



# the **LONG RUN**

Volume 30 Issue 2

“All the news that’s fitness to print”

May 2006

## Handicapped Hares Surrender Top Spots

by Jim Kelleher

**B**lue skies and and crisp morning air provided a pleasant backdrop for this year’s running of the catch-me-if-you-can Tortoise and Hare handicap 5K. 56 runners turned out to test their conditioning as compared to national averages.

Recall that the hare let the tortoise get ahead by taking a nap. In this race, even the tortoise takes a nap, but this nap comes at the beginning, letting others get ahead before one “wakes up” and starts. Contestants arrived early to have their handicaps (nap times) calculated according to an impenetrable formula devised by race director Bob Mutu, which runners gamely took on faith. The

handicap assigned is in the form of time—time you get as a head start. At the start line, everyone goes to sleep, the clock counts down. When it reaches your assigned time, you wake up and off you scamper (if you’re a hare) or crawl (if you’re a tortoise) to do your best to keep your head start (if you’re a tortoise) or to catch up (if you’re a hare).

So, how did the tortoise fair against the hare? Well, since the race director has a decent quotient of emotional intelligence and was not wearing anybody armor, nobody was told, “You’re a tortoise!” But if we simply take the greater half of handicap times and designate them as tortoises, and the smaller half of the times as hares, we may arrive at a safe means of making the distinction.

Clear Victory went to tortoise #2, Susan Hirst, rapidly neutralizing the two minute lead of #1 tortoise, Carole Schroeder. Susan lead thereafter and it was clear even at the 2K mark that no hare, let alone tortoise, would catch her. Similarly, at the 2/3 mark, speedier tortoise #35, 11 year-old Heather Bates, had second place wrapped up, arriving a minute behind but chewing through 6 of Susan’s 7 minute head start. Third place went to hare #24, Phil Goulding, making up all but 1:12 of the 7:23 head start he had to give.



2 hares, 3 tortoises among the first five to cross the finish line. From L to R: Susan Hirst, Phil Goulding, Scott Nalbach, Heather Bates, Henri St-Martin

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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	AbdellaT@earthlink.net
Jack Anthony	JackAnthony78@aol.com
Jon Cornick	262-0595
Lyn Hale	328-9828
Jim Kelleher	jim@pprrun.org
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
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
Volunteer Coordinator:	Cymmie Bailey	578-1651
Web Site:	Dave Sorenson*	
Training Runs:		
Garden of Gods:	Dave Sorenson*	
Barr Trail:	Larry Miller	590-7086

\*davidsoorenson@msn.com

## Club Meetings

Business meetings are held on the **first Tuesday** of each month at **7 pm** at the downtown Pikes Peak YMCA, 207 N Nevada. PPRR members and friends are encouraged to attend. Upcoming date: May 2nd.

## 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](mailto:editor@pprrun.org) either as attachments or in the message. We accept any *Windows* compatible file format. Letters, disks, CD's and other media can be mailed 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 **May 2**.

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

Next stuffing is **Wednesday May 17**

## Advertising

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

Insert flyers will be included at the rate of \$50 per issue. The maximum size is 8.5 x 11. *Do not fold or staple.* The deadline for delivery is the 2nd Tues of the month. Send or deliver **exactly 800 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

Summer is almost here and it seems as if there is never a slack of events in which to participate.

June 24 (Saturday): Trilakes YMCA Summer Kickoff (Monument). This is a 1M kids event and 5K run and will start an awareness of the Capital Campaign Kickoff of their new facility, immediately to the west of Lewis Palmer High School. This is a twilight event and they are hoping for a good turnout. Because PPRR closed its calendar for new events, I am working with the Board of Directors in getting this annual event started. I have contacted several PPRR members who live in Monument seeking volunteer assistance. PPRR volunteer hours will not be awarded, but the thanks of the YMCA is worth just as much. Anyone living in that area interested in becoming part of this event, call me.

July 27 (Thursday): Paint Mines 6k Race and Fun Run. El Paso County Regional Parks has taken over the management of the El Paso County Fair. This evening event will be the beginning of the 2006 fair. More information will be coming.

A complimentary entry to the 2007 Winter Series if you can tell me where at least one local Pauper's Cemetery can be found.

Remember Feats of Fire For Kids – Health and Safety Day is coming up. This event is only for kids and is organized by the Fire Department, Police Department, Safe Kids Coalition, Pikes Peak Road Runners, and YMCA. This year will be the initiation of Wheels of Fire: kids will get to ride their bikes with members of the Police and Fire Department. What fun!

Did I tell you the results of my inquiry about changing the newsletter to be strictly electronic? 2 responses: 1 for, 1 against.

Volunteers are what make our club special. Volunteers who laugh and greet you at the finish lines—no matter what the conditions might be. My appreciation to all volunteers!

*Pat Lockhart*



## the Long Run Long Ago

### 10 Years Ago

The Long Run, April 1996: The cover notes how 45 local athletes fared in the Boston Marathon, and inside pages hold first-hand reports from Michael Schuldes, Carol Lyndell, and Bob McAndrews. William of Plano, Texas, continues his string of letters to the editor with an entry from Saudi Arabia reporting Hash House Harrier activity in the desert, how men have to wear long pants while running, and how women cannot compete at all. Dr. Chris Rambus lists the benefits of aerobic exercise. We shall “enjoy life more, think clearly, feel rejuvenated and live with passion” (hooray!). Yet another benefit: “The overall patter in the body is a greater degree of deference” (huh?).



### 20 Years Ago

May 1986: The cover “story” is a want ad for “Race Worker” position, to “work closely with race directors on the type and number of workers needed”—a *paid* position. President Russ Baker appeals for someone to fill a vacant volunteer coordinator position and relieve the person filling in the gap—his wife! His letter is followed by a six-stanza poetic invitation to become more involved: “Come to meetings often and help with hand and heart. Don't be just a member, but take an active part.” There is no mention to whom we should we should give credit for the rhyme.



### 25 Years Ago

Written in what looks like a 6 point times Roman, Dick Sutton voices a need for volunteers, anticipating Russ's appeal 5 years later (see above). He needs 200+ workers to make the Garden of the Gods race a success. President Bill Bailey announces his resignation after four months as he responds to a call from 7-Eleven to work in Denver. He signs off with, guess what, an appeal for more involvement (this is not a planned theme). “I guess if there was one last word of wisdom I could leave all of you, it would be that each of you should give a little of your time and talent to make the Pikes Peak Road Runners an even better club. Only through your involvement can your club be what you want it to be.” Finally, Dick Sutton wins RRCA's Scott Hamilton Award for his outstanding contributions as PPRR president. Among them: computer generated mailing labels!



# PPRR Board Minutes

## March 7, 2006

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

Excused: Jon Cornick, Dave Sorenson

Minutes: Approved January and February

### Old/New Business:

Posters distributed for Summer Series. Jim B. said one was in the Men's room at the y

Jack Janney, Peterson Air Force Base invited the Road Runners to participate in their Health Fair on May 19 from 10-2.

Jim Beckenhaupt gave a report on the Veterans Run meeting. Jack Anthony is trying to get a sponsor and is publicizing the race via email. It will be one of the PPRR Summer Series check off races.

### Treasurer's Report

Treasurer's report was accepted and is on file with the club. Gil gave the club income tax information to Dave and Kwang-Chi Sorenson.

### RRCA

Jack Anthony announced that the RRCA has resumed the Footnotes Magazine. Lisa Paige will remain Western representative to the national organization. Jack is currently researching other trails for newsletter reports.

### USATF

Phil Foster received the renewal materials.

### Certifications/Measuring

Travis reported on electronic cyclocomputers to measure trails. There have been articles in "Measurement News" and on the USATF website.

He is also rechecking the mile markers on the ADTM course and is still planning to measure a 2 mile course in Bear Creek for Panoramic.

### Newsletter

Jim Kelleher announced that Diane Cahalan, Mike Shocky, and Jack Anthony are on the Newsletter Committee. The newsletter has a space issue, which is a good problem. Motion was made and passed to change the Newsletter stuffings to a consistent third Wednesday of the month. This allows Jim more time to prepare the newsletter and include information from Board meetings. PPRR race directors will make sure the race contracts holders are contacted by letter and phone calls concerning this change.

### Bulk mail

The February newsletter stuffing was completed by 7:05 pm!

Calendar- no corrections/additions

Equipment –

No news is good news.

Bill Gallegos is going to adjust the lcd panel on the Chronomix.

Webmaster – no report

Volunteer Coordinator - Cymmie is current with reported hours.

Race Coordinator

We have closed the race calendar for this year. If anyone is contacted by someone seeking race support, inform them to submit a proposal by November for future consideration. It is too late for PPRR to consider the Gleneagle 5k May 20.

PPRR will be loaning equipment to Tri-lakes YMCA. Pat will accompany the equipment.

An FYI for the club, Run America – Homeland Defense Foundation, will be held Sept. 21 at the Air Force Academy.

