Pikes Peak Road Runners

the LONG RUN

Volume 30 Issue 1 "All the news that's fitness to print" March/April 2006

Banquet and Black Forest Mark Series End

by Jim Kelleher

Another Winter Series has come and gone, this one with consistently better weather than anyone can remember.

The Black Forest 10 and 20K took place on a breezy, partly cloudy day on roads that were mostly free of ice. A few runners managed to find a patch or two, particularly Jim Beckenhaupt, who took a spill early on and had to grin and bear it the rest of his longer than usual 20K.

First place in the short series again went to Dean Black, whose 36:13 10K put him over a minute ahead of closest rival Andrew Abdella. For the women, Conilee Walter arrived first in 42:56, just ahead of Emily Nyquist, shown below (pg. 21) celebrating her run.

An amazing performance of 45:43 was given by third-place finisher Anna Marshall, only 13 years old. Anna took second place overall in the series behind Conilee, who accumulated nearly 7 minutes of cushion over the four races.

Speaking of 7 minutes, that was almost the margin of victory by Elizabeth Watkins, who took first place in the woman's 20K with a time of 1:27:13. She was followed by Bev Zimmerman, Jennifer Weiss, and Traci

See Winter Series on page 20

No, we're not in Las Vegas despite the shirts. Five-mile racers begin braving the chill and bracing breeze for the third Winter Series race at the Baptist Road access to the Santa Fe Trail. Racers headed straight into an increasing wind in 18 degree temps with snow underfoot.

Contents

PPRR Information and Business 2
the Long Run Long Ago 5
Letters 6
News and Events 7
Membership 8
Volunteer Corner 9
A Language Lesson *by Michael Schafai* 11
Breed Colorado *by Jack Anthony* 12
To Sleep or not to Sleep *by Kelli Emmett* 14
Nielsen Challenge Results 15
Rain or Hail in North Wales *by Doug Bursnell* . . .17
Winter Series Photos and Results 20-23

PPRR Information

Officers

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

Board Members

Tony Abdella	abdellat@earthlink.net
Jack Anthony	282-9799
Jon Cornick	262-0595
Lyn Hale	328-9828
John O'Neill	685-5806
Micky Simpson	mickysim@yahoo.com
Travis Waldrip	282-1671

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:	Al Grimme	534-0534
Insurance:	Pat Lockhart	598-2953
Historian:	Storme Rose	591-6819
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
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. PPRR members and friends are encouraged to attend.Upcoming date: April 4th.

Membership ☺

Memberships last for 12 months. Check the expiration date on you mailing label. **A happy face says 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:

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*** either as attachments or in the message. Any *Windows* compatible file format is acceptable. Letters, disks, CD's and other media can be mailed or delivered to:

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

Submission Deadlines

All materials must be received by the ***First Tuesday*** of the month for inclusion in the following month's newsletter. Next deadline is **April 4**.

Newsletter Stuffing

Date change! Newsletter mailing stuffings now take place on the **3rd Wednesday** each month at 6:15 pm. at the Colorado Running Company, 833 N. Tejon (corner of Tejon and Cache la Poudre). The Colorado Running Company graciouosly hosts the parties 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 stuffing is **Wednesday April 19**

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 maximun 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.

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

President's Letter

Happy March… although it seems as if we never had a true winter. But that's been the story for several years now.

Forgot to tell you in my February's letter… outcome of the "electronic newsletter"… 2 responses: 1 for, and 1 against. This concept will go into a holding pattern.

Although we don't have any scheduled events for March, the St. Patrick's Day Grand Prix of Running 5K is still an Old Colorado City tradition. (I can remember doing results in a "pup tent"…in the snow.)

Information on the summer series will be included with this newsletter. Again, this concept is PARTICIPATION…not times. Hoping for a good reception for this event.

The Veteran's Home Run is coming along well. Jon Cornick will be working for sponsorship, Jack Anthony is inquiring about military involvement, and Jim Beckenhaupt is our liaison with The Crawford House. (team is J3 + P)

Al Grimme will be training Micky Simpson in the active.com procedures. It's nice to have a backup for all of our positions.

Once again…the Winter Series for this year is history. Another truly successful event. The auction for the Feats of Fire for Kids produced more than $2200.00 for the Kids.

Daylight Savings time starts April 2nd.

Pat Lockhart

February Stuffing Volunteers!

Colorado Running Company, Host

Al Grimme
Brenda Lewis
Dave Thomson
Diane Cahalan
Jeff Tarbert
Jeth Fogg
Jim Kelleher
John Cornick
Marie Baughman
Micky Simpson
Taylor Fogg
Traci Winterbottom

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

PPRR Board Minutes

January 3, 2006*

Attendance: Pat Lockhart, John O'Neill, Diane Cahalan, Robin Satterwhite, Jim Beckenhaupt , Gil Kindt, Phil Foster, Dave Sorenson, Don Johnson, Jack Anthony, Bill Gallegos, Travis Waldrip, Mickey Simpson, Larry Miller, Tony Abdella, Lyn Hale, Jim Kelleher, Mickey Simpson, Stacy Wilson Excused: Jon Cornick

New Business John O'Neill suggested that we give complimentary memberships to the USA Triathlon team members. Perhaps the team members would be interested in volunteering at some of our races. John will speak to Alan Ley, one of the coaches.

USATF

Bill G. "reupped" the PPRR membership in USATF.

Volunteer Coordinator (Cymmie)

Current except for some of Fall Series hours.

Race Coordinator (Don)

2006 race directors

Rescue Run – Sorenson
Nielson – Grimme/Foster
Winter Series – Lockhart
Trail Clean up – Johnson
Tortoise & Hare – Miller/Mutu
Elbert Reflections – Miller/Simpson/Abdella
Run for Sunshine – O'Neill/Waldrip
TCR – Hale (Liaison)
Sailin Shoes – Gallegos/Grimme
Panoramic – Johnson
Run for Hope – Lockhart/Bailey
Family Distance Festival – O'Neill/Lockhart
Woodland Park – Mullins/Anthony
ADTM – ADTM Committee
Pony Express – Lockhart/Abdella
CC -Satterwhite
Fall Series – Miller
Turkey Trot Predict – Foster/Foster
YMCA Turkey Trot – Lockhart/Abdella

Respectfully submitted,

Robin Satterwhite

**abbreviated*

February 7, 2006

Attendance: Members & Committee Chairs: Tony Abdella, Jack Anthony, Jim Beckenhaupt, Jon Cornick, Phil Foster, Bill Gallegos, Lyn Hale, Don Johnson, Jim Kelleher, Gil Kindt, Pat Lockhart, Larry Miller, Micky Simpson, Dave Sorensen, Chris Tuttle, Travis Waldrip.

Lisa Paige spoke about RRCA and Colorado's involvement. The work put in at the championships helps to add to the database of knowledge so that potential sponsors become more excited about sponsoring running events. RRCA Convention is the second week in March. Lisa has been nominated for the Vice President position. Therefore, Lisa's State Representative position may become vacant. There are 23 running clubs associated with RRCA in Colorado. Pikes Peak Road Runners is the largest club in Colorado.

Old Business: Phil Foster reported that PPRR has again joined USATF.

New Business: Micky reported on her search for Race Director conferences. Portland holds a Marathon Conference. A Race Director's newsletter can be accessed through Coolrunning.com/RD newsletter

Tony reported on scholarships. This is the time of year when students start to access scholarship forms, as most are due just after April 15. Scholarship money is usually paid in August each year. PPRR should require scholarship forms to be filled out and returned by the end of March each year and the money will be awarded no later than August each year.

Treasurer's Report - Gil Kindt – The full report was accepted and is on file.

Certifications/Measuring – Travis Waldrip – Travis is setting up a new calibration course.

Newsletter – Jim Kelleher – All is going well. Jim will include the USATF logo.

Bulk Mail – Jim Beckenhaupt – Thank you volunteers!! The stuffing went very well and quickly. No Post Office problems this time. 2,815 post cards were sent out for the ADTM. Thank you to Colorado Running Company for providing the place for the newsletter stuffings as well as providing the drinks.

Equipment – Larry Miller – Things are going OK except for the 2 new Chronos—they have some minor idiosyncrasies.

Web Site – Dave Sorensen – Adding seminar promotions, sales, store promotions, etc. to the web site are up to the Webmaster's discretion.

Race Coordinator – Don Johnson – PPRR will again assist with the annual Feats of Fire for Kids.

