



the **LONG RUN**

Volume 30 Issue 8

Running News for the Pike's Peak Region

November 2006

Fall Trail Series 06: Record turnout for first two events

Running: The Simple Solution

Mike Shafai meets adventure racing

My Aching Knee!

Starts a new series
from Dr. Shane Conrad

PPRR Information

Officers

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

Board Members

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

Committees

Mailing:	Jim Beckenhaupt	636-2696
Calendar:	Dave Sorenson*	
Course Marking:	Travis Waldrip	282-1671
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	Bill Gallegos	596-3507
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Historian:	Storme Rose	591-6819
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	Al Grimme	534-0534
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Race Results	Dave Sorenson*	
Volunteer Coordinator:	Cymmie Bailey	578-1651
Web Site:	Dave Sorenson*	
Training Runs:		
Garden of Gods:	Dave Sorenson*	
Barr Trail:	Larry Miller	590-7086

*davidsorenson@msn.com

Club Meetings

Business meetings are held on the **first Tuesday** of each month at **7 pm** at the downtown Pikes Peak YMCA, 207 N Nevada. Your board encourages PPRR members and friends to attend. The next meeting is **November 7th**.

Membership ☺

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

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

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Jack Anthony
Mike Shafai

Return Address: **Pikes Peak Road Runners**
207 N Nevada
Colorado Springs CO 80903

Newsletter Submissions

Items for the newsletter are always *most* welcome! You send it, we'll try and run it. (You don't have to be an English major either. We'll fix anything that needs fixing!) Write up a race you were part of or tell us about a favorite running place or an upcoming event.

Email your submissions to editor@pprrun.org either as attachments or in the message. We accept any *Windows* compatible file format. Letters, disks, CD's and other media can be mailed to:

Jim Kelleher, Editor
PO Box 26252
Colorado Springs CO 80936

Submission Deadlines

All materials must be received by the **First Tuesday** of the month for inclusion in the following month's newsletter. The next deadline is **November 7th**.

Newsletter Stuffing

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

Next stuffing is **Wednesday November 16th**.

Advertising

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

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

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

Include check for \$50 payable to PPRR.

Advertising is welcome and we can help with design. Write to editor@pprrun.org for rates or call at 719.232.4419.

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

President's Letter

REMINDER: Daylight savings times changes—fall back—on October 29th, Fall Series III.

It is the board's extreme pleasure to announce that our Sponsorship Agreement with Ent Federal Credit Union and the 5K Fitness Challenge coinciding with the American Discovery Trail Marathon will continue. At our October board meeting we presented Mr. Jim Moore (Ent) and Ms. Amy Trianflou (Praco) with a check in the amount of \$4,200.00 toward its effort in fighting childhood obesity. This money represents the proceeds from the 5K event after all expenses were paid.

At the Great Race on September 23rd, we also presented the club's donation to our area parks entities to be used toward the creation and maintenance of the City's trail systems. Ms. Lyda Hill and Ms. Nancy Lewis represented the Garden of the Gods Foundation, Mr. Tim Wolken, Superintendent of Parks represented El Paso County Parks, Mr. Kurt Schroeder, Trails and Open Space Maintenance, represented City of Colorado Springs Parks Recreation and Cultural Services and Ms. Ellen Oman represented the Trails and Open Space Coalition. Our club's donation was \$1,000.00 divided equally with all (photos on our website).

Also at the Great Race, those who "participated" in the Summer Series were presented with their commemorative rewards. 21 participants finished 3 of the 5 and received a runner pin; 9 finished 4 of the 5, and in addition to the runner pin received a club hat; 9 finished all 5, and in addition to the runner pin and club hat, received a club shirt, "Summer Series Participant." Our plan is to continue this program next year.

Fall Series I is history. The turnout for the adults' and the kids' events was phenomenal. Thanks to Larry Miller (event director) for the start of a challenging series (lots of photos on our website).

Also at our October board meeting, it was presented that our club membership tally is at 1075. We have not had this many members since 1992, and at that time we had 1072. The membership tally fluctuates so much for so many reasons. We try to promote membership as well as we can, but there is no better means to club promotion than through you and I...the club's members.

Don't forget the Manitou Springs Mayor's Cup on October 28th. I will be manning the water station again with Neal Kinsinger, Sara, Halee, Christian and Marc Wulfkuhle. Look for the cheerleaders!!

Pat Lockhart

Cover Photo: Effort showing, racers plow Monument Creek in Fall Series I. Led by Mary Beth Hamilton, the group includes Sheryl Frost, Fred Wright, and Joe Mendygral.

Contents

November 2006

PPRR Information and Business2
From the Editor5
the Long Run Long Ago5
Letters6
News and Events7
Membership8
Volunteer Corner	
<i>by Cymmie Bailey</i>8
The Nielson Challenge11
A Lesson in Simplicity	
<i>by Mike Shafai</i>12
Chiro Corner: My Aching Kneecap!	
<i>by Dr. Shane Conrad</i>14
Up and Running: The Story of Jami Goldman	
<i>by Linda Fuqua-Jones</i>17
Doing the Durango Double	
<i>by Marie Baughman</i>18
Locals hit Long Beach and Boulder	...18-19
Fall Series I and II20



ADTM race director Bob Mutu with Jim Moore, senior vice president of Ent at the October board meeting. Bob presented ENT with \$4200 raised from the 5K event to help in their efforts to combat childhood obesity.

PPRR Board Minutes



September 4 2006

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

Old Business

Computer Science Corporation sponsorship agreement. Jon and Pat drafted an agreement that calls for a \$3000/year commitment from CSC for 5 years to be adjusted as either party sees fit. Jon will email the draft of sponsorship agreement, the board will review and vote at the next board meeting. Jon will present a summary of PR exposure to CSC.

New Business

Nominating Committee: Robin Satterwhite, Bill Gallegos, Don Johnson, Larry Miller, Micky Simpson will serve as the 2006 nominating committee. Robin was selected as chair. Before they leave the meeting the committee must decide upon chair and first meeting date.

General Membership Meeting: Pat announced that the Fall General Membership Dinner and Meeting would be November 18, 5:30ish at the downtown YMCA. RSVP to Pat Lockhart.

Joint Dinner: The incoming and outgoing board will meet for dinner on 12/12/06 at the 3 Margaritas restaurant.

Veterans Home Run: The CSC sponsorship and the new AFA location for 2007 race could potentially be a conflict of interest. Jack Anthony and Pat are optimistic that any problems can be resolved.

ADTM: The race was a success with a low percentage of no shows. Lots of PPRR involvement was noted at the race. A couple of "lost runners" but the trail marking problem was quickly corrected.

Treasurer's Report: Gil presented the current financial report. It was accepted by the board and is on file.

Event promotion: Update -Micky emailed Matt with her suggestions for the online registration preference survey.

Course Certification: Travis has been busy with ADTM. He anticipates a few future trail detours due to Cosmix construction problems.

Newsletter: Jim asked for feedback on the new look. Board all agreed it was a striking and positive change. The back cover ads cost approximately \$250 for

color, \$100 for black and white. He asked for ideas for future articles.

Bulk Mail – 2 mailings this month, one for ADTM, and another for newsletter. New zip code details were shared with board.

Web page: Dave announced that Michael Shafai has twice a week early morning training runs posted on the web page. Tuesday and Thursday at 6:00 a.m. leaving from Plaza of the Rockies downtown.

Equipment: Larry purged the storage unit of old equipment. Both Bill and Larry report that all equipment is in good working order.

Turkey Trot: The entry form was included in the packet for ADTM. Pat will be meeting with the police concerning the race course.

Membership-

437 – individual	43 – club
9 – life	165 – family (primary)
342 – family	996 – TOTAL
653 – current	267 – expiring
39 – new	37 – renew
654 - newsletters	

Stephanie has accepted a job in Steamboat. Janet Rose will assist Pat.

Past Events

- 08/05 Nielson Challenge (Phil/Al) 90 runners.
- 08/12 Woodland Park Mayor's Cup (Jon, Jack, Eric) Good race. A few 10k and 5k's in wrong chutes
- 08/19-20 Pikes Peak Ascent/Marathon (Lyn, Bill G)- Better weather. Better enforcement of cutoff times.
- 09/02 Nielson Challenge (Phil/Al) 47 runners

Upcoming Events

- 09/17 Pony Express (Pat) Road needs to be marked indicating parking and that there is a race in progress.
- 09/23 Great Race – Summer Series Awards, Trails Donations, GR Presentations (Pat)- Pat encourages all Board members to participate.
- 10/01 Fall Series I, II, III, IV (Larry)
- 10/7 CC Classic 5k (Robin) is looking for an alternate route if Cosmix construction closes the trail.
- 10/7 Trail Cleanup – postpone until Cosmix plans are finalized
- 11/18 Turkey Trot Predict (Phil/Bob)
- 11/23 YMCA Turkey Trot (Pat, Jack, Tony)

Responsibilities and Ethics Guidelines: Bill G is continuing his research on this topic and will report next month.

The meeting was adjourned at 8:45.

Respectfully submitted,

Robin Satterwhite, Secretary

From the Editor

At Bear Creek Park for the second race of the Fall Series, I was struck by the *social* aspect of running. I wondered why it took me five hours from the time I left to return home when the race was less than an hour long. As I looked back, I realized most of the time was spent interacting with other runners and volunteers. Social chatter, mind you, does not come easily to me. Attending a party of only casual acquaintances is a sure way to leave me exhausted. But at running events, it's a different story. By and large, we're a group of healthy minded, fit and friendly souls who generally have a positive outlook on life.

"Why join a running club?" I have heard people ask. "After all, isn't running an individual event?" True, runners can be pre-occupied with PR's and competition, but even in such goal-oriented pursuits, one can share in training and attend events together with others. And if you're into running, what better chance do you have to succeed at striking up conversation than with another runner? Especially at events like the Fall Series, you will have no trouble finding like-minded people who do not think it odd to run Sunday through Saturday and who understand very well why you would want to add a little pain to your life on an entirely voluntary basis.

One of the very nice features of many PPRR events is that they make provisions for *teams*. I met a couple of them at Bear Creek (see photos, last page). The team aspect of competition adds a unique sort of camaraderie to the efforts, and just makes it...well...more fun. Organizing a team, therefore, is a great way to get to know people better—and you get to pick them.

Of course, PPRR events are family events. Kids and teens and tots are all welcome, get their own bib, and have their name posted, at least on the website. It's fun to see a guy in running shorts and wearing a racing bib with a 4-year-old on his shoulders, *also* wearing a racing bib!

The photos I managed to gather for this issue reflect this social theme. Matt Carpenter leads the charge of very young runners in the lead photo, which I wish I could produce in color. It's a very interesting shot with a lot going on in the background. On the back page, besides two teams, we have a group running that happens to have (I make a presumption here) husband and wife, and two sisters. There's also some relaxed conversation, and some busy interaction.

Anyway, besides the great discounts at the running stores, you can tell your friends that if they want *more* friends, especially of the running variety, there's no better way than to support PPRR—that is, JOIN!

Peace and Happy Thanksgiving!

Jim Kelleher, Editor

the Long Run Long Ago

10 Years Ago

November's *Long Run* in 1996 gave readers only 4 pages to ponder. The cover urged runners to join the Turkey Trot Predict, then in Memorial Park and coordinated by treasurer **Bob Foster**. President **Larry Miller** describes the Fall Series course for boys and girls: "...low lying branches around



Mile 2...water (Monument Creek), mud and more mud and a mud hole...a 4' concrete wall...one more mud hole and then grass." Says Larry, "We provided the grass to they wouldn't track dirt across the finish line." **Dan Vega** won the second race at GOG, with several distinguished members in hot pursuit: **R.T. Tollin, Phil Foster, Bill Gallegos, Dave Sorenson, and Bill Bennett**.



