals of 30 seconds (1-2:00 recovery). You should try to accomplish 6-10 intervals with an adequate warm-up and cool-down. These shorter hills will develop leg strength, power, and neuromuscular coordination. Their shorter duration and higher intensity allows you to build strength that will be necessary for speed and leg turnover later in training.

Tempo runs over rolling hills should be incorporated as the last element of hill training, after you have increased your aerobic capacity through daily hill running, developed maximum aerobic



capacity and leg strength through longer duration intervals, and developed power and neuromuscular coordination through the shorter duration intervals. Rolling hill tempo running allows you to incorporate all the different elements of your previous hill training sessions into one workout. A rolling hill tempo run should ideally include rolling hills and longer hills and shorter hills in a non-structured manner. At the same time, the pace of the run should remain relatively fast. These workouts allow all aspects of hill training to be implemented in one high end time-trial. You will be producing plenty of lactic acid during this workout, and your body will be learning to tolerate and process it more efficiently. Lactate tolerance experience is an important factor prior to any mid-distance or distance racing event.

## Hill Running Mechanics

You will need to adjust your running stride, frequency, and posture when running hills of any kind. Try to take smaller strides at a quickened rate. Your feet should be constantly moving as if on hot coals, spending very little time on the ground. Run on your toes with your heel touching the ground just before liftoff to ensure that your leg turnover remains fast. You should drive your knees up with force. Your torso should be slightly leaning into the hill as you progress up the hills incline. These tips will help you to run hills more effectively.

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# Tribute to a Runner

By Bob Mutu

Larry Nielsen was born with a gorilla on his shoulders. His father died of heart failure in his thirties. Unfortunately, Larry had the genetics and the heart problems for the same early departure from life. He never said anything about this to anyone until he was nearing the end of his life on earth.

Larry Nielsen was a very happy, soft spoken, nice guy. The first time I recall meeting and talking with him was at the PPRR 2 Mile Handicap race in the mid 80's. He was just a beginner and he was really eager to ask us for advice. Larry was in good condition and improved rapidly. His mileage increase and he began to run 5k's and 10K's, always striving to improve his times. But he especially liked the Two-Mile Handicap. As I recall he won it a couple of times.

He had asked me a few times for advice on how to train and race and we talked several times after his races. He was so eager and enthusiastic! One day there was a 5 mile race on the east side of town that started at the old Runners Roost East store that was near the NE corner of Palmer Park. A friend of mine, Jim Brinson, had asked me to pace him and see if he could run under 35 minutes on the course that ran through Palmer Park. Larry heard us talking about our strategy and asked if he could run with us. He also wanted to break 35. Of course we invited him along.

Back then my philosophy on

racing was to go out hard and hang on. We went through the first mile in about 6.30 gaining altitude as we went. I remember the look Larry gave me when he heard that first split. That was the first and last time he ever looked irritated around me!

Around 3 miles he began to slowly fall off the pace. Jim and I came in at about 33.00 and Larry came in well under 34. He was way up in the clouds, ping-pong off the walls of Gatti's Pizza after the race, and he kept up a never ending stream of chatter about his splits, how great he felt, and when/whom he passed up. We just sat there and listened to his spirit soaring.

Shortly after that race Larry went up to Guffey to run the Guffey Gasp 10K with some fellow PPRR members. The altitude there is around 9000 feet. Larry finished the race but told his friends he did not feel well. He drove home and his wife immediately took him to the hospital. He was having a heart attack. Word passed around the club quickly and many members went to see him at the hospital. When I got there Larry shared with me his medical history. He told me he had started running in an attempt to prolong his life beyond that of his fathers. He had accomplished that goal and found many friends in the club. He really loved running and the camaraderie of PPRR.

Larry was released from the hospital after a couple of days. The day after his release, while sitting in his favorite chair at home, his heart failed and Larry

Nielsen passed away. As I recall he was 38. In his honor the PPRR Board of Directors renamed the Two Mile Handicap. It is now The Nielsen Challenge. Many of us still remember him. A kind, happy guy with a heart of gold and an incredible spirit! ▲

## Running Uphill

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Running hills is especially important if your goal event has hills. Specificity is an important element to any training program. The principle of specificity refers to training as specifically as possible to the demands of the goal event to make sure that the training preparation is accurate to the goals you are trying to accomplish. Based on the event you choose, you can decide which hill sessions you need to focus on more thoroughly. Make sure to adequately develop your aerobic capacity, leg strength, power, neuromuscular coordination, and speed collectively so that you are well-balance and able to progress appropriately. However, after you have developed all aspects of the different elements of hill training, you can target specific hill sessions to skills and speed you need for your goal event.

*Dennis Newell works as an Expert Coach for Carmichael Training Systems (CTS) and has a successful background in distance running. You can find his biography and more about CTS offerings at:*

*[www.trainright.com](http://www.trainright.com).*

# Nielsen Challenge

A beautiful day brought out 78 runners to the first Nielsen Challenge of 2006.

The temperature was in the upper 30s with mostly sunny weather. This attributed to 13 runners going under their handicap. Vanessa Wuestoff was under her handicap by 3 minutes and walks away as this months winner. Vanessa, we have a shirt for you.

Today's volunteers were:

Al Grimme  
 Phil Foster  
 Pat Lockhart  
 Sheri Abdella  
 Dave Sorenson  
 Bill Gallegos  
 Bob Royse  
 Julie Foster

See you all next month.