Lyn made a motion to close the race calendar for 2006 and Tony seconded. After a short discussion, the motion passed unanimously.

Respectfully submitted,

Lyn Hale

Letter from the Editor

Spring will have sprung by the time those of you slightly more distant receive this. What better time to make a fresh start? You may have noticed that this issue begins another volume and carries the date of two calendar months. April was the month of the first issue way back in 1977, and so that's why issue 1 starts now.

As for the dual March/April designation, it is merely an expedient to "catch up," since the mailing date has slipped later and later in the month through the decades. No issues will be missed; the next one is only a month away! Think of it as a kind of leap-year adjustment.

Speaking of adjustments, I hope you are running to your mailbox each month eagerly awaiting the next issue of the Long Run. If not, I hope it's a behavior you adopt soon. I do want, above all, to make it actually *interesting*. So, as I have said, and will continue to say until somebody responds, please let me know what you like to read about.

More on adjustments. The newsletter mailing is henceforth pinned to the *third* Wednesday of each month. No more, "Second Wednesday unless the first Wednesday comes before the second Tuesday" (which was akin to determining the date of Easter). The submission deadline has been adjusted and fixed as well. It is now the first Tuesday.

Speaking even more of adjustments, here's an important one. After decades of divided opinion, with sources tossed to and fro in defense of either method, the long years of a spelling-challenged monthly challenge race, that handicap event in Memorial Park, have seemingly come to an end!

With patient pursuit and deductive determination that would rival Mr. Holmes himself, your board has finally determined all the vowels needed to spell the last name of that Larry guy. The findings? It's Niels**O**n!

Let us, therefore, delete from all records and zap from all web pages that 'e' which has for too long usurped the rightful position of 'o' betwixt 's' and 'n'. Let us forever banish it from our minds and hearts. (And while we're at it, will somebody fix that memorial?) What manner of investigation, you may well ask, finally put an end to this enigma? Nothing less than a stroke of genius....somebody asked his wife.

Peace be with you!

Jim Kelleher

10 Years Ago

The Long Run, April 1996: President Larry Miller decorates the cover and eulogizes the bygone original Triple Crown of Running, before all the changes. He made a nice acronym: the TCR-BATC. Gone was the Garden of Gods 10K Tune-up. The Garden of Gods 10-Miler course was somewhere (?) within a 10 mile radius of the Garden. Dead was the Colorado Springs Classic 10K, killed by the TCR board despite a *Runner's World* rating as one of America's top 10K's. In other news, an RRCA report reveals the stunning results of their nationwide survey: runners do not want to get injured; if they do, they don't want to make it worse; they want more time to run; and they correlate losing weight with running faster. Who would have thought?

20 Years Ago

April 1986: President Russ Baker draws attention to the Runner's Roost Annual Garden Clinic. Different groups for different abilities start promptly at 6 AM from the Garden of the Gods "chuck wagon parking lot" every Tuesday and Thursday for a 45 to 60 minute run. If this sounds familiar, it should! Some good things don't change (see page 16 of this issue for an experience of déjà vu). Some confusing things don't change as well: Dr. James Gremillion wonders about dual density EVA in running shoes; or should it be a heel stabilizer of leather foxing? Races for May include the Tortoise & Hare, Bob Mutu presiding, and the Hustle Bustle to the Queen's Birthday 5K.

25 Years Ago

President Bill Bailey writes searchingly for a sense of club identity in the April 1981 issue. "What," he asks, "should we be striving for?" He likens organizing his group of independent-minded runners to the task of carrying sand. Al Grimme plans 41 "miles for love" from Pueblo to the Springs, raising money for the Colorado School for the Deaf and Blind. Dick Sutton relates how one Collegiate Peaks race motivated him to retire, buy a trailer, and travel the land entering races. Finally, Fort Carson hosts its first annual Sportwseek Marathon.

Letters

Feats of Fire Success!

Dear Larry,

It is with our deepest gratitude and appreciation that we thank you for your contribution to the recent benefit auction for the Feats of Fire for Kids Health and Safety Day.

This event was a tremendous success and we now have over $2200 to help us with the expenses for this event and be able to offer it to all kids—FREE.

Thank you for showing your support with our community event.

Patricia Lockhart
Director

RRCA Award Follow-up

To the board:

I was remiss in keeping up with the RRCA web site....Our awesome Michael and our fabulous newsletter did not win national honors...well, I mean they were not selected, but in my heart and mind they WON!!!!!!!

Travis Waldrip

William from Plano

Dear Jim,

Plano had rain on race day for the second month in a row. This equals the number of rainy races I remember from seventeen years of membership, although I did miss some races working contracts in California, Colorado, and Saudi Arabia. It has rained on our parade. Misery continues. Our club courses have been cut by city construction, traffic is becoming dangerous, and the club has decided to move. Plano makes and sells an excellent map of city parks and facilities, and club members have used all available park areas for practice at some time. February was good for me. The best runners went to Fort Worth for the Cowtown Marathon. Fair weather runners stayed home. I wore my PPRR paper jacket in the 5K, winning a key ring trophy and a tee shirt door prize. That jacket, a much appreciated gift, still serves well on rainy and windy days.

The new editor, Michelle Mire, gave up on *The Pace*, our club paper, before the first issue. She worked with new editor Josh Thompson and club president John Ahrens to change the layout and incorporate the new club logo. Look for the February copy of The Pace at planopacers.org to see what a wonderful difference artistic talent can make to a club paper.

Regards,

William L. Jones

Kudos for Winter Series

Pat,

I know the 2007 race schedule is a long way off but I know it takes awhile for the board to organize and approve races for the next year. I wanted to remind you, or tell you if you didn't know, that the USATF 2007 Cross-Country Championships is being held on February 10, 2007, in Boulder. The 3rd race of the Winter Series is normally held around that date. Perhaps for 2007, you may want to consider not having one of the series' races on the same day. I'm betting many runners will be heading to Boulder that day, myself included. It's a wonderful opportunity for Colorado runners to be able to compete against the best of the best right in our own neighborhood and show our support for USATF. Of course, I also know permits, etc. drive when a race can be held and conflicts of races cannot always be avoided.

Anyway, another great year of the Winter Series is almost done and, once again, it's been my pleasure participating in this annual event. Please, extend my gratitude to the race staff and volunteers. They are absolutely the best and I appreciate all you do!

My best,

Sandie Hubbard

Pat,

Another great run yesterday - I think. Why do they seem to be getting harder and harder and my times slower and slower even in good conditions? Those winds out there when we turned off Herring Road to circle back to Pine Cone and onto Herring were not pleasant. The way we blame everyone today, it must be the race

continued on page 8

Can't find shoes that fit? Run barefoot! Zola Budd sails past a crashing Mary Decker, providing us an unforgettable '84 Olympic fiasco.

RRCA Volunteer Awards Announced for 2005

For over thirty years, the RRCA has given national awards on an annual basis to dedicated volunteers around the country that promote and support the mission of the RRCA and the sport of long distance running.

Between November and December 2005, the RRCA collected hundreds of nominations for various award categories. Each category has selection criteria and a selection committee that reviews nominations to determine the final winner.

They wish to thank everyone that nominated a candidate, and applaud all candidates' contributions to grassroots distance running. The award winners are posted on their website at rrca.org/news/index.php?article=2021

Hard time finding shoes?

Think you have a hard time finding running shoes to not only fit, but be kind to your feet mile after punishing mile? Well, try finding a size 16!

Dr. James Gremillion went shopping for hi-tech shoes a while back (okay, a long while) and received some interesting responses. In a subdued and matter of fact tone, he asked what was available in size 16. He received three options.

He could glue an outsole to the bottom of two empty shoe boxes and lace them up. Or he could empty the peanuts and candy out of the display model on the front desk and see if he could find its mate. Finally, to join ranks with Zola Budd and run barefoot. (See photo opposite page.)

We won't write Dr. Jim's reply!

PPRR to be at Peterson Health and Fitness Fair

PPRR will have a table at the Peterson Air Force Base annual Health & Fitness Fair.

Organized by Tamra Davis, the Peterson Fitness Center has it scheduled for May 19 and is looking for as much participation from outside agencies as possible. The hours of the fair are 10:00 am to 2:00 pm.

ADT Marathon Named Regional Championship Event for Marathon

The West Region has two RRCA regional championships to announce. One of them is right here in Colorado Springs: our own American Discovery Trail Marathon. It has been designated as the Regional Championship for the marathon distance. An RRCA Regional Championship is awarded to events that demonstrate the mission of the RRCA by presenting challenging races while encouraging all levels of athletes to participate.

