



the **LONG RUN**

Volume 30 Issue 3 Running News for the Pike's Peak Region June 2006

Large Turnout Expected at Memorial Park for July 4th Weekend Veterans Home Run

by Jack Anthony

In the May issue of our fabulous *Long Run* newsletter, the Pikes Peak Road Runners Board invited you to take part in the first annual Veterans Home Run on **Sunday July 2nd**. This special commitment of the Pikes Peak Road Runners will honor and help the men and women of the Colorado Veterans Coalition's Crawford House. This article includes an update on the Veterans Home Run plus gives insight into the Crawford House namesake, Private William J. Crawford who on September 13, 1943 earned the Congressional Medal of Honor for his courage and heroism in action near Altaville, Italy.

We have some wonderful primary sponsors who have stepped forth to provide significant financial help to the Veterans Home Run. Primary sponsors include The Rotary Club of Colorado Springs and the Computer Sciences Corporation. Thank you sponsors to committing your name and resources to this event to honor America's veterans in need. We do have some wonderful folks stepping up to provide individual sponsorships and next issue we'll try to list them all.

The Veterans Home Run entry fee will be \$12.00 and based on the commitment of our sponsors, your entry fee will go directly to helping the staff and residents of the Crawford House! You will get a wonderful commemorative Veterans Home Run T-shirt courtesy of Peak Impressions and owner Joanne Cornick. The Veterans Home Run artwork was kindly prepared by Pat Musick and her artistry symbolizes the veteran's journey home, be it a journey to their own home or to the help and compassion of the Crawford House. You will also get to meet the Crawford House staff and residents. They will be participating as water-stop helpers and some will tackle the event as runners and walkers too! Our honorary race starter is Eileen



Veterans Larry Johnson, Randy Gilbert, Thomas Jackson, and Eddie Palmer (L-R) pose with site manager Vicki Pettis at the Crawford House open house May 12th. The VHR will benefit these and other residents.

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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
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
	Stephanie Courson	573-8887
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

*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. Your board encourages PPRR members and friends to attend. The July meeting is cancelled. The next meeting is **June 6th**.

Membership ☺

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

Membership
Pikes Peak Road Runners
207 N Nevada



Newsletter Information

The Long Run is the official monthly publication of the Pikes Peak Road Runners club, edited by Jim Kelleher. 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 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 **June 6**.

Newsletter Stuffing

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

Next stuffing is **Wednesday June 21**

Advertising

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

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

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

Include check for \$50 payable to PPRR.

Advertising is welcome on both the inside pages and inside back cover. Write to the editor@pprrun.org for rates or call Jim at 719.232.4419.

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



President's Letter

The Paupers Cemetery: no one knew, or at least no one responded. The corner of South 21st Street and Lower Gold Camp Road, the corner of Bear Creek's dog park.

The Veterans Home Run is July 2nd. All proceeds from this event will benefit several of the needs of the Crawford House. If you have been reading Jack Anthony's articles you will know and better understand what this facility is all about. With the assistance of members of the VA Hospital and Veterans Affairs and other veteran organizations as part of our committee, this event is becoming a reality. At first I thought we were working for a "building", but now we are doing this for "people"—people who have served their country and us and given us the continuing definition of "Freedom". Thanks to Jim Beckenhaupt. Without him, I (we) would have never known about this program.

The Summer Series started Saturday the 6th. About half of the attendees of the Nielson have signed up to participate in this series—30 or so. #2 is the Panoramic Run at Bear Creek on June 24th.

Thanks to Jon Cornick we now have downtown lunchtime running routes posted on our website. There are 5 routes described by Jon and a map for all.

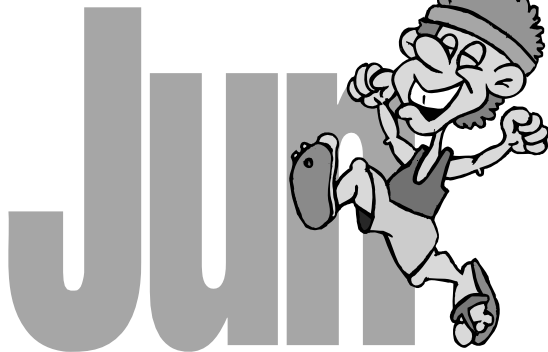
For anyone who was planning on attending on July 3rd board meeting, we have declared a "Snow Day". We would like to have a long week, leaving open July 2nd for the Veterans' Home Run. We will be doubling up at our June meeting.

Congratulations to the Triple Crown of Running. This year will be the 30th anniversary of the Garden of the Gods 10 Mile Run.

Another congratulations: Dave Sorenson is stepping down as a Director of the Triple Crown of Running, and consequently stepping down as Director of the Garden of the Gods. Matt Carpenter will be assisting Dave this year and become the director next year. Dave will still be an active member of the club. Win/Win situation for both organizations.

PPRR will be participating in Peterson Air Force Base's Health Clinic on the 19th of May. Jack Janney, who works at Peterson, gave us the lead and thanks to him, Jack Anthony, Jim Beckenhaupt, Jon Cornick, Ron Wisner, and Phil Foster, we will be well represented.

Pat Lockhart



the Long Run Long Ago

10 Years Ago

June 1996: *The Long Run*, weighing in at 12 pages, welcomes Tanna Marie Kuhn into the world on its cover. Her 10th birthday is May 27th. Happy birthday wherever you are, Tanna! President Larry Miller reproaches the rancorous tone of recent reactions to thoughts and feelings expressed in the newsletter. He clarifies his own opinion that "real runners"—active race participants—ought to be represented in the decisions effecting running events. Matt Carpenter wins the Armed Forces 10K in 31:51 followed by Rebecca Lyons in 242nd place (1:21:06). Results from that race and Triple Crown of Running's "Palmer Park Spectacular" 10K are posted.



20 Years Ago

Runners in the "Springs to Creek Relay" are featured in action on the cover of the June 1986 issue. President Russ Baker congratulates the PPRR team, coached by Bub Mutu, on its 26 minute improvement over the previous year. Editor Michael Schenk sounds off on our "local newspaper's" tendency to ignore local running events. And readers are given advice on many fronts: steps to painless running, drinking plenty of fluids, choosing running shoes, and "rules" from *the Jim Ryun*, such as, "Learn to give a total effort in practice if you expect a total effort in competition." Even 19th century William James contributes several precepts for successful change: "Start immediately. Begin flamboyantly. Make no exceptions."

25 Years Ago

June 1981: Al Grimme is both characterized and caricatured, having raised \$1800 in his "run for love" from Pueblo to the Springs for the School for the Blind. Al writes in a letter that "it wasn't such a big deal." Craig Schafer and those who cheered his last 1/2 mile around a track would disagree: "You gave us a lump in our throats and hearts swollen with pride...we think you're the greatest!" Club VP John Morgan follows former president Bill Bailey in moving far away, leaving the club in need of filling both spots.



PPRR Board Minutes

April 4, 2006

Attendance

Tony Abdella, Jack Anthony, Jim Beckenhaupt, Phil Foster, Bill Gallegos, Lyn Hale, Don Johnson, Jim Kelleher, Gil Kindt, Pat Lockhart, Jon Cornick, Dave Sorenson, Larry Miller, Micky Simpson, Travis Waldrip, Robin Satterwhite, Pat Lockhart, John O'Neill

Guests: Bob Mutu, Shannon Taylor Excused: Lyn Hale

Guest Business

ADTM update – Bob Mutu – Bob reported that there were already 40 entries which is ahead of last year's registration at this time. Ent has added PP YMCA as a new sponsor of the race.

Bill Gallegos believed that many years ago the club decided that we wouldn't have beer at a PPRR events, but that is not stated in the current Handbook. A motion was made and passed to allow beer at the ADTM with the same management situation as stated last year. Bob also needs more volunteers for the Tortoise and Hare race. People came forward.

Old/New Business:

The Petterson AFB Health and Fitness event will take place on Friday, May 19, from 1-4. Phil Foster, Jack Anthony, Jon Cornick, Ron Whisner, Jim Beckenhaupt and Jack Janney will represent the Road Runners.

Veteran's Home Run.

Jack is promoting the race to several community groups. Jon Cornick is investigating t-shirt or wristbands and sponsors. Jim Beckenhaupt said that the clients of the house are very appreciative of the efforts of the race committee.

Treasurer's Report

Gil presented the Treasurer's report. The board accepted the report and it is on file with the club. The Winter Series income was \$3500. Dave and Kwang-Chi Sorenson completed the club income tax. Gil will research donations the club has made to various groups and individuals during the last couple of years and report to the club.

RRCA

Jack Anthony reports that the RRCA website has gone through some changes/improvements. The RRCA presented Lisa Paige with the RRCA President's Award for significant service to the RRCA in 2005. Lisa is our Western Regional Representative to RRCA. Upcoming in the newsletter will be an article by Jack on the Rock Island Trail.

Certifications/Measuring

Travis will be measuring a 2 mile course for the Panoramic Race.

YMCA

Chris Tutt is no longer with the Y. Stacy Wilson is trying to find someone to represent Y at the board meetings.

Scholarship

The club received a scholarship application from Shea Wilfong. Shea is a currently enrolled high school student, so is not eligible. The Scholarship reads "a currently competing college athlete". Andrew Abdella's application was accepted and he was awarded a scholarship for the 2006/2007 school year.

Newsletter

Jim Kelleher commented that he is receiving a healthy number of article submissions. He has also had inquiries about ads.

Bulk mail

Jim Beckenhaupt pointed out that the volunteer of the last stuffing was Taylor Fogg, the Super Sticker.

Calendar

Pat sent changes to the calendar - June 24 Tri-lakes Y event. Jim K. will print calendar when he prints the newsletter.

Equipment

Bill Gallegos sent a new Chronomix back to the factory for technical adjustments. Bill explained the problems that the machine, which is still under warranty, had been having.

Dave Sorenson will use 4 Chronomix for Land Sharks races. .

Webmaster

Dave reports that things are going fine. Jim made date corrections for newsletter stuffing.

Volunteer Coordinator

Note from Cymmie – Volunteer hour reports are up to date.

President's Report

Mail – Pat passed along some promotional info to Micky to investigate.

El Paso County Parks - Nancy Hobbs has inquired whether PPRR would include a donation opportunity for the parks on entries at races held in El Paso County Parks. If we knew where money was going we would be more interested. Related to county parks, Micky commented that the Homestead Park would be a great race venue.

Membership (Pat)

455 – single 43 – Clubs

9 – life 143 – family

294 - family members

Total - 944

768 - current 117 - expiring

18 - new 41 - renew

Past Events

04/01 Nielson Challenge – 64 runners. Al and Phil are currently using race bibs, a computer and the Chronomix for timing. The computer makes it easier but when cold weather hits it may be too cold to use the computer for every winter Nielson.

Trail Cleanup – No one showed up at 9 a.m. on Saturday but 7 runners came back down the trail much later. Another anonymous group of people was cleaning the area from America the Beautiful Park to the next intersection. There are new flash flood signs on the trails.