20 Years Ago

On the cover of the November 1986 *Long Run* is treasurer **Bill Gallegos** charging through the Garden of the Gods in Fall Series #2 to finish in 39:45, only 11 minutes behind speedy **Larry Miller** who leads teen **Henry Hamby** after three races by a scant 50 seconds. Bill must have tired himself out; his Nielson Challenge time that month was +6 minutes!

Meanwhile, preparations for the fall membership meeting have picked The County Line Barbeque as a venue. Chicken, brisket, ribs, and sausage top the menu, all for \$3.50. The Turkey Trot Predict that year was still at Memorial Park, and "donuts and cider" was still the mainstay of the post-race food list. President **Russ Baker** notes that "people can be divided into 3 groups: those who make things happen, those who watch things happen, and those who wondered what happened."

25 Years Ago

And what do you know? The Turkey Trot Predict was *Alive* and well way back then, promising "intense excitement." Earlier in the year, **Al Grimme** completed a charitable run for blind children—from Pueblo to CS. **Pam Gisler** penned a few lines in tribute: "*Tired but stong in heart, he found a cause to run..*" And we have "Ode to October 1984" looking towards the next birthday and finding some solace in aging: "*Desirable age group--as masters it's known... 'cause then I won't need to run faster.*"

Letters

Thank you volunteers

Our Great Race:

Sheri Abdella, Jack Anthony, Cymmie Bailey, Chip Benight, Jon Cornick, Lyn Hale, Don Johnson, Gil Kindt, Cruz Martinez, Larry Miller, Marti Ritchie, Robin Satterwhite, Micky Simpson, Dave Sorenson, Luci Stansberry, Travis Waldrip

Thanks so much for your commitment to our events.

Pat Lockhart

One more local for the LT100

Dear Jim,

I've been a PPRR member for a number of years now and was very excited to see that you had an article on the Leadville 100 since I've been concentrating on and running it for the past 5 years.

Then I was disappointed when I didn't see my name in the local finishers' list. I completed my 5th LT100 this year in a time of 22:40:50. Just thought you should know.

I'm proud of being from the area and just want to be a part of the great group of runners we had at



PPRR member Scott Klopfenstein, on his way to a fifth finish at the Leadville 100 in 22:41, which placed him 19th out of 400 starters. Heading east on Fish Hatchery Road, he will soon turn south on Half Moon Road, towards Mt. Elbert, standing tall in the background.

Leadville this year. It's good to hear that you are a fellow ultrarunner and Leadville finisher. It's also nice that you covered the race so well--it's apparent that you have been a race participant in the way the article was written. I appreciated the detailed information on the local runners--so many articles tend to cover the "big" names and leave out the people from our own communities. I definitely enjoyed the article and thought it was accurately written.

Sincerely,
Scott Klopfenstein

Editor's note: my apologies to Scott, who lives in Cascade, for missing that town while scanning the results for local race participants. His time placed him 19th out of 400 starters. Way to go Scott!

ADT Marathon appreciation

Dear Bob,

I would like to thank you and all the various individuals for putting on a great event. The course was nice. I had a great time. thanks for a great weekend.

Sincerely,
Henry Rueden
De Pere, WI

Dear Bob,

A very special thanks you for the American Discovery Trail Half/ Marathon this past Labor Day. Thanks to all the volunteers and all who made the race events possible. I had a great half marathon and I certainly appreciate the good event, the well-marked trail, and the great Colorado hospitality.

My best wishes,
Ray Sharenbrock
Milwaukee, WI



Posts from Plano

Dear Jim,

The Plano Pacers featured a challenge series this month. Saturday, 2 September, interested Pacers accepted a one-day free membership in Cross Country Club of Dallas. Then they ran a five mile, out and back, paved course around the south end of White Rock Lake. Several members of the Pacers, particularly the fastest ones, are also members of CCCD. I have no idea how the challenge was figured, or who won. CCCD then provided a five dollar breakfast for all. The breakfast was most welcome, ending any thought of losing weight by running that day.

Saturday, September 30, The Pacers had their own five mile race, with CCCD members as guests. This was a squashed loop on Plano trails. The paved course was carefully laid out so it would not cross any streets. Our old course was abandoned a few months ago when a quiet neighborhood street we crossed was made into a major thoroughfare by City of Plano. This race, too, was a success, with about 120 runners in each race, Dallas and Plano.

I am training for the White Rock Half Marathon December 9th. My finishes in these challenge races were next-to-last and last, but I did finish. Running the half marathon distance in practice has been done, and these challenge races show that the minimum acceptable pace will not be a problem. Now here's hoping for decent weather. My experience includes snow and ice running, gained during a PPRR Winter Series, but I prefer not to use it.

Regards,
William L. Jones
Plano, TX



News & Events

COSMIX Update

Downtown runners will be feeling the impact of the COSMIX I25 construction project for quite a while. The closure of the Greenland Trail from North of Bijou to south of Colorado Ave is scheduled to last about a year. For the detour, you simply have to stay on the east side of Monument creek and the railroad tracks as you head south through Monument Valley Park. The trail ends at Kiowa where you hit pavement on Sierra Madre down to and over the bridge at Colorado Ave. Take a left into America the Beautiful Park and then just cross over the creek at the foot bridge where you can head south on the trail again.

Starting in January, be prepared for a further push east when COSMIX demolishes the Bijou Street Bridge, and you don't want to get mixed up in that!

Road Runners Club of America Gets a New Internet Look

Take a look at the RRCA's revised web presence at rrca.org. "I'm really proud of the new site," writes Jean Knaack, executive director. "There is useful information on the site for running clubs, events, and individual runners." There's a new page, "About RRCA," where users can find information about the mission, history, and general business of the organization.

Under the link "Running," visitors will find a new, and *free*, service provided where you can track your mileage. Once you have an account, you can create your own running maps and log mileage toward your personal fitness goal. You can record as much or as little information as you like. There are fields for the type of run, including race days, time, reps, speed, pace, heart rate, comments—even what shoes you had on.

In case you're not aware, the Road Runners Club of America is a

non-profit organization with over 700 running clubs and 175,000 members across the US—including you if you belong to PPRR. Different RRCA chapters organize races, have training runs, provide safety guidelines, and promote children's and masters fitness running programs. Lisa Paige is the Colorado representative (runlpaige@yahoo.com).

Run the Colorado National Monument November 11th

Plenty of runs in Colorado and our own region have stupendous scenery and awesome grandeur. The Rimrock 37K (23mi) is no different in this regard. But, in *this* race, you can actually *look* at it for more than a split second without risking a race-ending crash. Starting at the east gate of the Colorado National Monument in Grand Junction, it wends its way up, up, up, and then down, down, down along the, yes, paved, road through incredible, towering rock formations. As a plus, there is no danger of taking a wrong turn, unless you pack a hang glider. The event benefits the Mesa State women's cross country team. Check out their website at RimRockRun.org. Also, you can read about last year's race in the December 2005 issue of the Long Run.



Massive formations along the way of Grand Junction's Rimrock 37K (photo by Brad Butler)

Are you about to expire?

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

Trail Clean-up

Postponed until further notice due to COSMIX construction

**October
NL Stuffing
Volunteers!**
Colorado Running
Company, Host
Al Grimme
Bob Mutu
Courtney Butler
Jeff Smith
Jeff Tarbert
Jim Beckenhaupt
John Cornick
John O'Neil
Kathy Butler
Kelly Handel
Larry Miller
Marie Baughman
Sarah Altonen
Sean O'Donellay
Traci Winterbottom

Welcome New Members!

Steve Abeyta	Colorado Springs	Grace McReynolds	Colorado Springs
Tungsten Alcazar	Colorado Springs	Jackson McReynolds	Colorado Springs
Danny Baracz	Canon City	Julia Mesnikoff	Colorado Springs
Eileen Baracz	Canon City	David Meyer	Colorado Springs
Ray Beresford	Colorado Springs	Dawn Mugele	Colorado Springs
Conor Bertles	Colorado Springs	Julie Mullenbrouck	Divide
Patrick Bertles	Colorado Springs	Sebastien Mullenbrouck	Divide
Sean Bertles	Colorado Springs	David Mulligan	Colorado Springs
Cindy Bowen	Colorado Springs	Jamie Myran	Colorado Springs
Don Brady	Woodland Park	Scott Nalbach	Colorado Springs
Allen Browne	Colorado Springs	Cale O'Day	Colorado Springs
Ed Browne	Colorado Springs	Jennifer O'Day	Colorado Springs
Emily Brzozowski	Colorado Springs	Sean O'Day	Colorado Springs
Heath Busche	Colorado Springs	Kristin Ooley	Colorado Springs
Jason Callegari	Colorado Springs	Dan Paterson	Colorado Springs
Steven Carter	Canon City	Ruth Perry	Colorado Springs
Melissa Conley	Colorado Springs	Greg Peters	Colorado Springs
Esme DeLange	Colorado Springs	Ellie Polich	Colorado Springs
Jim DeReus	Colorado Springs	Herman Polich	Colorado Springs
Michael DeReus	Colorado Springs	Seth Polich	Colorado Springs
Sheran DeReus	Colorado Springs	Evan Randall	Colorado Springs
Peggy Diaz de Leon	Colorado Springs	Ed Reed	Colorado Springs
Mike East	Colorado Springs	S. John Reynolds	Colorado Springs
Stephanie Edquid	Colorado Springs	Karen Roscoe	Elbert
Julie Evers	Colorado Springs	Amanda Schroeder	Colorado Springs
Sheryl Frost	Colorado Springs	Jeremy Schroeder	Colorado Springs
Gene Gebow	Colorado Springs	Rhoan Schroeder	Colorado Springs
Suzan Gebow	Colorado Springs	Kim Schultz	Colorado Springs
Amy Gibling	Colorado Springs	Mark Schultz	Colorado Springs
Timothy Gore	Colorado Springs	Matthew Scott	Colorado Springs
Kriste Gose	Woodland Park	John Shaw	Colorado Springs
Giselle Gossage	Colorado Springs	Ryan Shininger	Colorado Springs
Steve Graff	Monument	Andrea Slater	Colorado Springs
Molly Hankins	Colorado Springs	Any Jacobson Smith	Fountain
David Harlick	Colorado Springs	Cam Jacobson Smith	Fountain
Marion Hourdequin	Colorado Springs	Holly Smith	Fountain
Anne Hatch	Colorado Springs	Matt Smith	Fountain
Edward Haukkala	Colorado Springs	Erin Sokol	Colorado Springs
Jackie Hill	Colorado Springs	Amy Sovlerson	Colorado Springs
Kevin Houghton	Colorado Springs	David Sparks	Colorado Springs
Ted Jimenez	Colorado Springs	Luci Stansberry	Colorado Springs
Jim Johnson	Colorado Springs	Mark Stevens	Lakewood
William Keller	Colorado Springs	Troy Stiles	Colorado Springs
Kristi Kence	Colorado Springs	Donald Taylor	Colorado Springs
Kristin Korkowski	Colorado Springs	Susan Thornton	Colorado Springs
David Kronshage	Colorado Springs	Robert Thul	Colorado Springs
Dean Laird	Colorado Springs	Chris Totzke	Colorado Springs
Thom Ledoux	Canon City	DeAnn Totzke	Colorado Springs
Akoo Lis	Colorado Springs	Greg Voelkel	Colorado Springs
Ben Lobato	Colorado Springs	Travis Wade	Fort Carson
Marsi Loving	Colorado Springs	Karla Walls	Colorado Springs
Paul Magarelli	Colorado Springs	Erin Welch	Colorado Springs
Charlie Wood McCaffrey	Colorado Springs	Kay Wendlandt	Colorado Springs
Michael McGann	Colorado Springs	Jennifer Wescott	Colorado Springs
Samantha McGlone	Colorado Springs	Andrew Wilson	Elbert
Tom McGonagle	Englewood	Brett Wilson	Colorado Springs
Arden McReynolds	Colorado Springs	Robin Wolfe	Colorado Springs
Chris McReynolds	Colorado Springs		

Volunteer Corner

by Cymmie Bailey



It's hard to believe that the 2006 Volunteer Season is behind us! It was a wonderful year with great runner participation in

our races and many, many enthusiastic, hard working volunteers. One thing that surprised me was that the number of volunteers was about the same as last year-272. I thought the number would be higher because I'm hearing from so many more of you, which is really fun. Collectively, you worked 6615 hours, which is up from 6005 from the year before. I don't know if you are all committing to more time or if more hours are being reported but it's a pretty incredible number in my opinion!