## January Results

Name	Handicap	Actual	Time	Difference
Vanessa	Wuestoff	13	17:01.2	13:59.3 - 03:01.8
Les	Bell	39	18:49.4	16:58.9 - 01:50.5
Sara	Grage	70	23:55.3	22:20.8 - 01:34.5
Dean	Buck	40	17:52.6	17:07.3 - 00:45.3
Phil	Goulding	22	15:20.3	14:43.5 - 00:36.8
Linda	Staines	6	12:51.0	12:35.8 - 00:15.2
Kris	Black	41	17:48.3	17:33.3 - 00:15.0
Sandy	Rebencius	1	10:32.5	10:21.4 - 00:11.1
David	Minter	5	12:42.6	12:31.9 - 00:10.7
Taylor	Fogg	30	16:24.5	16:15.6 - 00:08.9
Terry	Kurtz	11	13:25.7	13:18.4 - 00:07.3
Shane	Swearingen	20	14:41.6	14:34.9 - 00:06.7
April	Casados	19	14:37.4	14:31.9 - 00:05.5
Nick	Saulnier	2	10:53.0	10:50.5 - 00:02.5
Isabelle	Dolan	42	17:32.9	17:34.4 +00:01.5
Sam	Twynam	29	16:04.8	16:06.8 +00:02.0
Jeth	Fogg	37	16:47.8	16:51.9 +00:04.1
Eli	Bremer	3	10:57.1	11:01.7 +00:04.6
Christopher	White	8	12:51.4	12:59.9 +00:08.5
Bryce	Arata	50	18:21.2	18:31.8 +00:10.6
Jim	Beckenhaupt	33	16:25.0	16:36.7 +00:11.7
Alan	Arata	51	18:21.7	18:33.8 +00:12.1
Dennis	Stalnaker	57	19:35.3	19:58.4 +00:23.1
Carl	Olson	16	13:57.5	14:21.7 +00:24.2
Lindy	Crawford	38	16:28.0	16:53.9 +00:25.9
Craig	Sommerdorf	14	13:38.9	14:09.3 +00:30.4
John	Cole	24	14:20.6	14:54.8 +00:34.2
Roger	Baer	17	13:50.6	14:26.2 +00:35.6

Name	Handicap	Actual	Time	Difference
Patrick	Casados	9	12:34.3	13:10.5 +00:36.2
Janna	Rombocos	46	17:31.2	18:12.4 +00:41.2
J.	Arnold	71	22:11.8	22:56.7 +00:44.9
Barbara	Casados	73	22:40.8	23:25.9 +00:45.1
Andy	Dillon	12	13:05.1	13:55.7 +00:50.6
Steven	Kidd	47	17:33.6	18:26.9 +00:53.3
Cami	Bremer	52	17:55.6	18:52.9 +00:57.3
Eric	Peterson	4	11:14.5	12:12.8 +00:58.3
Jim	Massa	56	18:57.6	19:56.3 +00:58.7
Jim	English	15	13:10.1	14:11.8 +01:01.7
Laurie	Baer	58	19:23.7	20:26.6 +01:02.9
Alan	Versaw	7	11:41.4	12:46.5 +01:05.1
Aaron	Lojewski	18	13:19.6	14:28.9 +01:09.3
Kevin	Houghton	25	13:49.3	15:00.9 +01:11.6
Jane	Dillon	55	17:58.6	19:17.8 +01:19.2
Ken	Holmes	62	19:55.9	21:18.9 +01:23.0
Roger	Pumphrey	53	17:32.1	18:55.5 +01:23.4
Briana	Evans	54	17:21.9	18:56.4 +01:34.5
Robert	Versaw	10	11:43.3	13:18.0 +01:34.7
David	Fenell	45	16:33.4	18:09.3 +01:35.9
Ed	Gleason	27	14:07.0	15:47.5 +01:40.5
Deann	Totzke	72	21:16.6	22:57.2 +01:40.6
Aaron	Olson	65	20:04.3	21:56.5 +01:52.2
Greg	O'boyle	31	14:30.6	16:23.3 +01:52.7
Sharon	Greenbaum	28	14:00.9	15:54.7 +01:53.8
Anthony	Abdella	66	20:03.0	22:00.2 +01:57.2
Jerred	Abdella	67	20:03.5	22:00.7 +01:57.2
Kristy	Burns	61	18:53.8	20:57.4 +02:03.6
Robby	Giese	43	15:38.9	17:44.8 +02:05.9
Annette	Demel	60	18:43.5	20:56.8 +02:13.3
Charles	Foster	63	19:34.1	21:51.4 +02:17.3
Kevin	Kinney	44	15:45.7	18:08.8 +02:23.1
Heather	Evans	48	16:03.9	18:30.1 +02:26.2
Deana	Phillips	64	19:12.4	21:53.9 +02:41.5
Brenda	Demars	69	19:29.2	22:16.3 +02:47.1
Jeannette	Foster	74	19:41.8	24:09.9 +04:28.1
Sophie	Twynam	75	18:07.3	25:54.8 +07:47.5
Kenneth	Davis	76	19:55.2	30:19.0 +10:23.8

## New Runners

		Place	Time
David	Scatt	36	16:50.8
Carl	Nelson	26	15:23.3
Regina	Hartmann	68	22:05.6
Mark	Hancock	34	16:37.3
Chris	Handy	32	16:36.2
Kristen	Swanson	59	20:32.8
Eric	Hansen	49	18:30.9
Regan	Tillman	35	16:50.2
Nancy	Hobbs	23	14:47.7
Lorie	Moreno	21	14:35.4
Kate	Giese	77	36:59.2
Susan	Davis	78	38:12.5

## RRCA Victory for Editor and Write

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RRCA organizations featuring web sites. Thus PPRR's web site is amongst a select few in the hunt for national recognition.