Adjourned – 8:06.

Respectfully submitted,

Robin Satterwhite



From the Editor

In this issue, Michael Shafai writes about a theory of his: that each of us has a lifetime allotment of running miles and once we use them up, it's time to hang up the shoes. Although it may strike you as somewhat whimsical, it turns out that this theory has a very solid basis.

Dr. Timothy Noakes, author of the tome *Lore of Running* (requires a reinforced bookshelf), observes that concerning marathon runners, "it has never been possible for one runner to dominate the sport at each [age] group from, say, 20 to 60." In his considerable experience, runners have about 20 years to excel before handing over the laurels. So, the top runners in their 20's fall behind in their 40's. The people who dominate in their 40's are those who just started running. Similarly, the top folks in the 60's age group did not start running until their 50's.

Noakes attributes this mostly to physical changes, but I got to wondering about other reasons that might lead folks to retire "early". I know quite a few very competitive runners, for instance, who have lost enthusiasm for the sport. Sometimes they don't quite know why. This wondering brings me back to that inexhaustible topic of why people run. There are, of course, many reasons, but some of them are better off left behind.

From the time we are young, we learn to strike a compromise between what we want and what others want. If our elders are wise, they will mold our character without squashing it. If they are overbearing, we grow up having a hard time knowing what we truly want. If overly indulgent, we can have a tough time with empathy and compassion. Consequently, the behaviors we adopt and endeavors we undertake can have a great many motives.

Running is no exception. We may undertake it simply to maintain a healthy balance in our lives and stay fit. We can equally well take it up to meet the expectations of others. We can also pursue it to maintain an illusion of power. You may know people who run because they "should," or people who run primarily because they like to beat somebody else.

Hopefully, most people realize as they grow older that self-worth comes not only through accomplishment and that people are nice to know as well as to defeat. We all smile at the overly competitive youngster, but for someone in their 50's, it seems rather odd that they should not have gotten past it. If the overly-competitive or neurotic runner genuinely matures, they will eventually stop running if they do not find other reasons to run.

The friends I mentioned who have largely given up are like that. They found other sources of self-esteem and felt less acutely the need to win for its own sake. Without that motive driving them, they only experience the drudgery of training because that's all they ever did. Running a race to just enjoy the scenery and the company is almost inconceivable to them. As one woman put it, "I can't enter an event unless I expect to win it."

Do these wandering thoughts lead to any conclusion? Just this: if you know folks who run without enjoying it or seem to run less and less, help them to (re)discover the joy of running. Don't ask them, "Why don't you run as much anymore?" or tell them, "You just need more motivation." That will only make them feel bad. Instead, encourage them to volunteer at a race where they can enjoy a running event without the need to compete. Invite them on a run where your normal pace will be an effortless cruise for them. Suggest that they come to a newsletter stuffing (an overall great cure for taking life too seriously!). Running can be about so much more than self-gain, and fortunately for us, that's what PPRR is all about.

Jim Kelleher

May Stuffing Volunteers!

Colorado Running
Company, Host

Al Grimme
Teri Harper
Jim Newton
Jon Cornick
Kyle Forman
Dave Thomson
Marie Baughman
Traci Winterbottom
Jim Beckenhaupt
Melissa Leftwich
Micky Simpson
Diane Cahalan
Brenda Lewis
Jim Kelleher
Larry Miller
Joe Wyatt

Are you about to expire?

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

Trail Clean-up

Sat June 3rd

Meet at 9 a.m.

Southwest parking lot
of 8th Street Walmart

Letters

Summer Series Support

Dear Editor,

In a May 2006 Long Run issue letter to editor, Chris S. asks "What's the point?" of the proposed Summer Series, and furthermore asserts PPRR "descends to the level of gimmickry."

Well Chris, it's our way of creating a series of runs where folks who may be a bit intimidated or anxious about entering a race can come and give a group, somewhat competitive, run a try and build up their confidence or get familiar with what a race is all about. Any chance to get together with fellow runners is a great opportunity for fun and health and to forego all the cumulative timing and competitiveness and "Just Do it" is what this series is all about.

So, maybe it is a gimmick....to get new comers out for a run, and help them gain faith and confidence in their ability to step up to the line and give it a shot. They enhance their fitness, they get a cool shirt for making their new hobby a passion and habit, and perhaps have a bit more spring in their step as they share their stories of glory in the race they ran...and the ones coming up. See you soon....and please help us make newcomers feel welcomed.

Jack Anthony

Pacers' Presidents Put Cat Herding to Practice

Dear Editor,

The Pacers made their move this month. Former presidents of the Pacers put in a lot of effort, and it all paid off

One surveyed the available courses, picking Harrington Park. It is part of the paved trail system in Plano, and a few kilometers south of where we have our predic-

tion runs. It has available restrooms, a park pavilion, and lots of free parking, because the Plano Senior Center is at this location. The Senior Center is not open on Saturday mornings, which is ideal for the Pacers.

Another former president noticed the pavilion was much smaller than the one we had at Bob Woodruff Park, our former location. She talked the owner of the Spaghetti Warehouse Restaurant, across the street from the Senior Center, into letting us use his outdoor dining area, closed Saturday morning, for sign-up, refreshments, and awards. We really appreciated the extra space when 186 runners finished their runs.

A third former president certifies courses, and had little problem with the new trail. The first races at the new location were a 3K and an 8K, with one road crossing near the 8K turn around. It worked out well.

The fourth former president was part of the phone bank contacting all members, like yours truly, that had no email address or an outdated one. All members were informed of the new location in plenty of time.

Give our current presidents, John and Gaby Ahrens, credit for coordinating this. They could herd cats.

After trying it at the March Charity Run, the Pacers have a new timing system. It combines two Palm handheld computers, Pocket Timer Pro software, and permanent bibs for runners. These bibs have names, numbers, and bar codes for each member, with plenty of spares for guests. The bar codes are scanned at the finish line, the data is transferred to the club portable computer, and awards are quickly figured and presented. Door prize drawings use the same data base. Reports for The Pace, our club newsletter, and the Dallas Morning News, are ready very quickly.

Featured runner for April is Clint Bell, with 9:05 in the 3K. I have a physical problem, and will not run until a doctor fixes it.

Regards,
William L. Jones

Stick Close to Home?

Dear Editor,

I think you're doing a great job with the newsletter, especially in covering local events. I was glad to see that the last issue did not report results from races in distant places. I think we have enough going on here that we need to cover and don't need to see results from races that are completely unrelated to Colorado Springs. People can look up their results on the internet if they need to, but they already know the results anyway.

Sincerely,
Rick Silva

Rick, thank you for your appreciation of the newsletter. We do try to cover local events that otherwise no one might know about. You may be disappointed, however, to see that this issue contains several results and reports from "far away". The point, however, is not to publicize the event, nor merely to post results. It is, rather, to recognize what adventurous runners in our community are doing. They go to great lengths to travel and run in distant events, which is a part of the Pikes Peak running community's character as much as a local 5K.



Have some words you'd like us to know about? Did you find something enjoyable or irritating? Why not write a letter to the editor: editor@pprrun.org. It only takes a moment for you to let everyone know. You can remain anonymous if you choose, but be nice!

The Bear Creek Panoramic: Short but Challenging

Bear Creek park (eastern portion) will once again give runners a pleasant but challenging event in the Panoramic 4 mile run. All proceeds from this event go to the Colorado Springs School for Deaf and Blind Athletic Department.

According to Bill Gallegos, long time race staff, the race was originally conceived in the mid 80's as a fund raiser for the planned Olympic Hall of fame which was to be part of the Jimmy Camp development. When that fell through, the event was moved to Palmer Park and the Deaf and Blind School were designated as recipients.

"It's a beautiful course and more people should know about it" says Bill. "There's even a really good climb for hill training." The course is mainly on the trails in the park, but there is a short distance on a paved entry road and a gravel parking lot. There are a few decent hills to keep the thrills at a high level. Elevation is around 6200 feet.

Awards are given to the 1st overall male and female, and the first three in 10-year age-groups. See the flyer in this issue for more information.

Pikes Peak Marathon to be World Championship

The World Mountain Running Association (WMRA) has chosen the Pikes Peak Marathon (Sunday, August 20th) to be it's 2006 world championship race. Also known as the Long Distance Mountain Running Challenge, it is designed to gather the best mountain runners in the world to a single venue that rotates between Europe, the Americas, Oceania, Africa and Asia. Challenges are

staged in conjunction with a traditional long distance mountain race that has an established international reputation. Those competing in the WMRA championship will be running the same race, start times and all, as the rest of the marathoners.

So far, Ron Ilgen, race director and president of the Triple Crown of Running, reports applications for teams from Australia and Mexico along with many top trail runners from the U.S. and around the world. Competitive runners have until the end of July to apply for entries. According to Ron, our own Matt Carpenter has not yet stated yet whether he will participate, but as a previous winner, he is guaranteed an entry.

Hospitality Needed for Pikes Peak Marathon

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

"Overall, this would be a great way for local runners to see what the PPM is all about and take part in supporting this great event," says Ron, and to "come and see what America's Ultimate Chal-

lenge is all about."

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

The Leadville Marathon and half-Marathon

Otherwise known as the Mosquito Pass Marathon. The organizers in Leadville are again offering a plethora of high altitude challenges for all you rugged trail runners. Mosquito Pass lies between Leadville and Fairplay, offering the only access for vehicles through the Mosquito Range. But at 13,188 feet and 4WD only, runners won't be dodging traffic.

The event takes place Saturday, July 1st. The course is an out and back, a full 26.2 miles, with most of the elevation gain compressed into the miles just before the pass. Be prepared for some technical trail running, but also to enjoy to great grub at the 7 aid stations. A registration form is included in this newsletter. A half-marathon option is available and, presumably, much easier on the knees.

continued on next page



A sign awaits runners atop Mosquito Pass in the Leadville Marathon, marking the passage of six-horse wagons and gold seekers.

News & Events

continued from previous page

More Marathons in June

If you need one or two more marathons and don't mind a bit of travel, the northern half of the state has a couple you might consider. The **Steamboat Springs Marathon**, Sunday June 4th, also has a half marathon, but that event is full. This course is mostly down hill, but don't let this fool you, says Running Series Director John Chapman. "Don't expect to get a PR, it's harder than it looks." Selected by Runner's World as one of the "10 Most Scenic Marathons of the Year" the certified course begins at historic Hahns Peak Village, follows a paved country road down the Elk River Valley, and finishes at the courthouse in downtown Steamboat Springs. Starting elevation is 8,128' and the finish elevation is 6,728'. Finisher medals will be given for the full marathon. (www.steamboatsummer.com)

The **Estes Park Marathon** takes place Sunday June 13th. Race promoters have latched onto the "highest marathon in the world" phrase, but carefully qualify this with "paved". The course runs between 7420 and 8150 feet and promises great views of Longs Peak and Mt. Meeker. Check out their website at www.epmarathon.org.

