



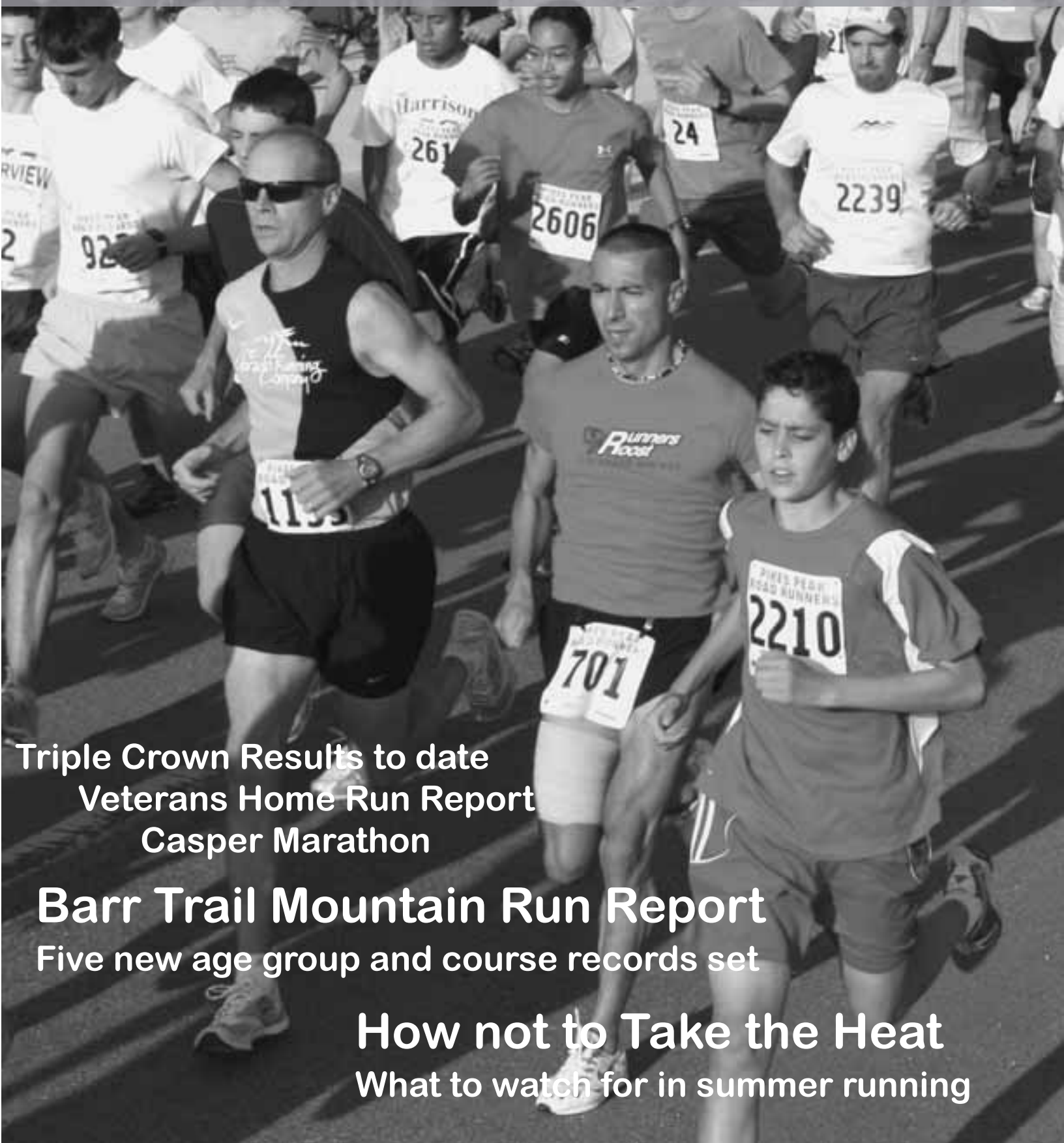
Pikes
Peak
Road Runners

the **LONG RUN**

Volume 31 Issue 8

Running News for the Pike's Peak Region

August 2007



Triple Crown Results to date
Veterans Home Run Report
Casper Marathon

Barr Trail Mountain Run Report
Five new age group and course records set

How not to Take the Heat
What to watch for in summer running

PPRR Information

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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 **August 7th**.

Membership ☺

Memberships last for 12 months. Check the expiration date on you 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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Return Address: **Pikes Peak Road Runners**
207 N Nevada
Colorado Springs CO 80903

Long Run Submissions

Items for the *Long Run* are always encouraged and *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. Other media can be mailed to:

Jim Kelleher, Editor
PO Box 26252
Colorado Springs CO 80936

Submission Deadlines

All materials should be received by the **second Wednesday** of the month for inclusion in the following month's newsletter. The next deadline is **August 8th**.

Long Run Stuffing Party

Note: Next stuffing is **Wednesday August 22nd**, which is the **fourth Wednesday**, not the third.

Long Run mailing stuffings usually take place on the fourth **Wednesdays** near the end of 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@pprrun.org for more information.

Advertising

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 ensure brochures are *unfolded*. Send to editor@pprrun.org for printing (add \$40; color also available) or deliver

800 copies

by the *Long Run* stuffing date (see above) 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. **Business card** size (3.5 x 2) advertisements may be run at the rate of \$20 per issue. Submit as indicated above. Write to editor@pprrun.org for other size 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



The Role of the Visionary

I visited my home town in Wisconsin last month and ran on some very familiar roads, sidewalks and trails. I've run these routes since the mid seventies. Like most small towns, changes are few and minor, with the exception of the occasional loss of a large business or two.

My home town has installed networks of paved and gravel trails that crisscross the shoreline of lake Michigan. It's seldom hot on these coastal trails; temperatures in the sixties and seventies are the norm. These trails came at the expense of tax increases on this low wage, blue collar community. Not many people in my home town are runners. There is a "track and field" club that meets twice a week. For seventy five cents, you can run a 3K, 5K or 10K route. Most people in my home town spend their leisure time visiting family or fishing in the numerous warm water lakes. They might, if they are wealthy enough, take a boat out on lake Michigan hoping to catch one of those legendary 40 lb lake trout.

The new trails along the coast are getting used by cyclists and walkers. Roller-bladers zip past the walkers pushing baby strollers or walking dogs on long leashes. Occasionally there's a runner, maybe a tourist like myself. These trails, and the politics that must have surrounded their development, made me think of Colorado Springs and the *Men's Health* magazine ranking of most fit cities in the U.S.

Colorado Springs regularly makes the list of most fit cities in the country. The criteria used to make that determination interests me. Included in the criteria are miles of trails, acres of open land, and number of dog-friendly parks. One can argue that the population of a city would not vote for trails and parks if there were not a strong desire to use them, hence the will of the people would be reflected in the recreational opportunities surrounding them. I don't think that is the case in my home town. I believe another factor is at work, aside from the "will of the people", namely, "the will of the visionary".

My home town has lost most of its heavy industry; there is a struggle to find a new identity. Tourism is a large part of the future of any coastal town on the shores of the great lakes, and my home town is grasping at any attraction that will draw tourists. The climate and natural beauty is perfect for a running community.

Cover Photo: Some of the 300+ participants take off for the second running (tour) of the Veterans Home Run. From L to R in front is Lile Budden (8th place), Gerald Romero (5th place) and 14 y.o. Derek Fuchsberger (22nd). (photo by Tom Dewayne)

Contents

August 2007

From the Editor	5
Letters, News, and Events	6
Membership	9
Volunteer Corner	10
The Nielson Challenge	12
Taking the Heat: Avoiding Meltdowns by Shane Conrad	14
Veterans Home Run: 300+ in second tour by Jack Anthony	16
Run with the Herd: the Casper Marathon by Linda Fuqua-Jones	18
Barr Trail Mountain Race by Jon Teisher	22
Triple Crown of Running Update by Jim Kelleher	23

The infrastructure to host a half marathon or marathon is here if only there were the runners to support it. The trails and paths have been built. My home town built these trails on the vision of a few community leaders that are banking on the old adage, "Build it and they will come".

Allow me to switch gears and talk geology and ecology for a moment. I was taught in geology class that very low-energy, persistent forces shaped our landscape. In ecology, I was introduced to the role of high energy, cataclysmic forces and their impact on the landscape. A mix of the two disciplines taught me that catastrophic events, followed by years of slow change are what likely led to the surroundings we see today. I wonder if this process can also be applied to the visionaries and their community contributions.

continued on page 4

President's Letter

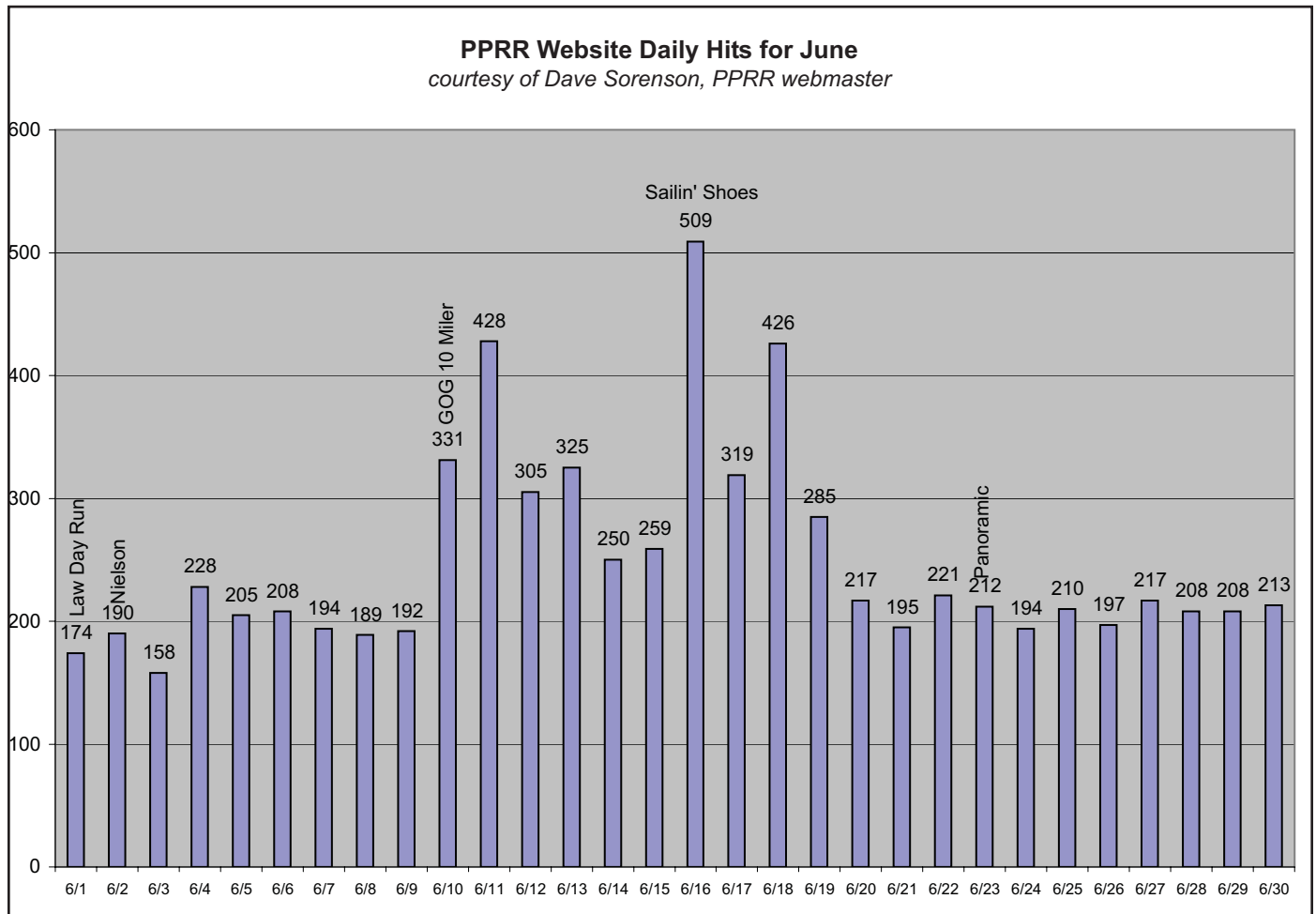
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Does it take a visionary, followed by years of slow acceptance, to make a great environment? I certainly hope that is the case for my home town. I hope future generations will come to realize the trails and parks were built from the taxes of those who may not have shared the vision. Surely some who paid for these recreational additions will never use them. But their children and grand children may enjoy and grow what they themselves may have resisted. Greatness comes about by overcoming resistance and making significant changes, it grows through years of small and persistent use. I wish my home town all the luck and maybe I'll be back for their first marathon.