If you haven't tried volunteering at our races, I hope you will consider doing so in the coming year. It's a lot of fun and very rewarding. One of our new volunteers, Peggy, emailed me her experience which I would like to share with you...

I really got more from this volunteering than any of the runners did. I know very few people here in the Springs, and the Ascent happened to fall on my birthday. My daughter just graduated from the Air Force Academy and left for Mississippi in mid-July. On top of that, I'm looking for a new career and was unemployed. You can imagine that I was feeling just a little sorry for myself. Working the Ascent made me some new friends. I got a part-time job to keep me busy while job hunting, and then a table full of PPRR members sang me "happy birthday" on the summit. It just made my day. I feel like I should thank you for letting me work this event. What a great group of folks!

No Peggy, it's you who has made our day and we thank you!

2006 Volunteer Recognition

Bronze Level: up to 20 Hours

You have earned a PPRR t-shirt

Andrew Abdella 15
Bear Aten 10
Barry/Cindy 13
Ted Bidwell 17
Dean Black 17
Janice Black 16
Courtney Butler 12
Stephanie Courson 18
Andy Dimmen 20
Rick DiMuccio 15
Heather Evans 12
Jeth Fogg 15
Taylor Fogg 17
Bob Foster 19
Julie Foster 17
Linda Fuqua-Jones 10
Herman Goellnitz 10
Phil Goulding 14
Doug Gunty 12
Craig Hafer 14
Steve Kidd 18
Mike Lehan 12
Brenda Lewis 11
Mike McKay 20
Jimmy Osborne 10
Neal Oseland 20
John Powell 16
Storme Rose 15
Emilee Satterwhite 20
Greg Segura 14
Gini Simonson 20
Jeff Smith 12
Jeff Tarbert 16
Dave Thomson 12
Lisa Van Arsdale 11
Emilee Waters 11
Matt Waters 14
Zach Waters 11
Tracy Winterbottom 14
Lo Wright 10
Marc Wulfkuhle 10

Silver Level: 21 to 50 Hours

You have earned a cap or complimentary race entry

Jerred Abdella 43
Jim Bailey 26
Gordon Barnett 38
Marie Baughman 24
Sandy Berry-Lowe 25
David Bishop 22
Debbie Bloch 30
Kirk Brown 22
Dean Buck 21
Dee Budden 48
Kees Guijt 23
Rick Hessek 36
Susan Hoxie 26
Jack Janney 21
Melissa Leftwich 31
Peggy Marasovich 28
Sandy Martinez 22
Eric Mullins 30
John O'Neill 38
Bill Ransom 24
Bob Royse 25
Michael Shafai 32
Jim Simonson 21
Lucy Stansberry 22
Angela Sullivan 35
Kim Tollin 25
Jim Umphrey 46
Kate Waldrip 28
Kevin Waldrip 34
Melissa Waters 46

Volunteers listed have accumulated 10 or more hours since October 2005

Gold Level: 51 to 75 Hours

You have earned a jacket

Jack Anthony 70
Dave Balzar 67
Jan Balzar 62
Jim Cannon 65
Ron Garcia 57
Don Johnson 70
Cruz Martinez 74
Robin Satterwhite 51
RT Tollin 70
Cady Waters 51

Diamond Level: 76 to 99 Hours

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

Sheri Abdella 84
Tony Abdella 81
Jon Cornick 83
Phil Foster 95
Gil Kindt 87

Platinum Level: 100+ Hours

You will receive special recognition at the rewards dinner

Cymmie Bailey 138
Jim Beckenhaupt 191
Diane Cahalan 116
Dan Cleveland 118
Angie Earle 117
Al Grimme 161
Lyn Hale 110
Jim Kelleher 610
Pat Lockhart 276
Larry Miller 161
Bob Mutu 364
Micky Simpson 103
Dave Sorenson 197
Travis Waldrip 170

Don't miss the **Turkey Trot Predict!**
November 18th, Memorial Park



2007 General Elections Saturday November 18th

Make your vote for the 2007 board of directors Saturday November 18th during the general membership meeting and Fall Series awards banquet at the downtown YMCA.

The elective board consists of the president, vice president, treasurer, secretary, and seven board members at large.

Why not give it a try? If interested, just contact a member of the nominating committee! Nominations can be made at the meeting as well.

(Previous board experience is required for president, vice president, treasurer, and secretary.)

Current Candidates*

President: Jon Cornick
Vice-President: Micky Simpson
Treasurer: Gil Kindt
Secretary: Pat Lockhart

Board Member at large:

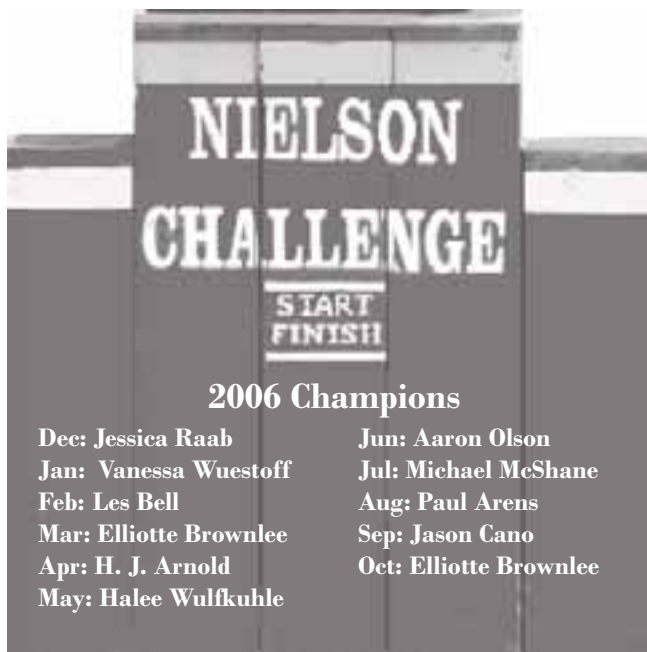
Tony Abdella
John Gardner
Ron Garcia
Larry Miller
John O'Neill
Luci Stansberry
Travis Waldrip

*as of publishing date. Nominations remain open.



2007 Nominating Committee

Bill Gallegos	596-3507
Robin Satterwhite	471-7613
Don Johnson	291-9712
Larry Miller	590-7086
Micky Simpson	495-5891



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

What a beautiful day for a run. The temp was in the 50s and the fall colors were all in their splendor. And 65 runners came out to enjoy the day and run the 2 mile challenge.

A youngster had the most improved time again. Elliotte Brownlee was 4:07 under her handicap, and claimed top honors for the second time this year. She's wearing her shirt proudly, as well she should.

There were also many Land Shark runners who joined us, and got in a good workout in preparation for some upcoming events. The growth in numbers participating in local youth races is mainly due to Land Shark runners getting out there and participating (check out www.landsharkrunclub.com).

We'll see you again next month on November 4th.

Dave Sorenson

Volunteers

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

The Nielson Challenge handicap race takes place the first Saturday of each month in North Monument Valley Park in downtown Colorado Springs, directly west of the Fontenero access, at 8:00 in the morning. Runners compete against their own previous best times. See www.pprun.org/events/Nielson/main.htm for map and more information.

October Results

Name	Place	Handicap	Actual	Difference
Elliotte Brownlee	58	25:36.3	21:28.6	- 04:07.7
Cliff Donnelly	53	20:41.0	19:59.9	- 00:41.1
Keith Holcomb	46	19:16.9	18:43.9	- 00:33.0
Cris Brownlee	57	21:52.6	21:22.4	- 00:30.2
Kaci Rex	19	14:50.6	14:36.1	- 00:14.5
Briana Evans	33	16:24.8	16:14.1	- 00:10.7
Roger Pumphrey	39	17:35.3	17:24.8	- 00:10.5
Alex Haberkorn	14	14:23.3	14:13.5	- 00:09.8
Jim De Reus	7	13:39.0	13:32.9	- 00:06.1
Christopher White	5	12:54.2	12:48.9	- 00:05.3
Jason Cano	31	16:16.9	16:12.1	- 00:04.8
Mariah Eaton	41	17:34.5	17:31.4	- 00:03.1
Corey Haberkorn	27	15:51.8	15:48.9	- 00:02.9
Carl Nelson	9	13:41.9	13:40.6	- 00:01.3
Anthony Abdella	48	19:04.4	19:08.2	+ 00:03.8
Jerred Abdella	47	19:03.9	19:07.9	+ 00:04.0
Lile Budden	1	11:55.6	12:01.7	+ 00:06.1
Ed Gleason	20	14:45.6	14:55.8	+ 00:10.2
Les Bell	34	16:08.5	16:18.8	+ 00:10.3
Roger Baer	16	14:04.2	14:16.6	+ 00:12.4
Kyle Rex	8	13:19.0	13:35.0	+ 00:16.0
Randy Eaton	26	15:14.8	15:35.3	+ 00:20.5
Jim Massa	50	19:25.4	19:47.9	+ 00:22.5
Heather Evans	40	16:56.8	17:26.2	+ 00:29.4
Clyde L. Landry	24	14:40.3	15:11.3	+ 00:31.0
Laurie Baer	54	19:35.4	20:13.4	+ 00:38.0
Jim English	12	13:17.6	13:57.5	+ 00:39.9
Dean Buck	37	16:02.9	16:43.0	+ 00:40.1
Paul Sullivan	2	11:42.5	12:24.5	+ 00:42.0
Daniel Polak	43	17:09.8	18:07.2	+ 00:57.4
Greg O'Boyle	28	14:53.4	15:57.0	+ 01:03.6
Collin Eaton	32	15:08.6	16:13.4	+ 01:04.8
Ruben Cano	49	18:16.0	19:23.9	+ 01:07.9
Dennis Stalnaker	55	18:52.7	20:15.3	+ 01:22.6
Julie Foster	65	26:03.1	27:31.5	+ 01:28.4
David Fenell	44	16:36.3	18:15.5	+ 01:39.2
Kevin Kinney	42	15:49.5	17:38.0	+ 01:48.5
Bren Triplett	60	19:01.7	22:50.1	+ 03:48.4
Rozita Swinton	64	23:30.0	27:18.6	+ 03:48.6
Charles Foster	61	19:40.2	23:56.1	+ 04:15.9

New Runners

Andrew Wilson	15:02.5	Rob Warren	16:32.6
Ruben Cano	17:22.7	Jordon Montera	12:41.2
Heather Kennedy	16:28.4	Daniel Jeffries	14:57.9
Jill Montera	14:27.1	Judith Russell	20:21.9
Rob Robson	12:41.5	James McLurly	14:14.4
Deb Brown	15:57.9	Elizabeth St.Louis	15:34.8
Emily Husted	13:59.2	Kendra Dieter	21:31.9
Scott Wescott	13:04.3	Chris Gehant	19:51.9
Nathan Parker	18:27.3	Adam Avischious	13:52.8
Sarah Guhl	14:23.9	Jeff Young	23:57.9
Laura Goedde	19:51.0	Rebecca Triplett	24:42.0
Adam Warren	13:55.6	Elena Roy	15:58.9

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

Running: The Simple Solution

by Michael Shafai



Running is without a doubt, one of the simplest and most convenient forms of exercise on the planet. Lace up your shoes and head out the door. It's as simple as that. And when it comes to competition, it's almost as easy. Sign up for a race. Show up before the gun goes off. Run your tail off. And bask in the glory of your accomplishment.