Boulder Backroads

Started in 1999, the Boulder Backroads Marathon and Half Marathon are held in Boulder, Colorado, framed by the majestic Colorado Front Range foothills. Runners begin at the Boulder Reservoir and travel out through beautiful countryside on mostly soft-packed dirt roads and quiet rural lanes.

New this year, runners and walkers will receive technical running shirts—long sleeve for

marathon and short sleeve for half participants. To commemorate the 8th running of the Backroads, registrants also get a pint glass from Avery Brewing Co, a custom medal and, for the first 1500 registrants, a cool GoLite skull cap.

New entry limits are in place for this year. "Due to overwhelming demand, and limited parking at the Boulder Reservoir," says Lesley Kinder, race director." The 2006 half marathon will be capped at 2,000 runners and the marathon at 1,000.

See enclosed insert for registration form and more information.

Jack Daniels in Colorado

At the mention of Jack Daniels, does whiskey come to mind, or the world renown endurance coach? He will be a resident running guru at the Jim Ryun's (the famous former 1 mile world record holder) running camp July 30th to August 4th at Colorado State University. Writes Ryun, "My camp is unique in that the instruction is geared toward developing the total runner—physically, mentally and spiritually."

A firm believer in the specificity of training, Daniels defines four acceptable running paces, making up the acronym RITE. "R" for repetitions, run at faster than your 5K pace. "I" refers to intervals, run hard at 5K race pace. "T" refers to tempo runs at a comfortably hard pace of about 87 percent of 5K race pace. Finally, "E" refers to easy, as in recovery runs. An in-depth series of articles by Daniels can be found at www.coacheseducation.com/endur/jack-daniels-june-00.htm.

For more information, see www.ryunrunning.com/ryun/camp/info.asp



Membership

Welcome New Members!

Marie Baughman	Colorado Springs
Emily Bertsch	Colorado Springs
Matt Bertsch	Colorado Springs
Brittany Cardin	Colorado Springs
Daniella Cardin	Colorado Springs
Marisa Cardin	Colorado Springs
Rita Cardin	Colorado Springs
April Casados	Colorado Springs
Barbara Casados	Colorado Springs
Patrick Casados	Colorado Springs
Ron Casados	Colorado Springs
Andrea Cichosz	Colorado Springs
Derek Engard	Colorado Springs
Chris Ruiz Grovenstein	Colorado Springs
Jim Grovenstein	Colorado Springs
Marlene Grovenstein	Colorado Springs
Sona Grovenstein	Colorado Springs
Tirrel Grovenstein	Colorado Springs
Tavia Hammond	Rocky Ford
Holly Johnson	Colorado Springs
Beth Meese	Colorado Springs
Karen Pinell	Colorado Springs
Nicole Rosa	Colorado Springs
Desiree Wayne	Colorado Springs
John Williams	Colorado Springs

Renewing Members

Hank Carey	Colorado Springs
Beverly Carver	Colorado Springs
Albert Grimme	Colorado Springs
Brenda Grimme	Colorado Springs
Pam Gustafson	Monument
Jared Harp	Colorado Springs
Regie Marquez	Pueblo
Ella Nagaraj	Colorado Springs
Harsha Nagaraj	Colorado Springs
Scheri Nagaraj	Colorado Springs
Don Skogman	Colorado Springs
Jeff Smith	Colorado Springs
John Stevens	Colorado Springs
Annemarie Wiesner	Colorado Springs

Happy
Father's
Day!

Volunteer Corner

Volunteer for a PPRR Event!

Well, Summer is upon us and when you look at the Calendar of Events, you'll see that our club is participating in races every weekend! That's a big time commitment. Fortunately, we have a fantastic group of "core" volunteers who organize and oversee these races. Without Pat, Larry, Lyn, Gil, Dave, "Bill & Bill", Al, Phil, Jim and Don, there wouldn't be any races to enjoy. Our regulars, such as Angie, Susan, RT, Cruz, Micky, the Abdella and Waters families (to name a few), are at the registration table, water stops and finish line helping out each week. Please take the time to say "hi" and

"thanks for being here"...it means so much!

Did you know? 55 volunteers worked the Winter Series for a total of 870 hours and Search and Rescue contributed 250 hours. Wow!

Cymmie Bailey

Volunteer Coordinator

Could you use delightful conversation, loads of appreciation, and the satisfaction of time very well spent? Then write to Cymmie and enlist for an event: cymmieb@qwest.net.



What would become of race-day registrations without our army of cheerful volunteers?!

Volunteer Recognition

Bronze Level: up to 20 Hours

You have earned a PPRR t-shirt

Andrew Abdella 15
Jack Anthony 20
Marie Baughman 12
Ted Bidwell 17
Dean Black 17
Janice Black 20
Dean Buck 19
John Cornick 14
Andy Dimmen 20
Rick Di Muccio 11
Heather Evans 12
Bob Foster 19
Julie Foster 13
Brenda Lewis 11
John O'Neill 16
Neal Oseland 20
Bob Royse 13
Robin Satterwhite 14
Greg Segura 11
Gini Simonson 16
Jim Simonson 17
Jeff Tarbert 14
Dave Thomson 10
Tracy Winterbottom 10
Lo Wright 10

Silver Level: 21 to 50 Hours

You have earned a cap or complimentary race entry

Jerred Abdella 32
Sheri Abdella 47
Tony Abdella 36
Cymmie Bailey 47
Dave Balzar 33
Jan Balzar 35
Gordon Barnett 38
Jim Beckenhaupt 43
Sandy Berry-Lowe 25
Dee Budden 38
Phil Foster 47
Ron Garcia 43
Kees Guijt 23
Rick Hessek 36
Gil Kindt 48
Melissa Leftwich 22
Cruz Martinez 35
Sandy Martinez 22
Bill Ransom 24
Jim Umphrey 26
Kevin Waldrip 22
Cady Waters 48
Melissa Waters 43

Gold Level: 51 to 75 Hours

You have earned a jacket

Jim Beckenhaupt 51
Angie Earle 58
Lyn Hale 69
Micky Simpson 52
RT Tollin 64
Travis Waldrip 59

Diamond Level: 76 to 99 Hours

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

Al Grimme 81
Larry Miller 96

Platinum Level: 100+ Hours

You will receive special recognition at the rewards dinner

Diane Cahalan 112
Jim Kelleher 308
Pat Lockhart 185
Bob Mutu 107
Dave Sorenson 114

Volunteers are listed who have accumulated 10 or more hours since October 2005

New World Record Set for Women's 10 Mile

by Jean Knaack



Jessica Sleight and I kicked off the month of April by running the Credit Union Cherry Blossom 10 Mile

Race. This certainly was an exciting race as Lidiya Grigoryeva set the world record for the women's 10 mile, and Jessica and I both ran PR times. The course is fast and flat and runs through the scenic areas of the Washington, DC. The weather was absolutely ideal and the cherry trees were at peak bloom. At the RRCA Convention last month, the race presented the RRCA with a contribution to the Roads Scholar Program in the amount of \$10,500.

The Roads Scholar Selection Committee began deliberations over 37 applications during the month of April. The final candidates will be selected and announced in early May of 2006.

During the month of April, former RRCA Roads Scholar and Roads Scholar Selection Committee Member, Deena Kastor, has been burning up the roads in the Europe.

Lidiya Grigoryeva set the world record for the women's 10 mile, and Jessica and I both ran PR times.

Kastor beat her US half marathon record at the Berlin Half Marathon in early April. She then went on to wow crowds at the London Marathon as she improved her US marathon record and won the race.

The Road Runners Club of America would like to take this opportunity during to thank the thousands of individuals around the country that volunteer their valuable time to the running communi-

ty. If you have an inspiring story about a committed volunteer, feel free to share it with us. We might feature it in an upcoming issue of *Footnotes* or the Points of Light Foundation may feature it in a future publication.

To acknowledge the dedication of volunteers in the running community, the RRCA developed the National Volunteer Award Certificate. Without volunteers our clubs and events would not be as successful at promoting grassroots running. Every year a club president or designated officer may nominate up to 3 individual volunteers that have contributed at least 2000 hours to running during the years. Information on this service to our volunteers can be found at www.rrca.org/programs/programs.html#S3.

Her Sports, the only women's sports and fitness magazine on the market, has partnered with the RRCA to provide our members a great subscription discount. Her Sports features in depth training plans (5k up to the marathon), running shoe reviews, and women's specific running apparel. All RRCA members and individuals of RRCA member clubs can access this great benefit of membership by visiting www.hersports.com and clicking on "Subscribe". Enter the special RRCA member discount code of QRRCA to receive \$10 off the normal subscription rate. That means that RRCA members will receive 10 issues of Her Sports for only \$16.95!

The RRCA would like to welcome the XTERRA Scrambles to our membership. Information on these new members as well as the XTERRA Scrambles schedule can be found at rrca.org/news/index.php?article=2048.

On September 22, 2006 we will launch the **1st Annual RRCA National Run@Work Day**. The purpose of National Run@Work Day

is to promote physical activity and healthy living through running or walking. The goal of the RRCA National Run@Work Day is to raise awareness about the importance of daily physical activity for adults. Running clubs, company-based wellness programs, human resources departments, and individuals nationwide are encouraged to plan fun runs and walks with their employers. The Run@Work day events will be community based events that promote and provide the opportunity for individuals to incorporate at least thirty-five minutes of exercise into their daily routine either before work, during lunch, or immediately following work.

To help employers, running clubs, or individuals plan and promote their local Run@Work Day event, the RRCA has developed a "Planning Kit" which can be found at www.rrca.org/programs/programs.html#P4. The "Kit" contains a sample press release for announcing local events, ideas for planning and promoting the event, and information on nutrition and running that can be shared with event participants. In addition, Run@Work Day events can be posted on the RRCA Calendar for FREE. Event organizers can use the special event code, Run@Work Event, when posting their event.

I am sure everyone is gearing up for summer races. As the thermometer starts to rise, make sure that you are properly hydrating and protecting your skin from the sun.

Jean Knaack, an avid runner, masters swimmer, and triathlete, is executive director of RRCA. She can be reached at office@rrca.org.



Going Long

by Michael Shafai



I know a lot of fast runners. But I'm not one of them. Not yet, at least. Most of the fast runners I know have always been fast. I've never been fast. But one day, I believe I will.

Most of the fast runners I know are getting slower as they age. But because I've never been fast, I don't fret about getting slower. In fact, I may actually be getting faster. Again, it still doesn't make me fast. But in a relative sense, I feel like I'm improving with age. So, I'm optimistic about the future. And, more importantly, I can confidently shrug off all anti-aging products,

Our bodies have a finite number of expendable running miles. Once the cap is reached, the runner fades into oblivion.

such as Oil of Olay, Botox, and the Hair Club for Men. That's because even if I'm balding and wrinkled, people won't care just as long as I can run fast.

As a child, I used to talk a lot (actually, I still talk a lot). My older, shyer brother, John, despised my loquacity. As a young child, he scared me into silence by telling me I had a lifetime limit on the number of words I could speak. If I exhausted my predetermined word limit, I would become mute for the remainder of my life. To date, I haven't exceeded the limit.