### President's Report

Ohio Casualty Insurance renewed and driver's license information was updated.

### Membership

452 - individual	42 - club
9 - life	140 - family primary
288 - family members	
Total 931	
710 - current	160 - expiring
25 - new	37 - renew
Mailing: 643	

### Past Events

Winter Series was a success. The second race at The El Pomar Sports Center did not charge a fee for use of the facilities for the second race of the Winter Series. PPRR will contribute \$200 to the Center.

March 4 Nielsen 2 mile – 74 runners.

Dinner and Awards – PPRR made more than \$2200 at the auction for Feats of Fire.

### Upcoming Events

Elbert Reflections 4/22 Plans are progressing. The race organizers are planning a free kid's race. There will be the traditional Pancake breakfast after the race Meeting adjourned.

8:17 p.m.

*Respectfully submitted,*

*Robin Satterwhite*

## Letter from the Editor

Another issue of the *Long Run* reaches your hands. For thirty years, it has been the vehicle for PPRR happenings and timely information. That's quite a history, and someday we will turn our attention to writing a few articles on it, but for now, I hope you enjoy the little retrospective featuring issues from the past.

Interestingly, most "Letters from the Editor" that I read talk about what's in the issue at hand. "So and so writes an article about such and such" sort of thing, and what a truly wonderful piece it is. It's as if they are trying to sell you on the idea of reading the articles. But I figure that if you have nabbed a copy off the rack at Barnes and Noble and read it for free while you sip your cup of Starbucks and suppress your guilt, the editor's letter probably is not something you will bother with. On the other hand, if the periodical is mailed to you, it hardly seems necessary to convince you to read it. Why would it be in your mailbox otherwise? And most of us know what the contents listing is for, so why read *about* what you're about to read instead of just reading it?

That being said, let me tell you what's in this issue and why you should read it...just kidding. But I do want to draw you attention to a theme that emerges coincidentally (if you don't believe in providence) or providentially (if you don't believe in coincidence). The theme is how running provides so very much more than exercise for the body or the occasional runner's high for the mind. It is, for many, a means of finding and keeping things like meaning, purpose, self-identity, confidence, and balm for the soul.

And so, we have Jim Beckenhaupt reporting the important role running played in recovering his bearings and focusing his energies after Viet Nam. Linda Fuqua-Jones brings to our attention the astonishing accomplishments of Marla Runyan for whom running was a way to conquer a debilitating blindness. Laurie Ryan shares how running enabled her to cope with years of single motherhood and establish a deep bond with her son. And her son, Michael Ryan, reveals how running was an opportunity to strengthen his determination and self-discipline in response to the tremendous inspiration of his mother's character shown through her running.

It is an intriguing question: what motivates us to run. I have read a few columns on this topic, but I'm left feeling there is room for more pondering. I think most of us would be hard pressed to come up with a concise answer to the question. I am sure most of us would agree that there is much more to it than physical exercise. At any rate, the set of articles in this issue seems especially reflective. (If you agree, please dash off a few words to yours truly! Letters to the editor are running a bit thin.)

Finally, allow me a brief appeal for assistance. We could very much use help with proofreading. Or, if it seems appealing, consider trying to sell advertising and insert space. It's very simple but also very helpful in funding the mailing and printing costs of this little running rag. Also, more reflections and shared thoughts about running events would be appreciated. I have tried to feature PPRR events on the front cover, but, since such features have not been forthcoming, it has meant that my name has appeared there all too often, and it really isn't something I like to see in print. So dust off those composition skills and share those ideas!

*Jim Kelleher*

jim@pprrun.org

### March Stuffing Volunteers!

Colorado Running  
Company, Host

Traci Winterbottom

Tina Gray

Teri Harper

Taylor Fogg

Phil Foster

Melissa Leftwich

Kyle Forman

John O'Neil

Jim Newton

Jim Kelleher

Jim Beckenhaupt

Jeth Fogg

Jeff Tarbert

Jeff Smith

Diane Cahalan

Dave Thomson

Al Grimme

### 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 May 6th

Meet at 9 a.m.

Southwest parking lot  
of 8th Street Walmart

## Letters

### From Plano Texas

Dear Jim,

March is the month for our annual Children's Charities fundraiser. The last weekend in March is also the beginning of the running season here. There are races all over the Dallas-Fort Worth metroplex. Another group, from Dallas, had reserved our normal running location for their own children's charity fund raiser a few days before our president went to put in our reservation. Then the City of Plano started road construction across the normal running trails, which also diverted traffic, making alternate routes dangerous. The Pacers decided to move the fundraiser and the normal races to new courses.

The fundraiser was at Arbor Hills Nature Preserve. The expected course there would have us crossing a busy street, but course certifier Ken Ashby found an out-and-back, connected it to a twisty loop, and avoided all vehicular traffic. The twisty loop resembled the Road Runner's Fall Series course through Colorado Springs' Ute Valley Park, but with significant differences. The Pacer's course was all paved, with sturdy foot bridges for stream crossings, gentler slopes, and about six thousand feet less altitude. We have no members that would emulate Larry Miller in routing the course through the stream and laying hay bales there as an obstacle. The poor Texas flatlanders suffered badly going down to the stream and up the hill to the observation tower. Colorado Springs runners would consider it a gentle course, suitable for a morning jog.

The winner was Paul Grant, from Golden. He had no problems running the 5K in 17:48, probably enjoying the extra oxygen and gentle grades. We have none of the 24% grades that Matt Carpenter

runs at the Cog Railway.

Our new club courses will be at the Plano Senior Center, in park areas not yet being considered for construction. More about them later.

Regards,  
William L. Jones

### Make a Wish Come True

Hi,

This years race is on May 7th at Cherry Creek State Park, a Boulder Boulder qualifying race. The one-and-only race for wishes will benefit Make-A-Wish Foundation of Colorado and will help grant the wishes of Colorado children fighting life-threatening illnesses. For more information and to register visit the Events Page at [www.wishcolorado.org](http://www.wishcolorado.org).

*Editor's note: The Make a Wish Foundation grants wishes from dream getaways to meeting favorite rock stars. The national site is [wish.org](http://wish.org).*

Thanks so much!  
Rhiannon Hendrickson

### Summer Series for Real?

Dear Editor,

I just read about the so-called summer series and question what is the point? Don't we have enough events going on that we don't need to invent one out of thin air? This is really going too far. What is a series race if there are no cumulative times? Why have a series that no one can win? Why not just say, "You get a t-shirt if you run four races this summer," or something like that, which is more honest. I really hate to see this club descend to the level of gimmickry.

Sincerely,  
Chris S.

## Membership

### Welcome New Members!

Patrick Allgood  
Lane Brunner  
Claudia Homer  
Chris Jones  
Mark Jones  
Stephanie Jones  
Tanna Jones  
Sally Linnenbrink  
Scott Palmer  
Mark Rudolph  
John Shuler  
Josh Spiker  
John Thompson  
Ann Marie Trushenski  
Joe Turcotte  
Laura Verheyen  
A.Barton  
YMCA TriLakes  
Michael Yopp

### Renewing Members

Mark, Cara, and Susan Alexander  
Glen L Ash  
Robert and Lynann Bowyer  
Diane Brown  
Geoffrey Chance  
Karen Fady  
Ronald Garcia  
Albert Hale  
Elliott Henry  
Laura and Tom Kelecyc  
Dan and Megan Malinaric  
Miriam Malinaric  
Vickey Mathis  
Joe Mendygral  
Craig Miller  
Sandra Perkins  
Steve Reed  
Sid Rubey  
Joe Scarlett  
Jack Sherman  
Lisa Short  
Eric Sovo  
Janel Timmins  
Callie Trautner  
Craig Trautner  
Kathryn Trautner  
Noah Trautner  
John Victoria  
Sheila Geere Victoria  
David and Wendie Wilhide  
Kevin R. Wilkerson  
Christian Wulfkuhle  
Halee Wulfkuhle  
Marc Wulfkuhle  
Sara Wulfkuhle

## News shorts

Congratulations to finishers from the region who ventured out to Abilene Kansas April 8th for the Eisenhower Marathon. Though not regional, Gannon White is included because he won and he's a Front Range dweller. At least as many folks from elsewhere in Colorado participated.

Marathon:

1	Gannon White	30 Greeley	2:39:02
79	Diane Warnern	46 Colo Spr	4:07:16
81	Roger Leturno	51 Colo Spr	4:09:08
84	Rose Ornellas	43 Elbert	4:10:42
89	Ken Ornellas	49 Elbert	4:17:37
128	Liza DeLauer	21 AF Academy	4:50:23
129	Frieden McLean	23 AF Academy	4:50:23
146	Dennis Normoyle	62 Peyton	5:04:00

Half Marthon:

60	Pete Warne	42 Castle Rock	1:48:57
178	Jutta Normoyle	52 Peyton	2:53:08

## Cruise and View the Collegiate Peaks

The 16th running of the Collegiate Peaks 50 mile ultra and 25 mile marathon is set this year for Saturday, May 6th. Runners report thoroughly pleasing views and a tough course winding up and back the east side of the Arkansas River Valley. The race features 10 aid stops and a cut-off time of 12 hours for the 50 miler. You can contact [chamber@buenavistacolorado.org](mailto:chamber@buenavistacolorado.org) or telephone 719-395-6612 for more information.