Diane Cahalan has been *the Long Run* editor for the past two years. She submitted the July, August, and September 2005 *Long Run* issues to compete at the Western Region competition. These issues captured the Pikes Peak Marathon

and Ascent 50th anniversary and results plus included the wide variety of features and recurring articles found in each *Long Run*.

Diane completed her two year journey as *the Long Run* editor and how fortunate PPRR is to have Jim Kelleher step up to *the Long Run* editor duties. Our *Long Run* newsletter and Diane have made "the final four" in RRCA Jerry Little Journalism Award (large club category) newsletter competition. Way to go!

Diane submitted three *Long Run* writers; Michael Shafai, Bob Mutu and Jack Anthony for Club Writer competition. Each author submitted three articles for the competition. Michael Shafai and in particular his "Running in the Gutter" article featured in the May 2005 issue of *the Long Run* was selected as the Western Region's best club writer. Four regional winners will be competing for the RRCA Jerry Little Journalism Award-Club Writer category. Michael,

you are in "the final four"—congratulations!

This RRCA journalism award is named in honor of Jerry W. Little, JR., who was president of the Electric City Printing Company, Anderson, SC, from 1969-1986. He died of lung cancer in 1986. Jerry had been an athlete all his life but took up running in the 1970's, becoming

a devotee and advocate of the sport until his death. In 1990 his brother, Michael Little, who had succeeded Jerry as company president, felt that it would be appro-

priate for the Electric City Printing to fund the RRCA's journalism awards since Jerry loved running, was in the printing industry, and was a great believer in assisting others.

Member article contributions are what make our *Long Run* such a fabulous publication. Whether you have a running trail or route you wish to tell the membership about, or some story; whether funny, serious, or even weird, why not take a shot at being a club writer and find a talent you never knew you had. I did, and it's a blast crating an article and in Michael Shafai's case, earning a chance at RRCA national journalism recognition. How cool is that! Run on—Write on!

*Jack Anthony is our liaison with the Road Runners Club of America.*

Whether you have...  
some story; whether  
funny, serious, or  
even weird, why  
not take a shot at  
being a club writer

## Resolutions

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consume, which will be measured by my weight at the end of 2006 compared to the beginning of 2006.

- I resolve to find at least three non-marathon runners and help them complete a marathon in 2006. I will help them by providing them with a reasonable training schedule, company on at least one training run per month, and schedule permitting, I will run the marathon with them.

- I resolve to assist the brave, new PPRR newsletter editor, Jim Kelleher, fill the pages of this award-winning rag by supplying him with at least one article per month (ideally prior to his deadline). Everyone must understand that this resolution relates to quantity and not quality.

- I resolve to run the Pikes Peak Marathon in 6:00 or less, and because I will have burned so many calories in the process, I resolve to consume at least three bags of 15 oz. Ruffles potato chips during the week following the race.

*Michael Schafai is a regular contributor to The Long Run and winner of the RRCA 2005 Best Writer*

# Rain, Snow, or 20 Below

by Dave Sorenson

The 28th Annual Rescue Run was held on January 1st in beautiful Palmer Park. (Note: The shirt actually says 27th annual due to an error by Dave Sorenson. So I guess you can say this was the 2nd Annual 27th Rescue Run.) The weather was mild with temperatures in the upper forties with blustery winds. The turnout was strong with 481 registrations and 452 finishers. This is the 2nd all-time high, trailing only the 2005 race (i.e., the 1st Annual 27th Rescue Run), which had 498 registrations and 464 finishers.

This race is jointly organized by the El Paso County Search & Rescue and the Pikes Peak Road Runners. The pre-race work is split between the two organizations with Diane Kelsay of EPC-

SAR and Dave Sorenson of PPRR heading up those efforts. All proceeds of the race go to the El Paso County Search & Rescue. This year's net proceeds will end up about \$2,500 to \$3,000, so thank you all very much for participating.

37 kids participated in the kids races. The first finisher of the kids mile race was 8-year-old Abe, who has been running for 3 years. Abe is such a stud that he nearly bruised the hand of a volunteer when giving a high five.

Winners of the 5K were Dean Black and Jennifer Hockman. Dean also was the rabbit for the kids races. The 10K winners were Andrew Abdella and Amy Regnier. The motorcycle policeman who was leading the 10K runners said that he could barely keep ahead of Andrew as Andrew turned on the

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Katie Flamate joyfully finishes the 10K with a topsy turvy Terry Finnegan in hot pursuit. Del Wallgren is six seconds behind Terry.



2nd place finishers Mike Wasson (10K) left, and Todd Hund (5K), center, start out in front along with 16 year old Derrek Villagrana.



Cool and colorful mock turtleneck shirts were given to all participants and volunteers. This shirt modeled by an unknown young woman.

## ADTM Contribution

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through the grapevine of this pilot program, they are asking for something in their schools, as well. I suspect this has a wonderful opportunity to develop into a significant program in our community to involve other business partners and school districts. We anticipate our first program to begin mid-January, which will be announced in a flyer sent to parents living near Explorer Elementary School."

Patricia L. Peterson, Executive Director, Memorial Hospital Foundation, also recognized the collaborative efforts and funding support and stated "Our community benefits when private and corporate citizens partner in such an effective manner. We are really pleased to have such

great support from Ent Federal Credit Union and the Pikes Peak Rod Runners and to be able to organize a program that will likely have long-lasting health benefits for children in our community."