In regards to speech, I never took my brother's admonishments seriously. But I did apply his half-joking conjecture to my own half-

baked theory on the nature of running. Allow me to explain.

First, I believe that our bodies have a finite number of expendable running miles. For each human, that number will differ due to multiple variables. Individual "mileage caps" as I call them, are based upon genetics, environment, lifestyle, and life circumstances. Once the cap is reached, the runner fades into oblivion and can no longer maintain a competitive pace.

For example, if Steve Prefontaine had survived long enough to have a child (who, for the purposes of this text, we will call "Postfontaine"), and that child lived in a city with clean air, nice running trails, and he ate healthy foods, avoided certain vices such as smoking Camel non-filters, and managed to avoid horrendous life circumstances such as debilitating car accidents or serious injuries, Postfontaine might have a 60,000 mile lifetime cap. Keep in mind, this is merely an example. The numbers are meaningless and for illustrative purposes only.

Now, if Postfontaine altered one of the four variables, say lifestyle for example, and was prone to eating super-sized Big Macs Value Meals three times per day, his total number of miles might drop to 40,000.

Now, take a flat-footed, bowl-legged runner like me, who eats well, doesn't smoke Camels, consumes a Big Mac once every four years, and lives in a city with great trails, clean air, and a running culture to rival any city in the country. Because the running gene bypassed my family almost entirely, I may be limited to the same mileage cap as the Big Mac-eating Postfontaine. Who ever said life was fair?

Speaking of lifetime mileage caps, take Fred Wright for example. Fred is a resident of Colorado Springs and a dedicated runner. He's also my personal hero, because at the

tender age of 71, he trains harder and runs faster than 99% of people half his age. What's his secret?

Well, to start, he didn't begin his running career until he was 39 years old. In essence, he started the clock on his lifetime mileage cap at a very late age. At the time, Fred was living in the small Canadian town of Sarnia, population 20,000. He decided that running might help him lose the 20-30 extra pounds he was carrying around. At the same time, he felt that running might feed his competitive drive.

And there was plenty of competition. Sarnia, at the time, was a haven for fast runners. When Fred started running, he trained with the likes of Pete Butler (the Canadian national marathon champion) who was only 15 years old at the time, and Andy Boychuk (a 2:16 marathoner, who captured 10th place in the Mexico City Olympic marathon) who was only 30.

Admittedly, Fred states he was completely naïve about the sport when he started running, so he just did what they did. In March of 1974, he ran his first race, a 5K, finishing in around 19 minutes. In October of the same year, he ran his first marathon with a time of 2:48.

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Rock Island Railroad Trail

by Jack Anthony



Actually, there are two Rock Island Trails. Both recreational trails take advantage of the Chicago, Rock Island and Pacific Railroad right of way. The El Paso County Rock Island Regional Trail is 9.2 miles in length and runs parallel to Highway 24 between Falcon and Peyton. The City of

Colorado Springs Rock Island Trail is 5.8 miles long and runs east-west from Powers Blvd to the Wahsatch Avenue connection to the north end of the Shooks Run Trail. In this first Rock Island Trail article, I'll tell you about these trails from a runner's perspective and then introduce some history regarding the Rock Island Railroad. I anticipate the second article being a bit more detailed on interesting historical facts about the Rock Island Railroad days of glory.

The El Paso County section begins at the Falcon trailhead where there is a small parking area. The trailhead is located off McLaughlin Road, just across from the Meineke Car Care business near a beautiful stand of trees—Elms I think. There's plenty of parking and a portapotty at the trailhead. The trail is pretty much out in the open and right on the railroad bed. It climbs ever so slightly as you proceed east to Peyton. There are three major road crossings along the trail on the way to Peyton. Woodmen Road is a high traffic road, Judge Orr and Elbert Road crossings are not as high volume, but be alert!

The Colorado Springs section begins just south of

the intersection of Powers and Constitution. Let's now take a westward journey on the trail.

There's a landscaping business and a really nice grove of pines at the trailhead, a cul-de-sac where there is parking. The trail proceeds pretty much due west from here. In my humble opinion, the first 1.9 miles of this trail are the nicest and do not involve crossing streets. The trail is well maintained and you can get a close look at the tracks. There are interpretive signs too. Jim Kelleher (our fabulous "Long Run" editor) and I ran this section a few weeks ago and we found the bicycle riders and walkers were darn cheerful as they greeted us (perhaps our 4:30 mile pace also impressed them....yea right!). This segment of the trail arrives at Murray where there is no trailhead, but there are schools, churches and other parking opportunities that abound assuming church or school is out. I certainly don't mean to "dis" the remaining west bound segment of the trail, but I find the Powers to Murray stretch to be absolutely delightful and on a nice day you'll find everyone is cheering for you (or wondering just what the heck you are doing!)

Here now begins the busy-street-crossing phase of the trail. From Murray to Academy is 0.55 mile. You'll get a peek at a really cool railroad bridge. Then, you must cross Academy and proceed west and cross Chelton (0.4 mile), then Circle (0.55 mile). The trail opens up a bit and 1.05 miles later you get to cross Union, which can be pretty darn busy too. These crossings have traffic lights, which helps! From Union west there's no more traffic light supported crossings, but the streets are not as busy—but do be alert and careful.

From Union, it's 0.55 miles to Paseo and in a quick 0.2 miles you're crossing Templeton Gap Road. The trail ends at Wahsatch in 0.6 mile. The trail is paved except for the last section to Wahsatch where you can run on a dirt trail or on the alleyway.

When I run the west end, I park in the Bon Shopping Center parking lot and run north on Wahsatch to get to the western trail entry. From Academy westward you will notice a distinct downhill slope and this will be a key point when I tell you next time about a few runaway trains that rolled into town with gravity, instead of a locomotive, doing the



The Rocky Mountain Rocket took over service in 1939, cutting the run between Colorado Springs and Chicago to 19.5 hours. The last train ran in 1980. \$35.20 bought travellers a private room and bath.

work. What is really cool about this trail is that the tracks are still in place and in pretty good shape. As you cruise along you may hear the grading and track crews huffing and puffing as they did in the fall of 1888 when they built the Rock Island Railroad into Colorado Springs.

Now for a bit of Rock Island Railroad history. I am fortunate to know Mel McFarland, a fabulous railroad historian and enthusiast. Mel is also a trainman on the Pikes Peak Cog Railway having served in all roles including engineer. Mel and Michael Doty wrote "Rocketing to the Rockies" which is published in the Colorado Rail Annual No. 17 of the Colorado Railroad Museum in Denver. It is the definitive history of the Rock Island in Colorado. The book is a great reference, but the best source of insight was my recent chat with Mel. Here's how the Rock Island came to Colorado Springs.

In early 1882, an ambitious plan was proposed to extend the Chicago, Rock Island and Pacific Railroad from the Mississippi through the Rocky Mountains and onward to the Pacific. Another

enticing prospect was tapping into the near by Colorado Springs mining districts. In early July 1888 the Rock Island Railroad grading and track laying crews came through Goodland Kansas in their arduous westward march. By September, the crews reached the Colorado Springs area.

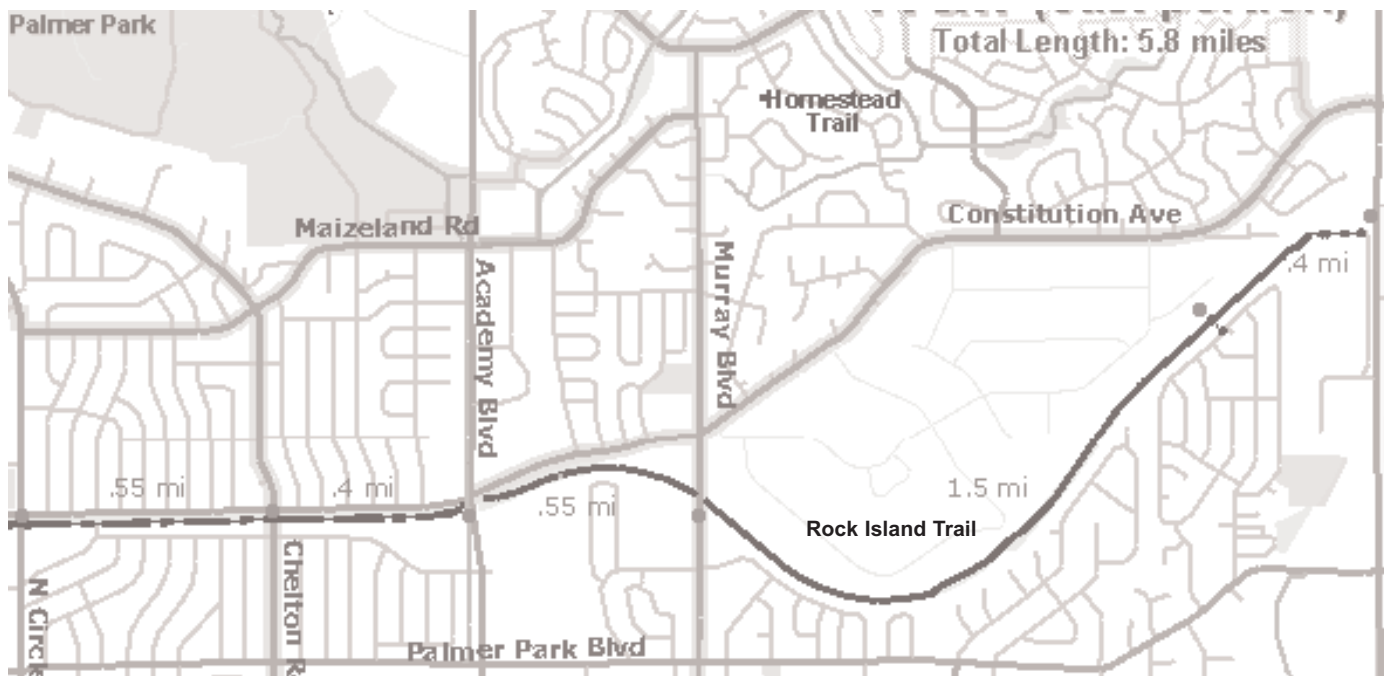
The Rock Island crossed the Denver and New Orleans Railroad in Falcon, where that enterprise

sought to develop a line from Denver to New Orleans. In September the crews reached what was then the northern edge of Colorado Springs and crossed under the recently completed Sante Fe Railroad where today the northern end of the Shooks Run Trail meets the Rock Island trail. The Rock Island followed a stream bed west from here and connected with the

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The Murray to Powers stretch offers a choice of pavement (great for roller blades) or single track. Shown here is one of two short hill sections. The railroad bed lies above on the left.



The Rock Island Railroad Trail showing section between Circle and Powers. The eastern 1.9 mi (3K) affords great views without street crossings.