But sometimes, we crave more. Hence, we have witnessed an explosion of duathlons, triathlons, and other multi-sport activities, where running is merely a component of the competition.

A couple of years ago, a friend asked me to participate in an "adventure race" with him. When I inquired about the particular event, he explained the details.

Racers are given a topographical map, a list of checkpoint coordinates, a list of required equipment, and a set of rules to follow. They have either 12 or 24 hours to complete the unmarked course.

This race, according to my friend, included the disciplines of flat-water kayaking, mountain biking, rollerblading and my favorite, trail running. This sounded relatively simple at the time, so I agreed to be his racing partner.

As race day grew nearer, I began to realize that the sport of adventure racing was slightly more complex than signing up for a little foot contest. On a weekly basis, the race organizer's website was continually revised with "race updates", which included information on required and recommended equipment, details on where to pick up race packets, transition area drop locations for our gear, and a multitude of additional details.

The required gear list included 23 items. And of course, because the race is entirely unsupported (no aid stations), we had to carry all of our own food and water. I quickly learned that this type of race would require some planning and coordination.

On the eve of race day, we were required to pick up our race packet. But, unlike a running race packet, which usually only contains a race number, some safety pins, and the occasional swag, our packets

were stuffed with important information pertaining to the actual race.

They contained our jerseys that we were required to wear on race day. They also contained our topographical map, checkpoint coordinates, rulebook, and UTM mapping tool. Once we had our packets, we then had to plot our checkpoints on the map to determine which route would most efficiently get us through the course and to the finish line.

I won't go into all of the details of the race, but I learned that "total equipment failure" (TEF), a very bad side effect of many different types of competitions, occurs more often in adventure racing than it does in running. With the exception of the occasional broken shoelace, it just doesn't happen in the sport of running.

On that day, we were struck by TEF. Nine miles into the mountain bike course, my partner's chain broke. Fortunately, we had a chain tool and we repaired it. Two minutes later, the chain broke again. Frustrated with the turn of events, we decided to run while pushing, carrying, and pulling his bike (and of course, it wasn't one of those ultra-light titanium jobs. He was riding a 30 pound, dual suspension Yeti). We took turns riding my bike and running with the TEF bike.

Running 7 miles with a 30 pound bike isn't much of a picnic. Running 7 miles in cycling shoes is about as excruciating as having one's toenails ripped out one at a time. And the irony of our situation was the fact that while we had expended a fair amount of time, energy and dollars to prepare for this complicated race, here we were running—participating in the world's most simple sport.

A year later, I decided to sign up for another adventure race with a different partner, one with a stronger bike chain and a lighter bike, just in case. This race included trail running, mountain biking, and some white-water kayaking.

On race day, things went very well, so well in fact, that we were in third place heading into the final kayak section. We had less than 3 miles to go to the finish. It felt like mile 25 in a marathon. While we were both mentally and physically exhausted, we knew we could make it. That was until we were struck by TEF.

We were paddling down the upper Colorado River with most of the rapids



behind us. It was a cold day, probably not much warmer than 50 degrees. It had rained on and off all day and we were soaked through our clothes. We managed to stay warm only because we were paddling so hard.

It began to sprinkle. Then the sprinkles turned into raindrops. Then the raindrops turned to hailstones. Now I understood why people, and automobiles, take cover in hailstorms. Hail hurts. And while I was thinking about

**I think it's time to revert back
to a life of simplicity—
one with no complicated
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make it out alive.**

whether my hair was thick enough to cover the bruises that would no doubt be appearing on my head, a big rock jumped out in front of our kayak and we were simultaneously and involuntarily extricated from our craft.

Next thing I knew, I was swimming down a cold, swollen Colorado River in a hailstorm wearing spandex bike shorts and holding onto a kayak paddle. Floating downstream, with submerged rocks pummeling my backside, I shouted expletives and attempted to navigate my way to the riverbank. Eventually, I hauled myself ashore and went searching for my partner and our equipment.

The boat ended up being cemented by the force of water up against the culpable rock in the middle of the river. While my partner attempted to “wade” out to retrieve it, he quickly realized that drowning was a real possibility at this point and eventually came back ashore. That was when the lightning bolts started flying and our hypothermic shivers began. Ironically, once again, it was time to participate in the planet's most simple sport. We started running.

Paddles in hand, Texas on our feet (which are more comfortable for running than cycling shoes) we ran for the finish line along a set of railroad tracks that paralleled the riverbank. To the west, a huge storm, accompanied by frequent cloud to ground lightning strikes and a wall of water, was making its way towards us. Border-

line hypothermic, and realizing we were in deep trouble at this point, we agreed that we would seek help if we could find any.

After about 10 minutes of running, we came across three guys eating bratwursts and drinking beer at a take-out area along the river. They were kind enough to offer us a ride in their oar boat down to the finish line. Noticing our incessant shivering, they were also kind enough to offer us drinks from a tequila bottle they had stashed on their boat. Turns out, that was the only prize we would win that day.

So, with my adventure races having lived up to their promise of adventure, I feel I got my money's worth. But I think it's time to revert back to a life of simplicity – one with no complicated equipment constantly conspiring against me; one that doesn't create a huge deficit of time and money; and one that doesn't leave me questioning whether or not I'll make it out alive. And while I may have to go out and buy my own tequila, I think I'll just stick to running for now. Because, as is the case in adventure racing, and in life, when struck by total equipment failure, look for the simple solutions.

I'd like to thank my adventure racing partners Ken Finn and Todd Baker for the great times and the incredible memories.

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



Chiro Corner: My aching kneecap!

by Shane Conrad



This month, the Long Run begins a series of concise and practical articles on common running maladies contributed graciously by local expert Dr. Shane Conrad, an up-to-date overview for new and experienced runners alike.

Thirty-five million North Americans include running as a part of their exercise routine. Unfortunately, 65% of runners will sustain an overuse injury that will cause them to seek medical attention or stop running.

What is PFS?

The knee is the most often injured area in runners. Pain in the area of the patella (kneecap) is the most common complaint. Knee pain that is worsened by physical activity, especially running downhill or on uneven surfaces, is the hallmark of a condition known as *Patellofemoral Syndrome (PFS)*.

More specifically, PFS is a collection of three separate injuries:

- Improper Patellar Tracking
- Patellar Tendonitis
- Chondromalacia Patella

Improper Patellar Tracking is often not detectable

The knee is the most often injured area in runners, and pain in the area of the patella (kneecap) is the most common complaint.

with the naked eye. However, it has been proposed as the primary contributor to PFS. Scientific studies have measured muscle activity and found that a tight Vastus Lateralis (outside quad) (Fig.1) muscle overpowers the Vastus Medialis (middle quad) (Fig. 1) and pulls the kneecap to the outside of the knee during bending and straightening.

Patellar Tendonitis (also called Jumper's Knee), was once considered an inflammatory condition. It is now recognized as a degeneration or weakening of the patellar tendon (Fig. 1) caused by overuse.

Chondromalacia Patella is the actual deteriora-

tion of the underside of the knee cap. In particular, the cartilage wears down causing bone-on-bone contact in the knee joint. This condition arises as the end result of years of improper patellar tracking...and continued activity despite the presence of pain.

Degrees of Severity

PFS in runners can be classified based on the severity and duration of symptoms:

Stage 1: Pain appears after a run, but does not affect your running habits.

Stage 2: Pain appears during running and continues for hours after you stop. Your running habits are not significantly affected by the pain.

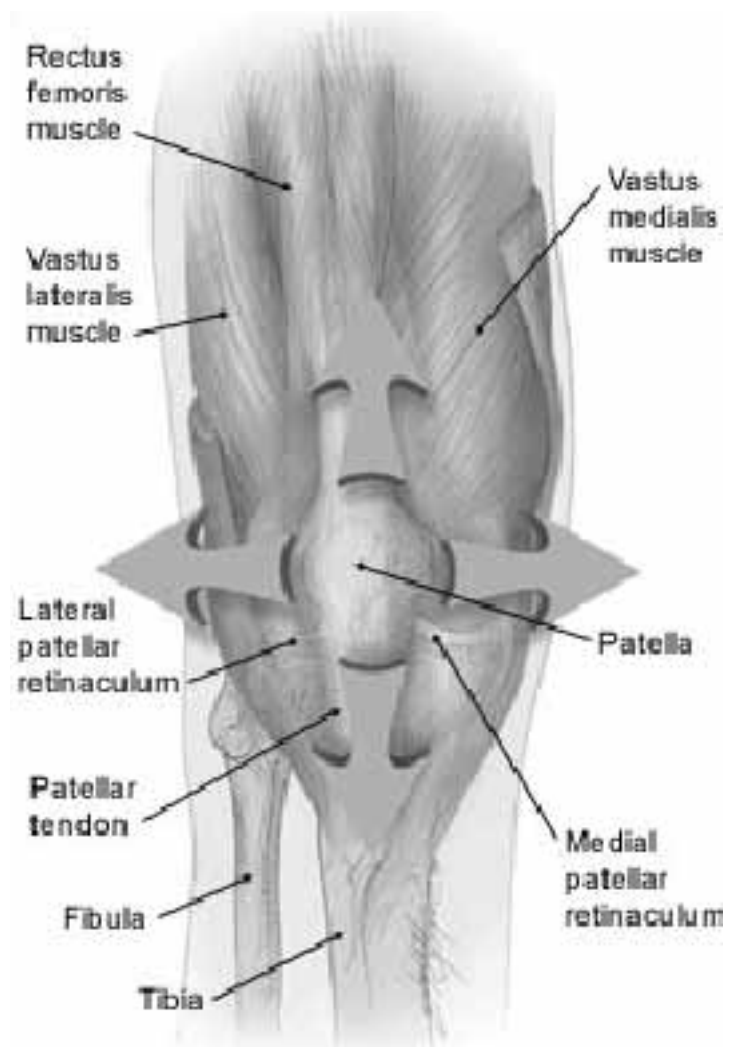


Figure1: Diagram of the right knee showing the effect of the various muscles on the movement of the kneecap.

Stage 3: Prolonged pain both during and after a run. You have been forced to change your running habits due to the excessive pain.

Stage 4: Constant pain associated with significant damage of the knee joint. Requires surgical intervention.

Treatment

The challenge for the doctor is to maximize recovery while minimizing the impact to the athlete's running habits.

Early intervention is the key. When properly identified and treated, recovery is often quick and the long-term outlook is favorable. Yet should the athlete ignore the pain, permanent joint damage may occur.

Proper diagnosis is the most important part of any treatment program. Once properly diagnosed, a variety of treatment options exist for the runner:

Icing is the most effective tool to control post-run pain and inflammation, especially in the early stages of treatment. Ice or cold packs should never be placed directly on the skin, and not for a period exceeding 10 minutes.

Acupuncture has been shown to have significant benefits when performed consistently (not less than 2 times per week for 4-6 weeks).

Relative Rest (a decrease in your total weekly mileage or running frequency) is often prescribed. Runners exhibiting symptoms of PFS should avoid running hills (both up and down) or running on uneven surfaces (trail running).

Deep Tissue Massage such as Myofascial Release or Active Release Technique (ART) can eliminate scar tissue and improve the tension within the affected structures. However, these are highly specialized forms of massage and should only be performed by a qualified practitioner.