I would personally like to thank the ADTM volunteers and EFCU (Jim Moore and Curtis Fox) for making this grant possible. It speaks volumes for the Pikes Peak Road Runners' involvement in our community! I look forward to 2006 and the continued support of our running and health-oriented community partnership.

*Bob Mutu is race director for the American Discovery Trail Marathon, held in September on Labor Day*

## Search & Rescue

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afterburners coming down the final downhill stretch of the course.

Two runners got lost on the 10K course. One took it in stride and was happy to get in some extra distance. The other was angry at race organizers, thinking that there should course marshals all along the route. So I guess you can't please everyone. But hey, what better race to get lost at than one with 30 search and rescue people only a moment away. Their snow cat was ready to scour Palmer Park!

The race was well supported with about 30 volunteers from the PPRR and another 20 or 30 from the EPCSAR. These volunteers are the life-blood of running events, and we thank them all very, very, very much. ▲

## Expired PPRR

Know them? Find them and tell them we want them back!!			
Cara Alexander	Don Byers	Ronald Garcia	Dolly Kast
Grant Alexander	Donnie Byers	John Gardner	Kevin Kinney
Mark Alexander	Vicki McCann-Byers	John Genrich	Scott Klopfenstein
Susan Alexander	James Cannon	Kristen Gilbert-Moore	Clyde L. Landry
Scott Anthony	Hank Carey	Denyse Gripentrog	Michael Lehan
Dan Arnold	Stephen Clark	Greg Gripentrog	Patricia Lockhart
Mo Ayala	Tim Clark	Tammy Gripentrog	Andrew Maez
Kenneth Baldrey	Tricia Clark	Gregory Guerrero	April Maez
Chris Baron	Maureen Connell	Gina Basile Harcrow	Laura Maher
Dee Bass	Jason Cox	Harry Harcrow	Matt Maher
Jim Boatright	John Crawford	Carrie Sanders-Hasselblad	Dan Malinaric
Chad Bookidis	Linda Reed Crawford	Malo Hasselblad	Megan Malinaric
Paula Ohlendorf	Jason Crow	Yvonne Hasselblad	Miriam Malinaric
Brad Breland	David Dean	Robert N. Hawley	Regie Marquez
Molly Hackman	Larry DeWitt	Brian Headlee	Jim Massa
Alice Brill	Roswitha DeWitt	Kathy Heathcock	Chris McIntyre
John Hazelhurst	John Dietrich	Elliott Henry	Joanna McIntyre
Lile Budden	Ray Eck	Angie Heringer	Leslie McLaughlin
	Craig Ewing	Jennifer Hernandez	Elizabeth McNamara
	Karen Fady	Graham Houghton	Joe Mendygral
	Joseph Fletcher	Russ Jackson	Zane Meredith
	Alan Fox	Steven Jennings	Tim Meyers
	Laurent Fox	Mike Johnson	Karl Mickelson
	John Freligh	David Kast	Craig Miller



Mickey, Jim, and Cymmie patiently process the more than 120 race-day registrants with time to spare to warm up for their own race efforts.



Off and running are the determined youngsters on this New Year's day.



The back of a search and rescue truck sported a duct taped tribute to our super sponsors. Thank you for your support!!!

## Memberships!

Annie Moats	Philip Quattlebaum	John Semanick	Brendan Trimboli
Wayne Morris	Blake Ramsey	Al Senzamici	Jill Trimboli
Harsha Nagaraj	Jack Ramsey	Kelley Serafin	Scott Trimboli
Sheri Nagaraj	Jeff Rath	Mike Shafai	Wendy Trimboli
Patrick Neukom	Art Rath	Jack Sherman	Greg Tumbush
Kevin Noleen	Steve Recca	Steve Shiffer	Jeff Van Bemden
Maddi Noleen	Steve Reed	Molly Shook	John Victoria
Marjorie Noleen	David Reily	Philar Silva	Sheila Geere Victoria
Woody Noleen	Brendan Roche	Steve Simon	Richard Vonschlicten
Kandee Normandin	Brigid Roche	Don Skogman	Randy Ward
Stephen Nulty	Carol Roche	Eric Sova	Beverly Weaver
Peter Olejnik	Dave Roche	Eric Steiner	Darrell Weaver
Stephanie Courson Olsson	Storme Rose	Grant Stephens	Al Wegner
Jeff O'Neil	Bill Rowan	Henry J Stone	Becky Wegner
Kathleen Overton	Mary Rowan	Cheryl Stutzmann	Spencer Wegner
William Overton	Carol Runnells	Douglas E Swartzendruber	Sydney Wegner
Elwyn Owen	John Ruzicka	Joe Tencza	Eileen Wilfong
Liz Price	Stephen E Sager	Brian Thornberry	David Wilhide
Palmer High School	Tom Sayers	Janel Timmins	Wendie Wilhide
Dale Papineau	David Scalfri	Betty Totten	Michael Wilshusen
Jodie Penn	Joe Scarlett	Callie Trautner	Robert Yara
Michael Phan	Gretchen Schmidt	Craig Trautner	Beverly Zimmermann
Roger Pumphrey	David Schmitt	Kathryn Trautner	Eck Zimmermann
Diana Quattlebaum	James Schworob	Noah Trautner	