Veterans Home Run

continued from page 1

Crawford, William Crawford's widow, who lives here in Colorado Springs. Many of you have run the Memorial Park/Prospect Lake 5K course; it's a fast one and is definitely a fan friendly course—so be sure that your cheering squad attends too!

The Veterans Home Run posters and applications are out and are also posted on the Pikes Peak Road Runners web site. There are also on-line registration options. Please make the Veterans Home Run part of your 4th of July patriotic weekend and also encourage others to come and participate. The Veterans Home Run is part of the Summer Series, a series of races that are designed to introduce folks to the fun and fellowship of Pikes Peak Road Runners events. We are publicizing the Veterans Home Run at the four major military bases; Fort Carson, Peterson Complex, Schriever and the Air Force Academy. These military bases have very active physical fitness programs that help keep freedom's defenders tuned up to protect us all. Come meet them and say thank you to these great Americans! There are also team competitions—so why not



William Crawford, 1984, wearing his Medal of Honor. "No job is beneath a leader."

form a 4 person team!

The Crawford House is named in memorial and honor of Private William Crawford, a Congressional Medal of Honor winner! As a soldier during World War II, William Crawford's skills and courage were put to the test. His heroism is captured the book *Beyond the Medal*, by Peter C. Lemon. "Without orders, on his own initiative as lead scout, when his platoon was pinned down by intensive enemy fire, Crawford crested a hill and single-handedly destroyed three machine gun emplacements...." (see www.homeofheroes.com/moh/citations_living/ii_a_crawford.html for a brief account)

He volunteered to stay behind with a wounded comrade and was captured by the Germans, endured 19 months in a Nazi prison camp, and was later released. The Army presumed he was dead and presented the Medal of Honor posthumously to his father. In 1945, his family rejoiced in his liberation from the German prison camp and he return home to Colorado.

In 1985, Crawford was awarded his Medal of Honor by President Ronald Reagan at the AFA Class of 1985 graduation ceremony. I was there (an AFA teacher at the time) and yes, I cried at this amazing man and his story of courage and dedication to America! I remember well as President Reagan draped America's highest medal on this unassuming brave hero. Come honor William Crawford and meet his bride Eileen on July 2nd at the Veterans Home Run.

The story of this humble hero goes on and after retirement from the Army, he took on a job as a janitor at the Air Force Academy. He assumed the role of a quiet and modest clean up man in a cadet dorm where he also took on a special role of befriending and mentoring the young cadets. His role as a



The Crawford House, at the corner of Weber and Pueblo in downtown Colorado Springs.

janitor and his affect on the cadets, including me, for he worked right down the hall from my dorm area, is captured in Col Jim Moschgat's (AFA Class of 1977) essay entitled "The Janitor's Ten Lessons in Leadership". This "must read" essay can be found on the web (www.homeofheroes.com/profiles/profiles_crawford_10lessons.html).

So, let's make this 4th of July weekend a special event on you running or walking calendar and make the Veterans Home Run part of that patriotic weekend. If you're in town that weekend, come run or walk with us at the Veterans Home Run! See you Sunday July 2nd at Memorial Park/Prospect Lake.

Jack Anthony, along with PPRR members Jim Beckenhaupt, Jon Cornick, and Pat Lockhart have been hard at work in promoting the VHR.



Recovery: Improving Running When You're Not

By Dave McIntosh



In Part I of this article, I wrote about five key aspects to optimizing recovery between the hours you spend in your running shoes: Massage, Stretching/Yoga, Sleep, Hydration, and Nutrition. Nutrition and hydration are especially crucial because they can impact the quality of your sleep and the effectiveness of massage and stretching.

Hydration

Proper hydration is a necessity in any endurance activity. The appropriate amount of fluid intake depends on factors such as activity level—both duration and intensity—and the surrounding environment; hotter weather means more fluid lost through sweat.

How much fluid is necessary to stay hydrated? A good, standard rule of thumb is one-half to one full gallon of fluid per day for active individuals. To more accurately gauge fluid needs, weigh yourself



before and after your run. You should aim to drink fluids equal to 1 ½ times the weight that was lost during exercise. Simply put, if you lost a pound (16 oz) you should try to consume at least 24 oz of water in the hour afterwards.

When you're out on your run, regardless of how long it is, you shouldn't lose more than 2% of your total body weight from sweating. A good starting point is to drink 4-6 oz of water every 15 minutes during a normal training run. Weigh yourself afterwards and adjust the amount of fluid you consume during runs until your post-workout weight is within 2% (typically 1-2 pounds) lighter than your pre-workout weight. If you're heavier when you get home, you consumed too much fluid.

Sports drinks have been found to be more effective than water alone in promoting recovery because of the carbohydrate, protein and mineral content. Consuming a bottle of a specially-formulated recovery drink, like PowerBar Recovery, immediately following your run helps restore proper hydration levels and replenish the energy you burned during the run itself. For longer runs, consuming an additional bottle of sports drink or plain water per hour for up to four hours post-exercise will help keep you well hydrated.

Recovery Nutrition

When you're expecting a lot from your body, it's not only necessary to properly fuel your muscles before exercise, but to refuel them afterwards as well. Research has shown that the sooner the depleted carbohydrate stores can be replaced, the better the athlete can recover and continue performing optimally. The first 15-30 minutes



Carbs, carbs, and more carbs. Chow down as soon as you can after a good workout.

following a bout of exercise is the optimal time frame to get those carb-rich foods back into your body. Sooner is better. The recovery process can take longer if the steps to replenish the carbohydrate stores are delayed.

How much carbohydrate is necessary for recovery? Simple sugars and complex carbohydrates both will quickly replenish depleted

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Improving Running When You're Not

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muscle glycogen. In addition, protein is necessary for building and maintaining muscle as well as accelerating the process of replenishing carbohydrate stores. A 7:1 ratio of carbohydrate to protein provides enough protein to allow carbohydrate stores to top off more quickly, while leaving plenty of room in the drink for more carbohydrate energy.

In addition to the quick snack, it's best if you can sit down for a full meal rich in carbohydrate within 60-90 minutes of taking off your running shoes. Men and women both should consume about 3/4 grams of carbohydrate per pound of body weight. For a 150 pound person, this would mean about 110 gram of carbohydrate. This is roughly the amount in 1 1/2 cups of cooked pasta with tomato sauce, a slice of

bread, and a side salad. Adding a grilled chicken breast on the side or ground beef to the sauce will give you the protein your muscles need as well. Alternatively, a salmon filet over 1 to 2 cups of brown rice and an accompanying green salad would do the trick too.

Optimal nutrition and hydration have far-reaching impacts on recovery. When you're well hydrated, your muscles are more supple. This means consuming more fluids can help you maintain the flexibility you gained from stretching or yoga. You can also improve sleep quality by reducing muscle soreness and stiffness. If you tend to get headaches, especially in the evenings, try consuming more fluids throughout the day. As a massage therapist, I can attest to the benefits of proper hydration for patients.

Fluids are necessary for moving nutrients into muscles and waste products away from them, so the more hydrated you are, the better you'll feel after your next massage.

Before you add another day of running to your training program in an effort to improve your speed or fitness, pay more attention to the five key aspects of recovery: Massage, Stretching/Yoga, Sleep, Hydration, and Nutrition. Sometimes, you can do more for your performance in the hours between runs than while you're pounding out miles and intervals.

Dave McIntosh is a Senior Coach with Carmichael Training Systems, and a Licensed Massage Therapist. He can be reached via email at dmcintosh@trainright.com. ▲

Going Long

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Obviously, genetics were on his side, and as time went on, he got faster

And thirty-two years later, Fred's still at it. But what about the youngsters present during Fred's early running career? Interestingly enough, when one attempts to track down recent race results for any of them, there are none to be found. Fred believes they've all hung up their running shoes. They hit their cap. Game over.

In the meantime, Fred maintains his forward momentum and looks forward to hitting bigger goals. He's already trained for and completed the Pikes Peak Ascent six times, his first at the age of 66. In 2005, he nabbed his second best time on the mountain with a time of 4:01:50, but of course he was disappointed. He still hopes to beat his P.R. of 3:53, and he believes it is totally possible. I believe it is too.

He's also run the Boston Marathon eight times, and he hopes to compete there again. After all, he met his wife of eighteen years, Sarah,

through one of his Boston Athletic Association teammates. So, in more ways than one, there is a certain allure in returning to Massachusetts for the Patriots' Day holiday.

Besides Fred's drive to remain competitive and stay in shape, he has two other reasons to continue his training well into the future: he has four-year-old twins (Wesley and Adabelle). As Fred puts it, they're his "new adventure". And for the first time in his life, he's getting to balance the kids' swim practices, dance recitals, gymnastics, ice skating, and school schedule with his training schedule. It's a good thing he's retired.

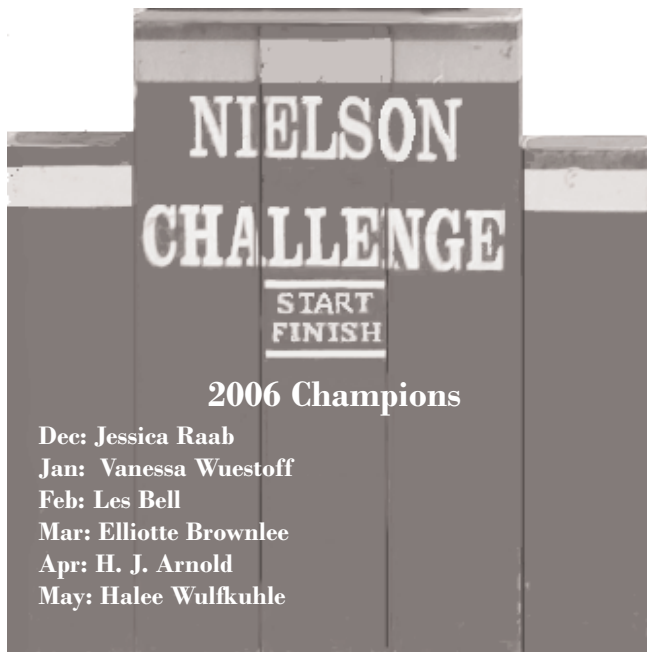
So, when he can muster up the time, he'll keep running six days a week, mixing in speed work, long runs, and the occasional two-a-day. And with a little help from a great local running community, the fresh air of the Pikes Peak region, plenty of beautiful trails, and huge amount of incentive to see his kids grow up and have kids of their own, I doubt Fred will ever reach his lifetime

mileage cap. I'm just glad I'll never have to compete with him in his age group, because no amount of Oil of Olay, Botox, or Hair Club for Men could make me fast enough.

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



Ready to run, Fred Wright, 71, only started in 1974 and did his first Pikes Peak Ascent at 66.



On a mostly cloudy spring day with temps in the 40s, 59 runners came charging out to attack the May Nielson Challenge. And attack they did with 11 runners finishing under their handicap. Young Halee Wulfkuhle posted the most improved time by being 2:48 under her handicap. Halee has been working really hard by running every day, and the fruits of her labor paid off today. Congratulations Halee Wear your shirt proudly .