RRCA Post Inaugural Issue of Online Magazine

The inaugural issue of the RRCA's on-line magazine, "Footnotes," was posted on their website March 1. The magazine is designed to educate the running community and promote national, regional and state level running events and activities of RRCA members. In PDF format, it can be found at rrca.org/publicat/footnotes0306.pdf It's 24 pages is chocked full of information on nutrition, training, events, and regional happenings.

For the Hi-tech, Heart Conscious Woman

Like to wear a heart monitor? Well, maybe you can do so with less irritation—provided you don't mind wearing a sports bra. Polar has introduced a Heart Rate Monitor bra. It holds the Polar chest transmitter (and presumably other brands) in place in what should be a more comfortable manner. The bra is meant to protect against irritation and is designed to fit a women with "smaller dimensions" (sorry guys!). You don't even need an elastic strap. The fabric is Supplex Lycra with a Cool Max lining.

New Race to Honor Our Heroes: the Veteran's Home Run

Mark your calendar for the Veteran's Home Run on Sunday, July 2.

Hosted by PPRR, the 3K walk and 5K run will take place at Memorial Park. The VHR is a benefit honoring our veterans and will raise not only awareness, but funds for the Colorado Veteran's Coalition Crawford House, which serves as a home for veterans in the Southern Colorado region who are down on their luck.

More about this event will appear in May's issue of the *Long Run*.

continued on next page

Letters
continued from page 6

director's fault! But, then, I don't see how I could blame you, the PPRR officers, board members or volunteers who coordinate all of these many events which are both challenging and fun.

I love my new sweatshirt! Thanks, Madam President. By the way, I should have beat Jim Beckenhaupt yesterday, but I can't even complain about that, as he kept me running strong most of the way.

Love,
Joyce McKelvey

Pat,

I will be attending the 4 March winter series dinner...and as always, I will be looking forward to the fellowship and fun that makes winter series very special. I always looked forward to Travis at a water stop and Lyn at the finish...I do know there are many, many more helpers...I found everyone so upbeat and encouraging. I have gone thru 2 months of heck at work (challenges and such). But I am blessed with faith, family and friends...and the winter series: it all got me thru :-)

Jack Anthony

Pat

Thanks so much for another great winter series. I raced again this year on our CSPD team and we had a ball trying to beat the Fire team. I think this was our best turnout yet and it was really fun watching the newer runners getting pumped up for each event.

I wish I could attend the awards ceremony and dinner this weekend, but I have to work. The newer cops always seem to have to work the weekends!

Thanks again for everything
Todd Murray

Ms. Lockhart,

Wow! What a fantastic race series you directed this year! The courses were all great, the competition was awesome- (numbers of runners) The volunteers were fantastic. The weather that you ordered was perfect too! Now... If I only could have kicked that Jerry Jackson's butt in the last race!!!!! Ha!!! But I digress!

Please accept my race entry to the awards banquet. I am anxious to meet this Jerry fellow and applaud his placing in the series! Looking forward to it all,

Jeffrey Jury

Membership

Welcome New Members!

Allysa Hampton
Chris McIntyre
Deandra Mayhew
Gary Delassus
Glenn Strebe
Jack Mayhew
Jayson Graves
Jessi Hampton
Joanna McIntyre
Kim Hampton
Mike Hampton
Nick Lynch
Nolan Mayhew
Roger Patrizio
Susan Graves
William Mayhew

News
continued from page 7

USATF News

The 2006 USA Track and Field Club Relay Marathon Championships will be held in Denver on May 21, 2006. USTAF Colorado would love to have our club participate. Our club is a member of USATF, so if you're with PPRR, you're eligible.

Also, on Sunday, May 21, the Colorado Colfax Marathon is hosting the following National Championships: the Wheelchair Track and Field USA (WTUSA) National Wheelchair Marathon Championships; the USA Track and Field Club Relay Marathon Championships (10k, 5k, 10k, 5k, 12k), the USATF Colorado Marathon Championships for Men and Women.

Would anyone like to represent the PPRR in USATF events? The Colorado Colfax Relay will feature clubs from around the country competing in a relay marathon. This event is in Colorado, and USATF Colorado would love to have all state clubs represented. Contact Deborah Conley if you have questions at eborahconley@comcast .net. If we can get a team together, the should contact Jean Townsend at jean@ColoradoColfaxMarathon.org.

Kansas Marathon

Check out this month's insert about the upcoming marathon in Abilene, KS. Held Saturday, April 8th, there is also a half marathon and a 5/10K. Runners follow trails cattlemen used when bringing in herds along the Chisholm Trail in the 1800's. The race begins in Buckeye and is out-and-back. Interested individuals can go to www.eisenhowermarathon.com.

Spring Into Volunteer Action

Thanks to the Winter Series, many of you have taken giant leaps over the "metal levels" and have accrued enough hours to be eligible for PPRR stuff! If you want a T-shirt or a complimentary entry into one of our races etc., please email me at cymmieb@qwest.net with your request. Hats off to all of you who volunteered at the Winter Series. Since I'm a wimp when it comes to being outside in the cold, you may have noticed that I'm nowhere to be found at the winter races. In my opinion, you all deserve extra kudos! Spring is just around the corner and PPRR will be assisting at more and more races. Check out our Event Calendar and sign up to help (please). Bob Mutu and Larry Miller need some more volunteers at the Tortoise & Hare Race on Saturday April 8th. It's a fun, unique race with a "down home" feel and a great way to get your feet wet if you haven't volunteered before.

Cymmie Bailey

Volunteer Coordinator

A terrific team: Cruz Martinez talks with Dave Balzer. Sandy Martinez stands on the right, and Jan Balzer stands over Melissa Leftwich.

Volunteer Recognition*

Bronze Level: up to 20 Hours

You have earned a PPRR t-shirt

Andrew Abdella 15
Jack Anthony 12
Ted Bidwell 15
Janice Black 20
Jon Cornick 10
Andy Dimmen 20
Heather Evans 12
Bob Foster 19
Julie Foster 13
Susan Hoxie 11
Jack Janney 17
Don Johnson 13
Melissa Leftwich 18
Cruz Martinez 13
John O'Neill 10
John Powell 16
Robin Satterwhite 10
Greg Segura 11
Gini Simonson 16
Jim Simonson 17
Kim Tollin 19
Matt Waters 11

Silver Level: 21 to 50 Hours

You have earned a cap or complimentary race entry

Jerred Abdella 32
Sheri Abdella 47
Tony Abdella 21
Cymmie Bailey 35
Dave Balzer 29
Jan Balzer 29
Gordon Barnett 38
Jim Beckenhaupt 39
Sandy Berry-Lowe 25
Dee Budden 34
Phil Foster 47
Ron Garcia 43
Kees Guijt 23
Rick Hessek 34
Gil Kindt 42
Bill Ransom 24
Micky Simpson 44
Jim Umphrey 26
Kevin Waldrip 22
Travis Waldrip 45
Cady Waters 48
Melissa Waters 43

Gold Level: 51 to 75 Hours

You have earned a jacket

Angie Earle 58
Al Grimme 68
Lyn Hale 65
RT Tollin 64

Diamond Level: 76 to 99 Hours

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

Larry Miller 87

Platinum Level: 100+ Hours

You will receive special recognition at the rewards dinner

Diane Cahalan 102
Jim Kelleher 143
Pat Lockhart 177
Dave Sorenson 111

*Since October 2005

RT and Kim Tollin Win Extra Mile Award

by Pat Lockhart

For 2006, The Extra Mile award, in memory of Jim Linn, goes to R.T. and Kim Tollin for their continued volunteer efforts serving the Pikes Peak running community.

Jim Linn was a long-time Pikes Peak Road Runner member, friend and volunteer. He died in October of 1998 from cancer. Steve McDermett and John Mills, club members, suggested this award as a means to preserve his memory and honor those who do that extra mile.

Extra Mile: *To go beyond what is required in a run, race, or in life.* Jim had his own way of defining the extra mile! He was famous for getting lost and several times never finished a course as it was initially laid out. Jim was 0 for 3 finishing the now defunct Pueblo Boys & Girls Club Trail Run. It started and finished at the Nature Center on the Arkansas River, winding through, up and down the bluffs near Pueblo West, then under the railroad tracks and along the river. A fun race, low budget, unique finisher awards, and a true trail run.