Jon Cornick

PPRR MISSION

The Pikes Peak Road Runners is dedicated to promoting the sport of running, personal fitness, and community through organizing and managing running events, providing education and training, and creating venues for social and volunteer opportunities in the Pikes Peak Region. We believe that running, training, and goal-setting enhance physical and emotional health. Hosting running events provides a valuable means to belong to a running community. We believe in encouraging participation in running events for people of all ability levels and acknowledge that volunteer participation is a foundation upon which Pikes Peak Road Runners exists.



From the Editor

Wow, this is the August issue! Although July has a few days yet to run, working on a periodical has one thinking at least a month ahead, so time seems to run even faster. Anyway, I'm recovering still from a knee surgery and have a month or so to go until I can hit the trails again. In the mean time, I'm getting a lot of swimming done and my wife is astonished at how much time I am putting into the landscaping. I am realizing how much time I was putting into running. Yard work does seem a little harder to get to after a 3-hour morning jaunt!

I have often wondered at the accomplishments of the faster runners among us. I have major trouble doing one 6.5 minute mile. I find it unimaginable to string 26.2 of them together. So, I am amazed at the number of people who readily finish marathons in under 3 hours. Is it genetics? Things like aerobic potential, skeletal alignment, and intangibles like oxygen-use economy? If so, as the sports physiologists will tell you, no amount of training will make up for what mother nature left out.

But a little denial can be a good thing. After all, it's about achieving our potential, right? So why not go out and train, train, train like I'm going to get somewhere? Elite genetics or no, day in day out hard work is what it takes. That's what makes for success (that is, at least one kind).

Here's where the landscaping comes in. We (meaning mostly, I) are redeeming about 6000 sq. feet of neglected yard. Some things take a long time, like the stone stacked wall. It's hard to see visual improvement and not very rewarding. Other things, like the walkways, went in fairly quickly, and afforded ample satisfaction. Even the passer byes in the park behind us often commented. Well, now it's the irrigation system. The whole yard is torn up as if atomic moles have had their way and I've been delving in dirt and assembling sprinkler valves in the heat. It's slow, tedious, and there's nothing apparent to show for it at the end of the week.

So, I find myself impatiently working towards the day when I will have more tangible results for my efforts. But it occurred to me that this attitude would not do for running success. After all, what makes good runners good is all the behind the scenes stuff. For every weekend moment of post-race glory, there are thousands of unrecognized, unrewarded minutes of hard work.

I know that hard-training athletes don't forget, but I think many of us do, that no matter their natural talent, what keeps those frontrunners up front is the discipline to train through tedium, discomfort, and unrewarding miles. May we follow their example!

Jim Kesseher, Editor

the Long Run Long Ago



10 Years Ago

On the cover of the August '97 issue of the *Long Run*, blind runners **Judy Peltier** and **Rana Mikkelson** pose with volunteers after a 10K race, which had different categories depending on the degree of blindness. And **Larry Miller**, in his president's letter, announces the Home Run Run, which begins after a game in Sky Sox Stadium. After venturing out a ways, runners will return for a lap around the stadium and finish with a slide into home base. And **Dan Cleveland** writes of the imminent extension by the city of the Greenway Trail from Woodmen north to the Air Force Academy. One hurdle awaits: the potential impact of the project on the Preble Jumping Mouse.

20 Years Ago

An unidentified runner gasps for air after a previous running of the Pikes Peak Marathon, as the caption on the '87 *Long Run* reminds runners to get ready for the big event. Venturing up to the Vail Mountain 1/2 Marathon, local women took 3 of the top four spots: **Michelle Hurt** was first and **Margie Loyd-Allison** was second. **Celeste Rogers** takes time to explain "tragering". Not your usual massage, Dr. Trager's method uses the hands to "influence deep-seated psychophysical patterns in the mind." Along more traditional lines, podiatrist **James Gremillion** delves into the cause and prevention of burning feet. **Joyce Rankin** won the Women's Distance Festival 5K in 18:36. And the Pony Express Run is announced with a new course that starts north of Rampart Reservoir and finishes in Palmer Lake. You have to find your own way back to where you parked.



30 Years Ago

Sparse on words, the August 1977 issue is chocked full of race results, including the Mt. Evans 14M and overall series results. In the Incremental Series 20 mile run, **Mike Bordell** posted a speedy 2:09, over 7 minutes ahead of second place. And the long awaited, very first PPRR club t-shirts have finally arrived, and may be picked up at the downtown Y. (Does anyone still have one? We would like to get a photo of it.)



Letters

News from Plano

Dear Jim,

June is the month for the Millet Mile, honoring past Plano Pacer president and prominent race administrator Dan Millet. Ninety-six runners, led by record setter Clint Bell (04:23.9) and trailed by yours truly (time best forgotten), enjoyed perfect weather in the midst of record rainfall. It was a fine race, with many new age group records to add to Clint's overall record.

The mile was followed by a 5K, with 203 runners. The feature of this race was the performance of Tommy and Leslie Smith. These two married runners are both masters this year, and it is common for one or the other to win as a master. Both work hard at running fast. I saw Tommy lose the master trophy one month by winning overall, but this month everything went smoothly. The two both passed on the mile to concentrate on the 5K, and won the male and female Masters trophies.

I am taking strong blood pressure medicine, and it does slow me down. Not taking the medicine would improve speed, but risk a stroke. I have always run for my health, and "do or die" is not part of the plan.

In gratitude for the patience of the Pacers, I donated pigs-in-blankets and sweet rolls from my son's snack shop to the after-race snack table, guaranteeing the availability of fat, calories and cholesterol for all. My wife, Chun, was worried that runners would not care for such food. I was happy none of them bit my hand before the food was set out on the table.

Your Anita Fromm ran through Death Valley, once again demonstrating the high opinion ultra runners have of their own endurance under frightful conditions. My mother once rode through Death Valley with a group from her nurs-

ing home. The bus engine broke down. Mother, a retired nurse, started working with the passengers to rig shades and dampen wiping cloths with the plentiful water while they waited for rescue. The bus engine finally started, and the driver swore off Death Valley tours forever.

Regards,
William L. Jones

The Leadville Effect

Dear Editor,

I just wanted to thank you for sharing that wonderful article by Sherry Weddell. What an inspiration! So often runners unfairly get made into loners or like they are antisocial or something. But that young woman who ran the Leadville 100 in memory of her husband brought tears to my eyes in thinking about what an support a community of caring people can be. There's boat loads of encouragement and teaching and hand-holding that goes on behind the scenes in every runner's life.

Thanks so much!
Cheryl Johnson, Castle Rock

GOG 10 Trophies

Dear Jim,

I borrow a friend's *Long Run* and what a great photo of the awards for the Garden 10 Miler that was on the cover of July's issue. The color photos that you get sometimes are really great. I was just wondering why only some issues are in color? At any rate, thanks for the great running magazine. It's really great to read about the local events and especially what local runners are doing in places around the country. And keep those results coming! Print is better than the web.

John Mason, Denver

Sadly, color covers cost considerably more, and are only possible when an advertiser wants a back-cover in full color. They do look great though!



News and Events

Local slackers sojourn to high half-marathon

Nearly 40 local residents headed up to Loveland Ski area last month to undertake the 6th annual Slacker 1/2 Marathon. Although the name implies reduced effort, the event is billed as the "highest downhill half marathon in the country."

The run starts at 10,630 feet and travels a rolling hill descent to 8400 feet. It begins through Forest Service area of wetlands and waterfalls and then from Bakerville to Silver Plume along a paved frontage road. The last few miles from Silver Plume to georgetown are on a paved bike trail.

Springs resident Elizabeth Hellingland finished in 1:26:54, followed a minute later by the ever improving Jon Teisher in 1:27:57, a 6:43 pace. Bonnie Brisnehan of Manitou Springs gave a 1:35:37 effort as the third fastest local representative.

Texan travels from Austin for PP Marathon...on foot

While most people think the Pikes Peak Marathon is a big enough challenge as it is, Dr. Alan Brock will be making the race just a bit tougher this year. To raise awareness of the national child obesity epidemic, Alan plans to run from his hometown of Austin, Texas (elevation - 298 feet), to the top of Pikes Peak.

Dr. Brock, a two time Pikes Peak Marathon finisher and veteran of several ultramarathons, will begin his journey on July 11 from the parking lot of the downtown Run-Tex, the major running store in the Austin area. Over the next 40 days he will attempt to cover 900+ miles, hitting Abilene, Lubbock, Amarillo, Pueblo, Colorado Springs, and lots of smaller towns. The trip brings him into Manitou Springs just in time to start the Pikes Peak marathon on August 19th.

The first ten days had Dr. Brock staying at hotels. A crew and an RV will tag along for the final month. Brock plans to average around 23 miles a day during his journey. Brock was approaching Abilene, TX as this issue went to press. More information is available at www.summit40.com, which has a link to a blog that Dr. Brock plans to update daily.

Spira footwear springs into high-tech shoes

Running in a pair of shoes Reequipped with springs, David Cheruiyot set a course record (2:10:35) in this year's Ottawa Marathon in a land beyond the reach of USA Track and Field regulations. Manufactured by controversial shoemaker Spira Footwear, the shoes have been banned under USATF's rule that specifically outlaws the use of springs. In addition, IAAF bans any technology that provides an "unfair advantage," although they have not ruled on Spira shoes in particular. Fighting back, Spira recently initiated a lawsuit alleging that these rules constitute an illegal restraint of trade.

Cheruiyot, who has been training and racing in Spira shoes for 6 months, said, "I am far less fatigued



David Cheruiyot sets a course record in Spira Footwear's spring shoes at the Ottawa Marathon.

after racing and training in Spira compared to any other shoes. As a result I have suffered no injuries and can train and race at more intense pace, and I find that my recovery time following a race or a hard workout is greatly reduced."

Oleg Strijakov won the masters division at the 2007 Boston Marathon. Says Kevin Coch, a United States Olympic hopeful, related that "There is no question that Spira is helping me run faster and farther. The first week I received the shoes, I ran 187 miles. I could not believe how great I felt."

Spira Chief Executive Officer Andy Krafzur, himself a former collegiate distance runner, is not surprised. "After years of competition and extreme training, I was unable to run more than one or two days a week. With this shoe, I can run in complete comfort everyday if I like. This is reason we started the company."

The shoes basically have a short, wide spring under both the heel and the ball of the foot. The idea is that through shock absorption and recoil, running will produce less fatigue. If you're interested, check out www.spiraf footwear.com.

Jurek and Moehl set course records at Hardrock

Hardrock 100 Miler veteran Karl Meltzer and Scott Jurek of Western States fame were so far ahead of the field in this year's race that Meltzer was able to take a 2-hour snooze and still take second place, half an hour ahead of third place Krissy Moehl.

Jurek set a course record in 26:08, besting by half an hour Meltzer's previous mark. He spent at least a month in the San Juans to acclimate, determined to redeem a failed effort in the race several years ago. The week before the race, however, he sprained his ankle badly playing soccer with local Silverton kids and had to wear an

ankle brace during the race. But through the tried and true formula of rest, icing, compression and elevation (RICE), Jurek, a physical therapist, gave himself at least the possibility of starting the ultra. "It definitely hurt for the first 20 miles or so, but after a while - maybe I just got accustomed to the pain - but the brace helped to compress it and hold it in place."

How hard is the Hardrock 100? It runs a loop course from Silverton through Lake City, Ouray and Telluride and back, or the reverse on alternate years. The course climbs above 12,000 feet 13 times and 13,000 feet seven times. And to literally top it off, it throws in an ascent of the fourteener, Handies Peak.

Jurek, who won the venerable Western States 100 seven times, says the heat there makes it tough, "but Western States has 18,000 feet of climbing and this has 33. Western States has one of the deepest, most competitive fields, but when it comes to what's the most difficult, Hardrock is in a league of its own."

Ultrarunning enthusiasts look for-

continued on page 8

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News and Events

continued from page 7



Handies Peak stands mightily in the way of Hardrock 100 contenders, all 14,000+ feet of it.

ward to a showdown between Jurek and Metzler. Jurek led the whole race, increasing his lead gradually until after mile 56 at Ouray, when Meltzer traditionally dials up the pace. By mile 68, he was only 6 minutes behind, but succumbed to hypothermia and had to stop for a while to wrap up in blankets. Never mind, though. We can watch the two match up again in Europe at Mt. Blanc.