# Rescue Run Overall Results

## 10 K

1	Andrew Abdella	19	0:36:19	56	Kris Pruitt	27	0:49:55	111	Ken Stauffer	43	0:55:45
2	Mike Wasson	40	0:37:29	57	David Reily	53	0:49:57	112	John Reynolds	52	0:55:46
3	Paul Koch	37	0:38:45	58	Eck Zimmermann	54	0:49:58	113	Diane Repasky	40	0:55:48
4	Bill Means	40	0:38:59	59	Rodney Bolman	49	0:49:59	114	Josh Harwood	24	0:55:53
5	Martin Wennblom	26	0:39:38	60	Cheston Souza	29	0:50:00	115	Steve Larson	49	0:56:05
6	Eric Peterson	34	0:40:53	61	Akihiko Ohnaka	25	0:50:08	116	Harry Moore	63	0:56:08
7	Patrick McGinails	23	0:41:11	62	Lee Burton	45	0:50:09	117	Hanna Heuser	16	0:56:25
8	Rick Shoulberg	44	0:41:26	63	Pam Parker	40	0:50:13	118	Daniel Gannon	46	0:56:27
9	Larry Dewitt	48	0:41:48	64	Jon Faue	43	0:50:19	119	Mike Olsen	49	0:56:58
10	Chris McIntyre	25	0:42:00	65	Scott Suter	42	0:50:36	120	Lauren Goulding	18	0:56:59
11	Amy Regnier	43	0:42:07	66	Lem Myers	40	0:50:38	121	Roger Leturno	51	0:57:01
12	David Wilhide	47	0:42:32	67	Jen McMurry	34	0:50:43	122	Pete Olejnik	57	0:57:27
13	Matt Drake	17	0:42:37	68	Steve Graff	37	0:50:44	123	John Mills	55	0:57:29
14	Travis Edwards	25	0:42:41	69	Angela Vesey	31	0:50:45	124	Brent Sheffield	38	0:57:32
15	Samuel Callan	42	0:44:19	70	Jay Smidt	44	0:51:00	125	Katie Flemate	45	0:57:38
16	Mike Buckley	45	0:44:53	71	Kathleen McGinnis	17	0:51:18	126	Terry Finnegan	53	0:57:42
17	Larry Seidman	42	0:45:03	72	Glenn Ash	68	0:51:21	127	Del Wallgren	51	0:57:48
18	Scott Jones	38	0:45:23	73	Ed Gleason	50	0:51:22	128	Jon Epperson	68	0:58:08
19	Aaron Leyinson	16	0:45:54	74	Jennifer Rikoski	27	0:51:24	129	Daniel Ritt	51	0:58:12
20	Bruce Barrell	49	0:45:54	75	Mark Smith	48	0:51:28	130	Jeff Chadwick	35	0:58:14
21	Mark McGinnis	50	0:45:57	76	Carl Olson	43	0:51:31	131	Linda Reeg	52	0:58:20
22	Mike Shafai	35	0:46:04	77	Phil Goulding	54	0:51:38	132	John O'Donnell	53	0:58:27
23	Brian Sweeney	50	0:46:09	78	Susan Leprie	34	0:51:39	133	Dale Schauer	50	0:58:32
24	Matt Sherman	33	0:46:15	79	Jim Kelleher	48	0:51:41	134	Carolyn Moon	52	0:58:40
25	Elliott Henry	59	0:46:17	80	Alan Feuerhaken	60	0:51:53	135	Derrek Villagrana	16	0:58:41
26	Matt Larsen	34	0:46:17	81	Joel Hawkins	35	0:51:54	136	John Sobbecki	43	0:58:43
27	Bev Zimmermann	42	0:46:21	82	James Newton	48	0:52:05	137	Jeff Smith	64	0:59:00
28	Greg Frauenhoff	48	0:46:23	83	Pete Doyle	59	0:52:06	138	Kate Raphael	49	0:59:05
29	James Robinson	54	0:46:28	84	James Light	38	0:52:17	139	Charlie Malin	46	0:59:15
30	Thomas Marr	52	0:46:29	85	Jenny Russell	29	0:52:19	140	Norm Houser	38	0:59:22
31	Ed Light	46	0:46:45	86	Jeffrey Jury	45	0:52:37	141	Henri St Martin	47	0:59:27
32	Mark Jordan	35	0:46:59	87	Postyn Smith	12	0:52:44	142	Blake Schwank	39	0:59:29
33	Gordon Heuser	46	0:47:01	88	Brian Vesey	35	0:53:01	143	Steve Kirby	52	0:59:30
34	Ken MacIntyre	52	0:47:10	89	Gordon Neal	49	0:53:10	144	Fred Wright	71	0:59:32
35	Conrad Widman	45	0:47:18	90	Les Goss	55	0:53:19	145	Joe Scarlett	67	0:59:38
36	Kenneth Boggs	51	0:47:21	91	Steve Walls	49	0:53:30	146	Amy Wasson	38	0:59:39
37	Robert Brotherston	47	0:47:24	92	Diane Brown	42	0:53:33	147	Gretchen Malaski	56	0:59:49
38	Lou Huie	59	0:47:50	93	David Gapper	24	0:53:38	148	Jane Chess	52	1:00:27
39	Aaron McHugh	33	0:48:07	94	Andrew Wilson	39	0:53:55	149	Susan Gebhart	50	1:00:28
40	Griffin Smith	15	0:48:10	95	Michael Witham	35	0:54:01	150	John Crouse	55	1:00:29
41	George Greco	57	0:48:15	96	Noreen O'Rourke	43	0:54:05	151	Harold Hatch	66	1:00:42
42	Larry Herr	35	0:48:19	97	Brian Landis	34	0:54:05	152	Melody Monberg	30	1:00:44
43	Allan Davidson	54	0:48:30	98	Keith Lonquist	51	0:54:11	153	Kathi Defere	41	1:00:49
44	Tom Zehringer	51	0:48:34	99	Donnie Sherard	21	0:54:13	154	Lori Ray	35	1:00:56
45	Edward King	53	0:48:39	100	Patrick Fisher	45	0:54:14	155	Rich Kennett	69	1:01:02
46	Jim Boughter	61	0:48:40	101	Robert Thul	60	0:54:15	156	Les Bell	50	1:01:31
47	Des Dal Guardia	19	0:48:41	102	Jim Beckenhaupt	58	0:54:28	157	Gary Driber	41	1:01:45
48	Andrew Blemker	39	0:48:45	103	Carol Lowe	45	0:54:36	158	Rick Boyer	49	1:01:57
49	Rodger Greer	44	0:48:46	104	Elizabeth Thomas	25	0:54:40	159	Debra Wallgreen	40	1:02:15
50	Richard Park	52	0:48:53	105	Anne Schuttig	41	0:54:58	160	Stewart Kline	45	1:02:16
51	Reid Sheffield	44	0:48:56	106	Glenda Kelly	44	0:55:05	161	John Zuniga	37	1:02:16
52	Steve Simon	50	0:49:23	107	David Wick	60	0:55:09	162	Sally Kennett	63	1:02:23
53	Allen Fry	39	0:49:31	108	Barbana Gossage	44	0:55:14	163	Kristopher Black	29	1:02:45
54	Kimberly Greer	44	0:49:39	109	K. Vanhaverbeke	44	0:55:43	164	Robin Satterwhite	54	1:02:51
55	Julie O'Neill	33	0:49:44	110	Gary Franchi	57	0:55:44	165	Steve Parker	43	1:02:56