## Running Nirvana in the Divine Garden

by Joyce McKelvey

Sunday, June 11, 2006, will mark the 30th running of the Garden of the Gods 10 Mile Run, a race that some say has it all: a spectacular setting, a physically demanding course and competition in nearly all age groups. Although the start line is outside the boundaries of the park, most of the run is inside the beautiful Garden of the Gods on the

west edge of Colorado Springs. The elevation ranges from 6,250 feet to 6,550 feet, and numerous hills are encountered on the course. In the words of Race Director, Dave Sorenson, "the awe-inspiring beauty of the course will saturate your eyes and bring a smile to your face, while the hills and altitude will red-line your legs and lungs. But the camaraderie of your fellow runners will fill your spirit and soul with unforgettable memories. Plain and simple—it is pure running nirvana."

For a few years the Garden of the Gods Run was a 15-kilometer race rather than the 10-miler it started out as, but in 1995 it reverted to the original 10-mile distance. The course is certified, has twice served as the Road Runners Club of America (RRCA) 10-mile national championship race, and this year is a part of the Colorado Runner Magazine Racing Series. The Garden Run is the first leg of the Triple Crown of Running Series, followed by a 12K Summer Roundup Trail Run July 9th and the Pikes Peak Ascent and Marathon August 19th and 20th. Registration can be done online at [active.com](http://active.com) or at [www.pikespeak-marathon.org](http://www.pikespeak-marathon.org) as well as at the Triple Crown of Running office, 4209 Centennial Boulevard off Garden of the Gods Road in Colorado Springs.

Not only runners but their families will enjoy seeing the beautiful Garden of the Gods Park, hiking some of the trails and visiting its wonderful Visitor and Nature Center. In commemoration of this year's Bicentennial of Zebulon Pike's 1806 expedition through Colorado, the Nature Center, with assistance from the Pioneers Museum, is displaying an exact replication of a 19th Century U.S. Army Pack filled with replicas of of

items that Pike carried in his pack, documented by entries made in his journal. Daily presentations are at 11 a.m. in the Center. Come for a memorable run as well as a memorable experience in the unique Garden of the Gods.

## Jump Start Your Trail Running

April 29th is the date for The **Greenland Trail 50K**. This trail race takes place just north of Monument and the county line. It was started with the intent of kicking off the trail running season by offering a variety of distances to suit your running needs. Choices include a 50K, 25K and an 8M. The Greenland Open Space of southern Douglas County is the site for the race. The Greenland Trail 50K organizers hope to make it the premier 50K in Colorado and have rounded up some big name sponsors. Register by the 25th; limited to 500 runners. For more information see the enclosed insert of visit [coloradorunnermag.com](http://coloradorunnermag.com).

## Mountain Games

Need a little variety in your competitive life? The Teva Mountain Games events attract professional and amateur outdoor adventure athletes locally and around the world. They converge upon the mountains and rivers of Vail to compete in six sports and ten disciplines. For you mountain goats, the Vail Hill Climb takes place June 3rd, a 10K event that will leave you breathless (and not from the scenery, though gorgeous). It also happens to be the 10K national championship trail run, so you can really test your mettle. Other events include freestyle and extreme kayaking, kayak and raft

continued on next page

## News & Events

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paddlecross, bouldering, speed and dyno climbing (your guess), the freeride challenge, cross country racing, and the adventure sprint race. For more information or to register, visit [www.tevamountaingames.com](http://www.tevamountaingames.com).

### Word from On High: Write those running goals!

by Jean Knaack



We kicked off the month with the on-line version of Footnotes. The next issue will be posted in June. If you are interested in contributing content or images for future issues, please

feel free to contact me.

March 8-12th the RRCA celebrated the highly successful 49th Annual RRCA National Convention hosted by the Houston Striders in Houston, Texas. You can read all about the Convention at [rrca.org/news/index.php?article=2028](http://rrca.org/news/index.php?article=2028).

At the Convention, several important announcements were made. The 50th Annual RRCA National Convention will be held in Chicago, IL from March 28 to April 1, 2007. The Convention will be held in conjunction with the 2007 Shamrock Shuffle. ([www.shamrockshuffle.com](http://www.shamrockshuffle.com)). The Convention will be hosted by the Alpine Runners of Lake Zurich ([www.alpinerunners.com](http://www.alpinerunners.com)).

During the Business Meeting, the slate of officers developed by the Nominating Committee was approved. Starting in April, President Bee McLeod, Vice President Tom Downing, Treasurer Dennis Novak, Eastern Director Brent Ayer, and Central Director Beth Onines will begin their two year term on the RRCA Board. Per a by-laws change in 2005, the RRCA phased out one at-large

director. To learn about everyone serving on the RRCA Board, you can read their bios at [www.rrca.org/org/rrcaorg.php](http://www.rrca.org/org/rrcaorg.php).

Membership in the RRCA for 2006 is strong and we have over 30 new clubs and events that have joined the organization for 2006.

The selection process for the 2006 Roads Scholar Class will begin the first of April. We would like to congratulate the 2005 Class of Trent Briney, James Carney, Mike Morgan, Lucinda Hull, Ann McGranahan, and Casey Owens and we wish you future success with your running careers. To the applicants for 2006, we wish you the best of luck and thank you for applying.

The RRCA will hold a coaching certification course May 13-14, 2006 in Joliet, IL. For more information visit [www.rrca.org/coaching/](http://www.rrca.org/coaching/).

I hope everyone is enjoying the early days of Spring, and that you are on track to achieve you fitness goals for 2006. Our March poll showed that less than half of our responders have a written training plan. Perhaps your running is part of your daily life and comes as natural as breathing. However, written plans can help you measure your success and keep you on track to achieve your goals of improving fitness, increasing your speed or distance as indicated in our January poll.

*Jean Knaack is executive director of RRCA and can be reached at [office@rrca.org](mailto:office@rrca.org)*

### County Composes Colorful 6K

"The Paint Mines Interpretive Park is the newest and arguably the most unusual park in the El Paso County Parks system," writes Deb Acord in The Gazette a year ago. It took the parks department ten years to buy the land, but last June, the park officially opened.

Deb describes the mines as "a collection of eroded gulches colored by leaching minerals and elaborate labyrinths of eroded rock." They have formed over millions of years and sit near Calhan and the county fairgrounds.

The rocks are reportedly extraordinarily colorful much to the amazement of local visitors who never knew they were there. The colorful clays are topped by sandstone and wall a maze of running paths.

Now you can have the pleasure of discovering this scenic wonder combined with the joy of running in the first annual **Teva Paint Mines 6K** July 27th (Thursday). Look for the flyer in this issue for more information. If you happen to be one of the first fifty registrants, you even get a Teva Hat. ▲



The Paint Mines, site of a new 6K race this July, shows brilliant colors under Colorados blue skies to which this photo cannot do justice.

## Volunteer Corner

### Spring Into Volunteer Action

by Cymmie Bailey

**H**appy Spring Everyone! I've been asked to contribute one to two hundred words of wisdom, inspiration or what have you for the Volunteer Corner each month and quite honestly, I'm suffering from writer's block!!! After doing this job for 2 1/2 years, I've run out of interesting things to say so I'm appealing to race directors, runners and volunteers alike to help me out. Please send me your comments, observations and thoughts about volunteering to [cymmieb@qwest.net](mailto:cymmieb@qwest.net).

What inspires you to volunteer? What's your favorite

and least favorite thing about volunteering? Race directors, how about telling us about your tried and true workers? What are your challenges? How can we do a better job? Do you like the Recognition Program?

The Race Calendar is heating up so please look it over and try to help out at some of the events. Just show up...we can always use more help.

Thanks and I look forward to hearing from you!

*Cymmie Bailey*

Volunteer Coordinator



Volunteer Jon Teisher staffs his first PPRR event performing intricate handicap calculations at the Tortoise & Hare run. He enjoys the distances of marathon and beyond. Thank you Jon!