For Krissy Moehl, it was another milestone as she set the women's course record in 29:25 by a good 30 minutes. Krissy won the Hurt 100 miler with another course record in Hawaii earlier this year, where Meltzer set the record for the 100K.

Mayor's Cup coming right up

by Jack Anthony

Are you looking to get away from the dog days of summer and run a 5K or 10K amongst the cool pines of Colorado? Well, on August 11th the place to be is Woodland Park as a participant in the Woodland Park Mayor's Cup. PPRR's Eric Mullins is the race director and PPRR helps make Woodland Park's Mayor's Cup a true community event. It's a great 5K course that starts by winding

through old Woodland Park. For you hearty 10K runners, the course takes you on a nice out and back on the Centennial trail.

For two years I've been part of the PPRR race management team. Each new PPRR board member is assigned a race as a means to learn from a veteran race director how to plan and execute a fun and safe running event. In my second year, I helped a new board member, and now club president, Jon Cornick be a part of the PPRR team ensuring the Woody Park's Mayor's Cup was a success. I took Jon up to Woodland Park a few weeks before the race to

run the course with him and let him see where we set up the start and finish lines. What an enjoyable run. We were greeted with hearty "howdy's" in the neighborhoods and along the trail we met many runners, dog walkers and strollers. We adjourned to "Java the Hut" coffee shop which was conveniently located by the finish line and also has plenty of race entry forms too. The Java the Hut staff listened in as we chatted about the course and how cool (especially temperature) it was to be enjoying the morning there in Woodland Park. Soon they began talking about how they might like to give a 5K a try—see how easy it is to get folks hooked on our great sport!

Boulder Running Company, Colorado Running Company, and Runners Roost have the Woodland Park 18th Annual Mayor's Cup info and race entry forms. \$15.00 entry fee earns you a cool long sleeve t-shirt and a chance to enjoy the community of runners high above Colorado Springs. Race day fee is \$20.00. Start time is 8:00 am. Colorado Springs has many great races year round, why not add Woody Park's Mayor's Cup as an "away meet" and enjoy this splendid mountain community. See you in the cool, clear rarified air above the clouds on Saturday August 11th. ▲



Runners line up for last year's Woodland Park Mayor's Cup 5K and 10K. This year's event in on Saturday, August 11th, promising a break from the hot summer routine of Colorado Springs.

Membership

Welcome New Members

Chris Bombria	Peyton
Alice Brunette	Colorado Springs
Jeffrey Buell	Colorado Springs
Christine Carlton	Colorado Springs
Emily Dahlberg	Falcon
Frank Dahlberg	Falcon
Mary Dahlberg	Falcon
Trey Dahlberg	Falcon
Teresa Diamond	Woodland Park
Steve Dreksler	Colorado Springs
Ashlea Erk	Colorado Springs
Karlin Erk	Colorado Springs
Jennifer Esquibel	Pueblo West
Alec Finley	Colorado Springs
Jennifer Finley	Colorado Springs
Mike Finley	Colorado Springs
Sean Finley	Colorado Springs
Kathy Franek	Elbert
Shannan Gaylord	Colorado Springs
Pamela Hoffman	Colorado Springs
Thomas Huberty	Minneapolis
Roxanne Ilse	Colorado Springs
Terry Kremer	Manitou Springs
Chris Lewis	Colorado Springs
Cindi McMahon	Fountain
Robert McMahon	Fountain
Gary Meyer	Colorado Springs
Eric Mowles	Colorado Springs
Anthony Nicosia	Woodland Park
John Read	Elbert
Mike Reilly	Colorado Springs
Val Rising-Moore	Colorado Springs
Carmin Sagert	Colorado Springs
Roger Sajak	Colorado Springs
Emilie Satterwhite	Colorado Springs
Carey Stark	Colorado Springs
Cindy Thompson	Colorado Springs
Liz Thompson	Colorado Springs
Mark Thompson	Colorado Springs
Mindy Thompson	Colorado Springs
Valerie Thompson	Colorado Springs
Todd Thornton	Peyton
David Winter	Colorado Springs

Renewing Members

Julie Braukhoff	Colorado Springs
Mark Braukhoff	Colorado Springs
June Cohen	Colorado Springs
Larry Cohen	Colorado Springs
Alex Haberkorn	Falcon
Corey Haberkorn	Falcon
David Haberkorn	Falcon
Kevin Haberkorn	Falcon
Kim Haberkorn	Falcon
Holly Johnson	Colorado Springs
Colleen Moffett	Colorado Springs
Erin Moffett	Colorado Springs
Kaitlin Moffett	Colorado Springs
Kath Moffett	Colorado Springs
Eric Mullins	Colorado Springs
Cindy O'Neill	Manitou Springs
John O'Neill	Manitou Springs
Bill Pike	Colorado Springs
Karen Pinell	Colorado Springs
Charles Rombough	Manitou Springs
Jeff Smith	Colorado Springs
Abbey Smith	Pueblo West
Andrew Smith	Pueblo West
Ashley Smith	Pueblo West
Barbara Smith	Pueblo West
Caleb Smith	Pueblo West
Joshua Smith	Pueblo West
Noah Smith	Pueblo West
Rusty Smith	Pueblo West
Amy Silva- Smith	Colorado Springs
Barry Smith	Colorado Springs
Nathan Smith	Colorado Springs
Brady Smith	Colorado Springs
Emma Thompson	Peyton
John Thompson	Peyton
Nathaniel Thompson	Peyton
Rebecca Thompson	Peyton
Frank Tyboroski	Colorado Springs
Gary Urie	Colorado Springs
Monica Young	Cotopaxi
Kristin Zimmerman	Colorado Springs
Richard Zimmerman	Colorado Springs
Trudi Michel-Zimmerman	Colorado Springs

PPRR People! 😊 About to expire?

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

**Good to go?
Then put the enclosed
application in the hands of a
friend, family-member, or
associate. You are PPRR's
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Trail Clean-up

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First Saturday of the month
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athletes***



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2007 Volunteer Recognition

Bronze Level: up to 20 Hours*

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Steve Abeyta 16
Debbie Bloch 17
Dean Buck 10
Dee Budden 20
Beverly Carver 20
Dan Cleveland 14
John Crouse 20
Andy Dimmen 16
Heather Evans 17
Jeth Fogg 16
Taylor Fogg 12
Bob Foster 19
Emmett Hawkins 11
Lori Hawkins 16
Lisa Heckel 10
Diana Holmes 14
Luis Lowe 10
Melissa Leftwich 12
Troy Matos 20
Wayne McBride 16
Eric Mullins 19
Jim Newton 10
John O'Neill 18
Steve Reed 15

Rob Ronas 13
Storme Rose 16
Bob Royse 17
Mike Shafai 16
Lo Wright 16

Silver Level: 21 to 50 Hours*

You have earned a cap or
complimentary race entry

Sheri Abdella 42
Tony Abdella 25
Steve Abeyta 26
Cymmie Bailey 44
Dave Balzar 28
Jan Balzar 34
Gordon Barnett 40
Marie Baughman 29
Matt Carpenter 45
Jon Cornick 42
Tom Dewane 22
Julie Foster 36
Ron Garcia 37
John Gardner 43
Phil Goulding 27
Kees Guijt 44
Lyn Hale 33
Teri Harper 30
Rick Hesseck 38
Susan Hoxie 27

Don Johnson 36
Sandy Lowe 25
Cruz Martinez 39
Bill Ransom 38
Janet Rose 26

Robin Satterwhite 40
Jeff Smith 21
RT Tollin 47
Kate Waldrip 23
Cady Waters 36
Melissa waters 44
Christian Wulfkuhle 27
Halee Wulfkuhle 30
Marc Wulfkuhle 27
Sara Wulfkuhle 34

Gold Level:

51 to 75 Hours*

You have earned a jacket

Jack Anthony 55
Angie Earle 68
Phil Foster 67
Al Grimme 67
Gil Kindt 56
Luci Stansbury 66
Travis Waldrip 55

Diamond Level:

76 to 99 Hours

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

Jim Beckenhaupt 81

Platinum Level:

100+ Hours*

You will receive
special recognition
at the rewards dinner

Jim Kelleher 300
Pat Lockhart 209
Larry Miller 157
Micky Simpson 118
Dave Sorenson 161



Volunteers Needed

by Micky Simpsons



Help, we need volunteers! Anyone who has been at races this year has to have noticed the increase in runners. I was comparing this year's race totals with last, and every one I checked showed quite an increase. For example, the Garden of the Gods 10M had an increase of 325 runners over last year, Sailin' Shoes 5K and 10K went from 966 to 1087, and the Summer Round-Up Trail Run had an increase of over 200 runners from last year. While this is absolutely fantastic to see, it also causes a problem. More runners mean that your club needs to supply more volunteers to get everything done. Packet stuffers have more packets to stuff. Instead of one chute at the finish line, it may take two or more. Water stops need more people to hand out water fast enough, and race-day registration can be wonderfully exciting if not overwhelming. All of this means, we need your help.

I know we are all very busy, but if you will look at the volunteers at your next race, and your next race, you will probably notice that a lot of them are the same people. It is not because they do not have a life. It is because they are committed to your club. They know if the job is going to get done, someone has to do it and yes, they enjoy what they are doing. But that does not mean that they don't want help. If everyone in our wonderful club volunteered at only one race per year, we would have more than enough help. You may say that you want to run the race, but if you help with race-day registration, you can have a great time chatting with your fellow racers while they register and you can find out who your competition will be before you reach the starting line.

If you are looking for a way to get your kids involved in something beyond themselves, bring them out to help man a water station. You can have their undivided attention for a couple of hours and show them how fun volunteering their time can be.

There is usually one race each weekend during the summer that your club is affiliated with, and I am only talking about a couple of hours of your time. Please, get your friends or family together. Call or e-mail a race director (found on-line at pprrun.org, or on the race calendar in the *Long Run* each month) and offer your services. Believe me, you won't regret a minute of your time spent. Cheering on the leader or the last runner is one of the most thrilling experiences you can have. *Micky Simpsons is PPRR Vice-President and avid volunteer at races.*

June Newsletter Volunteers!

Hosted by the Colorado Running Company

(Didn't join us? You really missed out!)

Susan Mopper
Melissa Leftwich
Eric Sova
Jim Newton
Lynn Hall
Norm Hall
Gordon Barnet
Jon Teisher
Bill Keller
Nancy Hobbs
Dennis Collard
Matt Carpenter
Al Grimme
Jon Cornick
Larry Miller
Jim Kelleher
Jim Beckenhaupt



I WANT YOU TO VOLUNTEER

Volunteer coordinator, Cymmie Baily, makes a patriotic appeal for PPRR volunteers.



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

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 a map and more information.



With warm temps in the 70s and blue skies and no wind, it was a perfect weather day for the July Nielson Challenge. In fact, we had a record number of participants, 105, that competed in the Challenge, with new runners coming out of the wazuu. This is great, as that is what the Nielson Chal-

lenge is all about.

This month's winner was David Huber who was 3:50 under his handicap. Congratulations, David! And we do have a shirt for you, thus please remind us next time.

We did have some software problems, which prevented us from announcing the winner at the race, and from posting results at the race. I apologize for those problems. The software is sized for up to 600 runners in the Challenge database. There were 564 runners in the database, and then with 51 new runners in July, this exceeded the size limits and the software was corrupting data because of this. But I've increased the limits to 1000, so it's not a problem anymore. I apologize again for the mess up.