The May Nielson challenge was the first event of a 5-event summer series.

This is a participation series. The next summer series event is the Panoramic run on June 24th.

Thanks and see you again next month, same time, same station.

Dave Sorenson

Volunteers

Al Grimme	Bob Royse
Phil Foster	Dave Sorenson
Pat Lockhart	Bob Foster
Sherrie Abdella	

May Results

Name	Place	Handicap	Actual	Difference
Halee Wulfkuhle	41	22:24	19:35	- 02:48
Keith Holcomb	53	23:11	21:28	- 01:43
Kris Black	28	17:36	16:35	- 01:02
Les Bell	27	17:05	16:12	- 00:53
Jim Beckenhaupt	23	16:14	15:53	- 00:21
Deann Totzke	44	20:29	20:14	- 00:15
David Minter	3	12:02	11:48	- 00:14
Dean Buck	26	16:19	16:06	- 00:12
Richard King	9	12:51	12:38	- 00:12
Robert Castaldi	8	12:32	12:27	- 00:05
Aaron Swift	1	11:06	11:03	- 00:03
Jerred Abdella	42	20:03	20:11	+ 00:08
Eli Bremer	2	10:57	11:05	+ 00:08
Anthony Abdella	43	20:03	20:12	+ 00:09
Amy Batson	13	14:15	14:26	+ 00:11
Eric Hansen	32	17:01	17:17	+ 00:16
Scott Harney	7	12:08	12:25	+ 00:16
Sara Wulfkuhle	14	14:15	14:35	+ 00:20
Karin Moe	29	16:17	16:37	+ 00:21
Sheila Geere	10	12:19	12:40	+ 00:21
Sharon Greenbaum	16	14:24	14:50	+ 00:26
Victor Kovacs	36	18:06	18:35	+ 00:29
H. J. Arnold	52	20:58	21:27	+ 00:30
Jonathan King	30	16:13	16:44	+ 00:31
John Cole	17	14:19	14:51	+ 00:32
Andy Dillon	12	13:16	13:48	+ 00:32
Susan Hirst	34	16:56	17:31	+ 00:35
James Grovenstein	19	14:30	15:07	+ 00:37
Jane Dillon	39	18:23	19:02	+ 00:39
Colleen Ryan	22	14:58	15:48	+ 00:49
Chris Wood	50	20:18	21:13	+ 00:55
Ed Gleason	18	14:07	15:04	+ 00:57
Don Johnson	21	14:39	15:41	+ 01:02
Bill Gallegos	55	20:55	22:00	+ 01:05
Steven Kidd	38	17:41	18:47	+ 01:06
Michael Pollard	11	12:32	13:41	+ 01:09
Dennis Stalnaker	45	19:02	20:16	+ 01:14
Daniel Polak	35	16:51	18:10	+ 01:19
Greg O'Boyle	25	14:33	15:56	+ 01:23
Cliff Donnelly	48	19:34	21:01	+ 01:27
Pam Gustafson	37	17:11	18:42	+ 01:31
Kevin Kinney	33	15:49	17:27	+ 01:38
Amy Seltzer	40	17:52	19:30	+ 01:38
Douglass Allen	54	19:24	21:44	+ 02:21
Cymmie Bailey	47	18:18	20:39	+ 02:22
Julie Foster	60	25:25	28:07	+ 02:42
Zane Meredith	58	22:13	25:28	+ 03:15

New Runners

Name	Place	Time
Emily Shertzer	6	12:23
Gary Tarpley	46	20:19

continued next page



2006
STEAMBOAT SPRINGS
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SAT - MAY 6	21st Spirit Challenge
SAT - MAY 20	28th Hayden Cog Run
SUN - JUNE 4	25th Steamboat Marathon
SAT - JUNE 17	21st Hot Spring Short Cut
SAT - JULY 1	15th Spring Creek Memorial
TUES - JULY 4	15th Steamboat Sprint
SUN - JULY 9	28th Mountain Madness
SAT - JULY 15	1st Howelsen Hill 8 Miler
SAT - AUG 5	12th Mt Werner Classic
FRI/SAT - AUG 11	3rd Wild West Relay (24hrs)
SUN - AUG 20	8th Continental Divide
SUN - SEPT 3	22nd 10K at 10,000 Feet
SAT - SEPT 9	12th Kremmling Road Kill
SUN - SEPT 24	20th Pilot Run for Literacy

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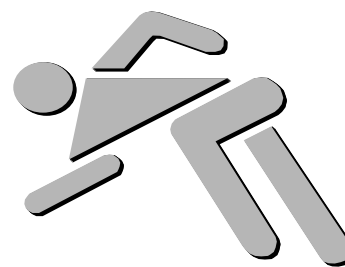






Nielson Challenge

continued from previous page

Name	Place	Time
John Friesema	20	15:29
Abbey Weilert	49	21:04
Heath Schroeder	24	15:55
Nancy Engard	51	21:21
Derek Engard	5	12:20
Marie Baughman	56	24:02
Dale Tarpley	57	24:06
Kellie Callahan	15	14:41
Stephanie Meredith	59	25:29
Micky Simpson	31	17:08


TRAINING RUNS

2006 Triple Crown of Running training Tuesday and Thursday mornings 6:00 AM Sharp!

GARDEN OF THE GODS (May 20 – June 8)
*Meet in large North parking lot inside Garden of Gods (far north end)

SUMMER ROUNDUP TRAIL RUN (June 13 – July 6)
*Meet at Bear Creek Park (West side) near the large pavilion

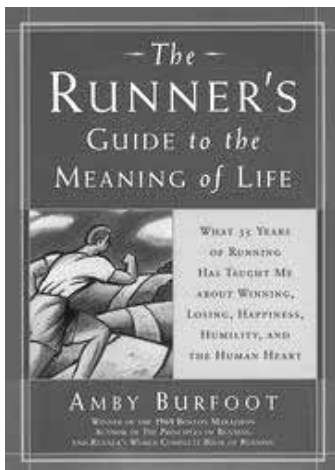
Groups will be formed for all paces and ability levels. • Training runs last approximately 45 minutes to 1 hour. • **Complimentary Triple Crown** shirts for everyone who participates in at least 8 training runs.



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Linda's Leads: The Meaning of Life for Runners

by Linda Fuqua-Jones



This month I take a look at *The Runner's Guide to the Meaning of Life: What 35 Years of Running Has Taught Me About Winning, Losing, Happiness, Humility and the Human Heart*, by Amby Burfoot.

This little book with a cumbersome title is made up of 15 essays. It is perfect for people with little time to read. Amby Burfoot shares memories and anecdotes from his life as a runner in each essay, which can be enjoyed individually. Of particular interest to club members is Lesson Thirteen: Goals, where Burfoot writes about hill running and recalls his Pikes Peak Marathon experience.

Burfoot began running when he was a high school basketball player. "Actually," he recalls, "I was the worst player on the team, so I didn't get to play much." The whole team wasn't very good and in frustration their coach sent them out to run the cross-country course. That, Burfoot says, was life changing. A writer and executive editor of *Runner's World* magazine, Burfoot draws lessons from his interesting life, including winning the 1968 Boston Marathon. The risk of a book like *The Runner's Guide to the Meaning of Life* is becoming overly sweet, but Burfoot manages to avoid that pitfall.

The Runner's Guide is available at bookstores, but check it out from the library first to see if you want to keep it in mind next time you need a gift for a runner. Use the catalog at ppld.org to request a copy of *The Runner's Guide to the Meaning of Life*. For assistance please contact Linda at 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. ▲



Amby Burfoot on his way to winning the 1968 Boston Marathon.

Elbert, Greenland, and Collegiate Peaks

by Jim Kelleher

April and May offered a variety of running events to choose from, in terms of both terrain and distance. Less a matter of choice, the weather helped give quite a variety as well. Pick your race and take your chances at the same time—that's part of spring running in Colorado.

Elbert Reflections, held April 22nd, has a long history with PPRR, about 20 years worth. Situated in—where else—Elbert, the event consists of a 5K, a 10K, various runs for youth and children, and a pancake breakfast. Between the booster's club, the running team, the basketball team, and the leadership class that organized the pre-race fun runs, I'm not sure exactly whom I was supporting with my race entry fee, but I'm sure it was for a good cause.

As local school teacher, PPRR board member Micky Simpson was on hand to cheer for her students and to pace a budding runner in the 5K. She even won an unexpected age group award.

Conditions were favorable for a race that has seen cold, wind, and snow. The roads were dry (a good thing

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A colorful trail map at the Greenland Open Space parking area depicts the race course for the Greenland 50K.