Specific **Rehabilitation Exercises** can target the areas of deficiency. In particular, stretching of the hamstring muscles combined with quadriceps strengthening has shown consistently good outcomes. A specific rehabilitation strategy should be developed with a qualified health professional.

Foot **orthotics** and knee braces are not recommended by this author. They have shown

little reliability in scientific studies, and may worsen damage by allowing the runner to run on an already injured knee.

Ultrasound has shown no effect on PFS and should not be part of any evidence-based treatment program.

Aspirin has also shown little sustained benefits for PFS and is similarly not recommended.

Prescription anti-inflammatory drugs (NSAIDs or steroid injections) can be beneficial when combined with proper therapy—especially in the early stages of injury.

However, too often they are prescribed on their own and thus serve more to hide the underlying problem and allow greater damage to occur.

Patellofemoral Syndrome arises as a significant source of knee pain in both the elite and recreational runner. When recognized early and treated properly, runners can expect an early return to competition and the joy of running.

Questions? Please feel free to call me (719) 596-8700 or send an email to drshane@cochiro.com. References for this article, and a printable version, are available at www.cochiro.com/pfp.htm.

Editor's note: PPRR member Dr. Shane Conrad D.C. is director of Conrad Chiropractic & Wellness. He is a credentialed provider of A.R.T. and holds advanced study with the American Chiropractic Rehabilitation Board. He enjoys running, biking, and soccer.

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



Injuries can put a serious dent in one's running if not attended to early. Here, Roscoe, legs wrapped, ponders with a long face the prospect of weeks of relative inactivity.



General Membership Meeting and Fall Series Awards Banquet

November 18, 2006
5:30pm to 9:00pm

YMCA/Downtown Multipurpose Room
207 North Nevada
Colorado Springs, Colorado

Plan to attend!
Meet other PPRR members!
Meet your running competition!
Be part of the applause!

Spaghetti Dinner

Pay at the door

Bring A Dessert to Share!

Fall Series Volunteers	\$2.00
Participants & PPRR Members	\$4.00
Guests	\$6.00

- 5:30pm Dinner check in, election
check in, review dessert table
- 6:00pm Dinner starts - **promptly**
- 7:00pm General Membership Meeting
starts, extra chairs available
- Elections
 - Meeting
 - Volunteer Awards
 - President's Awards
- 7:30pm Fall Series Awards
- 8:15pm Election Results
- 8:30pm Cleanup, take down and
departure

(times are approximate)

RSVP Required

NO LATER THAN
Wednesday Evening
November 15, 2006 - 6:00pm

**DINNERS ARE AT A FIXED PRICE.
WE DO NOT GET REFUNDS FOR
"NO SHOWS or MIS-COUNTS"**

Patricia Lockhart
(719) 598-2953 (home, evenings)
patLOCKHART@worldnet.att.net

Come be part of the fun!

Linda's Leads: Up and Running: the story of Jami Goldman

by Linda Fuqua-Jones



This month, I take a look at *Up and Running: the Jami Goldman Story*, by Jami Goldman and Andrea Cagan.

"I stood at the starting line, checking my blocks to make sure they were in exactly the right positions. As naturally as I took to running right from the beginning, those starting blocks were not my friends and they still aren't. Not yet, anyway." So opens Jami Goldman's story.

Jami started running after having both legs amputated below the knee. So while she states that she took to running naturally, she certainly came to running in an unusual way.

In 1987, when Goldman was attending Arizona State University, she and another woman, Lisa Barzano (her boyfriend's sister) met Mike Barzano and another friend in Gallup, New Mexico for a ski trip to Purgatory, Colorado. After their ski weekend, the women left Gallup at 6:00 a.m. to return to work and school in Arizona.

They had their ski gear, a six-pack of diet soft drinks and one huge cinnamon roll for the five-hour drive. As they backtracked from Gallup to Tempe they became lost and stopped at a gas station to buy a map. Unfortunately they were in a small town and there were no maps for sale. The women had gone southeast rather than southwest and were four hours away from where they should have

been. Lisa was scheduled to work that afternoon and could not be late. Luckily a retired couple gave them directions,

"Get back on Route 260 and go to 73..." This time saving route would get Lisa back in time for work.

With no map for reference, and having taken no notes, Jami and Lisa took Highway 273, which was *not* the way home. In addition, the weather changed abruptly and within 15 minutes of turning onto 273 it was snowing heavily with strong winds while visibility dropped to just a few feet. Traveling at only 5 miles-per-hour, Jami was determined to get them home. After another thirty minutes of tense driving their four-wheel-drive vehicle slid and became stuck. In spite of their efforts they could not free it and were stranded...for eleven days.

In *Up and Running*, Goldman tells how she and Barzano survived with virtually no supplies while their families tried to convince the state authorities that the young women were not runaways, but responsible people who must have met with misfortune.

Although we know from the start that they were rescued and that both had frostbite, resulting in Goldman's double amputation, the amount of suspense created by her and co-author Cagan is surprising. The authors achieve this satisfying effect by alternating between the memories of stranded skiers and the efforts of their distraught families.

Another surprising element is how Goldman balances the seemingly tragic loss of her lower legs with an inspiring resolve to move forward, communicating this without a great deal of resentment or bitterness, but also without any saccharine sweetness. When the need for the operation could no longer be denied both a surgeon and a prosthetist attended her. With both experts in the operating room her parents were told, "Jami will walk out of here in three more weeks on her own two feet"—prosthetic feet of course, but she would "live a full



Jami Goldman, double amputee, holds the world records in her class of 16.88 seconds for the 100 meters and 38.46 seconds for the 200 meters. Look for her in next year's International Paral-Olympic Games in Sydney, Australia

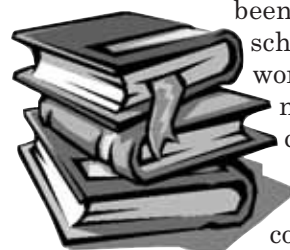
life, able to do anything she pleases."

Becoming an elite runner was the unexpected result of Jami's below-the-knee amputations. Discover how this self-described unathletic woman was transformed from an occasional skier to a world-class runner; read *Up and Running: the Jami Goldman Story*.



This book is available at your library. Use the catalog at ppld.org to request a copy of *Up and Running*, authors Jami Goldman and Andrea Cagan.

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



Doing the Durango Double

by Marie Baughman

The Durango Double is a “Festival for Runners.” This weekend features a 25K & 50K on Saturday and a half-marathon and marathon on Sunday.

The 25K & 50K trail races follow the old Telegraph Trail System. They are singletrack trails, which are never flat. They were the areas first wagon roads and mining trails. The elevation changes from 6,510 to 7,200 feet.

These trails offer challenges to runners of all abilities. Hikers and slower runners were encouraged to begin at 7:00 am instead of the 8:00 am start time. Both races followed the same 6 miles outbound. Once on the top of a mesa, they took different loops. About 25 began at the 7:00 am start as the sun was beginning to peak over the horizon; blue sky was visible for the first time in several days.

It was perfect weather for a trail run, cool with a slight breeze. After following a short paved section, we crossed a bridge over the Animas River and the trail immediately became single track. Until paces were established, it was a bottleneck. The rising river made the first part of the trail marsh-like and dry shoes were not an option. There was a short section through a residential area then back to single track trail and a rise in elevation. It was muddy but with the fallen leaves a reasonable pace could be established. As the trail ele-

vated it became increasingly muddy; this was the advantage of being ahead of the majority of runners.

The trail offered beautiful views from every point. The autumn colors from the mesas were incredible. After climbing several switchbacks with the greatest elevation gain, the view with the sun rising on the autumn colors, lighting up the surrounding hills and valley, was breathtaking. The trail on the “downward” half of the course was not as well marked and I was told about 75% of those running the trails missed turns at least once. I took the “long way around” on several occasions. The views never ceased to be anything short of spectacular. There was a 4+-mile section on the 25K and a much longer section on the 50K that did not offer a water station, as the volunteers could not reach it due to the poor road/trail conditions.

On the last section of the out and back segment, the river had risen and the trail was covered in ankle deep water. About 40 minutes later, I heard it was nearly knee deep. At, least most of the mud was washed off?! Oh, the challenges of trail running!

I really enjoyed this course and would highly recommend it. I would love the opportunity to try it again...preferably under dryer conditions!



Editor's note: Some folks are probably left out here due to race results compilation issues.

Durango: Local Results

Race	Name	Time
25K	Jason Therrien	2:16:40
25K	Rick Susak	2:35:12
25K	Carole Lowe	2:41:18
25K	Bonnie Moeder	2:44:06
25K	Larry Fruge	2:49:51
25K	Maria Fruge	3:29:18
25K	Lisa Murray	3:39:18
25K	Marie Baughman	4:10:07
25K	Sue Podczervinski	5:29:08
50K	Elise Boch	5:36:18
50K	Anita Fromm	6:25:05
50K	Martin Thrasher	7:13:54
Half	Paulino Sanchez	1:39:23
Half	Rick Susak	1:51:19
Half	Carol Lowe	1:51:44
Half	Elizabeth Vaccaro	2:00:22

Half	Tiffany Bruno	2:03:50
Half	Susan Byrd	2:04:04
Half	Larry Fruge	2:04:12
Half	Paul Bailor	2:11:10
Half	Katy Luttrell	2:15:20
Half	Meredith Diamond	2:16:43
Half	Margie Stauffer	2:36:55
Half	Maria Fruge	2:41:14
Half	Lisa Jacobson	3:02:43
Marathon	Gordon MacMillan	4:00:24
Marathon	Annee Earnest	4:03:37
Marathon	Anita Fromm	4:21:42
Marathon	Anne Schuttig	4:27:06
Marathon	Martin Thrasher	5:43:45
Marathon	Jane Sicola	6:57:20
Marathon	Clifford Robinson	6:58:05
Marathon	Judith Robinson	6:58:05

The Long Beach Marathon

Congratulations to Springs runners who made the trip to Long Beach October 15th. They joined 20 Coloradans and 2000 others for the full marathon, and 5600 for the half. PPRR member Bev Carver ran this as her 27th marathon.

Full Marathon			
20	Carl Mather	Highlands Ranch	2:59:29
244	Martin Damrell	Eaton	3:41:34
305	Paul Packer	Longmont	3:47:24
316	Ann Campbell	Boulder	3:48:27
341	Andrew Tatum	Denver	3:50:49
367	Megan Burns	Colorado Springs	3:52:38
382	Jay Axup	Denver	3:54:01
383	Peter Scoffin	Aurora	3:54:03
438	James Kozlowski	Denver	3:58:46
512	Richard Ruth	Denver	4:03:46
517	David Laffin	Sterling	4:04:05
663	Nick Forss	Denver	4:15:53
715	Beverly Carver	Colorado Springs	4:20:12
808	Chris Corbin	Denver	4:26:40
876	Carol Bilbrey	Colorado Springs	4:31:08
884	Amy Forss	Denver	4:31:46
1031	Beth McGraw	Littleton	4:41:49
1124	Rick Goldstone	Denver	4:48:24
1201	Erin O'Donnell	Gunnison	4:54:46
1597	Florajane Schaller	Denver	5:32:24

Half Marathon			
110	Patrick Foster	Longmont	1:31:12
228	Greg Nelson	Aurora	1:38:19
1345	Teesha Laffin	Sterling	2:00:34
1742	Greg Fast	Golden	2:06:16
2062	Kristi Kriehn-Adams	Arvada	2:10:07
2129	Bob Angcos	Louisville	2:11:10
3119	Martha Andria	Parker	2:25:00
3479	Nancy Habegger	Evans	2:31:55
3945	Bill Hartline	Silverthorne	2:41:30
4079	Jeff Griebel	Northglenn	2:44:55
4249	Hayley Dannettell	Broomfield	2:49:59
4250	Dory Dannettell	Broomfield	2:50:00
4500	Julie Damrell	Eaton	2:59:10
5125	Steve Adams	Arvada	3:30:23



A Beautiful Day at the Boulder Backroads

A perfect day dawned for the Boulder Backroads Sept. 24 as 140+ locals joined over 2500 others. Do we ever like to travel! But this is a fun race on a beautiful, rural (mostly) dirt-road course. Runners pass herds of horses and flocks of sheep; no wonder it filled up early this year.