## Volunteer Recognition\*

### Bronze Level: up to 20 Hours

You have earned a PPRR t-shirt

*Andrew Abdella 15*  
*Jack Anthony 14*  
*Marie Baughman 10*  
*Ted Bidwell 14*  
*Janice Black 20*  
*John Cornick 12*  
*Andy Dimmen 20*  
*Heather Evans 12*  
*Bob Foster 19*  
*Julie Foster 15*  
*Susan Hoxie 11*  
*Susan Hoxie 11*  
*Jack Janney 17*  
*Don Johnson 15*  
*Melissa Leftwich 20*  
*Cruz Martinez 13*  
*Bob Mutu 10*  
*John O'Neill 14*  
*John Powell 16*  
*Bob Royse 11*  
*Robin Satterwhite 12*  
*Greg Segura 11*  
*Gini Simonson 16*

*Jim Simonson 17*

*Jeff Tarbert 12*

*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 23*  
*Cymmie Bailey 40*  
*Dave Balzer 29*  
*Jan Balzer 29*  
*Gordon Barnett 38*  
*Jim Beckenhaupt 43*  
*Sandy Berry-Lowe 25*  
*Dee Budden 37*  
*Ron Garcia 43*  
*Kees Guijt 23*  
*Rick Hessek 34*  
*Gil Kindt 46*  
*Micky Simpson 44*  
*Bill Ransom 24*  
*Micky Simpson 48*  
*Jim Umphrey 26*  
*Kevin Waldrip 22*

*Travis Waldrip 49*

*Cady Waters 48*

*Melissa Waters 43*

### Gold Level: 51 to 75 Hours

You have earned a jacket

*Angie Earle 58*  
*Phil Foster 53*  
*Al Grtimme 74*  
*Lyn Hale 67*  
*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 89*

### Platinum Level: 100+ Hours

You will receive special recognition at the rewards dinner

*Diane Cahalan 108*  
*Jim Kelleher 235*  
*Pat Lockhart 181*  
*Dave Sorenson 119*

\*10 or more hours since October 2005

# Time to Let Go

by Laurie Ryan



Laurie Ryan and her son, Michael, after completing the 2005 Chicago Marathon. They ran together up to the 17 mile marker.

I am on my way to run another marathon, but not just any old marathon and not just the Chicago Marathon. This one promises to be the marathon to remember. I know I am very fortunate to hop on a plane and take part in this great event, and I gave thanks to my supportive husband and my three loving children for making it possible. When I was in my twenties and a single mother to my son Michael, there was no possible way that I could have afforded such an opportunity. So yes, I am very grateful.

My son Michael has grown up having to understand my need to run. He not only had to accept it, but had to be an integral part of it whether he wanted to or not. We lived in a cabin in a very small mountain town near the Leadville fish hatchery. I was a speech pathologist and was lucky enough to

work in my son's preschool and watch his day-to-day activities. We may not have had a lot of money, but we had a wonderful life. That was years ago but, as I get ready to board the plane, I can remember some of my earliest runs with Michael as though they were yesterday.

As a single mother my only outlet was running, but because we were somewhat alone, I had to figure out how to do it with my son. Our runs first started using

a stroller. Not the updated "Baby Jogger", but the old-fashioned kind. The ride was not very cushioned, I'm sure, for him and it was definitely a major push for me. Even though he must have felt every bump in the road, he'd laugh and giggle like it was a ride in the park.

As Michael grew heavier the stroller was more difficult to steer and he seemed to laugh less. We moved on to the next mode of transportation: the wagon. The purchase was from a garage sale and it was the classic Red Flyer. Michael sat in the wagon thrilled at the idea of a "mom-drawn carriage". I put a rope through the handle of the wagon and tied the other end around my waist. This actually felt great! My hands were free to move and as long as we were on flat ground the added weight in the back wasn't too much. Uphills and downhill

## Beyond the Footsteps

by Michael Ryan

As runners, we all know that inspiration manifests itself in various forms, and it is important to discover the type of inspiration that motivates us to exceed our own expectations. Many runners extract inspiration from external factors such as personal appearance or health, while others find it in exploring the secret places of our environment otherwise hidden to non-runners. Although these are common sources of motivation, my own greatest source of running inspiration evidences itself in a manner that completely eclipses them all.

It stems from the recognition that running is so much more than physical exertion: running is an exercise of the soul. Running helps the soul grow, mature, and realize the preciousness of all of life's moments. I did not fully appreciate this aspect of it until April of 2005. While tracking my mom as she ran the Boston Marathon, I had somewhat of an epiphany. I finally realized why she had, for all those years, encouraged me to run and encouraged me to exercise my own soul. I finally discovered my inspiration. My inspiration was my mom.

It was at that moment that I decided to test myself, to discern whether or not I had the will and the desire to commit myself to a reorganization of me. I arrived at the decision to run the Chicago Marathon. While this quest initially began as a personal mission, it quickly evolved into a test of strength—not physical prowess, but strength of the mind and the soul.

When I look at my mom, this type of power emanates from every part of her, and it is this quality that I most desperately wanted to emulate. Running and training with her has been a precious lesson, because it has taught me that the strength of a person's soul can carry them through the thickest and toughest of times regardless of their physical might. Running is a constant battle of will, of mind, and of body. Only with training and desire and adequate inspiration is one able to find that state of

unbreakable determination with which to succeed.

In the wake of running the Chicago Marathon with my mother, I have had time to collect my thoughts, and there is one more I wish to place upon the page. With every one of my successes and failures, my mom has always been there to claim responsibility or credit. It has been a continuing joke that every time I reach a new achievement, she will declare that it is due to her—simply by the fact that she gave birth to me. Up until we parted ways at mile 17, I had always brushed it off as a joke. But when I turned to face the hardest 9.2 miles of my life, I realized that she had always been right.

Being my mom, she has in fact provided me with every talent, quality and belief necessary to become what I am today. I now know that the most important lessons will never be learned in a classroom. Running takes us beyond the footsteps to a place where souls can grow and flourish together. Running is a place where we are able to measure our own strength; it is a place to look objectively at our own soul and attempt to find ourselves in the presence of others struggling with the same steps. Running has changed who I am today as a direct result of my mom being my single greatest inspiration. I am what I am because of her. I am my mother's son, and I couldn't be any prouder.



presented their own challenges, but not enough to prevent us from having some great adventures.

Come winter, we used this same idea with a sled over groomed trails. Michael would be all bundled up, ready to go through the magical snow forests. It was truly beautiful. As time went on Michael's attention span just couldn't hold up. He would see something of interest and jump out of the wagon or sled without any warning. His safety became a real issue and we knew that our time for the mom-drawn carriage was over.

Michael started riding a bicycle at age four. At first, if needed, we would stop and walk, or I might push him home. By the time he was 5 years old, however, he was so much faster than I was that I struggled to keep up. He would fly down the hills and wait for me at the bottom.

The bike was the way to our freedom but also a way to open up great conversations. We talked of school, his friends, his latest crush on some kindergarten girl, the Ninja Turtles, and a variety of topics that we never would have shared without our scheduled outings. I would tell him fairy tales and we would discuss the morals of the Aesop Fables. We learned to pray and give thanks for the beauty of the mountains. We believed that the wonders of nature were our gifts, and we received them each time we ventured out our cabin's front door.

Michael is now a junior pre-med student at The University of Notre Dame. He wants to become an orthopedic surgeon. Thank God, because I'm sure I'll need a good one! We run together when he comes home for a break. He's faster and I'm feeling my age. I have to run harder to stay up with him. His stride is one for every three of mine. We continue our talks, but now they are of God, politics, relationships, love, and family. We are no longer just mother and son. We are



running partners and true friends.

I will be running my thirteenth marathon, my fourth in Chicago, and my first with my son.

**Post Race:** The conclusion of this story is as it should be. At mile 16 I told my son to run his race. I could feel how strong he was and I guess as a mom you just know when to let go (besides, I was dying!). He, of course, said he wanted to finish with me, but at the next water stop I slowed down and he kept on running, only turning around once to smile and wave "good bye".

As I watched him run and increase the distance between us, I knew that this was a defining moment in our lives. Parenting is absolutely one of the most difficult jobs we will ever do and often times it seems thankless and overwhelming. But on this day, on that mile marker, no words could describe how proud I was. I knew my son felt elated and successful. What more could I possibly ever want for him?

*Laurie is a PPRR member and lives in Colorado Springs. She finished in 3:32, 5 minutes after Michael.*



# The Greatest Run on the Planet

by Michael Shafai



Out in the Pacific Ocean, about 20 miles off the coast of Los Angeles, sits the idyllic island of Santa Catalina. Once occupied by Native Americans for thousands of years, the island is now home to the small Mediterranean-style town of Avalon (pop. 3000), a variety of flora & fauna (including herds of roaming bison introduced to the island following the filming of a motion picture), fantastic views of the Pacific, and 75 square miles of rugged wilderness.

Through most of the 20th century, the island was owned almost entirely by the Wrigley Family, of chewing gum and Chicago Cubs fame. In 1975, they donated the majority (88%) of the island to the Nature Conservancy, to ensure that its natural history would be preserved for future generations. The town of Avalon, which constitutes less than 1% of the island's land mass, is Catalina's main attraction and draws over a million tourists each year.

And while Avalon is a great place to hang out for a day or two, the true Catalina experience comes from visiting the interior of the island. One of the best ways to tour the island and get a free t-shirt in the process, is to don your running shoes, swallow a couple of Dramamine, and head out west for the Catalina Marathon, held each year during the 3rd weekend in March.