Jim always managed to get lost. Twice he came into the finish area from the wrong direction. Once he arrived in the back of the water stop vehicle after a memorable face plant that earned him two black eyes, broken glasses, and scrapes on his chin, knees, elbows and hands. He also missed turns at the Black Forest runs at least once during every Winter Series, and regularly got lost in the Garden of the Gods and Palmer Park during the Fall Cross-Country Series.

Jim never admitted to being lost or acknowledging defeat. He never lost his good humor. He always maintained that he was doing "that extra mile that was demanded of all elite runners." He said his admiring public demanded more of him than from the other "regular" runners.

In that spirit, this award is presented to RT and Kim Tollin, individuals who go that Extra Mile.

R.T. Tollin warms up for WSIII at Baptist Road going the extra mile despite the cold and wind.

Winter Volunteers Give What it Takes

by Pat Lockhart

The cows have come home; this year's Winter Series and dinner is history. The weather cooperated for our events. Makes me wonder why we still call it the "winter" series. The many pictures of Jim Kelleher, Jon Cornick and Dee Budden have been on the website are true memorials to the runners and volunteers and great camaraderie present. Isn't this what life is about… running and friends and feeling good?

My special thanks to all of our volunteers: Jerred Abdella, Sheri Abdella, Tony Abdella, Angie Earle, Dave Balzer, Jan Balzer, Bill Bennett, Sandy Berry-Lowe, Ted Bidwell, Janice Black, Nicole Brita, Trish Brita, Dee Budden, El Paso County Search & Rescue, Bob Foster, Julie Foster, Phil Foster, Bill Gallegos, Ronald Garcia, Al Grimme, Lyn Hale, Bobby Hammett, Jack Janney, Gil Kindt, Jean Landry, Melissa Leftwich, Brenda Lewis, Alex Martin, Cruz Martinez, Sandy Martinez, Steve McDermett, Larry Miller, John Powell, Steve Read, Diane Ridgway, Don Ridgway, Janet Rose, Greg Segura, Gini Simonson, Jim Simonson, Micky Simpson, Dave Sorenson, Rebekah Souza, Kim Tollin, RT Tollin, Jim Umphrey. Kate Waldrip, Kevin Waldrip, Travis Waldrip, and the Waters clan: Cady, Emilee, Jim, Matt, Melissa and Zach.

Cady and Melissa Waters, bundled against the sub-20 temperatures, welcome runners at WSIII.

A Language Lesson:
Frenemies, Friend or Foe?

by Michael Shafai

As a freshman in high school, I was required to choose a foreign language to study. I chose French because I naively thought that girls liked to be spoken to in that language. But by the time I entered my junior year, and I still hadn't gotten a date, I switched to Spanish instead.

Of course, the change had nothing to do with the fact that the Spanish teacher, Ms. Austin, was drop-dead gorgeous and held the fancy of every male teacher, administrator, cafeteria worker, and pubescent student in the entire school. I had perfect attendance in Spanish that year and was diligent in my studies. But, by my senior year, when Ms. Austin married a big Marine and became Mrs. Auerbach, I suddenly lost interest in anything Spanish or Mexican unless it came in a Taco Bell bag.

With my hopes of a future with Ms. Austin dashed against the cold, dark chalkboard, I then turned to German. This time, my language study decision was not motivated by the opposite sex because, while German automobiles are certainly sexy, the odds of seducing someone with harsh, guttural German expressions are fairly small.

I enjoyed the rather peculiar way that German language engineers create excessively long compound words. The best way to describe this is the slamming together of two or more existing words to create a new word.

The decision to try German was motivated by my desire to be entertained. Our German language class was led by Mr. Webb. An alleged schizophrenic with an alleged addiction to 80-proof beverages, he was the equivalent of a ticking time bomb. He would erupt in Hessian rants at the slightest provocation. His delivery of the language was given with such intensity, such passion, and such power, that through the course of the day, gallons of spit would spray from his mouth and deluge the front row. It was the equivalent of a Gallagher show, only in German.

Pop quiz! The proper running term for the above is a) gomit, b) nutbutter, c) bipedalsaltlicker, or d) swagilicious? Read on to know!

While Mr. Webb provided a tremendous amount of personal amusement, the mere act of speaking the language generated equal pleasure. Something as simple as counting to five brought a smile to my face: "Eins! Zwei! Drei! Vier! Funf!" I especially enjoyed yelling "fumf", which I did rather noisily and zealously, drawing the angry stares of Mr. Webb.

Besides counting loudly, I also enjoyed the rather peculiar way that German language engineers create excessively long compound words. The best way to describe this is the slamming together of two or more existing words to create a new word. For example, a German optometrist might suggest one of his patients participate in a kontaktlinsenverträglichkeitstest, which is merely a contact lens compatibility test. And, of course, there's the ever popular Fahrvergnügen (driving pleasure), used by Volkswagon's marketing department. And while my short stint in Mr. Webb's German class was a very long time ago, I was recently reminded of German linguistic pragmatics.

My friend, who frequently travels for work, connects with various running clubs around the country. This way, he can get the inside scoop on the best places to run and have some company while in a strange town. We were out running together one day, and he began explaining about a strange phe-

continued on page 19

Breed, Colorado and the Enterprising Porters

By Jack Anthony

My 12-part History Trail Run series last year started at the Woodmen Road trailhead and headed north all the way to Greenland. Back in that first article, I spoke of the Teach-outs and stagecoaches, but I left out the story of Breed, Colorado since this community was not actually on the trail. But now I want to share with you this curious bit of northern Colorado Springs history.

Perhaps you've gazed upon the Breed town site, but just didn't realize it. Have you ever been stuck in traffic on I-25 just north of the Woodmen exit? Heck, who hasn't! Ever gaze over to the east (while stopped!!!) and see rows of trees and faint remnants of a road heading north out of town? Well, here's a recent photo of this area looking north. This is Breed, or what was once Breed. And now you are about to hear "the rest of the story" of the close knit community of Breed, Colorado.

Marion Porter and his family first visited Colorado Springs in 1896. The Porter family lived and farmed in Minnesota and came to Colorado for a several-month visit. Marion would soon battle tuberculosis and in 1912, he benefited from a stay at the Woodmen Sanatorium. In 1913, Marion and family moved to Colorado Springs for good. The family lived in Colorado Springs on East Cache La Poudre and then in Fountain.

As World War I ended, Marion purchased land north of Colorado Springs just north of the Woodmen Interchange and the Regis University. Here was the Breed underpass where the Santa Fe Railroad went over the road to Denver. This was a small and dangerous road—not the super highway I-25 we know today. It was known by the unfortunate name, "Ribbon of Death". The property was on the Denver Highway and just east of the Breed train station on the Santa Fe Railroad.

Here at this site, Marion built a gas station and a grocery store. You might say Marion had the 7-11 convenience store concept down long before its time. His entrepreneurial efforts continued with his purchase of a number of used railroad refrigerator cars from the Santa Fe Railroad. He arranged them in a semi-circle drive just to the north of Porter's Service Station, here pictured in 1922.

Marion converted the railcars into one and two unit motel rooms, thus establishing the first "Tourist Court" along the Denver Highway (Motel 6 of olde!). He began renting them to the ever growing number of tourist travelers who were now using the newly

Breed town site looking north from Breed/Santa Fe Railroad overpass, Mar 2006.

paved road north to Denver. The old refrigerator cars proved a good investment. They were 40 feet long and eight feet wide. He furnished them smartly with heating and cooking facilities supplied by a coal-burning pot-bellied stove. The only toilet facilities were outhouses. In the early days renters were expected to supply their own bedding and linen, or rent them from Marion. In later years, these items were furnished free of charge. Soon regulars would come every year and stay in Breed while they enjoyed touring Colorado Springs.

Porter's Service Station, 1922. Marion Porter is on the left and his son, Forest Porter, is on the right. The station serviced autos on the dangerous highway to Denver known then as the "Ribbon of Death"

As the automobile use grew, Marion would build another gas station and convenience store in Monument. Over time, he improved the railcar dwellings by adding a water system with lavatories in each room, and adding bathrooms, showers and toilets in a separate unit, which was shared by all. Marion and his bride Margaret operated the "Tourist Court" until 1949 when cancer would take him.

On this site some curious things happened and are worth your knowing. For example, Marion lost a lot of money in the Panic of 1893 bank failure. Thus, he was not too keen on turning his money over to the banks. So here in Breed, he established his own "bank". He kept his money buried in Mason Jars under a cot he had situated just north of the house.