Elbert Reflections

Place	Age City	Time	Place	Age City	Time	Place	Age City	Time			
Male Finishers 10K											
1	Steve White	40 Elizabeth	0:41:56	7	Mike McLane	15 Agate	0:22:11	3	Brenda Lewis	40 Co Spgs	0:24:14
2	Craig Cary	44 Wheatridge	0:42:29	8	Rob McConkey	14 Waterford	0:22:20	4	Bernadette White	42 Colo Springs	0:26:18
3	David Wilhide	48 Colo Springs	0:42:39	9	Rich Rigenbach	48 Elbert	0:22:53	5	Michele Weaver	37 Divide	0:26:23
4	John Shanks	47 Englewood	0:43:11	10	Jason Crow	32 Peyton	0:23:08	6	Mariah Brown	11 Elbert	0:26:24
5	Christopher White	40 Colo Springs	0:46:56	11	Larry Fruge	49 Co Spgs	0:23:53	7	Mary Murphy	24 Colo Springs	0:26:37
6	Richard Park	53 Colo Springs	0:48:12	12	Christian Wingfield	12 Monument	0:23:57	8	Rebecca Scrimo	26 Colo Springs	0:26:38
7	Ronald Yoder	47 Co Spgs	0:49:05	13	Mitch Chesbro	47 Co Spgs	0:25:34	9	Nicole Detomaso	24 Colo Springs	0:27:21
8	Stephen Thompson	31 Monument	0:50:35	14	Isaac Christensen	12 Elbert	0:25:55	10	Biaca Kriel	15 Peyton	0:28:37
9	Jim Kelleher	48 Colo Springs	0:51:42	15	Jeremy O'Leary	12 Elbert	0:25:57	11	Logan Prater	8 Co Spgs	0:28:54
10	Jeffrey Cullen	43 Elbert	0:54:12	16	Dymond Braun	12 Elbert	0:25:59	12	Laurie Duke	50 Elizabeth	0:28:55
11	Andrew Wilson	39 Elbert	0:56:27	17	James Lantry	64 Co Spgs	0:26:01	13	Charlene Lantry	63 Co Spgs	0:29:08
12	Dennis Normoyle	62 Peyton	0:58:31	18	J Horn	50 Parker	0:26:35	14	Rachel Vanover	10 Kiowa	0:29:14
13	Jeff Chadwick	35 Colo Springs	0:58:38	19	Billy Weaver	32 Divide	0:28:22	15	Rita Cardin	35 Co Spgs	0:29:26
14	John Thompson	39 Peyton	0:59:01	20	Conrad Rohleder	15 Elbert	0:29:12	16	Maria Fruge	50 Co Spgs	0:29:56
15	Larry Chronis	47 Parker	0:59:33	21	Scot McConkey	45 Waterford	0:29:47	17	Marisa Cardin	9 Co Spgs	0:33:03
16	Mike Otte	33 Co Spgs	1:00:04	22	Tom Garduno	52 Colo Springs	0:30:14	18	Marla Sonksen	35 Lakewood	0:33:04
17	John Miranda	59 Aurora	1:00:13	23	Will Bakemeyer	12 Elbert	0:30:48	19	Mikayla Franek	11 Elbert	0:33:56
18	Eric Nemechek	38 Englewood	1:01:20	24	Jack Knous	48 Elbert	0:31:03	20	Lacey Wille	12 Elbert	0:34:03
19	Chris Healey	44 Franktown	1:01:37	25	Monte Crabbs	44 Elizabeth	0:31:59	21	Lauren Pearson	9 Elbert	0:34:07
20	James Knouse	34 Colo Springs	1:03:19	26	John Hymmer	43 Peyton	0:32:31	22	Mary Ewing	58 Sedalia	0:34:08
21	Kenneth Green	77 Littleton	1:08:57	27	Josh Strebe	14 Colo Springs	0:33:27	23	Lauren Bolejack	11 Elbert	0:35:00
				28	Glenn Strebe	40 Colo Springs	0:33:28	24	Kelcey Bines	21 Denver	0:35:58
				29	Stan Burgess	61 Falcon	0:33:45	25	Allie Pearson	12 Elbert	0:37:53
				30	Cody Orr	13 Castle Rock	0:34:03	26	Christine DeMelo	32 Colo Springs	0:41:12
Female Finishers 10K											
1	Connilee Walter	33 Co Spgs	0:42:38	31	John Read	66 Elbert	0:35:11	27	Diane Dillinger	50 Falcon	0:41:21
2	Amy Regnier	43 Co Spgs	0:42:40	32	Colten Rohleder	13 Elbert	0:35:18	28	Reilly Franek	8 Elbert	0:43:41
3	Louise Erasmus	35 Peyton	0:48:13	33	Keith Holcomb	40 Colo Springs	0:35:52	29	Micky Simpson	49 Peyton	0:43:42
4	Diane Brown	42 Colo Springs	0:52:56	34	George Roth	74 Calhan	0:38:12	30	Jeanine Ertel	45 Elbert	0:43:43
5	Diana Stephens	43 Elbert	0:58:41	35	Caleb Brown	10 Elbert	0:40:08	31	Barbara Mitchell	34 Elizabeth	0:46:12
6	Kay Woltmen	40 Colo Springs	1:01:53	36	Dhantz Hier	10 Elbert	0:40:12	32	Christi Brook	31 Parker	0:46:13
7	Diane Gentry	47 Co Spgs	1:14:26	37	Nicholas Rohleder	9 Elbert	0:46:50	33	Ginny Knous	10 Elbert	0:46:54
8	Jutta Normoyle	52 Peyton	1:28:35	38	Bryce Thompson	9 Elbert	0:51:28	34	Alicia Culla	10 Elbert	0:46:56
				39	Wade Keller	10 Elbert	0:52:15	35	Hunter Rumbold	10 Elbert	0:51:28
				40	Jonathon Abeyta	11 Elbert	0:52:17	36	Laurie Cary	46 Wheat Ridge	0:52:13
Male Finishers 5K											
1	Lile Budden	46 Colo Springs	0:19:43	41	Brad Thompson	49 Elbert	0:52:21	37	Marilyn Harper	60 Calhan	0:59:14
2	Weston Wilson	15 Kiowa	0:19:54	42	Dwight Keller	14 Elbert	0:59:15	38	Sandra Rauthe	42 Parker	0:59:14
3	Shawn Ooley	45 Colo Springs	0:20:00					39	Becky Culla	41 Elbert	0:59:16
4	Michael Rule	47 Larkspur	0:20:07	Female Finishers 5K				40	Vonda Sisneros	32 Windsor	1:03:39
5	Palton Dial	15 Kiowa	0:20:56	1	Kristen Kindt	41 Boulder	0:20:17	41	Sandi Olkjer	56 Elbert	1:03:40
6	Daniel Rule	17 Kiowa	0:21:11	2	Stephanie Murphy	16 Calhan	0:24:13				

Greenland Trail Run 8M/25K/50K: Local Runners

50K Results			31 Helland, Elizab			Colorado Spgs			07:54.0			
Place	Hometown	Time	34 Hedlind, Richar	Colorado Spgs	13:04.0	35 Schneider, Bern	Colorado Spgs, Co	13:17.0	47 Mizones, Mike	Castle Rock, Co	20:37.0	
5	Hessek, Rick	Colorado Spgs	49:31.0	51 Pitman, Theresa	Colorado Spgs, Co	24:22.0	52 Crawford, Lindy	Colorado Spgs	24:33.0	54 Herebic, Doug	Colorado Spgs	25:07.0
13	Selke, Thomas	Colorado Spgs	36:15.0	61 Kelleher, Jim	Colorado Spgs	27:40.0	66 Brennan, Jennif	Colorado Spgs, Co	32:00.0	67 Gleason, Mike	Colorado Spgs	32:10.0
18	Sheffield, Reid	Colorado Spgs	47:13.0	68 Buckley, Angela	Colorado Spgs	33:31.0	76 Janus, Jennifer	Colorado Spgs, Co	38:53.0	81 Butler, Lisa	Colorado Spgs	42:09.0
22	Fromm, Anita	Manitou Spgs	06:19.0	83 Graham, Randy	Colorado Spgs	45:38.0	84 Hawkins, Lori	Colorado Spgs, Co	47:56.0	91 Witt, Sabrina	Colorado Spgs, Co	52:43.0
28	Cullan, Andy	Colorado Spgs	13:31.0	98 Rozmiarek, Cath	Colorado Spgs, Co	06:21.0	99 Gapper, David	Colorado Spgs	07:36.0	101 Phillips, Stacy	Colorado Spgs	07:49.0
31	Russell, Jenny	Colorado Spgs, Co	20:36.0	102 Odell, Dan	Colorado Spgs	12:44.0	107 Dunkle, Jason	Castle Rock, Co	56:25.0			
35	Mchugh, Aaron	Colorado Spgs, Co	32:59.0									
37	Burton, Lee	Divide, Co	37:01.0									
38	Boggs, Kenneth	Colorado Spgs	40:14.0									
44	Carver, Beverly	Colorado Spgs	48:52.0									
45	Grove, Chris	Colorado Spgs, Co	53:46.0									
62	Seal, Catherine	Woodland Park	34:46.0									
25K Results			31 Helland, Elizab			Colorado Spgs			07:54.0			
Place	Hometown	Time	34 Hedlind, Richar	Colorado Spgs	13:04.0	35 Schneider, Bern	Colorado Spgs, Co	13:17.0	47 Mizones, Mike	Castle Rock, Co	20:37.0	
5	Von Thun, Matt	Colorado Spgs	45:29.0	51 Pitman, Theresa	Colorado Spgs, Co	24:22.0	52 Crawford, Lindy	Colorado Spgs	24:33.0	54 Herebic, Doug	Colorado Spgs	25:07.0
7	Davidson, Alan	Colorado Spgs	50:23.0	61 Kelleher, Jim	Colorado Spgs	27:40.0	66 Brennan, Jennif	Colorado Spgs, Co	32:00.0	67 Gleason, Mike	Colorado Spgs	32:10.0
21	Castaldi, Rober	Colorado Spgs	02:21.0	68 Buckley, Angela	Colorado Spgs	33:31.0	76 Janus, Jennifer	Colorado Spgs, Co	38:53.0	81 Butler, Lisa	Colorado Spgs	42:09.0
30	Webber, Cathi	Colorado Spgs, Co	06:18.0	83 Graham, Randy	Colorado Spgs	45:38.0	84 Hawkins, Lori	Colorado Spgs, Co	47:56.0	91 Witt, Sabrina	Colorado Spgs, Co	52:43.0



The trailhead at Greenland Open Space looking south over the course towards Palmer Lk.

Spring Running Events

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since it's all on dirt) and the temps were cool. The PPRR crew arrived quite early and efficiently as ever set up the finishing chute while Dave Sorenson typed away, his portable hi-tech computer lab and scanners shielded from a potentially hostile environment by cut-out cardboard boxes. Larry Miller, who owns one of the course records, set out to mark the way.

Just over the border in Elbert County and north of Peyton, Elbert sits in simple rural splendor. There are no traffic lights, no paved roads, and no congestion. The parking area filled with mud-covered trucks, runners registered in the locker room, and race sponsors included Honeybee Pumping Service and Frank's Feed. A mere few hundred yards from the center of town, dwellings give way to wide open spaces and great views of Pikes Peak.

The course itself is an out and back, ascending gradually on the way out, which allows for a fast return. Larry Miller patrolled for potential problems in the PPRR van. Someone had complained of a poorly marked intersection on the 10K route and Larry took it to heart. He stuck his head out of the window as he passed me to plead his case. I don't think I offered much solace in the few words I managed to gasp out. Apparently undeterred, Larry again attempted to strike up conversation at the offending intersection on his way back. "Look at this...could you miss this turn!?" No Larry, in the history of sports, no crossroads has been so well marked, and if you don't mind, we're trying to do a 10K here!

From Pueblo to Fort Collins, runners arrived in a patch of fog and sleet for the **Greenland Trail 50K** on April 29th. Registration took place under the few structures available at the trailhead, strategically position to avoid the steady drips from the melting snow over-

head. By the start time, however, the skies had cleared and sunshine was welcomed by all, though it was not to last.

This event takes place on the Greenland Open Space trail loop just over the county line north of Palmer Lake in that broad area of rolling grass-covered hills between the freeway and the foothills.

Apparently little known to Springs' runners, it's a beautiful destination for a bike, hike, family outing, or run with your dog that gets you "out there" without having to venture very far.

The course is roughly an 8 mile loop on a broad dirt track, which runners could do once for an 8 mile jaunt, and twice or four times for a 25K or a 50K. The 8 mile saw 142 finishers complete the first loop in mostly fair conditions—dry track and cloudy, but not inclement. The second time around offered more of a challenge to anyone with bare legs or short

sleeves. The clouds darkened, the wind increased (and cooled), and snow showers periodically swept through the course. Needless to say, I was grateful for my Rim Rock tyvek jacket, the perfect gear for such conditions.

The course has some decent but

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Veteran racer Al Grimme and Micky Simpson, Elbert Elementary teacher and PPRR board member, discuss the days events at the Elbert Reflections finish line.



Runners crowd to view result postings on the Elbert track house wall courtesy of Dave Sorenson.