## 10 K

166 Casey Ritt	16	1:02:57
167 Andrew Grace	49	1:03:22
168 Stacy Phillips	32	1:03:26
169 William Hemp	41	1:03:49
170 Kelly Mckenna	48	1:04:15
171 Karen Fady	63	1:04:36
172 Richard Bursell	53	1:04:47
173 Bob Wagstaff	56	1:05:07
174 Noel Kahl	23	1:05:25
175 Elizabeth Lavoie	28	1:05:25
176 Sharyn Grace	49	1:05:51
177 Martha Kinsinger	71	1:06:09
178 Dave De Hart	57	1:06:13
179 Shiela Harrell	36	1:06:23
180 Sharon Johnson	46	1:06:57
181 Jim Massa	53	1:07:04
182 Kevin Kinney	46	1:07:09
183 Randy Ryan	47	1:07:19
184 Dave Scafri	43	1:07:20
185 Laura Harwood	24	1:07:28
186 Paul Maraian	36	1:07:32
187 Marilee McDonald	52	1:07:47
188 Lindy Crawford	41	1:07:47
189 Robert Freeman	50	1:08:04
190 Molly Hankins	48	1:08:29
191 Uwe Sartori	50	1:09:15
192 Patricia Kule	56	1:10:02
193 Trish McCormick	47	1:10:09
194 Martina Ritchie	60	1:11:07
195 Jim Byington	56	1:12:33
196 Susan Parker	43	1:12:35
197 Kim Roff	43	1:12:36
198 Phil Foster	71	1:12:43
199 Monica Adair	36	1:12:48
200 Rachel Crawford	17	1:13:04
201 Gahlen Crawford	48	1:13:05
202 Tamara Fisher	46	1:13:52
203 Amy Shieff	35	1:15:31
204 Bill Moyle	66	1:15:47
205 Maryann Tanzella	49	1:16:51
206 Christine Schwank	40	1:17:48
207 Dean Buck	47	1:18:24
208 Corinne Gibson	55	1:19:40
209 Cathy Dilts	48	1:21:45
210 Rene Harold	44	1:30:51