The Boulder Reservoir served as the staging area for the start/finish, the numerous vendor tents, and light but abundant food and refreshments, including a selection of beers from local Avery Brewery, which furnishes a pint glass for all entrants.

Marathon--Local Results

Place	Name	Age	AG PI	Time
7	Elliott Wright	24	1st	3:01:52
14	Aaron Little	18	2nd	3:10:30
28	Herb Tanzer	54	3rd	3:20:00
35	Elizabeth Helland	28	1st	3:24:30
37	Casey N Masters	19	7th	3:25:35
41	Zach Gostout	21	8th	3:26:23
42	Eric Seremet	35	9th	3:27:12
60	Daniel J Paterson	35	12th	3:34:35
74	Ted Bidwell	57	2nd	3:38:24
79	Sarah McCaffrey	23	3rd	3:39 :01
99	Douglas McCobb	37	14th	3:45:58
108	Christopher Omdal	37	16th	3:47:41
113	Jim Kelleher	48	7th	3:48:35
138	Teal Reeves	25	7th	3:53:56
170	Scott W Ladley	23	11th	4:00:59
171	Pankaj Patil	28	21st	4:01:03
181	Edward J Haukkala	38	26th	4:05:34
183	Abby Ruby	27	13th	4:06:29
186	Anne Coniff	27	14th	4:07:27
201	Elizabeth Selma	30	10th	4:09:14
247	John Moss	38	30th	4:19:50
248	John Shaw	38	31st	4:19:50
257	Mark Lacy	49	21st	4:20:47
271	Michael Kisley	36	38th	4:23:19
280	Anita Marie Fromm	35	14th	4:24:46
289	Lisa R Butler	41	14th	4:26:44
301	Lindsey Eugene	29	31st	4:31:13
316	Beverly Carver	47	11th	4:34:47
319	Chris Oppenlander	20	15th	4:35:37
320	Candice Killian	21	14th	4:35:38
328	Dane S. Egli	48	26th	4:37:48
361	Jene Lyle	33	31st	4:49:23
373	Sonia Marie Skiba	30	28th	4:52:49
377	Julie Warren	27	29th	4:54:07
380	John Dietrich	36	47th	4:56:08
383	Amanda Burns	26	31st	4:58:06
414	Kelly Nicole Fitzpatrick	18	22nd	5:14:52
415	Diana Lindsay	23	23rd	5:14:53
433	Erin Skowran	42	29th	5:23:09
435	Jon Kingston Keen	26	37th	5:23:39
465	Kristi Leigh Miller	23	25th	5:52:09
487	Amanda Silber	20	29th	6:24:32

Half Marathon

Place	Name	Age	AG PI	Time
30	Jeff Pierce	48	7th	1:27:15
34	Matt Connors	32	7th	1:27:32
100	Gwen Martinez	39	6th	1:37:00

Place	Name	Age	AG PI	Time	Place	Name	Age	AG PI	Time
109	Richard L Park	53	9th	1:37:33	1073	Mark Lovelace	49	70th	2:09:09
112	Maiya Anderson	31	6th	1:37:43	1100	Margot Lathan Bean	43	106th	2:09:47
117	Dianne C Bundt	25	5th	1:38:02	1112	April Donihi	35	130th	2:10:05
155	John Clarke	41	18th	1:40:32	1122	Adam Clauss Perkins	23	28th	2:10:22
178	Marcus A Roeder	46	18th	1:41:51	1151	Dave W Chapman	33	83rd	2:11:11
216	Holly Johnson	34	12th	1:43:57	1169	Jessica Frances Lyles	21	57th	2:11:38
267	Bernie Schneider	50	16th	1:45:57	1183	Tara Willener	36	145th	2:12:01
275	Rick Susak	43	28th	1:46:09	1191	Katherine Marie Bukolt	35	146th	2:12:25
301	Eric P Perramond	35	39th	1:47:01	1245	Trudi L Michel	48	50th	2:14:12
317	Rob White	29	27th	1:47:49	1255	Douglas S. McKittrick	49	78th	2:14:27
341	Amy Reiter	27	18th	1:49:07	1270	Jamie Fraser	31	112th	2:14:54
402	Jalina Rae Gregory	26	24th	1:51:20	1301	Larry Fruge	50	54th	2:15:55
437	Omara Jajua*	46	32nd	1:52:14	1336	Dennis Duff	32	90th	2:16:48
448	Carrie Ann Palmer	31	24th	1:52:38	1373	Kate Simons	32	131st	2:17:54
479	Mark Henry Bean	52	28th	1:53:34	1396	Tim Clark	40	104th	2:18:54
485	Michelle Tilford	40	34th	1:53:46	1406	Jacci Knight	29	145th	2:19:27
517	Ron Nelson	47	35th	1:54:43	1419	Gina Marie Perenchio	35	181st	2:20:00
523	Chris Witt	44	55th	1:55:01	1443	Michael T Knight	31	98th	2:20:54
530	Melissa Paisley	25	36th	1:55:11	1469	Heather McEntee	34	147th	2:22:02
534	Paula Wood	28	38th	1:55:22	1487	Janna Rombocos	35	195th	2:22:30
587	Nelson Tomas	24	26th	1:56:54	1511	Lesley Mace	31	154th	2:23:24
603	Ryan Ortiz	29	45th	1:57:18	1561	Cara Brolley	23	80th	2:26:40
624	Ron Lester	48	41st	1:57:49	1574	Kenneth Holmes	61	15th	2:27:13
629	Sharon Weatherford	49	19th	1:57:58	1579	Janel Timmins	56	12th	2:27:34
639	Kim Still	24	23rd	1:58:05	1629	Dorie Hopkins	33	178th	2:30:00
647	Meredith Ashlock	20	25th	1:58:18	1631	Mary Smith	65	4th	2:30:04
676	Cydney Creech	40	51st	1:59:09	1673	Krista Grace Marchand	30	181st	2:32:15
677	Ron Creech	40	70th	1:59:09	1691	Maria Fruge	50	38th	2:33:33
687	John Fennell	31	58th	1:59:24	1721	Marie Baughman	46	84th	2:35:59
688	Gail S. Carson	44	53rd	1:59:24	1754	Amy Passow	31	191st	2:39:32
718	Jennifer Carr	44	54th	2:00:02	1769	Shannon Votruba	26	196th	2:40:59
719	Richard H. Zimmerman	55	30th	2:00:03	1782	Robert Shirilla	57	42nd	2:42:50
728	Christina Zarza	23	28th	2:00:10	1787	Ashleigh Cohen	22	96th	2:43:08
745	Bob Riefstahl	48	49th	2:00:32	1789	Susan G. Alexander	38	233rd	2:43:23
769	Janet A. Edwards	41	66th	2:00:59	1798	June Cohen	59	19th	2:44:25
798	David B Witherspoon	32	64th	2:01:42	1799	Teal Nicole Peabody	29	203rd	2:44:42
838	Mike Eitnier	46	55th	2:02:52	1804	Alexea Rhodes	29	204th	2:45:02
906	Robert S Gray	39	92nd	2:04:31	1832	Josh A French	28	79th	2:47:26
949	Mark Weatherford	50	45th	2:06:00	1843	Heather Rose	24	99th	2:49:04
962	Mark Greiner	41	86th	2:06:12	1858	Robert Leivers	54	64th	2:51:04
968	Jennifer Aragon	31	80th	2:06:20	1957	Debbie Holt	44	207th	3:19:42
977	Jeth Fogg	40	87th	2:06:41	1973	Suzanne Riefstahl	40	210th	3:27:40
989	Sheri B Sands Kimball	42	92nd	2:06:54	1986	Susan Taylor	41	212th	3:35:15
1007	Janet Eitnier	44	95th	2:07:20	1987	Rebecca J Tucker	39	267th	3:35:15
1013	Monica Landeros	34	82nd	2:07:29	2022	Rob Heath	54	65th	4:28:47
1020	Tim Ryan	60	9th	2:07:36	2023	Pattie Heath	51	63rd	4:28:49
1054	Brenda Mailloux	45	38th	2:08:36					



PPRR members from left to right Beverly Carver and Marie Baughman, along with Kristi Bloodworth of Minturn (and your editor's running bag) enjoy post-race refreshments at the Boulder Reservoir.

Fall Series Fun Off to a Record Start

by Jim Kelleher



The kids' Fall Series is off and running at Monument Valley Park with determined runners and shouting parents. Leaders, from left to right, are Cody Himes, 10, and five-year-olds Nolan Jenkins, Ben Swanson, Fiona Perschke, and Jake Haas. Matt Carpenter plays the role of a benevolent pied piper. *photo by Jon Cornick*

The Fall Series of trail runs has kept race-day registration volunteers busier than they remember as record numbers of adults, teens, and children turned out. The first event was at Monument Valley Park attracted over 300 adults and 400 “kids” on a beautiful Sunday morning and afternoon. Race Director Larry Miller’s course did not disappoint those who have come to expect tricky footing, overhead hazards, and, of course, a run up the river on this opening event.

Local Scott Lebo, 40, managed to run the course in 26:33 and cross the finish line first. Gerald Romero was not far behind at 26:58 with Brett Wilson placing third in 27:56.

The first female across the line was 26 year-old Andrea Wagner of Woodland park in 32:56, half a minute ahead of Elizabeth Tucker, 25, and Nicole Rosa 46 of the Springs.

Special mention should go to 18 year-old Aaron Little whose 28:49 placed him among only 2 runners under 30 years old among the top 14 men

Slightly off the pace but running strong was 67 year-old Charles Snygg of Monument finishing in 1:14:03, just ahead of Angela Weiben who took last honors in 1:14:17.

The unexpectedly large turnout meant unanticipated

demands on the water table, sending Al Grimme scurrying to a distant water tap and giving him a thorough upper body workout by the days end.

Fall Series II, at Bear Creek Park, also started out under sunny skies and ideal conditions. The trails were dry but not dusty, and the course was well-marked. It had to be. Running up, down and all around, the course threaded through the maze of interconnecting paths so prevalent at Bear Creek. The run did take several detours, but these were thrown in to ensure that feet got wet and stayed that way.

Scott finished first again, extending his lead to nearly a minute over Gerald who repeated at second. For the women, Andrea added a half-minute to her lead over Elizabeth for the series, though taking fourth place, nearly 6 minutes behind Samatha McGlone, 27, for this particular race.

The hallmark of this event, the rope climb, greeted runners at the very end, who struggled to grip thin, mud-slickened ropes and gain footing on the muddy incline. All in all, a great day to celebrate trail running.