Fort Collins Colorado Marathon May 6th: Local Runners

Place	City/state	Time	Place	City/state	Time	Place	City/state	Time			
Women			20	Kenneth Wright	Colorado Springs	3:06:41	172	Steve Jones	Colorado Springs	3:50:53	
3	Elizabeth Watkins	Colorado Springs	3:13:41	23	Matt Cavanaugh	Colorado Springs	3:07:17	177	Jay A Garvens	Colorado Springs	3:53:25
29	Angela L Vesey	Air Force Ac.	3:45:48	24	David Kinton	Colorado Springs	3:07:13	190	Brent Wolford	Colorado Springs	3:58:03
43	Bekah Friesen	Colorado Springs	3:52:28	26	Gregory Rettler	Air Force Ac.	3:07:40	192	Brian P Vesey	Air Force Ac.	3:58:44
58	Courtney Schumann	Colorado Springs	3:57:22	28	Christopher Stover	Air Force Ac.	3:08:09	192	Gail M Rasor	Air Force Ac.	3:56:00
62	Debby Sullivan	Colorado Springs	3:57:43	32	Bennet Krawchuk	Air Force Ac.	3:09:22	193	Gary M Goff	Air Force Ac.	3:59:14
74	Kristina Gloeb	Air Force Ac.	4:04:21	37	Lou Johnson	Monument	3:12:06	194	Chris Oppenland	Air Force Ac.	3:57:17
78	Kaylee A Vasquez	Colorado Springs	4:04:54	41	Larry D Card	Air Force Ac.	3:15:04	198	Benjamin Riccardi	Air Force Ac.	4:00:44
97	Amy L Beatty	Colorado Springs	4:13:55	42	Manny Feliz	Air Force Ac.	3:15:29	203	Curtis Raaberg	Air Force Ac.	4:01:30
104	Jessica Linder	Colorado Springs	4:17:42	51	Steve G Abeyta	Colorado Springs	3:18:25	207	Mike Wetherbee	Air Force Ac.	4:01:15
113	Erin Warddrip	Air Force Ac.	4:21:20	53	Daniel A Balch	Air Force Ac.	3:19:13	209	Nick Waggoner	Colorado Springs	4:02:00
152	Sue M Harrington	Colorado Springs	4:34:46	58	Christian Psoch	Colorado Springs	3:21:17	215	Nathan Nordby	Air Force Ac.	4:02:59
155	Sarah M Zuber	Colorado Springs	4:35:58	63	Collins A Cuyler	Air Force Ac.	3:25:00	216	Jondavid Hertzal	Air Force Ac.	4:03:01
156	Katie Flemate	Colorado Springs	4:37:04	72	Aaron Shalosky	Colorado Springs	3:28:23	219	Lem R Myers	Colorado Springs	4:04:08
162	Kelly E Jackson	Colorado Springs	4:43:26	77	Michael Shafai	Colorado Springs	3:29:30	223	Michael Brilleslyper	Colorado Springs	4:04:50
191	Jeanne M Wells	Woodland Park	4:54:57	81	Barry Park	Woodland Park	3:30:23	234	James Schriever	Woodland Park	4:07:52
196	Jennifer Orr	Colorado Springs	4:57:23	84	Steven J Papp	Air Force Ac.	3:30:18	237	Andrew C Morris	Air Force Ac.	4:10:06
197	Tammy S Bailey	Woodland Park	4:56:38	85	Ray Cameron	Colorado Springs	3:31:42	246	Daniel J Bar	Air Force Ac.	4:14:05
205	Jennifer Evans	Air Force Ac.	4:58:50	90	Mark A Fink	Colorado Springs	3:31:39	273	Don Gillich	Monument CO	4:26:40
212	Beth A MacDonald	Colorado Springs	5:04:40	103	Ray R Phillips	Colorado Springs	3:34:35	283	John G Jeter	Colorado Springs	4:31:26
214	Houi-Lan Coker	Colorado Springs	5:07:21	113	Jacob Hall	Air Force Ac.	3:36:48	294	John P Wilder	Air Force Ac.	4:33:52
215	Sherry B Converse	Colorado Springs	5:08:37	114	Robert M Lystrup	Air Force Ac.	3:36:59	300	Rick Shieff	Colorado Springs	4:41:46
233	Kristin Simpson	Colorado Springs	5:30:41	119	Scott M Reynolds	Air Force Ac.	3:38:19	310	Ramon Gonzales	Colorado Springs	4:49:54
Men			138	Jerry R Jackson	Colorado Springs	3:44:18	320	Joseph Westerlund	Colorado Springs	4:59:29	
8	Todd Murray	Colorado Springs	3:00:19	140	Dan Arnold	Colorado Springs	3:43:24	329	Lorne MacDonald	Colorado Springs	6:04:40
16	Isaac Watkins	Colorado Springs	3:05:20	145	Dan Dummermuth	Colorado Springs	3:44:46	332	Joseph Hornsey	Divide	6:06:44
19	Erwin Vargas	Colorado Springs	3:06:14	153	Luke Harris	Air Force Ac.	3:45:57	333	Benjamin Sheets	Divide	6:06:46



Collegiate Peaks Trail Run 25M/50M: Local Entries*

25 Mile

Gordon Barnett	Colorado Springs
Jim Freim	Colorado Springs
Debra Hyatt	Colorado Springs
Jim Kelleher	Colorado Springs
Paul Koch	Colorado Springs
Rita Leasure	Colorado Springs
Kent Mau	Colorado Springs
Lonnie Mccarron	Colorado Springs
John Mills	Colorado Springs
Noell Whitman	Colorado Springs
Ed Zehner	Colorado Springs
David Law	Florence
Elise Boeh	Woodland Park
Thomas Ricks	Woodland Park
Mark Garney	Air Force Academy
Suzanne Garney	Air Force Academy
Kim Kreb	Manitou Springs
Jonathan Veteto	Manitou Springs
John Crouse	Monument
Judy Dewitt	Monument
Eva Hornung	Monument

Charlie Malin	Monument
Bob Mishler	Monument
Cathy Tirpak	Monument

50 Mile

Guy Babbitt	Colorado Springs
Ted Bidwell	Colorado Springs
Lisa Butler	Colorado Springs
John Cassidy	Colorado Springs
Tom Hamilton	Colorado Springs
Dana Kingston	Colorado Springs
Keith Lonquist	Colorado Springs
Mike Mchargue	Colorado Springs
Paul Smith	Colorado Springs
Jon Teisher	Colorado Springs
Lee Burton	Divide
Margrit Trenker	Manitou Springs
Teresa Taylor	Manitou Springs
Rockford Cogar	Woodland Park
Gina Harcrow	Woodland Park
Harry Harcrow	Woodland Park
Daniel Solinski	Woodland Park

* Results were unavailable at press time.

Happy Runners after the Collegiate Peaks Trail Run. Top: Leadville 100 legend Senator Ken Chlouber poses with Kristi Bloodworth of Minturn. Below: Ultrarunning veteran and Colorado Springs resident Lonney Vogt enjoys some post-race attention from his wife, Micki. Goodies included a fluorescent hi-tech shirt, gloves, and a turkey sub!

Elbert, Greenland, and Collegiate Peaks

continued from page 21

mostly gradual hills in the middle third section as it ascends several hundred feet, but this means that the last couple of miles are downhill and then flat. I made what tracks I could and called it good at 25K along with 108 others.

Congratulations to Beverly Carver, however, who continued on with 63 intrepid souls for two more loops to complete her first ultra in 5:48:52!

The 16th **Collegiate Peaks Trail Run** (25/50M) in Buena Vista took place on May 6th under blue skies with temperatures starting in the low 30's. Not bad considering the dire warnings of 40% probability for snow and rain. The storm had moved on by daybreak leaving the Collegiate Peaks freshly frosted for truly spectacular viewing during the majority of the run.

Runners again had a choice. They could do the 25 mile loop once or reverse directions for a revisit of the forested trail and dozen or so significant hill climbs to complete the ultra. Participants had 3500 feet of ascent to accomplish for each loop. The first round consists of a couple of miles of pleasant warm-up running along the Arkansas River before turning east into the mountains that rise up behind Buena

Vista. Most of the course consists of up and down trekking over very decent dirt and sometimes sandy narrow forest roads.

The ascents get longer and higher, however, as the legs grow more weary. I am guessing that a good portion of the run lies above 9000 feet, which added to the challenge for the many of us who were just beginning the trail running season. The grand panoramas, however, afforded ample consolation. A snow-covered Mt. Princeton against a deep blue sky towering above the Arkansas Valley is a vista hard to beat. I was taken by the number of reflective remarks runners made, through laboring breaths, about the beauty of the day, how fortunate they felt, and even how great it was to be alive!

The race is sponsored by the Buena Vista Optimists, who, more than a group who smile a lot, are one of 3200 clubs worldwide "bringing out the best in children" since 1919 (www.optimist.org). The event was well organized and the aid stations stood every five miles or so with plenty of basic provisions, manned by the most senior volunteers I have ever seen at a race. They did not have the look of veteran runners, and questions about

sun screen and Vaseline seemed perplexing. None-the-less, the frequent turns along the weaving course were very well marked with a series of...well...cute little arrows for each turn. Along with the fluorescent sign posts and yellow streamers, only the very inattentive



An intrepid runner just leaving the turn-around for a second 25 mile loop in the Collegiate Peaks Trail Run. Most ended up settling for 1 go-round.

Rock Island

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Denver & Rio Grande Railroad north of where the city maintenance yard is today. Here the Rock Island would build a city called Roswell, named after Roswell P. Flowers, a Rock Island officer and major investor from New York. By October, freight trains started to run between Goodland and Colorado Springs. On November 4, 1888 the first schedule passenger train made its debut into Colorado Springs.

Well, that's just the beginning of this Rock Island "History Trail Run". Until next month, happy and safe running!

Jack Anthony, a PPRR member, writes about historic running routes. See pprrun.org for other series.



would go astray.

The last roughly six miles of mostly flat finish run atop the old Midland Railroad bed through some really cool rock-walled ravines (hear that Jack Anthony?). Just prior to this is a very long and steep decent which taught me just how far up in the world I had come. As I thought of the 50 milers who would have to face that section as their first climb on the reverse loop, my legs were thanked me profusely for my untypical restraint in doing only 25.

Race results remain unavailable to date and the post-race postings consisted of "hello-my-name-is" labels stuck onto a piece of plywood, one for each runner. But although technically not up to PPRR standards, all the volunteers were very encouraging and helpful (they are, after all, Optimists). And I guarantee you will never see so fluorescent and bright green a technical race shirt—ever. ▲

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.

Membership Rates			
	1 Year	2 Year	3 Year
Individual	\$15	\$30	\$45
Family	\$25	\$50	\$75
1st Class Postage*	\$10	\$15	\$20

Mail to: Pikes Peak Road Runners
 Attn: Membership
 207 N. Nevada
 Colorado Springs CO 80903

*Add this amount for First Class postage if you desire 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 Road Runners Club of America, 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.

SIGNED: _____ Check here if a Renewal

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



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

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