Marion disagreed with this government directive and began manufacturing moonshine whisky.... Hash House Harriers might consider stopping by and seeing if the "still" is still there.

Many hours were spent by Marion enjoying leisure in the shade of the trees he planted, and knowing his fortune was safe just below in the good earth. Gosh, did Marion forget any of the jars? We'll never know!

In this early era of Breed, from post World War I to the early 1930's, prohibition was the law. But, Marion disagreed with this government directive and began manufacturing moonshine whisky. His first still was located west of Breed on the Monument Creek about 100 yards north of the Woodmen Road Bridge. Hummm, maybe during a run you Hash House Harriers might consider stopping by and seeing if the "still" is still there (it's not!). Marion wound up in jail once and quit making moonshine, but still bootlegged by selling alcohol produced by his son Chester. At one time, Chester, who would later own and operate Marion's Monument store and cabins, built a still just one quarter mile west of Breed that could crank out 2000 gallons of alcohol a day. Some El Paso county officials were devoted customers of Marion's elixir. My, what times these were back then.

In Breed, the Porter's and their neighbors raised chickens and did some farming and gardening. Margaret was famous in the neighborhood for her yummy choke cherry jelly made from fruit grown on bushes Marion planted. Margaret was a tough gal who meant business. Once, while tending the service station by herself, a holdup man stopped by and demanded that she give him the money. Margaret calmly responded by pulling Marion's handgun from the cash drawer and sent the would-be robber scurrying on his way.

continued on page 19

To Sleep or Not to Sleep

by Kelli Emmett

All athletes have good intentions of getting the necessary sleep before jumping out of bed in the morning. Yet, when life gets in the way, it is easy to skip a few hours of sleep to finish off more of a busy day's tasks. This leads to the inevitable question: Should you take the next day off from training to get a few extra hours of sleep?

A few questions you might want to ask before dragging yourself out of bed at 5 am are: How many days in a row have you slept less than 7 to 8 hours? Has your resting heart rate been higher then normal within the last several days? How rested should you be to maximize the benefit of this workout?

While a single night of poor sleep will not affect your overall performance, consistent sleep deprivation could be detrimental to your training. A study led by Eve Van Cauter Ph.D., researcher at the University of Chicago, suggested that at rest, athletes who are sleep deprived move glucose from the blood into waiting tissues 40 percent slower than when they are fully rested. This difference could make it extremely difficult for endurance athletes to replenish their fuel tanks and perform at their best the next day.

This study also confirmed that your body releases human growth hormone that repairs and strengthens muscles, and revitalizes the immune system, while you are asleep. Therefore, consistently cutting into your sleep time may do you more harm than simply making you tired.

One way to help you determine if you should make sleep, or higher quality sleep, an immediate priority is to measure your resting heart rate. During a week in which you are healthy and rested, find your average waking pulse so you have a good baseline value for comparison. It is best to measure your heart rate as soon as you wake up and before you get out of bed. Any time your heart rate is 5 or more beats higher than your baseline value, consider it a warning sign and make an effort to get extra rest.

Intense training requires intense recovery. The importance of doing high intensity training is to push your self harder than you normally would. In order to do this, you must be psychologically and physically ready to give it your all. Lack of sleep can negatively impact that mental edge necessary to push yourself to maximum power output.

The best advice to heed is to listen to your body. If you are continually feeling tired and exhausted day after day, then a few days away from training would do you some good. If you still lack a strong desire to train, then a full week away from training might be just what the coach orders.

To answer the original question about the wisdom of skipping workout after late or restless nights, get up and do your workout if trouble sleeping is an occasional occurrence. If troubled sleep happens regularly, or happens for more than two nights in a row, stay in bed and skip your morning workout.

Kelli Emmett, an expert on sleep and sleeplessness, is a Senior Coach for Carmichael Training Systems, Inc. (CTS) and a professional mountain bike racer for the Ford Cycling Team. She is winner of the 24 Hours of Moab and earned a silver medal for the US at the Pan Am Championships. For more information, visit www.trainright.com.

Nielson Challenge

What a wonderful day in the neighborhood. The weather was pleasant with temps around 50, partly cloudy skies and a light breeze. We thank Woody for arranging warm weather this month. The runners were happy and anxious to storm out of the start house. (I think they've been watching the Olympics.)

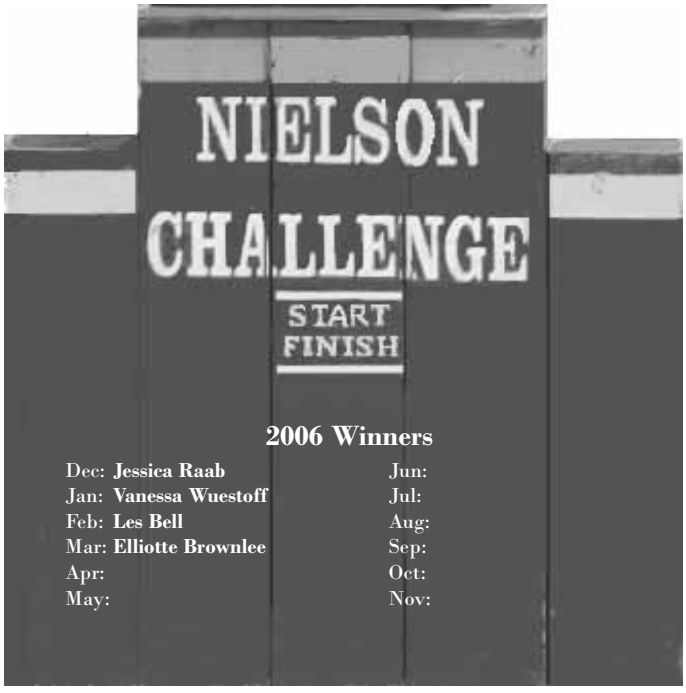
71 happy runners did their thing on the course, with young Elliotte Brownlee improving her time by a whopping 1 minute and 17 seconds, for best improved honors for this month. That means Elliotte is now famous and you'll see her on the late night talk shows and the early morning shows. She may even make an appearance at the Academy Awards this weekend.

We'll see y'all next month. Rain, snow, sunshine or flood.

The Nielson Challenge handicap race takes place the first Saturday of each month at Memorial Park in downtown Colorado Springs at 8:00 am.

Volunteers

Al Grimme
Phil Foster
Pat Lockhart
Bob Royse
Dave Sorenson



2006 Champs

March Results

Name	Place	Handicap	Actual	Difference
Elliotte Brownlee	71	28:17	27:00	-1:17.183
DeAnn Totzke	61	21:36	20:40	-55.577
Les Bell	41	17:52	17:01	-50.805
Dennis Stalnaker	52	19:28	18:57	-31.239
Carl Nelson	17	14:51	14:24	-26.673
Shane Swearingen	10	13:59	13:36	-23.11
Jim Beckenhaupt	36	16:23	16:13	-09.437
Evelyn Stettler	60	20:29	20:20	-09.1
David Minter	6	12:17	12:10	-06.887
Marlena Grovenstein	15	14:07	14:04	-03.776
Karin Moe	35	16:13	16:12	-01.037
James Grovenstein	20	14:39	14:38	-00.918
David Kinton	5	12:00	12:03	+02.53
Dana Alan Park	42	17:11	17:14	+03.419
Lindy Crawford	37	16:24	16:30	+05.822
Carl Olson	16	14:02	14:12	+09.684
Richard King	7	12:57	13:08	+10.516
Jonathan King	39	16:35	16:47	+12.685
Phil Goulding	19	14:21	14:35	+14.187
Sara Wulfkuhle	21	14:24	14:39	+15.984
Melissa Schluessler	34	15:49	16:10	+20.884
Kristopher Allen O'der	8	13:13	13:35	+21.573
Amy Batson	23	14:20	14:42	+22.066
April Casados	24	14:22	14:45	+22.854
Eric Peterson	3	11:15	11:40	+24.998
Jessica Raab	46	17:09	17:34	+25.254
Chris Warren Ruiz	29	15:20	15:47	+27.122
Jason Evans	33	15:30	16:01	+30.256
Dean Buck	40	16:20	16:56	+35.449
Tim L. McElderry	48	17:24	18:00	+35.734
Roger Baer	18	13:56	14:33	+36.786
Myron Berg	9	12:57	13:35	+37.952
Andy Dillon	12	13:13	13:53	+40.218
Kevin Houghton	22	13:58	14:41	+43.15
Eric Hansen	49	17:17	18:01	+43.488
Barbara Casados	67	22:56	23:40	+44.415
David Perfors	4	10:59	11:45	+45.856
Jim Massa	56	18:58	19:48	+50.237
Brandon Valdespino	43	16:27	17:20	+53.615
Cris Brownlee	65	21:58	22:57	+58.6
Ed Gleason	26	14:07	15:07	+1:00.396
Don Holkum	58	19:06	20:08	+1:01.44
Sharon Greenbaum	27	14:07	15:15	+1:07.854
Chris Wood	63	20:18	21:28	+1:10.395
Jane Dillon	54	18:17	19:35	+1:18.028
Daniel Polak	47	16:26	17:59	+1:33.329
Heather Evans	50	16:23	18:04	+1:41.036
David Danny Canini	13	12:14	13:55	+1:41.635
Carin Staudte	53	16:52	19:00	+2:07.46
Greg O'Boyle	38	14:30	16:45	+2:14.683
Amy Seltzer	59	17:47	20:16	+2:28.967
Brenda DeMars	69	19:45	25:04	+5:18.961