Dave Sorenson

June Results

Name	Place	Handicap	Actual	Difference
David Huber	60	22:58.4	19:08.1	- 03:50.3
Samuel Huber	59	22:47.3	19:07.4	- 03:39.9
Bren Triplett	51	19:49.6	18:12.8	- 01:36.8
Scott Von Thun	25	16:09.5	14:52.2	- 01:17.3
Taylor Fogg	21	15:41.3	14:36.1	- 01:05.2
Dennis Stalnaker	49	18:32.6	17:57.5	- 00:35.1
Sarah Von Thun	30	16:10.2	15:40.5	- 00:29.7
Jeff Cook	2	11:04.1	10:41.4	- 00:22.7
Doyle Baker	19	14:28.5	14:10.3	- 00:18.2
Carin Staudte	42	16:57.1	16:39.7	- 00:17.4
Micaela Parker	79	21:46.6	21:29.2	- 00:17.4
Matt Von Thun	5	11:55.2	11:40.9	- 00:14.3
Paul N. Arens	102	28:35.9	28:23.4	- 00:12.5
Curtis Hamstra	20	14:23.8	14:11.9	- 00:11.9
Jon Cornick	16	13:49.9	13:43.3	- 00:06.6
Larry Logsdon	56	18:48.0	18:45.6	- 00:02.4
Cliff Donnelly	73	20:45.2	20:44.0	- 00:01.2
Jeff Chowning	17	13:51.0	13:59.8	+ 00:08.8
Jeth Fogg	41	16:25.2	16:35.1	+ 00:09.9
Andrea Owen	37	16:13.2	16:24.0	+ 00:10.8
Carsyn Hamstra	81	21:41.0	21:52.4	+ 00:11.4
Gerard Clayton	38	16:12.9	16:26.0	+ 00:13.1
Alice Gohlke	80	21:15.2	21:30.0	+ 00:14.8
Andy Rinne	4	11:19.7	11:34.7	+ 00:15.0
Carl Nelson	18	13:46.0	14:03.3	+ 00:17.3
Nathan Brown	10	12:24.9	12:43.2	+ 00:18.3
Jim Beckenhaupt	31	15:28.3	15:47.6	+ 00:19.3
Paul Sullivan	8	11:54.8	12:17.0	+ 00:22.2
Debra Williams	96	26:39.5	27:02.2	+ 00:22.7
Ruben E. Cano Sr.	39	16:09.2	16:32.5	+ 00:23.3
Erich Gohlke	13	12:54.9	13:21.9	+ 00:27.0
Jay Luna	1	10:11.5	10:39.2	+ 00:27.7
Courtney J. Wright	55	18:10.0	18:40.7	+ 00:30.7
Gordon Williams	52	17:43.4	18:15.3	+ 00:31.9
Don Johnson	32	15:19.2	15:55.4	+ 00:36.2
Steven Read	26	14:18.8	14:55.3	+ 00:36.5
Doris Chandler	78	20:38.3	21:27.6	+ 00:49.3
Keith Holcomb	69	19:13.8	20:05.1	+ 00:51.3
Tim Mullins	44	15:58.2	16:53.2	+ 00:55.0
David Williams	27	14:22.3	15:28.9	+ 01:06.6
Michael Schenk	22	13:30.4	14:43.0	+ 01:12.6
Doretta Hale	76	20:01.6	21:19.4	+ 01:17.8
Mike McKay	100	26:36.1	28:14.2	+ 01:38.1
Ruben Cano	68	17:58.9	19:55.7	+ 01:56.8
Tammi Williams	95	24:21.6	26:24.7	+ 02:03.1
Barbara Casados	90	22:23.5	24:34.7	+ 02:11.2
Mary Beth Holcomb	86	20:34.7	22:51.8	+ 02:17.1
Judith Russell	84	19:23.2	22:22.1	+ 02:58.9
William Huber	89	21:02.4	24:20.5	+ 03:18.1
Jessalyn Rombocos	97	23:57.3	27:17.1	+ 03:19.8
Marne Collins	85	19:20.8	22:46.7	+ 03:25.9
Jason Cano	70	16:42.6	20:15.0	+ 03:32.4
Adeline Mullins	71	14:30.8	20:18.0	+ 05:47.2
Janna Rombocos	98	17:19.2	27:17.8	+ 09:58.6

Nielson First-Time Runners

Name	Place	Time
Adam Wade	7	11:51.4
Glenn Cook	28	15:30.5
Erik Williams	6	11:47.5
Kiana Hawley	54	18:39.8
Mila White	36	16:20.8
Tom Hunsaker	47	17:13.4
Katelyn McNary	29	15:39.1
Margie Wacker	53	18:38.8
David Wickert	12	13:11.1
Tara Opielowski	45	16:58.8
Nicole Hart	65	19:34.2
Derek Gorthy	66	19:50.9
Josh Keen	63	19:28.5
Ashely Birger	11	13:09.4
Jen Kruse	15	13:40.6
Travis Hybki	34	16:14.6
Gregg Keen	62	19:28.0
Dave Hart	72	20:32.2
Don Stauder	35	16:15.9
Sherry Sanner	74	21:01.6
Alana Hawley	75	21:03.5
Scott Gorthy	67	19:52.0
Deb Dunbar	77	21:22.8
Ryan Whitcomb	50	18:00.3
Stephen Kruse	23	14:43.7
Brad Bergford	33	16:06.5
Kristy Milligan	43	16:42.6
Julia Wirsching	82	21:53.3
Ed Mighell	83	22:05.4
Amy Opielowski	46	16:59.0
Jon Grams	9	12:33.2
Steve Hybki	48	17:26.8
Ralph Lechner	87	23:42.4
Chris W. Wood	88	23:43.5
Sue Canada	61	19:08.6
Mark Weeks	14	13:34.7
Jared Gorthy	91	25:19.8
Sami Holcomb	92	25:27.3
Heidi Logsdon	93	25:51.6
Cheryl Gorthy	94	26:16.7
Kylee Hart	57	19:04.7
Ron Nighswonger	58	19:05.6
Jeff Canada	40	16:32.7
Michael Williams	3	11:06.7
Karena Hawley	99	28:02.8
Naslund Rush	24	14:50.8
Gale L. Gerken	101	28:22.2
Karen Triplett	64	19:33.4
Ron Hawley	103	30:20.8
John Rabb	104	30:47.6
Stephanie Rabb	105	30:48.5



What is the Nielson Challenge?

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

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

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

deducted from their average and the result is their handicap, the time to beat.

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

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

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



Ever faithful volunteers staff the finish line for the monthly running of the Nielson Challenge where runners compete against their own best time.

Taking the Heat: Avoid those summer meltdowns

By Shane Conrad



Welcome to the dry heat of the Colorado summer. As July comes to a close, you can pretty much expect “more of the same” until mid-September. An unfortunate reality of the summertime heat is the dramatic increase in heat-related injuries.

As the temperature rises, so too does your risk of suffering a serious heat-related injury. Every summer hundreds of Americans die as the result of heat injuries. Learning to identify the symptoms of heat-injuries could save the life of you or someone you know.

Heat injuries occur when our body’s cooling mechanism (i.e. sweating) becomes ineffective. In environments of high heat the body temperature rises too fast for the body to cool (through sweat evaporation) and over-heating results. In areas of high humidity, our sweat fails to evaporate and results in a similar outcome. In areas of high heat and/or humidity we have to be particularly careful to be aware of the signs and symptoms of heat injuries.

Heat injuries are classified into three types (from least to most severe):

- Heat Cramps
- Heat Exhaustion
- Heat Stroke

Heat Cramps

Muscle contraction is particularly dependent upon maintaining a proper electrolyte balance. Without proper balance, muscles enter a state called tetany (cramping) where the muscle is unable to relax. Lactic acid builds up in the muscle and causes intense pain after only a few minutes.

What to look for:

Heat cramps are brief, but excruciating muscle cramps/spasms resulting from overheating, dehydration, poor conditioning to the activity, and electrolyte imbalance.

While sports drinks such as Gatorade® push the importance of electrolyte replacement, water is usually an adequate method to re-hydrate for the average runner. One benefit of a sports drink over water is the carbohydrates and calories that it contains (coming mostly from sugars) to give you a quick energy boost.

What to do:

If you experience a muscle cramp, assume it is a heat cramp and follow these steps:

- Remove yourself (or the person) from the hot environment.
- Rest the cramping muscle.
- Replace fluids by mouth. Water is good, but sports

drinks can also be used.

If the cramp persists, get to your local hospital as it may be a serious episode requiring intra-venous (IV) re-hydration.

Heat Exhaustion

Heat exhaustion occurs while working or exercising in a hot environment. The body is unable to cool itself (either due to high heat or humidity), and overheating results. Heat exhaustion is particularly common in persons who are not conditioned to the heat, or when weather increases the regional heat above its usual level (“heat waves”). Particularly at risk are people exercising or working in the heat, the elderly, and small children. In heat exhaustion, the body becomes so dehydrated and overheated that the disturbances occur in blood circulation causing a mild form of shock (i.e. exhaustion)

What to look for:

There are five major symptoms to look out for concerning Heat Exhaustion:

- Cool, clammy skin.
- Dizziness, weakness, or fainting
- “Cotton mouth” and excessive thirst
- Elevated body temperature
- Increased resting pulse rate.
- Nausea and lightheadedness

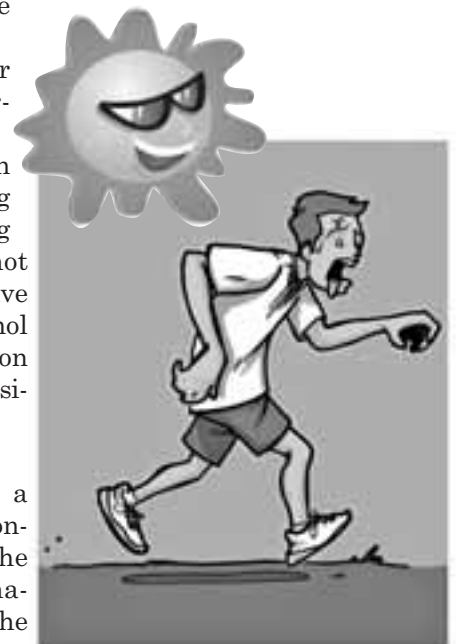
What to do:

- Remove yourself from the hot environment. Go indoors or seek out shaded areas.
- Loosen and remove clothing to assist in cooling.
- Replace fluids slowly using cooled water. If water isn’t available any other fluid will do.
- Lie down with the legs elevated.
- Avoid alcoholic or caffeinated beverages.

Heat exhaustion also happens during the summer boating sessions when hot weather, and excessive consumption of alcohol mimic the dehydration occurring during physical activity.

Heat Stroke

Heat stroke is a rapidly developing condition whereby the body’s cooling mechanism, controlled by the





Scott Jurek, water bottle in hand and well shielded from the rays, shows how to beat the desert heat.

brain, has been shut off. This causes a rapid increase in body temperature (>105° F) that results in brain damage and damage to the internal organs. For lack of a better explanation, your body essentially cooks inside its own skin. This is, of course, a life threatening condition.

Risk Factors include a history of a sweating disorder (diagnosed medical condition); medical prescriptions including antihistamines, antidepressants, or high blood pressure medications; also, infants and the elderly are more prone to develop heat stroke.

What to look for:

Signs & Symptoms

Hot, dry skin (no sweating) that is excessively red.

Conscious but disoriented or unconscious and unresponsive to verbal commands.

Constricted pupils.

Rapid pulse rate and high blood pressure followed by dramatic decrease in both pulse and blood pressure.

Vomiting.

What to do:

Heat stroke is a medical emergency and should never be treated in the home:

Activate 911 emergency medical services (EMS) immediately and

tell them you suspect heat stroke. While waiting for EMS to arrive you may do the following:

Cover the patient in wet towels or sheets.

Aggressively fan the patient.

Give cool beverages if the patient is not vomiting.

Place in a cold water bath. The patient could lose consciousness at any moment and so constant monitoring is required.

Keep in mind that heat stroke, although serious, is relatively uncommon. However, recognizing the signs could mean the difference between life and death.

I hope that you have gained a respect for the awesome power of the summer heat. By minimizing your exposure to the mid-day sun (10 am to 3pm) and staying properly hydrated, you can minimize your risk for heat injuries.

Remember as always that prevention is the best way to treat any injury—including heat injuries!

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. You may contact him at (719) 596-8700, or drshane@cochiro.com. For more information and past articles, check out cochiro.com. Dr Conrad intends this article for educational purposes only. It is not a substitute for qualified medical advice. Treatment of all injuries should be initiated only after a thorough assessment by a qualified healthcare practitioner.



*'Aloe makou e ho'ohikiwale kela
"We wouldn't want it to be easy"*

Sign on the Hurt 100 Course

Side note: Contrary to popular belief, sweating does not cause excessive loss of electrolytes. Instead, a large loss of water (through sweating) combined with the retention of electrolytes causes an increase in electrolyte concentration. Imagine adding a tablespoon of salt to a glass of water, versus adding that same tablespoon to a gallon of water. Less water with the same salt = higher concentration of salt.