## 5 K

1 Dean Black	17	0:17:56	57 Nick Leyva	52	0:27:53
2 Todd Hund	26	0:19:17	58 Don Stauder	58	0:28:01
3 Brett Black	17	0:19:33	59 Sandy Reinsch	33	0:28:05
4 S. Mullebrouck	25	0:20:06	60 Paul Sweeney	18	0:28:07
5 Lile Budden	45	0:20:27	61 Mike Lenaburg	54	0:28:08
6 Greg Burrell	46	0:21:18	62 Samantha Tarvin	14	0:28:09
7 Jennifer Hockman	18	0:21:23	63 William Tarvin	43	0:28:09
8 Shawn Ooley	45	0:21:24	64 Douglas Smith	44	0:28:12
9 Mickey Kelly	27	0:21:58	65 Ken Davis	50	0:28:19
10 Tina Gray	22	0:22:06	66 John Biggs	37	0:28:22
11 Shannon Meredith	35	0:22:23	67 Hector Leyba	55	0:28:29
12 Ryun Black	28	0:22:32	68 Matthew Spink	26	0:28:30
13 Andrew Shaum	18	0:22:43	69 Matt Sweeney	15	0:28:31
14 Mike Johnson	36	0:22:47	70 Ben Hook	10	0:28:32
15 Jonathan Pratt	44	0:22:55	71 Rob Hook	43	0:28:32
16 Jim English	51	0:23:00	72 Daniel Greer	18	0:28:34
17 Terry Kurtz	37	0:23:21	73 Robert Riefstahl	47	0:28:35
18 Ben Valdez	45	0:23:30	74 Will O'Hearn	38	0:28:38
19 Traci Winterbottom	41	0:23:50	75 Linda Case	45	0:28:40
20 Mark Walker	40	0:23:52	76 Les Lundin	56	0:28:42
21 Tyler Burns	10	0:24:23	77 Christina Brown	34	0:28:44
22 Alan Ley	55	0:24:34	78 Jean Marie Whitt	34	0:28:52
23 Tony Abdella	51	0:24:35	79 Jessica Raab	35	0:28:52
24 Stella Heffron	38	0:24:40	80 Clayton Keller	34	0:28:54
25 Beth Sedelmyer	39	0:24:43	81 Kelly Dubois	43	0:28:55
26 Mark Schulz	28	0:24:44	82 John Balke	45	0:28:56
27 Dan Black	52	0:24:46	83 Rick Susak	42	0:28:58
28 Nancy Hobbs	45	0:24:48	84 Riley O'Rourke	14	0:29:00
29 Meghan Zehringer	16	0:24:57	85 Hans Zimmermann	66	0:29:08
30 Lara Shadwick	37	0:25:03	86 Buzz Borries	52	0:29:14
31 Eileen Wilfond	47	0:25:09	87 Becca Greer	16	0:29:15
32 Doug Ingram	57	0:25:15	88 Deb Anderson	55	0:29:18
33 Andrew Botcherby	33	0:25:24	89 John Ingram	38	0:29:19
34 Stan Hren	64	0:25:26	90 Neil Chapman	37	0:29:26
35 Dean Wilfong	48	0:25:30	91 David Alexander	13	0:29:29
36 Dean Whitman	47	0:25:33	92 Patrick Burns	46	0:29:33
37 Bill Alexander	42	0:25:34	93 Michelle Chapman	37	0:29:39
38 Larry Fruge	49	0:25:35	94 Dennis Normoyle	61	0:29:42
39 Scott Shaum	43	0:25:40	95 Richard Zimmerman	54	0:29:44
40 Kevin Houghton	31	0:25:50	96 Graham Gollan	49	0:29:48
41 Brenda Lewis	40	0:26:12	97 Kristine Spinuzzi	36	0:29:51
42 Paul Pratt	37	0:26:22	98 Dave Dietz	42	0:29:54
43 Peg Roddy	57	0:26:24	99 Isabelle Dolan	41	0:30:02
44 Kevin Sears	44	0:26:43	100 Dave Balzer	69	0:30:04
45 Desiree Romero	13	0:27:05	101 Gina Benfatti	44	0:30:07
46 Sara Guack	17	0:27:08	102 Ryan Speed	27	0:30:12
47 Marijane Martinez	53	0:27:09	103 Robert Rodine	47	0:30:15
48 Jane Wurtz	48	0:27:10	104 Daniel Embry	24	0:30:15
49 Kevin Gunty	48	0:27:10	105 Kathy Letner	53	0:30:20
50 Beth Burns	13	0:27:13	106 Susan Hirst	45	0:30:25
51 Angie Wagner	45	0:27:16	107 Karissa Dietz	14	0:30:36
52 Rita Burr	44	0:27:23	108 Jim Peterson	43	0:30:42
53 Dan Arnold	41	0:27:24	109 Brian Gauck	43	0:30:48
54 Micky Simpson	49	0:27:36	110 Alyssa Peterson	10	0:30:49
55 Susan Faue	41	0:27:40	111 Frank Donaldson	40	0:30:50
56 Henry Hund	64	0:27:49	112 Kyle Whitney	31	0:30:51