Dubbed as the "Greatest Run on the Planet", 2007 will mark the 30th anniversary of this race. But besides its staying power, what is truly amazing about this race is the sheer number of streakers (repeat runners) it seems to draw back year after year. Runners World magazine once declared it "the Best Cult Marathon" because of its ability to draw back many of the same masochistic people for nearly 30 years.

Now, certainly, many races around the country successfully rein in streakers who return each year, so what gives Catalina this cult status? Having experienced it six consecutive times, I can attest to the fact, that unlike any marathon I've ever run, this one certainly requires the most work just to get to the starting line. And keep in mind, sometimes, a little work can be fun.

The race is always held on a Saturday morning with

a 7AM start time. Now, since this event is held on an island, it is imperative that runners arrive on Catalina by Friday in order to pick up their race packets. There are four ways to get to there: by boat, by very small airplane, by helicopter, or by swimming across the shark-infested channel. Most runners take one of the commercial ferries. And based on past experience, those who are prone to sea-sickness are in for a rough ride. Fortunately, it only takes about an hour.

Another characteristic that makes this marathon unique and difficult is the fact that the starting line is way on the other side of the island, in a place called Two Harbors (it's a point-to-point race). Two Harbors, while not considered a town, boasts a permanent population of 150 people, and there are few services. It's more of a campground or a place for fisherman to pull in for some rest.

Because of its lack of hospitality, most runners avoid staying in Two Harbors and choose to lodge in the town of Avalon. As a result, nearly 600 runners are required to wake up very early (I usually set my alarm for around 3 AM) so they can catch the one hour ferry to the starting line. This ferry departs promptly at 5:00 AM.

Although the boat doesn't leave Avalon Harbor until 5 AM, it's important to arrive to the boat prior to 4:30. If you get in line too late, you may not be able to get an inside seat. This means you'll be relegated to the outside. And if you're forced to sit outside, you will have two problems. First, you'll probably get cold and damp during the rough ride—two pre-race conditions you probably want to avoid. Second, you'll be in the

same company as the sea-sick, pukie-people who typically congregate on the back of the boat. If the wind is blowing in the wrong direction, you may become damp from more than just salt water.

Having hung out with runners for much of my life, I've come to realize that most have some sort of pre-marathon ritual. The ritual incorporates what we eat and drink, perhaps some stretching, and with any luck, some quality potty-time. If there was ever a wrench to be thrown into a pre-race plan, imagine being forced to take a pre-dawn boat ride over 5-10 foot seas. Did I mention that there are only two restrooms on the boat and 600 runners?

Now, assuming you didn't feed your breakfast to the fish in route to Two Harbors and you managed to

**One of the best ways to tour the island and get a free t-shirt in the process, is to don your running shoes, swallow a couple of Dramamine and head out west for the Catalina Marathon.**

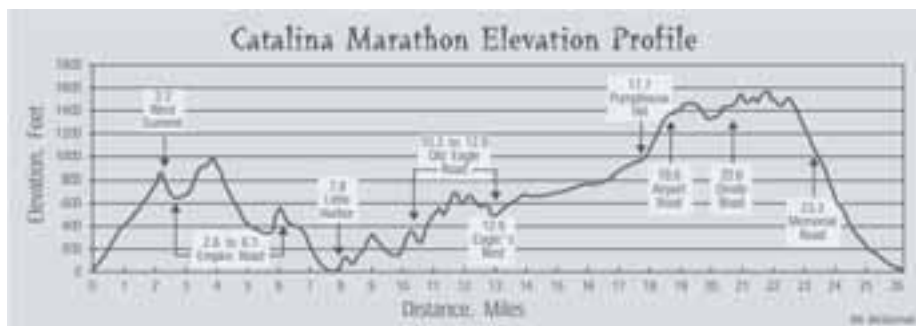
disembark safely, you now have about 45 minutes to rush through an abbreviated pre-race ritual and get over to the starting line. This may include topping off your calorie stores, stretching your muscles on the dew-soaked ground, or utilizing one of the two 1938 model-year porta-potties (you can tell they're old because they're made of wood, prior to the invention of plastic), neither of which has been properly cleaned or emptied since 1938.

Once you've stripped off your outer layers, tossed your gear bag into the truck that will deliver your belongings back to Avalon, and shaken off your sea legs, you're now ready to mosey over to the starting line about a half mile away. Unlike the elaborate starting lines of big-city marathons, there are no banners, no stages, no podiums, no sound systems, and no cheering crowds—only a couple of salty fishermen, a couple of stray dogs, and your fellow runners.

One of the race officials draws a line across the road to mark the official start. And assuming the road isn't too muddy for a vehicle to pass, typically a local will be recruited to pull up his truck and honk the horn at 7AM, signaling the start. If the mud is

too deep, and the truck can't make it across the isthmus, around 7AM someone will yell, "Go!", and everybody takes off (I'm not sure if the yell is a race official or just one of the runners, but it never seems to matter).

The Catalina Marathon is considered the hilliest sea-level marathon in the country, which runners quickly realize as they ascend almost uninterrupted for



over four miles (see elevation profile). The views of the gleaming Pacific are simply breathtaking, which render it easy to forget that you've climbed over 1,000 feet in a few short miles.

The course continues to yo-yo up and down until about mile 6 when it drops for almost two miles back down to sea level. Miles 8 to 13 consist of a series of long ups and shorter downs along the cliffs surrounding the island. Eventually, however, the course turns inland and drops into a box canyon at mile 13.7. This is where the race really begins.

Middle Ranch, as the canyon is known, is notorious for unraveling many a runner. Because the first 13 miles of the race are so demanding with steep ups and downs, most runners

of the road distort its pitch, most runners don't realize they're actually climbing. All they know is, they're working excessively hard in order to make it through what appears to be one of the flatter sections of the course.

Assuming you don't implode in Middle Ranch, at the end of the canyon, around mile 18, is the dreaded "Pumhouse Hill". This mile-long section of road climbs another 500 feet out of Middle Ranch and dumps you out onto one of the few paved sections of the course. The only saving grace about Pumhouse Hill is the aid station at the top that is staffed by some of the coolest and friendliest volunteers you'll ever meet.

After a short break at the Pumhouse aid station, you head out on the pavement and begin catching glimpses of the other side of the island where you will eventually drop down into

are fairly tired by the time they reach this canyon. The dirt road through the canyon is actually a steady four-mile climb, but because the hills on both sides

Avalon. But unfortunately, there's yet more labor ahead. Miles 19 to 22.5 can be excruciating because of the short, yet very steep climbs that ultimately take runners up and over the

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# The First Annual Veteran's Home Run

By Jack Anthony



**H**ow would you like to make this year's 4th of July weekend more than a barbeque or just an attempt at another PR? Why not make it as well a patriotic salute to our veterans and those who serve in the military, and at the same time showcase your running ability or indulge your zeal for walking to sup-

port a special group of local veterans who need some help!

Sunday, July 2nd, the place to be is Memorial Park (Prospect Lake). On behalf of your PPRR board, I would like to invite and encourage you to participate in the 1st Annual Veterans' Home Run. The purpose of the run is to bring awareness and support—on a financial as well as an emotional level—to the Crawford House, a home for Veterans who are often struggling with serious life issues. They have served and honored our country, and now we can honor and serve them by

**Jim didn't know it at the time, but not far up the family tree grandpa was an American record-holder in the 5-mile.**

participating in this benefit race/walk. Be sure to mark the Veterans Home Run on your calendar!

The Colorado Veteran's Resource Coalition manages the Crawford House. The coalition, a non-profit organization serving homeless military veterans in southern Colorado, seeks to provide a supportive living environment for veterans desiring to improve their lives. They provide vets with a room, meals, employment counseling, mental health services, alcohol/drug dependency counseling and medical support. They also provide avenues for the veterans to acquire gainful employment so they may step confidently back into the community. The coalition recently opened two adjacent homes that serve as transition residences. So far this year, 53 veterans have made Crawford House their home. Nineteen have moved on from the program, acquiring needed confidence and finding jobs. They are renewing their community involvement as they restructure their lives. Their success serves as a role model for those Veterans still in the program.

About a year ago, Jim "Groucho" Beckenhaupt, PPRR's newsletter mailing coordinator and volunteer

extraordinaire, became aware of the program. He conceived the Veterans' Home Run as a means to provide the Crawford House with both financial and moral support. He has since been passionately laboring to make the event a reality.

Ol' Grouch is Vietnam Veteran himself. Memory of his own struggles upon returning home from the war motivated him to take a tour of Crawford House to discover how the program worked. He met with some of the residents and readily empathized with the difficulties they experienced re-integrating into society upon their homecoming, especially those of his Nam brothers.

When Jim returned home from Vietnam, he returned to a society largely unappreciative of the service he had given his country. The war was enmeshed in political turmoil and he received little help in finding a meaningful path to walk. So instead of walking, he decided to run! He quickly took to the sport and felt it was a natural fit for him.