Risking It

Professor Douglas Casa, University of Connecticut, and self-proclaimed heat/hydration fanatic, examined 134 cases of exertional heat stroke, the most serious form of heat illness brought about by physical activity. Among the risk factors he found are:

- Low physical fitness
- Sleep deprivation
- Improper acclimatization
- High solar radiation
- Physical effort beyond fitness level
- Improper work/rest cycles

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Veterans Home Run Turns Out 300+

by Jack Anthony



Overall winner Adam Rich accepts his award from race director Jim Beckenhaupt at this year's "2nd tour" running of the VHR. All proceeds from the event benefit the Crawford House for homeless vets in Colorado Springs. Jim expected to be able to award over \$5000.



Even before the sun peeked over the eastern plains, Falcon Stadium was a buzz of activity on Sunday, July 1st, as the Pikes Peak Road Runners, Crawford House staff and residents, and a band of Air Force brothers from Schriever AFB scurried about setting things up for the second tour of

the Veterans Home Run.

It was a glorious day for the 5K run and 1K walk as the sun illuminated the scene and participants started to stream in. 201 folks had pre-registered, an increase over last's years 100, so it appeared we had a shot at exceeding the 300 participants of last year. Soon lines formed at both the packet pick up and race day registration. Hundreds filled out their entry forms and met the fabulous Air Force volunteers lead by MSgt Greg Morgan, who worked the registration table.

I noticed some of the folks were the regulars, enthusiastic runners who enjoy PPRR events and support the great cause of helping our veterans at the Colorado Veterans Coalition's Crawford House. I also noted some newcomers. There were families, teams of soldiers and airmen, and some folks who just took the plunge and were about to try their first fun run. Most memorable for me however is the Harrison High School Boys Cross Country team and their fans (parents) who came out

and made VHR a part of their summer training program. What a remarkable group of young men. They were enthusiastic, dedicated and caring for one another as they loosened up, did some striders and looked warily at the fast looking dudes in the Colorado Running Company (CRC) singlets. Harrison Panthers had a goal, and the CRC team was in their way.

So, race time is approaching and soon a nice young lady taps me on my shoulder and says "I'm Bill Crawford's daughter Beverly and I need some training on how to start a race." So, who ya gonna call? Pat Lockhart and Jim "Groucho" Beckenhaupt! Quickly these two professors of race management put Beverly through the PPRR advanced school of race starting. Then Juliette Draper, Colorado Springs fire fighting professional came to the microphone, clad in her dress uniform, to sing our national anthem. And what a beautiful job she did, welcoming the day with America's song. Now we had more than 300 folks lined up. It turns out we exceeded last years total by 10%. Very few no-shows. Many "shows" donated money to the Crawford House cause. How cool is that?

After a few words of thanks and praise for coming out from Beverly, off went the VHR '07 runners and walkers. How fortunate we are to have had two fabulous photographers capturing all aspects of the VHR. Tom Dewane took more than 1000 photos and Jon Cornick actually ran the race with his camera to snap some

action photos...we need to get Jon one of those "helmet cams." Tom has a knack for capturing the true meaning of running in his photo work and Jon...well, he's just one neat fellow to run with, especially when he has a camera. Visit the PPRR web site and look through their photos.

Soon the runners and walkers returned and came through the finish line chutes. Whew! The sun rise also brought some warmth, but overall, no injuries and some sweaty, a bit winded, but happy harriers and strollers returned. Many moms and dads were greeted by little kids cheering "mommy, mommy" or "daddy, daddy". What a great example moms and dads are for these future runners.

Soon we all gathered for medals and prizes. Here's where the Harrison cross country harriers wondered if they had won the team division. How crushed they were when they learned CRC's team edged them out.

This year we had some great prizes donated and many folks went home happy. In addition to their VHR T-shirt and satisfaction some went home with a vacation package

to places like Breckenridge. Wow, maybe run more races!

So the Pikes Peak Road Runners wraps up the second tour of the Veterans Home Run. What an uplifting experience to see so many participants and so many fans cheering you on. PPRR and the Crawford House staff and residents are so grateful for your participation. At this time we are still working the finance aspects, but anticipate awarding the Crawford House a sizeable donation for much needed work at this refuge for America's heroes.

Runners: please send me an email (jackanthony78@aol.com) saying how you learned about VHR. We are trying to fine tune our publicity outreach so that more may take part in this special event. Also, feel free to share any thoughts or opinions. That can help us put on a better race next year. We seek your advice and first-hand insight. If you know folks who participated, but are not members of PPRR, ask them how we can better serve them and tell them more about PPRR; give them my email address listed above. Invite them to join the Colorado Springs

area community of runners. We want to hear your ideas and comments. See you next year at VHR 08! *Jack Anthony is a former PPRR board member and enthusiastic supporter of the club. He has written numerous historical trail articles for the Long Run..*



Leaning into his job, RD Jim Beckenhaupt (R) awards George Greco for 2nd in his age group. George runs in most every PPRR event.

Place	Age	City	Time
Male finishers VHR 5K			
1	Adam Rich	26 Colo Spr	0:16:49
2	Jeff Covendale II	23 Colo Spr	0:17:46
3	Keith Johnson	46 Littleton	0:17:52
4	Anthony Whiteman	18 Colo Spr	0:18:02
5	Gerald Romero	35 Colo Spr	0:18:09
6	William Edwards	15 Colo Spr	0:18:26
7	Andy Rinne	31 Colo Spr	0:18:28
8	Lile Budden	47 Colo Spr	0:19:18
9	Jonathan Martinez	17 Colo Spr	0:19:31
10	Ben Taber	17 Colo Spr	0:19:46
11	Logan Be3ll	16 Colo Spr	0:19:50
12	Adam Zywicki	17 Colo Spr	0:19:52
13	Rob Gilliam	38 Colo Spr	0:19:56
14	Tim Ambard	15 Colo Spr	0:20:00
15	Steffen Uhl	15 Plon	0:20:22
16	Daniel Pascua	17 Colo Spr	0:20:24
17	Saloman Valdez	14 Colo Spr	0:20:30
18	Derrick Franco	16 Colo Spr	0:20:32
19	Stephen Mitchell	46 Colo Spr	0:20:33
20	Ed Kalick	33 Fort Carson	0:20:52
21	Derek Fuchsberger	14 Littleton	0:21:02
22	Hayden Djuric	15 Colo Spr	0:21:09
23	Luke Sauter	27 Colo Spr	0:21:17

Place	Age	City	Time
24	Ingemar Westphall	37 Colo Spr	0:21:19
25	Mitch Kasyon	14 Colo Spr	0:21:30
26	Paul Cheval	22 Parkland	0:21:33
27	Jeffrey Buell	34 Colo Spr	0:21:35
28	Jim English	53 Colo Spr	0:21:45
29	Brice Gregoire	13 Falcon	0:21:46
30	Daniel Whiteman	15 Colo Spr	0:21:52
31	Adam Marsh	26 Colo Spr	0:21:59
32	Aaron Whiteman	14 Colo Spr	0:22:04
33	Michael Waltrip	13 Murrieta	0:22:07
34	Joe Wood	42 Chesapeake	0:22:09
35	George Greco	59 Colo Spr	0:22:10
36	Thomas Whiteman	17 Colo Spr	0:22:16
37	Ed King	?? Littleton	0:22:19
38	Jeff Kasyon	44 Colo Spr	0:22:43
39	Richard Park	54 Colo Spr	0:22:50
40	Devin Smail	14 Colo Spr	0:22:59
41	Michael Heath	35 Colo Spr	0:23:07
42	Dennis Burg	43 Colo Spr	0:23:08
43	Michael Flaherty	25 Colo Spr	0:23:21
44	Ruben Medina	33 Colo Spr	0:23:30
45	Jeff Owsley	42 Colo Spr	0:23:30
46	David P Betzler	58 Monument	0:23:37
47	Rodney K Bolman	51 Colo Spr	0:23:39

Place	Age	City	Time
48	John Smail	38 Colo Spr	0:23:41
49	Brad Rhodes	32 Colo Spr	0:23:46
50	Jim Newton	49 Colo Spr	0:23:54
51	Gary Bauer	41 Colo Spr	0:23:55
52	David Geiger	18 Peyton	0:24:03
53	Rob Peterson	36 Denver	0:24:08
54	Andy MacDonald	42 Colo Spr	0:24:12
55	Alex Ambard	16 Colo Spr	0:24:18
56	Clyde Landry	60 Colo Spr	0:24:29
57	Steve Read	53 Colo Spr	0:24:31
58	Kim Gelgor	45	0:24:37
59	Patrick Tibbett	22 Colo Spr	0:24:39
60	Ross Westley	70 Arvada	0:24:57
61	Bob Gassen	60 Canon City	0:25:17
62	Donald Karl	63 Colo Spr	0:25:25
63	Martin Troy	40 Colo Spr	0:25:28
64	Bruce McCluggage	49 Colo Spr	0:25:31
65	Paul Cooke	43 Colo Spr	0:25:32
66	Dick Eitel	54 Colo Spr	0:25:38
67	James Cannon	45 Colo Spr	0:25:57
68	Stan Hren	65 Pueblo West	0:25:58
69	Benjamin Dingman	9 Colo Spr	0:25:59
70	Mark Volcheff	53 Colo Spr	0:26:07

continued on page 19

Run with the Herd: the Casper Marathon

by Linda Fuqua-Jones

The Casper Marathon, on the first Sunday of June, was the most well organized marathon yet; the race committee delivered on all counts. Packet pick-up was calm, the course was scenic, race t-shirt was quality, pasta dinner was fine, pre- and post-race were great and most important: the marathon itself was fantastic! The course was well marked with race officials guiding the runners at intersections. The race started at the Casper Events Center parking lot with a loop on the bluff overlooking Casper. The first six miles were on closed roads. Between miles 5 and 6 the course dropped 170 vertical feet down to the North Platte River Trail. Next we headed west on Casper's Platte River Parkway, passing the finish line at mile nine and turning around at mile 16, Paradise Park, to return on the same trail. At mile 20 the course left the Platte River Parkway to loop around Three Crowns Golf Course for about 2.5 miles and then back up the Platte River Parkway to the finish at the Holiday Inn. Although the course was generally flat when following the river, there were a couple of surprise up-hills. One was on the golf course at mile 21 and another was after mile 23.

Race Day: It was a beautiful sunny morning. A small school bus shuttled us to the start from the Holiday Inn, which was less than a mile from the Events Center. The Events Center was open for us to use with a lot of very nice restrooms with hot and cold water – what a luxury! We picked up our pre-programmed chips and secured them to our ankles. Water, Gu, muffins, and fruit were available and there was ample room to stretch and relax. “It was great to be able to use the events center. We were out of the weather and no porta-potties to deal with,” GW concurred. The race started on time, with no porta-pottie panic, and at about mile two I looked across a large field and

saw Pronghorn Antelope running in single file. The motto of this race is “Run With the Herd,” so I was delighted by the appropriateness of this sighting. GW describes the conditions from mile six: “Most of the race was along their river trail, which was a combination of some blacktop and some concrete, no dirt or hard pack. We were all well strung out by the time we got to the river trail, and then it was even more sparse after we went past the half marathon turn around.” GW recalled, “It was a perfect day to run. There was only a light breeze on and off throughout the day. How this could happen in Casper, Wyoming is a complete mystery to me” GW, Craig, and I met Tracy Stewart of Golden and her mom, Carol Lydell of Colorado Springs at the motel the day before the marathon. On race morning we noticed another couple in Colorado Running Company gear and learned they were Sarah and Samuel Ramsey of Colorado Springs. It was fun to meet fellow Colorado marathoners and a treat to see them on the race course. The finish was set up in the Holiday Inn parking lot next to the Platte River Parkway. The final bit of the course looped under a bridge then up onto that bridge to cross the river and then to the finish. Just as I came through the finish area I heard the announcer calling out age group winners—people I know! The Casper



Locals GW Jones (L) and Craig Hafer engage in pre-race strategy before taking 10th and 12th place..



50 y.o. Craig Hafer cruises to a 3:23 finish and is on his way to mounds of post-race food.

Marathon had 10-year age groups and the second and third place winners for 50-59 were GW Jones and Craig Hafer. Jones was 10th overall and Hafer was 12th. Way to go! The awards were nice embroidered towels in quite a few different colors. The winner of the women's race, and second overall, was Tracy Stewart. We all enjoyed the post-race festivities. As with everything at the Casper Marathon it was low-key and generous. Craig said, “The post race party was great. All race participant finishers were relaxed and had the opportunity to enjoy good food and camaraderie. I felt like I knew most of the runners by the end of the race. It was a fun little party at the end.” GW added, “ They had more food and drink at the finish than you would believe. They shared with all the families, friends, and all spectators. I was very impressed. If you have not done this race, I recommend it to you.”