## Rescue Run 5K Results continued

113 Shawna King	30	0:30:54	157 Erin Ray	14	0:34:21	201 Lori Light	42	0:39:28
114 Kevin Burns	33	0:30:55	158 Diana Tiffany	43	0:34:30	202 Julie Ann Hoffman	36	0:39:37
115 Phil Redinger	34	0:31:00	159 Andrea Hatch	62	0:34:35	203 Zane Meredith	54	0:39:44
116 Brock Dowling	12	0:31:03	160 Heidi McClure	44	0:34:38	204 Michael Trapp	56	0:39:47
117 Matthew Monberg	29	0:31:14	161 Tami Wise	37	0:34:42	205 Jacky Goodman	42	0:39:58
118 Yvonne Sletta	55	0:31:15	162 Laura Ebat	36	0:34:53	206 Robert Hall Jr	54	0:39:58
119 Megan O'Boyle	28	0:31:24	163 Elias Quintero	47	0:34:58	207 Diana Quattlebaum	46	0:40:04
120 Trudi Michel	47	0:31:27	164 Tim Sutlief	47	0:35:03	208 Bennett Riefstahl	11	0:40:42
121 Carol Runnells	53	0:31:28	165 Homer Gregory	51	0:35:09	209 Diane Smith	43	0:40:45
122 David Patrick	43	0:31:29	166 Conor O'Rourke	12	0:35:21	210 Creighton Stack	11	0:40:51
123 David Redinger	40	0:31:33	167 David O'Rourke	45	0:35:21	211 Patricia Van Meter	49	0:41:05
124 Shane Peterson	34	0:31:34	168 Kate Autry	29	0:35:26	212 Burl Stewart	56	0:41:08
125 Chris Alexander	42	0:31:39	169 Will Hook	8	0:35:27	213 Pam Kirby	52	0:41:59
126 Lynann Bowyer	38	0:31:49	170 Brian Petersen	28	0:35:30	214 Marie Baughman	45	0:42:00
127 Dennis Duff	36	0:32:01	171 Kathy Hook	42	0:35:31	215 Katelyn Hook	13	0:42:36
128 Savannah Ebert	9	0:32:05	172 Aubrey Davis	17	0:35:32	216 Trevor Albertson	26	0:42:44
129 Ron Garcia	55	0:32:05	173 Mark Koch	46	0:35:33	217 Isabell Willis	53	0:43:34
130 Bill Benson	49	0:32:11	174 Phil Rose	68	0:35:42	218 Suzanne Riefstahl	40	0:43:44
131 Kaitlin Brinton	11	0:32:18	175 Richard Davis Jr	63	0:36:03	219 Mari Nakada	45	0:43:54
132 Robert Johnson	43	0:32:20	176 Hillary Gal	40	0:36:06	220 Aaron Leyinson	16	0:44:56
133 Jill Hetzler	23	0:32:21	177 Kirk Schmitt	47	0:36:08	221 Patricia Garcia	55	0:45:18
134 Craig O'Boyle	29	0:32:22	178 Doris Chandler	49	0:36:19	222 Marilyn Carron	55	0:45:45
135 M Keaveney	64	0:32:24	179 Karl Ray	49	0:36:22	223 Mike Lehan	55	0:45:58
136 Dee Brinton	35	0:32:25	180 Rebekah Brinton	12	0:36:34	224 Mary Wallandeo	46	0:46:16
137 Valeska Freeman	20	0:32:42	181 Sara Kimsey	30	0:36:39	225 Gail Craig	48	0:48:28
138 Steve McDermott	61	0:32:51	182 Ken Holmes	60	0:36:46	226 Ray Malaski	54	0:50:48
139 Jack Airlie	61	0:32:54	183 Chris Carver	45	0:37:04	227 Beth Shuler	43	0:51:10
140 Terry Lauhon	59	0:32:56	184 Lori Cauble	43	0:37:04	228 Sean Clark	35	0:51:11
141 John Engleman	58	0:32:58	185 Vickie Laughlin	51	0:37:20	229 Penny Pasqua	50	0:51:36
142 Al Haupt	51	0:33:13	186 Elizabeth Urata	48	0:37:21	230 Andrew Davis	21	0:53:53
143 Peggy Dowling	45	0:33:18	187 Ellis Joseph	67	0:37:39	231 Marianne Farrell	53	0:53:59
144 Chris Wendland	32	0:33:20	188 Charles Foster	46	0:37:41	232 Joan Farrell	45	0:54:00
145 Tristen Wendlord	34	0:33:21	189 Jutta Normoyle	52	0:38:09	233 Sharon Burton	44	0:55:50
146 Lynn Pauley	58	0:33:22	190 Tim Alexander	10	0:38:10	234 Nicole Dilts	13	0:55:51
147 Katie Edwards	25	0:33:23	191 Lisa Uhl	45	0:38:12	235 Leonard Dilts	48	0:55:52
148 Jerry Woerdeman	53	0:33:33	192 Rodge Rodgers	84	0:38:24	236 Sue Taylor	41	0:58:24
149 Keith Martin	40	0:33:36	193 Philip Quattlebaum	53	0:38:38	237 Robert Taylor	41	0:58:25
150 John Chadwick	47	0:33:52	194 Randy Rose	48	0:38:43	238 Betty Burr	71	1:01:01
151 CiCi McGinnis	50	0:33:57	195 Marisa Cardin	9	0:38:54	239 Robert Burr	71	1:01:05
152 Diane Cahalen	48	0:33:58	196 Rita Cardin	35	0:38:59	240 Julie Foster	69	1:04:59
153 Susan Hart	46	0:34:01	197 Shanna Light	38	0:39:03	241 Jim Stack	36	1:10:10
154 Maria Fruge	50	0:34:02	198 Jennifer Sebben	25	0:39:09	242 Melody Lundin	54	1:10:10
155 Amy Park	15	0:34:19	199 Alyssa Brinton	8	0:39:11			
156 Jody Rodine	50	0:34:20	200 Barry Brinton	46	0:39:12			



# PIKES PEAK ROAD RUNNERS MEMBERSHIP APPLICATION

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Evening Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_



## Membership Benefits!

Membership includes the club's monthly newsletter mailed right to your door. Keep posted on all the local running events and receive information on regional happenings as well. Members receive a reduced entry fee or no charge for selected races. Plus, members can receive substantial discounts at several local running stores! Members also automatically receive membership in RCAA.

(Out-of-Towners may add \$10 for First Class newsletter postage for quicker delivery.)

**Make checks payable to: Pikes Peak Road Runners**

### CLUB MEMBERSHIP WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the American Association of Running Clubs, the Pikes Peak Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name	Age	Sex	Volunteer?	Signature (If under 18 Parent Must Sign)	Date
1. _____	_____	_____	YES NO _____	_____	_____
2. _____	_____	_____	YES NO _____	_____	_____
3. _____	_____	_____	YES NO _____	_____	_____
4. _____	_____	_____	YES NO _____	_____	_____

Membership Rates		
	Individual	Family
<b>One year</b>	<b>\$15</b>	<b>\$25</b>
<b>Two year</b>	<b>\$30</b>	<b>\$50</b>
<b>Three year</b>	<b>\$45</b>	<b>\$75</b>

**Send to: Pikes Peak Road Runners**  
**Atn: Membership Chairperson**  
**207 N. Nevada**  
**Colorado Springs CO 80903**



Pikes Peak Road Runners, Inc.  
 207 North Nevada  
 Colorado Springs CO 80903

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