Jim's body responded readily to the physical challenge, but running provided more than a means of losing weight. It nourished his soul with a sense of purpose and gave him something to strive for. Jim didn't know it at the time, but not far up the family tree, grandpa was an American record-holder in the 5-mile. Running was in his genes, more than a recreational pastime, it was a part of his himself newly discovered. Ol' Grouch's running has stuck with him ever since.

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Jim Beckenhaupt is all smiles as he chats with Steve Kidd prior to the start of the first Winter Series race in Fox Run Park.

## Recovery: Improving Running When You're Not

By Dave McIntosh



**R**ecovery. What does that word mean to you? As athletes, we are always looking for that little edge to rise above our competition. We dedicate ourselves to hours of blood, sweat and tears for personal gain and growth, whether it be winning an overall title or simply beating our own course record. We run, and then run some more. Chances are you probably have a pretty good training routine established already. You know your capabilities and limitations, and are constantly pushing them to get better and faster. So where does recovery come in for you? What does it mean to you? Do you take time to recover, or simply push through the pain of one day of training to the next?

I have found in my years as a massage therapist and coach that most people don't plan their recovery, and thus feel guilty for taking time off or missing workouts. A good coach will help structure your

program in a way that will balance the workload with proper recovery to ensure the best possible outcome. Don't feel bad about resting and recovering; this is the time that your mind and body will thank you for the training stresses you put it through, and will reward you with a higher level of fitness.

Five key aspects of recovery can improve your running performance between the hours when you're wearing your running shoes: Massage, stretching & yoga, sleep, hydration, and nutrition. This article will talk about the first three, and next month I will discuss nutrition and hydration.

### Massage

As an athlete and a massage therapist, I have been fortunate to have received good massage from reputable therapists. Choosing a good massage therapist is the first step in assuring that your time and money are well spent.

First, your massage therapist should be certified and licensed (if the area that you live in requires licensure). Find a therapist who specializes both in deep tissue and sports massage. These therapists are commonly found in physical therapy clinics and/or rehab facilities. Is your therapist an athlete? Have they worked with athletes? My preference has always been to receive massage from someone who has been an athlete himself or herself. Simply put, they

know where it hurts and they know what feels good. They know what muscles are used, in what way, and the techniques necessary to restore them to a homeostatic balance.

So you've chosen your therapist, now what? Within a one-hour appointment, a good therapist should have ample time to work on all the major "problem" areas that runners face: back, gluteals, hamstrings, calves, quadriceps and feet. Many times I have clients come to my clinic and want a full hour done in just one area, such as their back. More often than not, this much time spent in one area is overkill. There are exceptions, but I generally encourage only a 30 minute appointment for such spot work.

Communication is essential for a productive massage. Prior to the beginning of the massage, the therapist should determine the priority for the session. Does your low back hurt? Are your quadriceps sore? Do you have limited range of motion in your neck? In addition, throughout the session the therapist should "check in" with you from time to time to determine if pressure is correct and if you are comfortable. You have the right and responsibility to tell the therapist if the pressure is too great or too light.

A good sports/deep-tissue massage will start from the extremities and work towards the midline and heart. For example, when I begin with the lower extremities, I start with the feet and work my way up

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Bob's unofficial aid station at the Leadville 100?



## Veteran's Home Run

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We can always count on him to help staff a race or to be there at the start line ready to stride on and do so with a smile.

Jim brought the Crawford House program to the attention of the PPRR board, representing it as a very serious, goal-oriented, and well-structured program that provides substantial support to struggling veterans. Jim's eyes watered as he told the PPRR board about the veterans' courage and their current needs. Several board members are now assisting and mentoring Jim as he learns how to organize and direct the Veterans Home Run, his first race.

The Crawford House receives very

little outside financial support. Proceeds from the Veterans Home Run will go directly to the Crawford House to fund home improvements, purchase computer and other equipment, and provide the bus passes needed for successful job searches. The Veterans Home Run will also raise awareness and appreciation of America's heroes and heroines in the southern Colorado region. Already, residents in the program are thrilled at the recognition of their need and the effort Jim and others are making on their behalf.

These veterans who have served our country need our service in return to help them heal the wounds

that remain long after the visible scars have healed. The PPRR board backed Jim in his desire to help the Crawford House. We now invite you to join us in this worthy effort simply by spreading the word and showing up to run on July 2nd at Memorial Park. Ol' Grouch is hoping that hundreds of local runners turn out to hit a home run for the Crawford House, one that will bring tears of joy and tangible assistance to our deserving veterans.

*Look for more information about and entry forms for the the Veteran's Home Run in June's issue, or go online to [PPRRun.org](http://PPRRun.org)*



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## The Catalina Marathon

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mountains surrounding Avalon. The pavement once again turns into dirt after a couple of miles, and like Bob Barker on the Price is Right used to say, "But wait! There's more!" More hills of course. But, at mile 22.5, it's all downhill to the finish line.

Assuming your legs remain attached to your torso, there's no greater feeling than coming down into that little town you left behind many hours ago, during the pre-dawn hours on a crowded boat. Now, it's time to make your way down to the harbor, take off your shoes, and soak your overheated legs in the 55 degree water. You'll need them to be nicely recovered for the next morning when the die-hard Catalina Marathon veterans get up and do an 8AM run around the harbor. But until then, you have time for a nap, and assuming you can still walk, you can make your way over to Luau Larry's (or one of the many other bars on the island) for a celebratory beer to congratulate yourself on a job

well done and begin looking forward to next year's race.

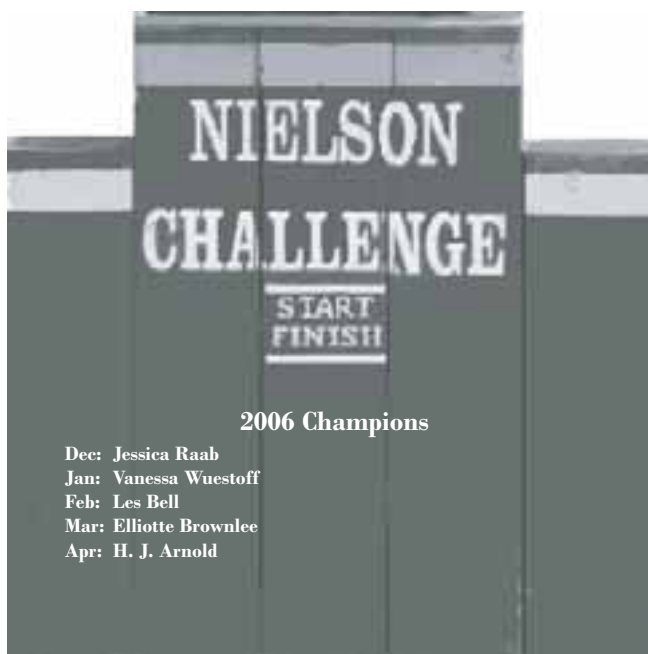
The 2007 Catalina Marathon is set for Saturday, March 17th. Official race information can be found at [www.pacificsportsllc.com](http://www.pacificsportsllc.com). Unofficial race information can be

obtained by emailing Mike Shafai, who definitely plans to run in 2007.

*Michael Schafai, a local writer, runner, and dad, contributes regularly to the Long Run. He can be reached at [michael.c.shafai@smithbarney.com](mailto:michael.c.shafai@smithbarney.com)*



Looking west over Avalon on Catalina Island, home of the Catalina Marathon, whose diehard "streakers" raise the event to almost cult-like status. Catalina sits 20 miles off Southern California's Palos Verdes Peninsula. The famous Casino ballroom is seen on the upper right.