PPRR member Linda Fuqua-Jones is an avid marathon walker and write book reviews for the Long Run.



VHR Results (cont)

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time						
71	Phil	Theadore	42	Peyton	0:26:10	137	Doug	Johnson	8	Colo Spr	0:34:24	42	Elizabeth	Carlisle	20	Fort Carson	0:30:42
72	Alex	Cannon	14	Colo Spr	0:26:21	138	Mike	Johnson	37	Colo Spr	0:34:24	43	Natalie	Phaw	19	Colo Spr	0:30:50
73	Don	Stauder	60	Colo Spr	0:26:23	139	Mike	Graham	51	Colo Spr	0:34:40	44	Valerie	Nagelson	26	Colo Spr	0:30:50
74	Manolo	Gallegos	33	Colo Spr	0:26:24	140	Tony	Abdella	53	Elbert	0:35:27	45	Hayley	Djuric	13	Colo Spr	0:30:53
75	Michael	Zdenek	26	Colo Spr	0:26:36	141	Jerred	Abdella	12	Elbert	0:35:28	46	Terry	Djuric	46	Colo Spr	0:30:54
76	Duk	Son	63	Colo Spr	0:26:38	142	Curt	Ormond	70	Colo Spr	0:35:52	47	Amberly	Rehs	27	Colo Spr	0:30:59
77	Jon	Cornick	51	Colo Spr	0:26:46	143	Charles	Foster	47	Colo Spr	0:36:26	48	Sandi	Folkerts	35	Colo Spr	0:31:11
78	Richard	Rehs	27	Colo Spr	0:26:47	144	Bill	Sasz	60	Colo Spr	0:36:28	49	DeAnn	Totzke	28	Colo Spr	0:31:46
79	Joe	LaRose	46	Colo Spr	0:26:52	145	Miles	Sweeney	68	Palmer Lake	0:37:03	50	Alyssa	Lofquist-Ward	32	Colo Spr	0:31:51
80	Patrick	Rieder	39	Colo Spr	0:27:01	146	Don	Ritchie	60	Colo Spr	0:40:46	51	Laura		36	Colo Spr	0:32:06
81	Tony	Wolusky	49	Colo Spr	0:27:04	147	Chiles	Simpson	54	Colo Spr	0:40:47	52	Jami	Carlisle	27	Fort Carson	0:32:13
82	Robert	Bowyer	44	Colo Spr	0:27:06	148	Bobby	McGuffin	52	Colo Spr	0:44:18	53	Diane	Cahalan	49	Colo Spr	0:32:20
83	Michael	Olson	50	Colo Spr	0:27:10	149	Mark	Hodgson	65	Los Alamos	0:45:21	54	Leslie	Bennett	29	Colo Spr	0:32:38
84	Bob	Waltrip	44	Murrieta	0:27:16	150	Charles	Snygg	67	Monument	0:47:04	55	Martina	Ritchie	62	Colo Spr	0:32:52
85	AJ	Waltrip	16	Murrieta	0:27:16	151	Alex	Cadena	23	Colo Spr	0:48:31	56	Melissa	Leftwich	56	Colo Spr	0:33:04
86	Matt	Monfre	47	Colo Spr	0:27:18	152	Mark	Backlin	51	Colo Spr	0:48:31	57	Stacy	Gopper	34	Colo Spr	0:33:09
87	Andrew	Anstett	39	Colo Spr	0:27:22	153	Cody	Neumaier	11	Calhan	0:50:36	58	Charlotte	Cannon	42	Colo Spr	0:33:13
88	John	Fletcher	35	Colo Spr	0:27:23	154	Cole	Harner	9	Colo Spr	0:53:24	59	Paula	Bond	41	Colo Spr	0:33:23
89	Doug	Fitzpatrick	14	Colo Spr	0:27:27	155	Salah	Hammoud	59	Colo Spr	0:54:41	60	DJ	Watson	43	Munford	0:33:26
90	Jeth	Fogg	41	Colo Spr	0:27:42	156	Keith	Anderson	45	Colo Spr	0:56:18	61	Daesha	Waltrip	9	Murrieta	0:33:59
91	Steven	StJohn	23	Colo Spr	0:27:49	157	Jack	Freeman	57	Falcon	0:57:36	62	Barbara	Roberson	46	Peyton	0:34:01
92	Tim	Jenness	??	Colo Spr	0:28:00	158	John	Buckley	51	Colo Spr	0:58:18	63	Adriana	Cardenoid	33	Colo Spr	0:34:11
93	Albert	Harrington	42	Colo Spr	0:28:01	159	Joe	Henjum	73	Colo Spr	0:58:21	64	Elva	Kason	47	Colo Spr	0:34:19
94	Robert	Hedden	34	Colo Spr	0:28:06							65	Adeline	Mullins	9	Colo Spr	0:34:23
95	Dave	Mott	37	Colo Spr	0:28:12							66	Cindy	Thompson	39	Colo Spr	0:35:13
96	Tom	Reeves	47	Colo Spr	0:28:21							67	Jessica	McVay	36	Colo Spr	0:35:46
97	Casaey	R Clifford	25	Colo Spr	0:28:29							68	Micaela	Parker	9	Colo Spr	0:35:57
98	Dick	Standaert	62	Colo Spr	0:28:42							69	Judith	Russell	60	Colo Spr	0:36:17
99	Bob	McMahon	35	Fountain	0:28:51							70	Kiara	Wardak	14	USAFA	0:39:38
100	Peter	Hanson	36	Colo Spr	0:28:53							71	Meredy	Brownstein	50	Fountain	0:39:42
101	Ben	Thornson	53	Colo Spr	0:29:02							72	Donna	D'Olio	56	Colo Spr	0:39:56
102	John	Ward	??	Colo Spr	0:29:06							73	Melissa	Neumaier	40	Calhan	0:40:11
103	John	Garcia	35	Colo Spr	0:29:09							74	Lynette	Simpson	48	Colo Spr	0:40:47
104	Richard	Kober	50	Colo Spr	0:29:25							75	Joyce	Wohlfert	64	Monument	0:42:20
105	Mark	Ison	44	Colo Spr	0:29:36							76	Becki	Vettese	49	Canon City	0:42:21
106	David	Risnear	33	Peyton	0:29:43							77	Julie	Foster	70	Colo Spr	0:42:52
107	Timothy	Purcell	28	Colo Spr	0:29:43							78	Olivia	Johnson	10	Colo Spr	0:43:03
108	Tim	Mullins	35	Colo Spr	0:29:45							79	Gillian	Johnson	37	Colo Spr	0:43:03
109	Mike	Guglielmo	41	Denver	0:29:55							80	Melanie	Sauter	3	Colo Spr	0:43:24
110	Ron	Martinez	39	USAF Academy	0:29:56							81	Jennifer	Sauter	27	Colo Spr	0:43:24
111	Phil	Ambard	40	Colo Spr	0:29:56							82	Gale	Gerken	53	Colo Spr	0:45:09
112	Terry	Lauhon	60	Colo Spr	0:29:59							83	Lindsay	Mase	7	Colo Spr	0:45:20
113	John	Harner	44	Colo Spr	0:30:01							84	Lisa	Mase	39	Colo Spr	0:45:20
114	Brian	Bunce	??	Colo Spr	0:30:08							85	Vicky	Pettis	??	Pueblo	0:46:08
115	Chris	Totzke	29	Colo Spr	0:30:09							86	Shannon	Gladman	24	Arlington	0:49:04
116	Christopher	Troutman	28	Colo Spr	0:30:10							87	Gayden	Gladman	54	Colo Spr	0:49:05
117	Richard	Mosbach	65	Colo Spr	0:30:11							88	Celeste	Fitzpatrick	50	Colo Spr	0:49:50
118	Johnnie	Mason	36	Colo Spr	0:30:36							89	Kylee	Rae Neumaier	7	Calhan	0:50:06
119	Hugh	Bell	47	Colo Spr	0:30:40							90	Shannan	Gaylor	33	Colo Spr	0:50:50
120	Paul	Mooara	38	Colo Spr	0:30:55							91	Lisa	Harner	46	Colo Spr	0:53:23
121	Zach	Krbec	31	Colo Spr	0:31:02							92	Martha	Lutz	43	Colo Spr	0:53:25
122	Brian	Fitzpatrick	54	Colo Spr	0:31:09							93	Jane	Hammoud	??	Colo Spr	0:54:40
123	Michael	Baker	59	Colo Spr	0:31:17							94	Sharon	Davis	56	Falcon	0:55:12
124	Ron	Rubin	55	Colo Spr	0:31:44							95	Shelley	Caries		Colo Spr	0:55:13
125	Josh	Keen	16	Colo Spr	0:31:50							96	Audrey	Himes	66	Colo Spr	0:57:36
126	Eric	Taylor	39	Colo Spr	0:31:57							97	Paige	Weil	7	Colo Spr	0:58:11
127	George	Gregor	??	Colo Spr	0:32:05							98	Erin	Weldn	33	Colo Spr	0:58:11
128	Gregg	Keen	52	Colo Spr	0:32:15							99	Pat	Pointon	53	Pueblo West	1:04:09
129	Keith	Holcomb	41	Colo Spr	0:32:41							100	Alexis	Z Sellers	21	Colo Spr	1:05:02
130	Travis	Waldrip	54	Colo Spr	0:33:02							101	Susan	Hodgson	55	Los Alamos	1:05:05
131	Benjamin	Indino	31	Colo Spr	0:33:19												
132	Terry	R Porterfield	30	Colo Spr	0:33:20												
133	Jeffrey	Barden	42	Colo Spr	0:33:46												
134	George	Watson	53	Munford	0:33:47												
135	Michael	Allen	57	Colo Spr	0:34:06												
136	Harry	Kason	46	Colo Spr	0:34:19												

Female finishers 5K

1	Hannah	Green	16	Colo Spr	0:20:38
2	Laura	Mitchell	44	Colo Spr	0:22:40
3	Taylor	Fogg	12	Colo Spr	0:23:51
4	Laura	Volcheff	17	Colo Spr	0:24:00
5	Katie	Williams	18	Colo Spr	0:24:00
6	Vanessa	Warren	35	Colo Spr	0:24:22
7	Rosie	Clair Bradley	15	Colo Spr	0:24:37
8	Karen	Evers	33	Colo Spr	0:25:05
9	Sharon	Weatherford	50	Colo Spr	0:25:22
10	Linda	Ambard	45	Colo Spr	0:25:34
11	Debbie	Dingman	39	Colo Spr	0:25:39
12	Andrea	Owen	32	Colo Spr	0:25:40
13	Kristen	Selke	15	Colo Spr	0:25:45
14	Laura	Duesterbeck	17	Richland Cnt	0:26:01
15	Sylvia	Ramirez	41	Monument	0:26:06
16	Zully	Renon	26	Colo Spr	0:26:22
17	Kathy	Thodore	41	Peyton	0:26:29
18	Catherine	Rusin	22	Parkland	0:26:29
19	Joyce	McKelvey	62	Black Forest	0:26:32
20	Micky	Simpson	50	Peyton	0:26:34
21	Ivette	Gallegos	35	Colo Spr	0:26:36
22	Rochelle	Maina	43	Colo Spr	0:26:39
23	Lisa	Kayson	45	Colo Spr	0:26:43
24	Andrea	May	20	USAF Academy	0:26:44
25	Tricia	Easter	74	Colo Spr	0:26:54
26	Donna	Jewkes	50	Colo Spr	0:27:02
27	Debbie	Monfre	48	Colo Spr	0:27:14
28	Rachel	Cole	31	Colo Spr	0:27:51
29	Tina	Mott	36	Colo Spr	0:28:12
30	Karen	Karl	61	Colo Spr	0:28:13
31	Nicole	Rogers	36	Colo Spr	0:28:26
32	Gretchen	Graham	52	Colo Spr	0:28:47
33	Dina	Hayduk	49	Kutztoww	0:28:49
34	Renee	Renn	34	Colo Spr	0:29:00
35	Julie	Selke	40	Colo Spr	0:29:07
36	Michelle	Reagal	22	Colo Spr	0:29:31
37	Connie	Benter	35	Colo Spr	0:29:33
38	Patricia	Risnear	32	Peyton	0:29:38
39	Gretchen	Malaski	58	Colo Spr	0:29:48
40	Tammy	Karl	38	Falcon	0:30:05
41	Tina	Taylor	26	Colo Spr	0:30:33

Barr Trail Mountain Race

by Jon Teisher



Over 330 runners gathered at the COG railway on July 15 for the 8th annual Barr Trail Mountain Race.