Nielson Challenge continued next page

Nielson Challenge

continued from previous page

New Runners

Name	Place	Time
Erin Gittleman	30	15:49.584
Chris Vallow	25	14:49.082
Michael Flynn Feeney	44	17:29.365
Alex Williams	14	13:58.617
David Olson	1	10:53.994
Cameron Park	45	17:29.999
Jill Bennett	31	15:50.114
Laura Johnson	32	15:50.698
Martin Mudry	2	11:06.227
Ronald Casados	62	20:55.262
Charles Greenbaum	28	15:16.057
Sona Grovenstein	64	21:38.078
Rebecca Keith	51	18:42.62
Halee Wulfkuhle	66	23:40.377
Mike Gleason	11	13:41.71
Keith Holcomb	68	24:32.133
Sammy Swearingen	55	19:36.892
Heather Stettler	70	26:13.503
Michael Gliniewicz	57	19:55.823

Go Figure

What is the Nielson Challenge? Runners compete against their previous times in an effort to achieve personal bests. Each runner has a computed handicap. The runner who beats their handicap by the largest margin is the winner for that month. The lower the handicap, the faster you have to be.

How is the handicap calculated? For those who have run at least 10 Nielson events in the past two years, their handicap is simply an average of their five best times. If the runner beats one of their own top five times, then their handicap goes up accordingly.

What happens if someone has less than 10 runs? A penalty is calculated and subtracted from their top average times. First, the average of the top half of whatever races they have is figured. Then, 9.5 minutes is subtracted from this average to give a penalty basis. A percentage of this becomes the penalty. The penalty is deducted from their average and the result is their handicap, the time to beat.

What percentage of the penalty base is subtracted from the average times? That depends on how far away a person is from completing 10 races. The number of races short of 10 is the percentage used. If you have 4 races to go, 4% of your penalty base is subtracted from your average. So, the fewer the races run, the higher the percentage.

For example if a runner has run six races, her penalty is 4%. Suppose the average of her three fastest races is 14 1/2 minutes. Subtracting 9 1/2 minutes give her a 5 minute penalty base. 4% percent of (12 seconds) becomes her penalty and is deducted from her average, resulting in a handicap 14 minutes, 18 seconds.

Historically, this formula gives an advantage to new runners and those who run frequently—precisely the audience for whom the handicap was designed.

GARDEN GODS TEN MILE RUN

TRAINING RUNS

SUMMER ROUNDUP TRAIL RUN

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

GARDEN OF THE GODS (April 4 – 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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Rain or Hail in North Wales

by Doug Bursnall

I have often welcomed in the New Year by trying to get my body and mind enthused to do the Rescue Run here in Colorado Springs. However, this year I was 6,000 miles away in my home country of Wales.

New Year's Day races always seem to be spur of the moment for me, with little consideration given to the course, weather, or my level of fitness. By spur of the moment, I mean a statement of, "Sure, I'll go." That's exactly what I said to my friend Gerry at a New Year's Eve party after a couple of beers. I agreed to be picked up in the morning and taken to the start of the Llyn Llydaw 5-mile race. I was about to run the wettest, windiest race of my life.

I had visions in my head of running under a pristine sky, around a glassy lake, Llyn Llydaw , which is nestled between the famous arms of Snowdon Mountain's horsehoe ridge, called Crib Goch and Y Lliwedd. It sounded like a great way to ring in the New Year.

At 9 am the next morning my thoughts were more skeptical. As I waited for Gerry to pick me up, I listened to the howling wind and driving rain and wondered if a weather miracle might occur. We drove to Pen-Y-Pass ('top of the pass,' in Welsh) where the race started at 1,177 feet. This is quite high in Wales, where Snowdon, the highest mountain in the country, tops out at 3,560 feet.

I paid the equivalent of $4.00 and received my dibber (a little gadget that fits on your finger and allows you to time yourself). The race had no official start time and so, with the typical Welsh winter weather not looking to change much from its torrential downpour, we poked our dibbers into the timing blocks and headed out.

The run headed out along the old Miner's Track, which is a well-worn route to the summit of Snowdon. The track is a wide swath of packed slate chippings and provided firm footing and easy running. We followed it for the first mile and half up to Llyn Llydaw, climbing nearly 300 feet. Once there we "dibbed" for our split-time, and then headed off the nice, easy track around the lake.

Hardly! The next 2 miles could barely be called a 'trail'; instead it was a 6-inch swath of grass, patted down by sheep, which enjoyed trying to suck our trainers off our soggy feet. It traversed a wet and rocky hillside, crossing numerous overflowing steams. The trail was precariously close to the edge of the lake and was humbling even for this most ardent supporter of the Fall Series!

New Year's Day races always seem to be spur of the moment for me, with little consideration given to course, weather, or my level of fitness.

With tussocky grass and slippery rocks it was just possible to keep upright along the trail and though falls were inevitable, I managed to hold my ground through the gale-force winds. After circumnavigating most of the lake, I saw my chance to regain some time on a much nicer and wider miner's track, and thankfully set out upon it.

Due to a causeway shortcut, however, the miner's track did not circumnavigate the lower half of the lake—but the race did! Against my instincts of self preservation, I was all-to-soon headed back onto the shoe-sucking, ankle-twisting, squishy, slippery trail for another half-mile,

continued on page 18

Panoramic view taking in Llyn Llydaw in North Wales on a very much nicer day than our author experienced this past New Years as he partook in a 5-mile race/battle against the elements..

Wales

continued from page 17

with winds that forced me to a standstill on more than one occasion. It was a relief to regain the relative safety of the miner's track.

I dibbed-in for another split that confirmed my "safe" return to the track. But the long mile back to the race finish was to be yet another test of endurance. I was soaked to the bone and felt every lash of cold wind whipping around my tired body. I kept my head down and my feet moving toward the beckoning finish line. My last dib recorded my time of 55:04—not my fastest time for a 5 miler, but better than I expected. It was enough to give me 17th place out of a field of 59 brave runners, and one of my best placings in a race. I guess all that altitude training really does help!

A few days later, I retraced my steps along the miner's track with my wife in somewhat better weather. The wind had died down, and only a mild misting of rain followed us. It was a treat to enjoy the spectacular views of mountains as they tumble down to the sea and to take the time to look more closely at the old mine buildings nestled into the steep hillside above the lake.

As I thought back to the gruesome conditions of the race, I was pleased that I had finished it. I even thought to myself that it was a fun and, despite the weather, scenic way to start 2006.

For more on Snodown & Llyn Llydaw: www.snowdon.com

Snowdon, the highest point in Wales at 3560, as seen from Llyn Llydaw, site of our authors New Year;s Run.

Railway depot proudly sports its station sign mounted on a mostly upright pole. The station was built in 1903 along the AT&SF railroad. Photo dates from 1931 (courtesy of Russell Crump, atsfry.com),

Frenemies

continued from page 11

nomenon he was witnessing in various running communities throughout the country. He said that a virtual runners' vocabulry was developing and, much like the German language, many of the words were merely combinations of existing words. Of course I was curious so I asked him for some examples.

He began by describing one of the original compound words used by runners: "carboloading". Of course, carboload is a verb used to describe the act of consuming an incredible amount of food, primarily food that is unusually high in complex carbohydrates. The end goal here is to build one's carbohydrate stores in the body and provide fuel for a long race.