Fall Series I and II

Cumulative Results

Male Finishers

Place	Age	City	Time
1	Scott Lebo	40 Colo Springs	0:57:03
2	Gerald Romero	35 Colo Spgs	0:58:09
3	Brett Wilson	38 Colo Spgs	1:00:06
4	Todd Murray	43 Colo Spgs	1:02:36
5	Aaron Little	18 USAFA	1:02:39
6	Rob Gilliam	37 Colo Springs	1:02:59
7	Jim Lee	37 Elbert	1:03:31
8	Kyle Reno	24 Colo Springs	1:03:48
9	Jarrett Hon	31 Colo Spgs	1:04:02
10	Chris Borton	31 Golden	1:04:08
11	Chad Halsten	32 Colo Spgs	1:04:30
12	Casey Masters	19 USAFA	1:04:34
13	Scott Konnagan	43 Colo Spgs	1:04:34
14	Chris McIntyre	26 Colo Spgs	1:04:34
15	John Goodloe	45 Colo Spgs	1:04:45
16	Paul Sullivan	39 Colo Springs	1:05:11
17	Steve Abeyta	41 Colo Springs	1:05:26
18	Brian Ropp	43 Pueblo	1:05:26
19	Anthony Santosus	19 USAFA	1:05:45
20	Brian Goodach	29 Colo Springs	1:06:19
21	Brian Vaniwarden	27 Canon City	1:06:22
22	Sebastien Mullebrouck	26 Divide	1:06:48
23	Matt Simmons	30 Colo Springs	1:07:01
24	Thom Ledoux	32 Canon City	1:07:57
25	Griffin Smith	16 Colo Springs	1:08:18
26	Troy Stiles	26 Colo Spgs	1:08:31
27	Postyn Smith	13 Colo Springs	1:08:32
28	Jordan Montera	14 Pueblo West	1:08:40
29	Allen Browne	19 Colo Springs	1:08:45
30	Mike Lloyd	48 Green Mtn Fall	1:08:47
31	Michael Wahl	48 Colo Springs	1:08:48
32	Larry DeWitt	49 Colo Spgs	1:09:04
33	Christopher White	40 Colo Springs	1:09:04
34	Christoph Zurcher	29 Colo Spgs	1:09:43
35	Scott Suter	43 Colo Springs	1:10:29
36	Akio Lis	25 Colo Springs	1:10:34
37	David Sparks	44 Colo Spgs	1:11:19
38	Steven Carter	38 Canon City	1:11:21
39	Jeff Lang	48 Colo Springs	1:11:53
40	Dan Smoker	42 Colo Spgs	1:12:17
41	Humberto Paredes	49 Pueblo West	1:12:34
42	Clay Enoch	33 Colo Spgs	1:12:35
43	Yoshio Adachi	20 USAFA	1:12:55
44	Nicholas Felix	24 Fort Carson	1:13:22
45	Troy Chantala	23 Pueblo	1:13:23
46	Kris Pruitt	27 Colo Spgs	1:13:27
47	Robert Garrett	25 USAFA	1:13:45
48	Tungsten Alcazar	35 Colo Springs	1:13:48
49	Edward Kalick	33 Fort Carson	1:13:51
50	Micky Sederburg	31 USAFA	1:13:59
51	Ken Finn	42 Colo Springs	1:14:02
52	Stewart Cooper	45 Colo Spgs	1:14:18
53	Mark Baines	43 Colo Spgs	1:14:51
54	Justin Carrington	30 Colo Spgs	1:14:53
55	Eric Sova	35 Colo Spgs	1:14:56
56	Lester Busche	34 Colo Springs	1:15:09
57	George Greco	58 Colo Spgs	1:15:13
58	Jess Schultz	30 Colo Springs	1:15:35
59	David Kronshage	38 Colo Springs	1:15:38
60	Peter Tonsits	44 Colo Spgs	1:15:46
61	David Mulligan	45 Colo Spgs	1:16:16
62	Bryan Doerer	40 Colo Spgs	1:16:50
63	Matthew Scott	28 Colo Springs	1:16:55

Place	Age	City	Time
64	Phil Goulding	55 Colo Spgs	1:16:56
65	Tony Abdella	52 Elbert	1:17:04
66	Sean O'Day	31 Colo Springs	1:17:05
67	Darrell Weaver	60 Colo Springs	1:17:18
68	Kent Bailey	56 Colo Spgs	1:18:09
69	Michael Brilleslyper	42 Colo Spgs	1:18:28
70	Tim Dolan	37 Colo Spgs	1:18:33
71	Ted Jimenez	39 Colo Springs	1:18:52
72	Brad Olson	44 Colo Spgs	1:18:59
73	Ed Browne	52 Colo Springs	1:18:59
74	Chad Briggs	32 Colo Spgs	1:19:06
75	Chris Fernengle	27 Peyton	1:19:12
76	Steve Graff	38 Monument	1:19:32
77	Matt Tyner	36 Colo Springs	1:19:35
78	Eric Lawrence	32 Colo Springs	1:19:49
79	Alan Ley	56 Colo Spgs	1:19:56
80	Jim DeReus	36 Colo Spgs	1:20:12
81	Wes Thurman	34 Colo Springs	1:20:46
82	Sam Fancher	51 Colo Springs	1:20:58
83	Jeffrey Jury	46 Fountain	1:21:01
84	Patrick Pyrez	20 Fort Carson	1:21:13
85	Jim Kelleher	48 Colo Springs	1:21:49
86	Scott Wagner	25 Woodland Park	1:21:50
87	Rusty Smith	39 Pueblo West	1:22:23
88	Dan Carragher	25 Colo Spgs	1:22:29
89	Eric Steiner	59 Colo Springs	1:22:47
90	Jim Heidelberg	47 Colo Springs	1:22:49
91	Devin Wahl	16 Colo Springs	1:23:00
92	Don Byers	50 Colo Spgs	1:23:08
93	Ted Tewahade	33 Pueblo West	1:23:08
94	Jon Cornick	50 Colo Spgs	1:23:15
95	Jim Beckenhaupt	59 Colo Spgs	1:23:17
96	Geoff Miller	48 Palmer Lake	1:23:34
97	Kevin Houghton	32 Colo Springs	1:23:34
98	Greg Brown	49 Colo Springs	1:23:37
99	Shawn Fedinat	35 Colo Spgs	1:24:07
100	Ben Lobato	38 Colo Spgs	1:24:41
101	Mike Borton	50 Pueblo	1:24:58
102	Chris McReynolds	39 Colo Springs	1:25:16
103	Bud Gerathy	52 Monument	1:25:30
104	Tom Morin	47 Colo Spgs	1:25:31
105	Anton Schulzki	46 Colo Spgs	1:25:32
106	Sid Rubey	45 Colo Spgs	1:25:39
107	Mark Smith	49 Colo Springs	1:25:56
108	Ed Gritters	42 Colo Springs	1:26:01
109	Robert Brotherston	47 Security	1:26:31
110	Henry Hund	65 Pueblo	1:26:32
111	Pat Murphy	48 Colo Spgs	1:26:58
112	David Patrick	44 Colo Spgs	1:27:04
113	Don Farr	38 Colo Spgs	1:27:12
114	Les Goss	55 Colo Springs	1:27:12
115	Ty Paywa	40 Colo Spgs	1:27:40
116	Michael Puig	48 Colo Spgs	1:29:25
117	Clayton Clester	41 Woodland Park	1:29:36
118	Andrew Ford	23 Fort Carson	1:31:15
119	Mike Porter	43 Colo Springs	1:32:27
120	Joel Nooney	41 Monument	1:32:30
121	Robert Spell	44 Parker	1:32:53
122	Dean Buck	47 Colo Spgs	1:33:38
123	John Mills	56 Colo Spgs	1:34:13
124	Paul Cooke	42 Colo Spgs	1:35:14
125	Thomas Mally	45 Colo Spgs	1:35:52
126	Robert Ronas	42 Colo Spgs	1:36:22
127	Andy Richardson	32 Colo Springs	1:37:22

Place	Age	City	Time
128	Stephen Talbot	32 Colo Spgs	1:37:26
129	T Hamilton	59 Colo Springs	1:37:30
130	Dennis Normoyle	62 Peyton	1:38:36
131	Brad Chriss	33 Colo Springs	1:38:50
132	Donald Taylor	45 Colo Springs	1:39:30
133	Phillip Smith	43 Colo Spgs	1:41:04
134	David Huber	33 Colo Springs	1:41:42
135	Salvatore Montalto	56 Colo Springs	1:41:54
136	Jeff Smith	65 Colo Springs	1:41:55
137	David DeHart	58 Colo Springs	1:42:08
138	Jason Smith	28 Colo Spgs	1:42:20
139	Fred Wright	72 Colo Springs	1:42:27
140	Geoffrey Chance	65 Colo Springs	1:44:11
141	Joseph Mendygral	44 Woodland Park	1:45:51
142	William Keller	37 Colo Spgs	1:46:22
143	Sean Mulholland	28 Colo Springs	1:50:07
144	Kenneth Holmes	61 Colo Springs	1:50:35
145	Keith Martin	41 Monument	1:51:48
146	Steve McDermott	62 Colo Springs	1:51:48
147	Jason Kuciemba	30 Colo Springs	1:53:13
148	Norman Hall	56 Colo Spgs	1:55:59
149	Phil Foster	72 Colo Spgs	1:57:49
150	Philip Hibbert	54 Colo Springs	1:58:25
151	Ed Mighell	76 Denver	1:58:32
152	Steven Kidd	51 Colo Spgs	1:58:43
153	William Overton	50 Colo Springs	2:06:23
154	Charles Snygg	67 Monument	2:37:27

Female Finishers

1	Andrea Wagner	26 Woodland Park	1:11:42
2	Elizabeth Tucker	25 Colo Spgs	1:12:34
3	Nicole Rosa	46 Colo Spgs	1:12:53
4	Kay Wendlandt	42 Colo Springs	1:13:56
5	Courtney Butler	23 Colo Spgs	1:15:16
6	Sharon Greenbaum	43 Colo Spgs	1:16:41
7	Tamara Rogers	39 Monument	1:16:41
8	Diane Wright	44 Colo Spgs	1:17:19
9	Gina Garcia-Shaw	39 Colo Spgs	1:18:05
10	Tina Gray	23 Colo Springs	1:19:07
11	Jamie Myran	32 Colo Springs	1:19:57
12	Jill Montera	40 Pueblo West	1:20:00
13	Amy Giblin	35 Colo Springs	1:20:20
14	JoAnn Hopper-Davis	37 Colo Spgs	1:20:26
15	Jennifer Moore	23 Canon City	1:21:02
16	Lisa Sieders	45 Denver	1:21:24
17	Gina Harcrow	35 Woodland Park	1:22:50
18	Jessica Brandon	28 Colo Spgs	1:22:56
19	Jen Borton	30 Golden	1:23:49
20	Erin Talbot	26 Colo Spgs	1:25:09
21	Alice Childers	47 Peyton	1:25:32
22	Linda Ronas	41 Colo Spgs	1:26:39
23	Tina Cassens	37 Colo Spgs	1:27:17
24	Teri Harper	43 Woodland Park	1:27:17
25	Jennifer Brennan	32 Colo Spgs	1:27:52
26	Tricia Bursnall	33 Colo Spgs	1:27:53
27	Tracy Crowell	?? Colo Springs	1:27:55
28	Sabine Peters	39 Colo Spgs	1:28:36
29	Claire Schneider	41 Colo Spgs	1:28:43
30	Teresa Mulholland	28 Colo Springs	1:29:32
31	Scheri Nagaraj	30 Colo Spgs	1:29:33
32	Rebecca Nalepa	27 Colo Spgs	1:30:20
33	Ginger Klein	29 Colo Springs	1:30:28