The field ignored the high temperatures and early crowded conditions, as there was no lack of record setting performances and fast times.

Local hero Matt Carpenter once again scorched the course, becoming the first person to break the 90 minute barrier for the round trip to Barr Camp and back. No walk in the park for Matt though, as another local product, Ryan Hafer, was barely a minute behind. Simon Gutierrez held on for third place.

The women's race was also tightly contested. Lisa Marie Goldsmith held on for the win, finishing just ahead of two time BTMR winner Katie Ann Blackett. Susan Nuzum rounded out the top three.

It was a fast day as five age group records were set. Linda DeWitt and Buzz Burrell rewrote the 55-59 age group records. Carpenter and Hafer

pushed each other to records in the 40-44 and 20-24 age groups, respectively. And kudos to 13 year old Joshua Francis Randon, who finished in 2:51:08 to set the new standard in the 10-14 age group.

The average time to Barr Camp was 1:34. For the trip down, it was 56.5 minutes, making a total trip average of 2:33 for the 86 female and 252 male finishers.

Once recovered from the pain of the race, runners were able to pat themselves on the back for raising almost eleven grand to be split between El Paso County Search and Rescue and Friends of the Peak. And that was on top of the \$6000 donated to local high school cross-country teams through the aid station challenge.

Total donations came to \$16,878, which was \$38.10 per registration. Pretty good considering the average entry fee was half that amount! Pikes Peak National Bank contributed \$6000 as a sponsor, along with the finisher medals. And much credit goes to the Colorado Running Company for their generous \$1000 contribution.



Matt Carpenter takes a breather with runner-up Ryan Hafer. Ryan took the first two primes but was 45 seconds back by No-Name Creek.

Congrats to all the locals who came in under the 3:30 cutoff time. Results and more information are available at the BTMR page on www.runpikespeak.com.



With \$6000 dollars going out to the high school aid station winners, voting for their favorite team was an important post-race task for runners. Cheyenne Mountain's "Team Smurf" won the \$2250 1st prize.

Place		Age	City	Time
Overall				
Female				
1	Lisa Marie Goldsmith	42	Nederland	1:52:48
2	Katie Ann Blackett	30	Boulder	1:54:03
3	Susan Nuzum	40	Boulder	2:04:32
Male				
1	Matt Carpenter	42	Manitou Spr	1:29:33
2	Ryan Hafer	21	Colorado Spr	1:30:47
3	Simon B Gutierrez	41	Alamosa	1:35:41
Masters				
Female				
1	Lisa Marie Goldsmith	42	Nederland	1:52:48
3	Susan Nuzum	40	Boulder	2:04:32
7	Lisa Ledet	46	Boulder	2:13:58
Male				
1	Matt Carpenter	42	Manitou Spr	1:29:33
3	Simon B Gutierrez	41	Alamosa	1:35:41
7	Bernie G Boettcher	44	Silt	1:40:02

Triple Crown of Running Cumulative Results

by Jim Kelleher

After the first two races of the Triple Crown, the Garden of the Gods 10 Miler and the Summer Roundup 12K, 22 year old Aaron Rubalcaba holds a two minute lead over the rest of the field. (Aaron took 19th at Steamboat's USATF 8M National Trail Championship in June.) For the women, Stephanie Jones holds a larger 7.5 minutes lead over Connilee Walter. But with the final event being a run to the top of Pike's Peak, anything can happen. Awards for the Series will be presented to M/F for top 5 overall, top 5 masters, and top 3 in each 5-year age division.

One of the big stories this year is the phenomenal turnout at both the GOG and Summer Roundup. The GOG's 1336 finishers were an amazing 32% increase over last year. Even more astonishing was the 634 who showed up for the Summer Roundup: a 54% increase from 2006! Finally, the 469 runners listed below who are competing in the series represent an incredible 79% jump! Pike's Peak events are on the move!



Place	Age	City	Time
Male cumulative results after 2 races			
1	Aaron Rubalcaba	22 Col Spgs	1:42:29
2	Daryn Parker	26 Manitou Spring	1:44:27
3	John Gaudette	21 Denver	1:46:09
4	Michael J Hagen	44 Col Spgs	1:49:45
5	Grant Scott	24 Col Springs	1:50:51
6	Gerald B Romero	35 Col Spgs	1:51:56
7	Paul Koch	39 Col Spgs	1:53:43
8	Shawn Erchinger	39 Col Spgs	1:57:35
9	Joel Stonington	26 Aspen	1:57:53
10	Michael Quispe	40 Littleton	1:58:36
11	Ron J Hendricks	55 Highlands Ranc	1:59:13
12	Steve VanGamble	16 Col Spgs	1:59:19
13	David Havlick	41 Col Spgs	1:59:57
14	Heath Hibbard	54 Montrose	2:00:04
15	Bill Means	42 Monument	2:01:21
16	Pat Castle	36 Colo Springs	2:02:28
17	Derek Engard	31 Col Spgs	2:04:00
18	Glenn Clemons	45 Pueblo	2:04:14
19	Sander Rigney	34 Col Spgs	2:05:02
20	Kevin S Wilder	39 Col Spgs	2:05:25
21	Troy M Brennan	33 Col Spgs	2:05:43
22	John S Hann	40 Col Spgs	2:06:29
23	Dave J Oliver	41 Monument	2:06:30
24	Anthony J Armento	32 Denver	2:06:43
25	Julius A Kovats	44 Manitou Spring	2:07:59
26	Ray R Phillips	46 Col Spgs	2:08:32

Place	Age	City	Time
27	Chris K Jones	39 Col Spgs	2:08:35
28	Brendan J Maas	27 Albuquerque	2:08:35
29	Aaron E McIntire	25 Col Spgs	2:09:13
30	Chad Halsten	33 Col Spgs	2:09:18
31	Michael S Trimboli	48 Col Spgs	2:10:02
32	Edgar D Trillo	32 Col Spgs	2:10:13
33	Jerry R Jackson	47 Col Spgs	2:10:38
34	Ross K Gleason	32 Col Spgs	2:11:49
35	Ryan Morgan	35 Parker	2:11:56
36	Mark A Jacobs	48 Greenwood Vill	2:12:15
37	Jason West	36 Colo Springs	2:12:39
38	Kjell Lavoll	28 Col Spgs	2:12:47
39	Pablo Najera	34 Col Spgs	2:12:48
40	John Keller	44 Manitou Spring	2:13:19
41	Matthew D Owen	38 Monument	2:13:48
42	Akio Lis	26 Col Spgs	2:13:57
43	Richard N King	49 Col Spgs	2:14:00
44	Jay Allin	35 Morrison	2:14:11
45	William R Cordova	53 Col Spgs	2:14:19
46	Harry W Ladewig	56 Englewood	2:14:52
47	Fred H Baxter	53 Col Spgs	2:15:04
48	Jesse Grizzle	33 Monument	2:15:22
49	Eric J Gresse	34 Col Spgs	2:15:50
50	Keith J Keana	38 Peyton	2:15:56
51	Jim Weddell	44 El Paso	2:16:18
52	Marcus A Roeder	47 Col Spgs	2:16:29
53	Mark H Merwin	42 Littleton	2:16:33
54	Daniel Novembere	27 Col Spgs	2:17:01
55	Hans G Johansson	53 Col Spgs	2:17:13
56	Karl Schlierf	17 Col Spgs	2:17:31
57	Ray Eck	60 Col Spgs	2:17:31
58	Jeff A Meredith	44 Littleton	2:17:53
59	Kyle J Swinicki	15 Wichita	2:17:56
60	Michael Roy	39 Col Spgs	2:17:56
61	Robert Palermo	48 Penrose	2:18:03
62	Chaz J Lalonde	47 Col Spgs	2:18:16
63	Timothy D Steffens	36 Col Spgs	2:18:31
64	Kevin Swinicki	45 Wichita	2:19:05
65	Ronald K McCall	37 Manitou Spring	2:19:20
66	Karl Mickelson	46 Col Spgs	2:19:31
67	Jason Van Dyne	34 Springfield	2:19:37
68	Timothy M Barry	46 Col Spgs	2:19:42
69	James Wagenschutz	31 Col Spgs	2:19:57
70	Hank Carey	43 Col Spgs	2:20:09
71	Scott T Suter	44 Col Spgs	2:20:12
72	Bryan S Willis	47 Col Spgs	2:20:30
73	Ryan M Shiningier	26 Boulder	2:21:19
74	Jim English	53 Col Spgs	2:21:35
75	Paul E Sullivan	40 Col Spgs	2:21:39
76	Donald B Henley	51 Col Spgs	2:21:40
77	Larry Herr	37 Col Spgs	2:22:03
78	Marc F Van Horn	38 Col Spgs	2:22:31
79	Brian K Einsweiler	27 Col Spgs	2:22:35
80	Steve Gibson	43 Lafayette	2:22:56
81	Jim B Heidelberg	48 Col Spgs	2:23:34
82	Roger L Austin	42 Col Spgs	2:23:54
83	Richard L Park	54 Col Spgs	2:23:57
84	Steven R Markel	49 Col Spgs	2:24:04
85	John N Gardner	48 Col Spgs	2:24:20
86	Mikko P Ahola	46 Col Spgs	2:24:30
87	J B Chavez	62 Col Spgs	2:24:31
88	Russell Keglovits	33 Col Spgs	2:24:47
89	Ingemar Westphall	37 Col Spgs	2:24:54
90	Steve Goodwin	45 Centennial	2:25:28
91	David Mulligan	46 Col Spgs	2:26:20
92	Gregory Roth	27 Peyton	2:26:23

93	Tom G White	44 Col Spgs	2:26:27
94	Tim S Dolan	38 Col Spgs	2:26:27
95	Jay Walther	36 Black Forest	2:26:36
96	Jeff K Blixt	35 Col Spgs	2:26:54
97	Richard H Leavitt	50 Col Spgs	2:27:23
98	Roger Patrizio	50 Woodland Park	2:27:32
99	Allen Hjelmfelt	43 Col Spgs	2:27:38
100	Michael R Teger	38 Col Spgs	2:27:55
101	Dave Park	39 Col Spgs	2:28:01
102	Clayton M Downer	19 Kendallville	2:28:06
103	Allen W Fry	40 Yoder	2:28:17
104	Mauricio L Ayala	37 Col Spgs	2:28:29
105	William Dallas	28 Woodland Park	2:28:39
106	James Newton	49 Col Spgs	2:29:16
107	Scott A Ure	44 San Francisco	2:29:19
108	Matt J Sherman	35 Pueblo	2:29:58
109	Harsha Nagaraj	33 Col Spgs	2:30:16
110	Frank Watson	32 Col Spgs	2:30:31
111	Michael J Hartley	37 Divide	2:30:34
112	John Bastian	31 Englewood	2:30:40
113	Steve Kastrul	46 Denver	2:30:50
114	Roger Sajak	54 Col Spgs	2:30:53
115	Eric P Perramond	36 Col Spgs	2:30:58
116	Timothy A Zacharias	37 Cheyenne	2:31:20
117	Michael Finley	41 Col Spgs	2:31:50
118	Philip P Campbell	34 Col Spgs	2:31:59
119	William J Shaner	39 Col Spgs	2:32:04
120	Douglas Dirksen	28 Col Spgs	2:32:41
121	Ed A Zehner	48 Col Spgs	2:32:47
122	Jeff Rachwitz	45 Col Spgs	2:32:51
123	Michael K Hile	45 Col Spgs	2:32:51
124	Siegfried Eisenberger	59 Col Spgs	2:33:11
125	Fredric Francis	53 Col Spgs	2:33:19
126	Jay W Smidt	46 Col Spgs	2:33:32
127	Christopher B Douthy	40 Columbia	2:33:48
128	Edwin H Lee	23 Col Spgs	2:33:53
129	KJ Bruno	50 Col Spgs	2:34:41
130	Aaron Schubach	34 Col Spgs	2:35:09
131	Jim Kerr	59 Col Spgs	2:35:16
132	Craig M Whitehill	49 Col Spgs	2:35:20
133	Jack Ramsey	64 Manitou Spring	2:35:43
134	Lester H Busche	35 Col Spgs	2:35:54
135	Scott D Schafer	51 Aurora	2:36:20
136	Danny Hart	31 Erie	2:36:31
137	Jon C Cornick	51 Col Spgs	2:36:51
138	Clyde L Landry	60 Col Spgs	2:36:51
139	Jeff L McIntosh	46 Col Spgs	2:37:04
140	Dustin J Birdsong	25 Col Spgs	2:37:21
141	David J Hendrix	42 Col Spgs	2:37:35
142	Robert A Eck	41 Col Spgs	2:37:38
143	Cheston C Souza	31 Col Spgs	2:37:59
144	Peter D Ratcliffe	38 Wichita	2:38:50
145	Pete Stevenson	34 Fort Collins	2:39:00