## April Results

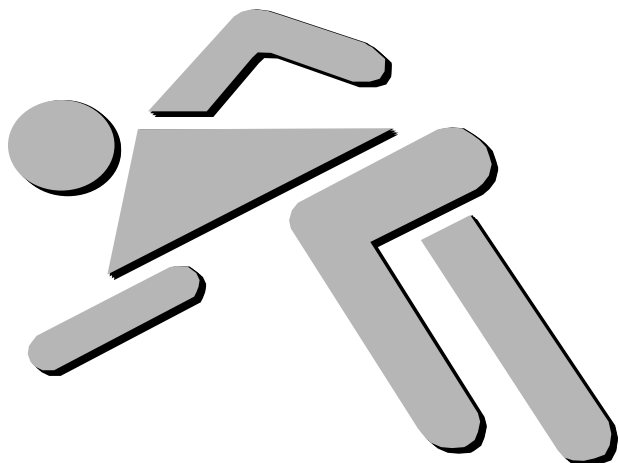
Name	Place	Handicap	Actual	Difference
H. J. Arnold	52	21:51	19:55	-1:55.966
Sona Grovenstein	48	20:32	19:09	-1:22.843
Deann Totzke	50	21:11	19:51	-1:20.652
Les Bell	32	17:30	16:35	-55.724
Tony Thompson	4	12:59	12:05	-53.784
Dennis Stalnaker	42	19:16	18:29	-46.883
Terry Kurtz	8	13:23	12:58	-24.572
Phil Goulding	14	14:22	13:58	-24.376
David Minter	3	12:13	11:49	-23.982
Eric Hansen	37	17:24	17:01	-22.595
Don Holcum	49	19:20	19:12	-08.264
Eric Peterson	2	11:15	11:13	-1.431
Carl Nelson	15	14:01	14:00	-0.578
Mike Gleason	9	13:19	13:18	-0.24
Jayne Ramson	17	14:11	14:12	+1.085
Marlena Grovenstein	16	14:03	14:05	+1.919
Amy Batson	18	14:22	14:24	+2.218
Adam McKittrick	51	19:49	19:52	+2.785
Taylor Fogg	28	15:49	15:57	+7.159
Dean Buck	31	16:20	16:27	+7.668
Robert Castaldi	7	12:37	12:47	+9.932
Jason Evans	26	15:29	15:43	+14.035
Ronald Casados	53	19:53	20:08	+14.959
Lile Budden	5	11:51	12:08	+17.356
Kevin Houghton	19	14:10	14:27	+17.598
Jeth Fogg	35	16:30	16:51	+20.799
Heather Evans	36	16:27	16:55	+27.837
Jeffrey Jury	10	12:51	13:19	+28.238
Karin Moe	34	16:13	16:45	+32.581
Barbara Casados	59	23:04	23:38	+34.189
Rick McKittrick	27	15:21	15:55	+34.409
Roger Pumphrey	41	17:37	18:12	+34.998
Brandon Valdespino	38	16:31	17:13	+41.773
Chris Wood	56	20:18	21:06	+48.007
Sharon Greenbaum	23	14:10	15:03	+53.252
Johanna Moe	58	22:25	23:24	+59.133
Mike McKay	62	26:46	27:48	+1:02.043
Colleen Ryan	29	14:54	15:58	+1:03.901
Daniel Polak	40	16:30	17:41	+1:10.138
Michael K. Olson	25	14:21	15:35	+1:14.089
Charles Foster	55	19:40	21:02	+1:22.639
Ed Gleason	30	14:07	16:04	+1:57.22
Ed Mighell	54	17:14	20:09	+2:54.272

On a comfortable spring morning, 64 runners showed up to tackle the Nielson 2 Mile Challenge. The weather was partly cloudy with temps in the 40s. Olympic runner Justin Chaston was the first to cross the finish line in 10:01, but the most improved runner was H.J. Arnold, who finished 1:55 under his handicap. Way to go, H.J!

We will all be back again next month. The May Nielson 2 Mile Challenge is the first event of the new PPRR Summer Series. Thanks again to all of you.

Dave Sorenson

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



## New Runners

Name	Place	Time
Robin Kejr	43	18:53.626
Susan Hirst	39	17:39.768
Lisa Toepp	46	19:05.865
Jennifer Wescott	47	19:07.087
Tim Allison	6	12:13.812
Everett Schroeder	20	14:34.455
Mike Burgie	21	14:37.438

continued next page

# Nielson Challenge

continued from previous page

Name	Place	Time
Jonathan Hardin	22	15:01.385
Courtney Wright	45	19:01.469
Steve Allison	24	15:11.122
Karl Schroeder	11	13:21.044
Samantha Thompson	12	13:43.407
Scott Palmer	13	13:45.595
Melissa Leftwich	57	21:38.283
Victor Kovacs	44	18:57.172
Justin Chaston	1	10:01.62
Carrol Schroeder	60	24:19.997
Janet Thompson	61	25:12.731
Brent Kejr	33	16:39.418
Kelli Bowolick	63	29:24.611
Sue Gaskin	64	31:54.619



## Calculating the Nielson Challenge

**W**hat 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.



# TRAINING RUNS



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

### GARDEN OF THE GODS (April 25 – 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.



Conducted by PIKES PEAK ROAD RUNNERS  
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For more information, call Dave Sorenson at 473-7848  
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# A Morning Jaunt in Jubilee Park

by Jon Cornick



There were no side-walks. The roads had drainage ditches on either side that were six feet wide and four feet deep, designed for the deluges of the annual monsoons. Road traffic was heavy and loud. Three wheeled auto-rickshaws passed me, their riders staring at this white guy in shorts and a t-Shirt. It was December after all, winter for this industrial city of 1.6 million people. Nearly everyone was bundled up in scarves and heavy coats, even though the temperature was only in the upper sixties. A few months ago they were melting under 130-degree summer sun.

I like to run when I'm on vacation or away from home on business. My imagination wonders. My senses absorb new sights, sounds and smells of an unfamiliar area. I imagine what life must be like for the strangers I encounter. I see familiar things that make me feel as if we all share a common bond. Then I see something new and I judge whether it makes me feel good or bad or just leaves me stunned. Such was the case this year, when our family took a trip to Jamshedpur, India, for my son's wedding.

I went running in the morning hours through this model, company-built city surrounding the huge Tata Steel Works, 200 km west of Calcutta. While visiting our new in-laws, I would run through a residential area to a huge city park, Jubilee Park.

Running to the park was a challenge: jumping over sleeping cattle, circumnavigating a flock of goats without disturbing them, and keeping an eye out for traffic that knows no rules. But when I reached Jubilee Park, the run took on a welcome dimension of serenity.

Large wide streets are closed to traffic in the early morning hours. Dozens of individual groups—thirty to one hundred people—practice yoga under the sprawling limbs of ancient banyan trees.

Women wear brilliantly colored, nearly fluorescent, saris. Men wear dress shirts with wool sweater vests and dress pants. The central fountains and cascading water falls are cleaned and tested each morning. The many flower beds are meticulously maintained by a small army of laborers. The smell of a million exotic flowers permeate the hazy morning air with an indescribable parade of fragrances, the perfumes of nature prevailing over Jamshedpur's ever present odor of burning coal and wood.

Although my family was in India for a little more than three weeks, I did not see anyone, other than myself, running. Running isn't really looked at as a recreational activity in India—unless you consider trying to catch a crowded train,

Running to the park was a challenge: jumping over sleeping cattle, circumnavigating a flock of goats without disturbing them, and keeping an eye out for traffic that knows no rules.

hopping onto a moving bicycle, or catching a free ride on the bumper of a truck recreational. Running, just to improve your health, has not really caught on. Maybe its because running entails breathing air so polluted you can cut it with a knife, or splashing through water that is clear but deadly, or darting along city streets packed with cows, camels, cars and trucks.

Mind you, India has its share of athletes. You may have heard of Budhia Singh, who recently ran 60km (33 miles) in six and a half hours at the ripe old age of three! In

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Why is that guy running! Youth sport brightly colored scarves and saris: from the left you would see psychedelic, bright blue, fluorescent yellow, bright orange, deep purple, with bright red on the far right. The background reveals the meticulous manicuring of shrubs and trees in Jubilee Park.

# Recovery when Not Running

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Never too young to start that stretching!

through the legs. The reason for this is to aid the systems of the body in the excretion of waste by products produced on a cellular level by pushing it towards the heart. One of the many things massage promotes is an increase in blood flow. With an increase in blood flow comes an increase in oxygen carried to the muscles, an increase in nutrient supply to the muscles, and an increase in the excretion of waste.

One of the common questions I get in any session is, “Doesn’t massage release toxins?” Massage doesn’t “release” anything that wasn’t in your body already. It simply helps the process along. This is the biggest reason why therapists tell you to drink a lot of water after your massage. A well hydrated body will get rid of waste much more readily.

The frequency of massage depends primarily on time and money. I encourage those I work with to get in at least twice a month, especially if their training has been at higher intensities, higher than normal volume, or if they’re approaching a goal event.

In addition to consistently seeing a therapist, self-massage can be performed on a daily basis, and significantly helps the recovery process. Simply lie on your back, put your feet up on a wall, and start from the ankles with long, broad strokes with your fingers. I would also highly encourage investing in a massage stick. A massage stick is a flexible tool with handles on either end, and plastic rollers in the middle. You’ll

be able to cover a greater surface area with the stick, and you won’t wear your hands out as quickly!

## Stretching/yoga

In my years as a therapist, I have found that with runners in particular, their flexibility leaves something to be desired. Typically, runners have overly tight hamstrings. This hypertonic state can lead to an abnormal pelvic tilt, which can in turn limit stride length. Since running speed equals stride length times stride frequency, it’s important to be limber.

A good stretching program will help in the prevention of injury besides just plain old feeling good when you’re done with a training session. The best time to stretch is after a bout of exercise, as the muscles are warm and pliable. Think about stretching a warm rubber band vs. a cold one. A comprehensive stretching program will address many issues before they become problems!