Of course, everyone has heard of carboloading, so I asked him to give me examples I've never heard before. He proceeded to provide me with a long list, which is partially contained here.

Frenemy (n.): This is a person, who, preceding a race, or following a race is a great friend and confidant. But during the race he or she is the one person you will do everything you can to beat. They are your arch enemy through the duration of the race, but only during that time.

Gomit (n.): This is the substance that was initially contained in a Gu or energy gel pack, but has been deposited into one's stomach and has departed the stomach through the same orifice it entered. It does not have to leave the body entirely, but must at least exit the stomach compartment enough so that the runner can taste the energy gel pack the second time around.

Mantights (n.): These are the unsightly, ultra-high-sheen, two-sizes-too-small tights worn by men out running on cold days. Mantights are not very flattering.

Nutbutter (n.): Slang for vasoline or any other anti-chafing product.

Bipedalsaltlicker (n.): This word is used to describe a person who sweats profusely, so much so, that by the end of even a short race, their running gear and clothing are covered in white salt stains. They are easily recognized because oftentimes deer will suddenly appear and start licking the bipedalsaltlicker's clothing.

Crampsalot (n.): This word is used as a nickname for anyone who suffers from excessive cramping. It can also be used with a title, such as "Mr. Crampsalot", "Dr. Crampsalot", and if the cramper is of royal lineage, "Sir Crampsalot".

Botherbreather (n.): This is the man or woman who runs two to three paces behind you for an entire race, and breaths excessively loud. While you can try to escape a botherbreather by adjusting your pace, in most cases this is futile. The botherbreather will stick to you like nutbutter on an armpit hair.

Swagilicious (adj.): This is a word to describe a race where the goodie-bags and finish area booths are loaded with free stuff. Swagilicious races will include free energy bars, energy gels, an assortment of scrumptious foods, and generous free samples of products that can be found at any retail grocery, department, or running store.

Superswagilicious (adj.): Similar to swagilicious, this describes a race where there is lots of free stuff, but in addition, the finishers' gift is not just a boring ultra-thin t-shirt, but something way more cool. The Pikes Peak Marathon and Ascent were both superswagilicous because of the fleece jackets given to the finishers.

Well, certainly, the Germans would be proud of us runners who are now taking their lead and using their language-building tools. Perhaps, at some point in the distant future, we will have a language that is entirely our own, but I believe it should be on one condition. It would have to be taught by someone either as gorgeous as Ms. Austin or as crazy as Mr. Webb.

Breed

continued from page 13

In the 1940's, when the war brought thousands of troops to the area, the Northgate Nightclub was opened at Breed. The original building still exists today, but not in Breed. It was relocated when the Air Force Academy bought this land and is now situated on the east side of Nevada, just before Nevada merges into I-25. It's the last building on the right, very dark brown in color, just before the Pulpit Rock Trailhead parking lot. Yep, that building was Breed's fabulous North Gate Night Club.

My knowledge of Breed and the Porter family are vast. I wish to recognize and dedicate this article to Forest Porter, grandson of Marion Porter, son of Forest L. Porter, who is a key leader in the El Paso County Pioneer's Association. Forest and his bride, Rose, toured the Breed town site with me recently and the stories and memories Forest shared were wonderful; they were told like they happened just yesterday. In the Porter Service Station photo, Marion is on the left and Forest Porter's dad on the right. Forest is my history research and writing mentor and a valued friend.

Well, this article is not exactly a running trail story of adventure. But the next time you are on I-25 and things slow to a stand still, you just might be nearby Breed and you'll perhaps hear the dance hall music and laughter over at the Porter's place.

Winter Series

continued from page 1

Winterbottom. Together with 5th place Sandi Brandi, the five finished in the same order for the overall series awards. Elizabeth won the series having built an insurmountable 18 minute lead over the four races!

For the men, Sam Ngatia of Fort Carson again lead the way with a 1:16:43 victory in the 20K. This race, he managed to beat Mike Wasson of Monument by mere 40 seconds. This was Mike's first race of the series, but what a performance to be so close to Sam, who managed a couple of minutes victory in previous races. Dominic Nogic took third place.

35-year-old Eric Jordan won top honors for the overall series. He came in 4th in the Black Forest race, just over 4 minutes behind the leader. Chad Halsten and Jeremey Dreher were second and third respectively in the long series.

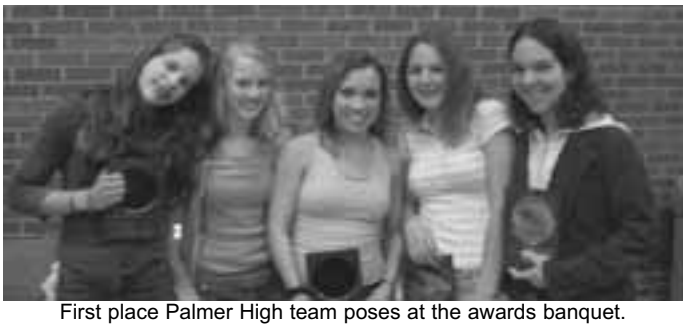
Dan Cleveland and Hans Zimmerman finished with solo age times for the 60's group, and Phil Foster and Ed Mighell did the same for the 70's.

The awards dinner was a packed house at the downtown YMCA. The highlight of the evening was the auction which raised a record $2200 for the Feats of Fire for Kids. Generous donations, like Jim Beckenhaupt parting with his 25th anniversary Pikes Peak marathon promotional poster, made it all possible.

Anna Marshall, on her way to a 3rd place finish in the 10K and 2nd overall. Not bad for 13!

Feet stomping runners gather on a frigid but sunny morning for the 5 and 10 mile third race of the Winter Series at the Baptist Road trailhead.

Scenes from the Winter Series



First place Palmer High team poses at the awards banquet.

Emily Nyquist celebrates during her 2nd place 45:25 10K.

Sold! PPRR members contributed a record $2000 at the auction.

Winter Series desktop trophies line up in wait for their new masters at the Winter Series awards dinner.

Julie Foster and Jim Simonson at Black Forest sporting Fall sweat shirts and Winter sweat pants from long ago: the '86-'87 season.

Winter Series Final Individual Standings

Tina Dessart

Long Series Women

1	Elizabeth Watkins	22	4:25:19
2	Bev Zimmermann	42	4:43:16
3	Jennifer Weiss	24	4:43:32
4	Traci Winterbottom	41	4:50:59
5	Sandi Brandi	37	5:01:55
6	Marilyn Goodloe	43	5:29:00
7	Jenny Russell	29	5:33:41
8	Sharon Greenbaum	43	5:34:47
9	Lori Kisley	35	5:45:35
10	Joyce McKelvey	60	5:48:04
11	Lindy Crawford	41	5:50:41
12	Diane Lopez	47	5:51:19
13	Rebekka Hannula	42	5:57:08
14	Gina Benfatti	44	6:04:09
15	Krisine Spinuzze	36	6:06:30
16	Jennifer Aragon	30	6:08:29
17	Beverly Carver	46	6:08:43
18	Kelly Jackson	45	6:14:05
19	Tina Dessart	34	6:14:41
20	Isabelle Dolan	41	6:15:37
21	Jane Chess	52	6:27:45
22	Debbie Embaugh	40	6:34:19
23	Amy Wasson	38	6:44:46
24	Maria Fruge	50	7:29:23

Long Series Men

1	Erick Jordan	35	3:59:41
2	Chad Halsten	31	4:03:34
3	Jeremy Dreher	25	4:05:43
4	Joe Shotsman	38	4:05:58
5	Isaac Watkins	24	4:07:25
6	Neal Oseland	36	4:10:15
7	Steve Bremner	50	4:13:27
8	Rich Hadley	50	4:14:36
9	Kenneth Wright	35	4:27:28
10	Travis Edwards	25	4:28:13
11	Blaine Miller	32	4:31:42
12	Bruce Barrell	49	4:38:48
13	Craig Hafer	49	4:38:59
14	Steve Abeyta	40	4:39:32
15	Nathaniel Kiser	35	4:40:18
16	Graham Houghton	38	4:41:16
17	Jerry Jackson	45	4:47:00
18	Jeffrey Jury	45	4:48:25
19	James Robinson	54	4:49:59
20	Robert Swanson	43	4:51:34
21	Fred Gonzales	45	5:03:43
22	Roger Baer	51	5:04:39
23	Al Haeffner	49	5:07:17
24	Kris Pruitt	27	5:08:24
25	Andrew Heimbrock	32	5:09:00
26	Rodney Bolman	49	5:10:55
27	Timothy Steffens	35	5:12:37
28	Dan Arnold	41	5:14:03
29	Brad Olson	44	5:14:18
30	Lem Myers	40	5:17:27
31	Lee Burton	45	5:18:31
32	JD McKenna	52	5:20:17
33	Clyde Landry	59	5:25:07
34	Phil Goulding	54	5:27:23
35	Jim Kelleher	48	5:30:55
36	Chris Kilroy	38	5:32:15
37	Jon Cornick	49	5:39:25
38	Jim Beckenhaupt	58	5:45:06
39	Colin Kearns	31	5:51:40
40	Peter Hayward	51	5:54:14
41	Barrett Cooper	33	5:55:36
42	Hans Zimmermann	66	6:01:25
43	Charlie Malin	46	6:07:12
44	Larry Fruge	49	6:08:18
45	John Crouse	55	6:17:39
46	Phil Foster	71	7:51:19
47	Smilin' Ed Mighell	75	8:20:46
48	Dan Cleveland	63	8:21:33

World class runner Sergeant Sam Ngatia built a 10 1/2 minute lead during WS II-IV long series, but missed the first race.