continued on page 22

Place	Age	City	Time
34	Lori Kisley	36 Colo Springs	1:31:04
35	Sarah Fischer	28 Colo Spgs	1:32:18
36	Amy Solverson	35 Colo Springs	1:32:28
37	Bernadette White	43 Colo Springs	1:32:34
38	Deby Williams	38 Colo Spgs	1:33:23
39	Felicia Popowski	31 Colo Spgs	1:33:24
40	Wendie Wilhide	45 Colo Springs	1:33:44
41	Amy Arcuri	31 Colo Springs	1:33:48
42	Debra Sharpe	30 Colo Springs	1:34:06
43	Donna Eastep	48 Colo Springs	1:34:58
44	Ellen Fisher	36 Elbert	1:35:18
45	Carole Runnells	54 Colo Spgs	1:35:19
46	Tracy Mann-Reno	40 Colo Springs	1:36:02
47	Rita Cardin	36 Colo Spgs	1:36:06
48	Mary Weeks	40 Colo Springs	1:37:48
49	Jessica Whisman	13 Divide	1:38:26
50	Rebecca Medina	36 Pueblo	1:38:36
51	Andrea Stillman	40 Colo Spgs	1:39:08
52	Susan Hirst	45 Colo Spgs	1:39:28
53	Erin Sokol	35 Colo Springs	1:40:23
54	Briana Evans	16 Colo Spgs	1:40:53
55	Sarah Brockberg	26 Colo Spgs	1:41:34
56	Kristin Ooley	20 Colo Springs	1:41:36
57	Erin Brockberg	27 Colo Spgs	1:41:59
58	Andrea Slater	25 Colo Spgs	1:42:21
59	Sheryl Frost	35 Colo Springs	1:42:25
60	Deidra Cook	26 Colo Spgs	1:42:37
61	Jennifer Wescott	31 Colo Springs	1:43:27
62	Tammy Smith	41 Colo Spgs	1:43:28
63	Elaine Chavanon	51 Colo Spgs	1:44:15
64	Susan Metzger	49 Colo Springs	1:44:20
65	Heather Evans	35 Colo Spgs	1:44:52
66	Maida Scott	37 Colo Springs	1:46:13
67	Lori Vann	42 Colo Spgs	1:46:27
68	Daiva Cooper	34 Colo Spgs	1:46:36
69	Megan O'Boyle	29 Colo Spgs	1:47:04
70	Kim Schultz	28 Colo Springs	1:47:43
71	Lisa Hiouas	32 Colo Spgs	1:47:56
72	Trish McCormick	48 Colo Spgs	1:47:59
73	Julie Mullebrouck	37 Divide	1:49:08
74	Cathy Cregan	39 Colo Spgs	1:50:39
75	Marsi Loving	52 Colo Springs	1:55:09
76	Lynne Hall	50 Colo Spgs	1:56:01
77	Becca Huber	29 Colo Springs	1:56:25
78	Jessica Hibbert	11 Colo Springs	1:57:04
79	Jackie Hill	49 Colo Spgs	1:57:20
80	Jill Will	27 Colo Spgs	1:57:25
81	Amanda Orsillo	29 Colo Spgs	1:57:27
82	Martina Ritchie	61 Colo Spgs	1:59:11
83	Courtney Wright	31	2:00:41
84	Emma Kidd	11 Colo Spgs	2:02:31
85	Giselle Gossage	28 Colo Springs	2:04:57
86	Kathleen Overton	42 Colo Springs	2:05:06
87	Lydia Mutomb-Stewart	32 Fort Carson	2:14:23
88	Mel Johnson	35 Colo Spgs	2:19:10
89	Angela Weisen	35 Colo Springs	2:45:43

Ages 9 to 11 (mostly)

Place	Age	School	Time
Zachary Gerhardt	5	Trailblazer	17:24.3
Colin Phillips	5	Pioneer	19:13.1
Jack McReynolds	6	Acody Intl	16:19.9
Lindsey Murray	6	Trailblazer	19:22.5
Mary Means	6	Prairie Winds	20:30.4
Ethan Porter	6	TCAN	21:53.8
Landon Suter	6	TCA Central	21:08.0
Benjamin Snediker	6	Prairie Winds	21:52.5
May Bombria	6	Meridian Ranch	24:05.6
Chloe Cassens	6	Trailblazer	26:56.2

Place	Age	School	Time
Luke Ebherth	6	Gateway	23:05.2
John Ford	6	CMCA	25:41.1
Tanner Taskerud	7	Trailblazer	16:21.4
Robert Fod	7	CMCA	19:28.1
Caleb Treat	7	Abrams	17:33.7
Annabel Dieckman	7	CSCA	18:55.7
Joey Botcherby	7	Stetson	17:53.3
Joey Graff	7	Prairie Winds	18:40.3
Caleb Smith	7	Sierra Vista	19:09.9
Heath Busche	7	Springs Ranch	19:18.5
Nick Kronshage	7	Martinez	20:13.2
Trintin Crane	7	Trailblazer	21:03.8
Shannon Snediker	7	Prairie Winds	25:09.5
Marcus Card	7	Rock Mtn Mont	25:25.7
Adam Solverson	7	Prairie Hills	23:16.5
Kestrel Bower	7	CSCA	26:45.3
Mike Greenbaum	8	Foothills	16:03.5
McKenna Ramsay	8	Broadmoor	17:06.2
Abe Means	8	Prairie Winds	16:32.4
Collin O'Connor	8	Jordahl	16:19.7
Logan Prater	8	Team Thule Kid	17:07.9
Taylor Finn	8	MSES	19:56.6
Tyler Benson	8	CSCA	17:18.9
Brad Cochran	8	Monument Acad.	20:20.7
Arden McReynolds	8	Acody Intl	19:15.2
Ryan Schnelbach	8	Prairie Winds	19:23.8
Callie Trautner	8	Academy End.	19:29.7
Aidan Schnelbach	8	Prairie Winds	19:31.4
Veronica Brtek	8	Cheyenne Mtn	19:26.8
Jeremiaj Pimentel	8	JICES	22:42.8
Xavier Bower	8	CSCA	20:41.1
Cecilia Lee	8	Homeschool	23:36.9
Blane Shimp	8	Jordahl	21:47.5
Meredith Tanner	8	Jordahl	22:06.5
Anna Schnelbach	8	Prairie Winds	22:07.1
Jillian Burlingame	8	Jordahl	24:13.1
Mehmed Terzic	8	Jordahl	24:58.6
Michael Nixon	8	Jordahl	26:19.0
Gregory Ford	8	CMCA	25:43.0
Jorie Neumann	8	Abrams	26:49.0
Lauren Maxwell	8	CSCA	28:52.3
Tristianna Armstrong	8	Jordahl	29:01.7
Dawson Wright	9	Trailblazer	16:32.1
Adeline Mullins	9	Frontier	16:36.0
Donnie Byers	9	Venetucci	19:30.7
Will Hook	9	TCA North	16:26.9
Conor Bertles	9	TCA	17:01.4
Andrew Smith	9	Sierra Vista	17:32.1
Sean Snediker	9	Prairie Winds	19:00.9
Alexis Esselman	9	Jordahl	22:31.6
Reese Tonsits	9	TCA Central	19:05.5
Kaitlin Gallegos	9	Jordahl	23:38.7
Amias Luna	9	Meridian Ranch	19:51.5
Kyle Valdespino	9	Foothills	24:12.7
Rachel Vosler	9	Meridian Ranch	20:03.6
Emily Vann	9	Manitou	21:41.9
Daniel Parker	9	Abrams	23:29.1
Arielle Solverson	9	Prairie Hills	22:00.9
Silas Graff	9	Prairie Winds	21:35.1
Rebecca Burlingame	9	Jordahl	26:52.6
Ben Hook	10	TCA North	14:30.7
Sean Bertles	10	TCA	15:41.9
Dylan Stimson	10	Woodland Park	15:41.3
Brendan Anderson	10	Cheyenne Mount	16:47.3
Blake Evans	10	Colorado Sprin	16:50.8
Cody Himes	10	Abrams	19:19.3
Alexander Gonzalez	10	Prairie Winds	19:00.7
Chase Parker	10	Skyway	20:11.4
Brandon Kronshage	10	Martinez	18:19.5

Place	Age	School	Time
Amanda Means	10	Prairie Winds	20:48.3
Sean Knoff	10	Jordahl	19:02.7
Daniel Paredes	10	Swallows	19:35.6
Maia Powell	10	Abrams	19:57.8
Hannah Vosler	10	Meridian Ranch	20:19.9
Carrie Oyebi	10	Abrams	20:26.2
Justin Riley	10	Abrams	24:06.5
MaKenzey King	10	Meridian Ranch	24:05.8
Stefan Sarpy	10	Jordahl	21:54.4
Hannah Kennedy	10	Martinez	25:17.7
Amanda Paulson	10	Abrams	26:38.8
Colin Prater	11	Horace Mann MS	13:46.5
Peters Tonsits	11	TCA Central	13:52.8
Brittany Droogsma	11	TCA	14:44.6
Erin Riley	11	Abrams	17:02.9
Tasha Stimson	11	Woodland Park	17:28.7
Brian Follett	11	CS Christian	17:58.8
Rebecca Schneider	11	Holmes MS	19:59.0
Brett Esselman	11	Jordahl	24:52.6
Ashley Smith	11	Skyview Middle	20:32.6
Faith Swinimer	11	Abrams	20:26.1
Freddy Ford	11	CMCA	23:51.3

Ages 12 and up (mostly)

Kyle Rex	8	TCA	24:09.2
Tyler Oyebi	8	Abrams	30:24.6
Emma Porter	8	TCA North	31:23.5
Sean McKenna	9	Trailblazer	27:04.0
Ryan Bush	9	TCA East	30:27.9
Hannah Foreman	9	Avery Parsons	32:28.7
Danny Mathews	10	CSCS	22:39.7
William Mayhew	10	Pauline	25:08.8
Matthew Tubbs	10		26:55.3
Adam Butteman	10	Lois Lenski	27:19.1
Lauren Murray	10	Trailblazer	27:20.9
Evan Walters	10	Areny Parsons	30:28.4
Grace Dukman	10	CSCA	41:14.7
Sam Payne	11	Euclid MS	23:44.3
Heather Bates	11	Challenger	23:39.6
Tucker Hamilton	11	Mountain Ridge	23:58.5
Philip Stafford	11	Holmes MS	25:35.5
Collin Eaton	11	TCA North	28:21.9
Robby Schuemann	11	Homeschool	29:44.4
Alexander Hamilton	11	Fox Meadow	30:08.3
Jerred Abdella	11	Meridian Ranch	34:14.9
Erick Pimentel	11	Fountain	38:25.0
Justin Solverson	12	Timberview	27:51.9
Joe Follett	12	CS Christian	27:08.6
Brandon Moore	12	Challenger	27:49.0
Kate Draeger	12	Challenger	30:05.3
Eleanor Fulton	13	Cresthill	22:10.8
Zaq Cohen	13	Sagewood	22:38.4
Drew Stimson	13	Woodland Park	24:21.3
Steven Hardy	13	Rocky Heights	25:18.3
Brandon Valdespino	13	Eagleview	27:46.7
Britanie Bing	13	Watson JHS	31:26.5
Mariah Eaton	13	TCA North	32:03.5
Michael O'Neal	14	Cresthill MS	21:04.3
Sarah Guhl	14	TCA	25:54.4
Colby Arsenault	14	Homeschool	31:15.6
Lagen Bing	14	Homeschool	36:36.3



The Fall Series provides runners a chance to compete as a group and enjoy a team effort. Top right is the TGIF team: Gina Harcrow, Kim Greer, Teri Harper, and Diane Wright (L-R). Middle left are the Blazers: coach mom, Trashawn, Crystal Duran, Shelisa Holt, Denise Smith (L-R). Upper left photo, Phil Smith leads Tammy Smith (R) and Davia Cooper down the final hill, followed by Sarah and Erin Brockberg, and Lisa Fisch. Middle right, we're guessing that's Lynne Hall making a determined ascent on the final obstacle, rope assisted. A sunny morning gave time for relaxed pre-race conversation (Bott R) while volunteers kept pace.