When you’ve finished your run and had a brief warm-down period to bring your heart rate down to recovery levels, stretch the major muscle groups, both upper and lower body. Though your legs have done most of the work, you’re probably feeling it in your shoulders just as much.

Move into the stretch, and hold for 15-30 seconds. As you do this, you’ll feel the muscle release a little. Move a bit farther, but not to the point of pain. Avoid bouncing stretches; simply move slowly and hold.

If you have the good fortune to belong to a gym that has an educated yoga instructor, it would be worth your while to investigate yoga to further your flexibility as well as your core strength. In addition to the strength and flexibility gains, you will practice proper breathing that can translate to your running. If you do not belong to a

gym, there are numerous yoga studios in most communities and video sessions that can be performed in the comfort of your own home. Note: while yoga classes are good, they should accompany a well structured stretching program, not replace it.

## Sleep

Sleep seems to be the thing we never get enough of! The demands of life sometimes suggest that we put sleep on the backburner (especially if you’re a new parent!). However, active individuals and athletes require more sleep than our sedentary counterparts. How much is enough?

Sleep is the time that allows the recovery processes to take place. If that sleep is cut short, you could be doing more harm than you realize, as the body releases human growth hormone that repairs muscle tissue and strengthens the immune system during this time. In addition, if sleep time is consistently compromised, those sluggish feelings you experience on a daily basis will make it difficult to face those all important workouts needed to bring the desired effect of the training!

*Dave McIntosh is a Senior Coach with Carmichael Training Systems, and a Licensed Massage Therapist practicing at the Colorado Sport and Spine Center at the Briargate YMCA. He can be reached via email at [dmcintosh@trainright.com](mailto:dmcintosh@trainright.com) or by calling 719-282-8192.*



A stretch most us can only dream of.

## “I Can’t See the Finish Line”

by Linda Fuqua-Jones

Let me bring to your attention *No Finish Line: My Life as I see It*, by Marla Runyan with Sally Jenkins

“I can’t see the finish line,” writes Runyan, legally blind since childhood. She sees only her competitor’s feet and the color of their uniforms in her cloudy peripheral vision. In her 2001 autobiography, Runyan, then 32-years-old, tells the story of being diagnosed with Stargardt’s disease in elementary school and realizing that running made her feel great. She ran through high school, college, and graduate school. She ran at World Championships and became the top-ranked woman and indoor record-holder in the United States for the 5000 meters. How does she manage when she has “a permanent blot in front of [her] eyes....?” As you read *No Finish Line*, you will learn about the techniques she employs to train and compete.

Runyan writes candidly, and sometimes humorously, about her



abilities. On the cover of the book she is defined as the “First legally blind athlete to compete in the Olympic Games.” It is very interesting to read about her experiences at the Olympic trials and in Australia leading up to the Olympic Games. Runyan and Jenkins do a great job

## Linda’s Leads

conveying the tension of the three qualifying rounds and ultimately the exciting Olympic Final.

The only flaw in this book is a common one in this type of memoir: no index. An index would be useful to find specific topics such as Colorado Springs. Runyan shares a brief anecdote about running around a small lake, perhaps Prospect Lake, in Colorado Springs. She also mentions receiving treatment from Dr. Leahy while at the Olympic Training Center. These local connections add an extra element of interest for Pikes Peak Road Runner members and friends.

*No Finish Line* is available at your library. Use the catalog at [ppld.org](http://ppld.org) to request a copy.

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

## Jubilee Park

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Jamshedpur, 1200 student runners turned out for a cross county invitational. A half-marathon was also held in July. Winners received cash prizes. The leading male won Rs 75,000 and the female Rs 30,000 (\$1,666 and \$666 ).

Running isn’t something unheard of in India. Individuals running alone through city streets is just not something they see every day. The people are not in need of weight control or seeking mental relaxation. If they want to improve their health through running, they do so by joining a club, or group, or they walk quietly together with a dignified stroll.

My mind wandered much more

than usual whenever I ran, as did my path. I was taken aback by so many things that were strange to me, I got lost in both thought and location. I never failed to find someone who spoke English and was able to send me on my way in the proper direction. My Hindi was non-existent, so I’m happy the British left a legacy.

I think it may be a few more years before the Indian people take up running as a self-help activity. Right now, I say the majority of the 1.5 Billion people in India feel no need to take up physical exertion for health reasons, or whatever it is, that makes us westerners run.

I’m sure I must have been the



topic of discussion at many a dinner table, but I’m not one bit self-conscious. The experience was worth the public snickers and stares. For me, running in India was an opportunity I couldn’t pass up, no matter how many stares I got.

*Jon is on PPRR’s board and an active race participant, camera in hand.*

# Tortoise & Hare

continued from page 1

All in all, the day was won by the hares, who took 7 out of the 10 top spots. Still ahead, but by a smaller margin, the hares took 54% of the top half.

The handicap system factors out height, weight, age, and gender. What you're left with, then, is only conditioning. Theoretically, if everyone were in ideal condition for their height, weight, gender, and age, runners would finish in one big pack and we would have one very crowded finish line (and race officials tearing up their results sheets).

Slicing and dicing the results from a handicap race can yield enough stats to revival the game of baseball, but one interesting

question we might ask is who gained back the most of the lead they had to relinquish? Such an honorable mention would have to go to fourth-place Scott Nablack, who recovered 89% of his 9 nine-minute nap time.

Congratulation to Bob for an outstanding and fun event, and to volunteers Jon Teisher, Jim Beckenhaupt, Dave Sorenson, Larry Miller, and Al Grimme for making it happen. The calculation of handicap times presented more than normal registration challenges as seen in the photo below, while a wily fox supervised and waited for a chance to catch one of those reputed hares.



Top: A fox takes up station near the start line. "Did someone say something about hares?" Bott: Al, Jim, and Jon dust off their calculus.

Top: Susan Hirst keeps the lead with one mile to go, nearly 2 miles ahead of Mr. Nike. Bott: Tony Abdella gains back all but 2 min of his 8 min nap.

Place		Hand T	Actual T
1	Susan Hirst	16.00	26.24
2	Heather Bates	17.09	22.53
3	Phil Goulding	17.21	22.02
4	Scott Nablack	17.25	18.43
5	Henri St-Martin	17.37	24.07
6	Joe Davis	17.44	22.46
7	Tony Abdella	17.56	21.52
8	Bruce Wacker	18.04	23.05
9	Jon Cornick	18.11	21.57
10	John Maynard	18.43	23.51
11	Tirrel Grovenstein	18.58	25.36
12	Don Johnson	19.07	23.45
13	Marleny Grovenstein	19.16	22.24
14	James Grovenstein	19.42	23.06
15	Jayme Ramson	19.49	22.33
16	Kelly Dubois	20.04	26.36
17	Taylor Fogg	20.17	24.57
18	Dan Bates	20.21	23.59
19	Rita Cardin	20.28	27.56
20	Shawna King	20.33	26.09
21	Jeff Smith	20.34	26.19
22	Mark Greiner	20.41	24.52
23	Janet Edwards	20.42	26.38
24	Mike Pollard	20.50	21.18
25	Steve Fuhmann	21.01	26.38
26	Erin Sokol	21.02	26.58
27	Tracy Mann-Reno	21.10	26.26
28	Kevin Sears	21.19	24.39
29	Christina Brown	21.53	25.53
30	Anthony Moyser	21.43	28.05
31	Clark Dyer	21.44	22.31
32	Dick Standaert	21.49	26.49
33	Evan Randall	21.55	22.04
34	Jeth Fogg	22.04	26.14
35	Mark Anderson	22.09	24.13
36	Nick Cipoletti	22.32	25.03
37	Matt Bertsch	22.35	23.35
38	Brooke Payment	22.37	27.49
39	Sonya Grovenstein	22.44	29.08
40	Cindy Smith	22.47	32.27
41	Korina Lyons	22.09	24.13
42	Carole Schroeder	23.05	35.25
43	Marisa Cardin	23.51	29.31
44	Reuben Archuletta	23.57	30.11
45	Tim Weylon	24.12	27.18
46	Ken Holmes	24.49	33.33
47	Chris Ruiz	25.06	26.10
48	Bill Gallegos	25.34	34.54
49	Giselle Gossage	25.53	31.21
50	Jane McCarty	26.33	35.17
51	Geri Widdows	27.09	34.05
52	Patrick O'Conner	29.53	36.05
53	Mark Polard	31.49	35.35
54	Corrina Rettis	44.22	51.40
55	Ashley Lopez	44.22	50.02
56	Amanda Biasini	44.46	53.36



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*Women's Night*



Thursday April 27th 6-9 pm

Join us for a woman in motion evening.

Enter to win a complete outfit from Brooks.  
There will be massages, a fashion show, sports  
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Colorado Springs 278-3535

# 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
<b>Individual</b>	<b>\$15</b>	<b>\$30</b>	<b>\$45</b>
<b>Family</b>	<b>\$25</b>	<b>\$50</b>	<b>\$75</b>
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	_____	_____



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