Lyn Hale

Short Series Women

1	Connilee Walter	32	2:08:36
2	Anna Marshall	13	2:15:31
3	Courtney Butler	23	2:23:21
4	Ashlee Withrow	18	2:25:20
5	Emily Nyquist	26	2:26:05
6	Jill Montera	39	2:26:33
7	Susan GriffinKakliki	50	2:26:37
8	Sandie Hubbard	38	2:27:11
9	Aubrey Inman	18	2:29:31
10	April Casados	18	2:30:30
11	Marie Grovenstein	18	2:30:45
12	Eileen Wilfong	47	2:34:46
13	Monica Garcia	18	2:36:18
14	Terri Tibbs	42	2:38:35
15	Glenda Kelly	44	2:46:10
16	Megan Dickerson	18	2:46:48
17	Jenna Smith	17	2:47:47
18	Katie Williams	16	2:48:15
19	Robyn Hudson	37	2:50:52
20	Jessica Raab	35	2:50:56
21	Micky Simpson	49	2:51:27
22	Heather Tessier	17	2:51:37
23	Connie Smith	42	2:52:59
24	Tracy Mann-Reno	39	2:53:16
25	Jennifer Eckels	29	2:55:43
26	Carol Runnells	53	3:02:02
27	Michelle Chapman	37	3:05:31
28	Trudi Michel	47	3:08:32
29	Berri Cockrell	38	3:08:53
30	Heather Evans	34	3:09:14
31	Rebecca Lane	44	3:09:18
32	Lesley Gallacher	26	3:11:51
33	Kathy Letner	54	3:13:39
34	Britney John	15	3:17:56
35	Rachel Deherrera	29	3:19:40
36	Kandis Ewers	37	3:21:32
37	Cecilia Rich	42	3:21:44
38	Tracy John	37	3:22:17

Winter Series Final Results (cont.)

39	Laura Harmon	15	3:22:53
40	Laurie Baer	50	3:23:13
41	Rachel Shanahan	29	3:27:04
42	Sarah Lathrop	19	3:27:08
43	Marquerite Buhr	15	3:35:32
44	Kateri Vanderkooi	32	3:38:18
45	Deb Hadley	49	3:39:50
46	Kathleen Overton	42	3:44:23
47	Alice Gohlke	37	3:47:22
48	Martha Kinsinger	71	3:49:26
49	Christie Cotter	30	3:52:24
50	Kristin Swanson	15	3:52:31
51	Kathleen Brenk	36	3:54:06
52	Brenda DeMars	53	3:55:27
53	Christina Sheppard	41	3:59:28
54	Diana Quattlebaum	46	4:02:44
55	Linda Reed	51	4:11:53
56	Julie Foster	69	5:20:25

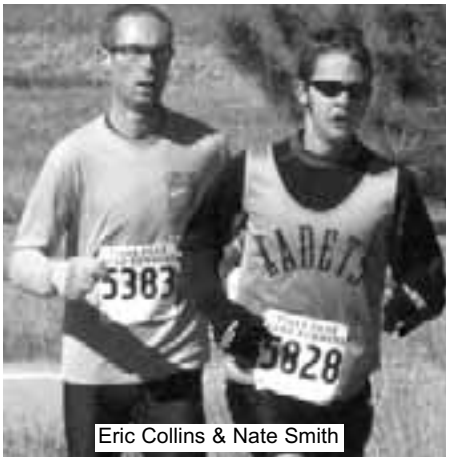
Short Series Men

1	Dean Black	17	1:48:45
2	Jeff Holt	18	1:52:14
3	Eric Collins	26	1:57:21
4	Todd Murray	42	1:59:15
5	Andrew Subudhi	36	2:01:52
6	Matthew Drake	17	2:02:52
7	Thom Santa Maria	42	2:05:58
8	Lile Budden	45	2:06:49
9	Ken Lefrancois	41	2:08:45
10	Nathan Brown	15	2:09:04
11	Eric Bauer	33	2:10:09
12	Ray Cameron	34	2:10:38
13	Matt Scanlan	16	2:11:13
14	Anthony Silva	16	2:15:11
15	Michael Pollard	28	2:15:48
16	James Boughter	61	2:18:56
17	Mike Johnson	36	2:19:37
18	Theodore Lewis	44	2:20:25
19	Dale Papineau	39	2:20:51
20	Craig Trask	43	2:22:39

Fox Run cheers

21	Richard Romani	17	2:25:54
22	Jeremiah Brockett	16	2:26:01
23	Jordan Montera	13	2:26:24
24	Tony Abdella	51	2:26:27
25	Erich Gohlke	16	2:28:14
26	Kris O'Der	16	2:28:35
27	Marc Wulfkuhle	31	2:29:46
28	Carl Olson	43	2:29:48
29	Steven Simon	50	2:31:37
30	Alan Marks	34	2:34:25
31	Eric Lawrence	32	2:34:42
32	Jack Anthony	49	2:35:08
33	Greg Brown	48	2:35:40
34	Harsha Nagaraj	32	2:36:54
35	Alex Haase	18	2:37:02
36	Shane Swearingen	14	2:37:36
37	James Grovenstein	46	2:37:44
38	Jorden Hall	17	2:40:14
39	Les Goss	55	2:40:45
40	John Maynard	41	2:41:53
41	Richard Zimmerman	54	2:48:45
42	David Patrick	43	2:51:02
43	Frank Negley	40	2:51:20
44	Pharris Cotner	50	2:55:25
45	Jeff Smith	65	2:57:56
46	Mike Cotter	31	2:59:31
47	Jeth Fogg	39	3:01:48
48	Dean Buck	47	3:02:43
49	Dennis Normoyle	62	3:03:51
50	Neil Chapman	37	3:05:30

51	Jon Epperson	68	3:08:07
52	Justin Jackson	14	3:08:14
53	Paul DallaGaurdia	47	3:13:33
54	Phil Mahone	44	3:15:51
55	George Gregor	53	3:17:18
56	Dave DeHart	57	3:18:10
57	Keith Martin	40	3:23:46
58	William Overton	50	3:34:52
59	Bill Gallegos	75	3:44:03
60	Kenneth Holmes	60	3:45:28
61	Charles Foster	46	3:45:54
62	Bobby Hammett	72	3:52:47
63	Philip Quattlebaum	53	3:56:59



Eric Collins & Nate Smith

Summer Series

May 6	June 24	July 2	August 1	September 23
Nielson Challenge 8:00am 1 Mile/ 2 Mile	Panoramic Run @ Bear Creek 7:30am 1 Mile /2 Mile/ 4 Mile	Veteran's Home Run 7:00am 3K / 5K	Nielson Challenge 8:00am 1 Mile / 2 Mile	The Great Race 8:00am 5K

It's never too late to start something new for your life and for your health. Though the events will be timed, your participation is all that matters. Meet new people who also want to make changes in their life or others who run/walk regularly. All it takes is one step after another.

COME WALK, COME RUN, COME PARTICIPATE
BE A WINNER!

Bronze Winner Complete 3 events receive a runner pin

Silver Winner Complete 4 events receive a commemorative cap

Gold Winner complete 5 events receive a commemorative shirt

For more information:
Patlockhart@worldnet.att.net • www.pprrun.org

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.

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

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

*Out-of-Towners may want to add First Class 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 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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