Cumulative Triple Crown (cont)

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time						
146	Michael A	Glanert	48	Golden	2:39:03	189	Timothy D	Hughes	43	Broomfield	2:49:22	232	Mike O'Donnell	51	Kirk	2:59:04	
147	Samuel	Seal	26	Col Spgs	2:39:50	190	Michael K	Olson	50	Col Spgs	2:49:48	233	Michael	Geer	39	Col Spgs	2:59:41
148	Randy S	Ferguson	37	Woodland Park	2:40:52	191	Johnathon	Hann	16	Colo Springs	2:50:34	234	John D O'Donnell	54	Col Spgs	2:59:43	
149	William	Keller	38	Col Spgs	2:41:11	192	Michael F	Everson	42	Col Spgs	2:50:37	235	David	Cross	44	Canon City	2:59:51
150	Johnnie	Banda	53	Fountain	2:41:26	193	Fred	Hearty	57	Boulder	2:51:02	236	Ian R	McIntosh	42	Highlands Ranc	2:59:56
151	Rob J	Smit	35	Col Spgs	2:41:27	194	Michael J	Hauck	48	Woodland Park	2:51:14	237	Eric H	Drummond	47	Manitou Spring	3:00:31
152	Val L	Baughman	40	Col Spgs	2:41:33	195	Dario	Pompeii	42	Col Spgs	2:51:23	238	Walker	Hofmann	28	Peyton	3:00:43
153	David	Futey	47	Col Spgs	2:41:50	196	Byron	Mueller	29	Col Spgs	2:51:25	239	Mark R	Erickson	37	Col Spgs	3:00:47
154	Barry	Smith	44	Colo Springs	2:41:55	197	Gregory M O'Boyle	35	Col Spgs	2:51:27	240	James M	McKelvey	65	Col Spgs	3:01:18	
155	Ken	Patrick	35	Fort Collins	2:41:57	198	John R	Routa	45	Wheat Ridge	2:51:34	241	Curt L	Marjaniemi	32	Col Spgs	3:02:04
156	Mike	Apostle	31	Windsor	2:41:59	199	Gary A	Eldridge	45	Campbell	2:51:41	242	Alfred	Coxe	51	Colo Springs	3:02:24
157	Kurt	Schwemmer	28	Col Spgs	2:42:00	200	Roger L	Leturno	52	Col Spgs	2:51:47	243	David E	Scafrri	44	Col Spgs	3:02:42
158	Anthony	Abraham	35	Col Spgs	2:42:13	201	Kent B	Mitchell	65	Erie	2:51:53	244	Michael J	Smith	40	Col Spgs	3:02:46
159	Mark A	Good	52	Col Spgs	2:43:07	202	Edward P	Atkinson	37	Broomfield	2:51:56	245	David A	White	34	Green Mtn Fall	3:03:15
160	Stan	Richardson	55	Col Spgs	2:43:19	203	Patrick H	Stevens	41	Col Spgs	2:52:06	246	Mark	Stevens	48	Lakewood	3:03:17
161	Chris J	Valento	33	Central City	2:43:23	204	Bill R	Maier	40	Col Spgs	2:52:10	247	Peter M	Solie	40	Col Spgs	3:03:56
162	Jim	Turosak	45	Denver	2:43:31	205	Roger	Reese	42	Col Spgs	2:52:31	248	Robert	Gray	40	Col Spgs	3:04:06
163	Gordon	MacMillan	28	USAF Academy	2:43:38	206	Bradley	Holbrook	39	Castle Rock	2:53:13	249	Chris J	Kilroy	39	Manitou Spring	3:04:08
164	Dillon K	Harder	34	Monument	2:43:42	207	Darin	Olson	38	Col Spgs	2:53:24	250	Wes	Schlauch	40	Col Spgs	3:04:23
165	Jon C	Vaughan	41	Col Spgs	2:43:43	208	Michael	Capela	39	Col Spgs	2:53:25	251	Samuel D	Meyer	17	Col Spgs	3:05:02
166	Scott	Hutchison	57	Col Spgs	2:43:47	209	Daniel W	Adams	52	Col Spgs	2:53:26	252	Thomas W	Lear	47	Col Spgs	3:05:06
167	Steve	Thompson	32	Monument	2:44:05	210	Kurt	Neuman	45	Col Spgs	2:53:28	253	Larry C	Haney	52	Col Spgs	3:05:29
168	James	Terry	26	Denver	2:44:10	211	Ross	Bielak	36	Denver	2:53:47	254	John P	Cassidy	42	Col Spgs	3:05:35
169	Tim	Seibert	38	Col Spgs	2:44:46	212	Mike	Borton	51	Pueblo	2:54:15	255	William J	Keener	28	Pueblo	3:05:37
170	Steven F	Arnold	45	Silverthorne	2:44:50	213	Joshua	Erosky	32	Parker	2:54:34	256	Frederick H	Maas	62	Santa Fe	3:06:10
171	Steven	Morin	40	Arvada	2:46:02	214	Dennis R	Wilson	59	Woodland Park	2:54:35	257	David	Redinger	42	Col Spgs	3:06:12
172	Joshua D	Kovacic	28	Col Spgs	2:46:33	215	Frank M	Tyboroski	47	Col Spgs	2:54:47	258	Patrick	Basso	42	Col Spgs	3:06:30
173	Tim A	Green	34	Littleton	2:46:34	216	Patrick K	Swank	59	Pueblo	2:54:52	259	Charles C	Benight	45	Manitou Spring	3:06:45
174	Jay	Kucko	34	Col Spgs	2:46:34	217	John R	McHenry	58	Col Spgs	2:54:53	260	David	Chagollan	47	Col Spgs	3:06:54
175	Danny J	Gray	54	Col Spgs	2:46:48	218	Willis T	Wiedel	54	Boulder	2:54:54	261	Kerry F	Pettigrew	56	Col Spgs	3:07:27
176	Dan	Maas	37	Firestone	2:46:50	219	Roger	DeLaria	35	Denver	2:55:11	262	Les W	Bell	52	Col Spgs	3:07:58
177	Mark K	Allinger	48	Peyton	2:47:18	220	Juan D	Ramos	30	Broomfield	2:55:16	263	David	Ottoes	44	Col Spgs	3:07:59
178	Phil	Redinger	36	Col Spgs	2:47:42	221	Francisco J	Almeida	48	El Paso	2:55:28	264	Richard M	DeGrand	34	Col Spgs	3:08:34
179	Starling J	Reynolds	54	Col Spgs	2:48:00	222	Thomas J	Morin	48	Col Spgs	2:56:19	265	Lee	Rhodes	74	Centennial	3:09:15
180	Robert	Brotherston	48	Col Spgs	2:48:01	223	Bill	Dickson	44	Col Spgs	2:57:02	266	Mikki I	Dalbec	33	Col Spgs	3:09:30
181	Ed	Gritters	43	Col Spgs	2:48:05	224	Charles Q	Scheibe	52	Denver	2:57:06	267	Dan A	Schaefer	54	Col Spgs	3:09:51
182	Jim	Umphrey	68	Col Spgs	2:48:06	225	Michael W	Witham	36	Col Spgs	2:57:17	268	Tim L	McElderry	56	Col Spgs	3:10:36
183	Steve E	Watz	51	Col Spgs	2:48:06	226	Clint	Darnell	59	Col Spgs	2:57:18	269	Bill	Walsh	58	Col Spgs	3:11:09
184	Mark	Churchill	39	Parker	2:48:32	227	Ismael R	Rodriguez	33	Col Spgs	2:57:30	270	Mark M	Wallace	50	Col Spgs	3:11:52
185	David	McGillivray	56	Lakewood	2:48:32	228	Greg	Norman	40	Col Spgs	2:57:49	271	Brent	Kremer	43	Manitou Spring	3:12:40
186	Stuart C	Sloat	32	Col Spgs	2:48:39	229	James K	Dikes	39	Col Spgs	2:57:51	272	Roger A	Rybicka	59	Fort Collins	3:12:48
187	Mark	Koch	48	Pueblo	2:48:39	230	Witt	Keller	16	Manitou Spring	2:58:52	273	Jason	Doedderlein	33	Col Spgs	3:13:00
188	Pete J	Doyle	60	Col Spgs	2:49:02	231	Michael	Vialpando	46	Col Spgs	2:59:01	274	Roger M	Bohnhoff	41	Highlands Ranc	3:15:26



From left to right, Karen Adams, Linda Aiman, and Susan Thornton cruise happily downhill toward the end of the pack. Karen stepped up the pace a bit to finish 4 minutes ahead of the other two.

Cumulative Triple Crown (cont)

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time			
300	Guy W Jordan	53	Col Spgs	3:40:16	53	Robin Wright	33	Col Spgs	2:45:40	121	Brandy Fleer	32	Parker	3:29:19
301	Colin Wynd	42	Manasquan	3:42:17	54	Cindy L Koscielniak	46	Col Spgs	2:46:10	122	Jeanne M Wells	43	Woodland Park	3:29:44
302	Chris Bombria	46	Peyton	3:42:57	55	Diane P Brown	44	Col Spgs	2:47:19	123	Christianna Mancha	34	Fort Carson	3:29:55
303	James A White	31	Peyton	3:43:56	56	Tara L McGowan	32	Col Spgs	2:48:41	124	Deborah Mefferd	60	Denver	3:30:03
304	David Paz	31	Col Spgs	3:44:09	57	Erin K Maloney	21	Loveland	2:48:53	125	Joan A Harrell	53	Wetmore	3:30:51
305	Bill Koerner	66	Manitou Spring	3:45:12	58	Laura E D'Albey	25	Denver	2:49:25	126	Dina Hayduk	49	Kutzown	3:31:57
306	Joe Cowell	53	Woodland Park	3:46:31	59	Lara Shadwick	38	Col Spgs	2:49:27	127	Lori Vann	43	Col Spgs	3:34:28
307	Bob F Mathes	73	Montrose	3:48:33	60	Jill C Kuhlmann	36	Col Spgs	2:49:31	128	Megan Crews	26	Col Spgs	3:34:52
308	John K Sellers	63	Col Spgs	3:49:45	61	Kim A Forget	46	Attleboro	2:50:16	129	Michele Schifтар	41	Parker	3:35:09
309	Donald J Ferguson	47	Col Spgs	3:50:03	62	Diane K Cridennda	54	Col Spgs	2:50:20	130	Sierra E Thompson	28	Telluride	3:35:39
310	Matthew E Dealy	49	Col Spgs	3:53:19	63	Joyce McKelvey	62	Col Spgs	2:50:49	131	Lynn G Lee	54	Col Spgs	3:36:37
311	Kenneth J Lonquist	22	Fort Collins	4:00:15	64	Mary Toman	44	Col Spgs	2:51:08	132	Diane Ryan	53	Col Spgs	3:37:16
312	Will Vasquez	33	Col Spgs	4:22:17	65	Kathleen M Moffett	48	Col Spgs	2:51:22	133	Gregoria Marrero	59	Col Spgs	3:37:29
313	Ronald Snook	46	Col Spgs	4:43:01	66	Wendy L Anderson	49	Denver	2:51:37	134	Jodene Rahaman	41	Col Spgs	3:37:59
Female cumulative results after 2 races					67	Linda J Ronas	42	Col Spgs	2:52:52	135	Jannie Richardson	53	Col Spgs	3:38:19
1	Stephanie E Jones	37	Col Spgs	1:59:38	68	Monica L Carlile	35	Col Spgs	2:53:00	136	Carol A Benight	48	Manitou Spring	3:38:48
2	Connilee S Walter	34	Col Spgs	2:07:07	69	Michelle Eisenberger	43	Col Spgs	2:54:16	137	Jacqui Jordan	22	Col Spgs	3:40:14
3	Letitia Dusich	26	Col Spgs	2:07:44	70	Connie Ahmsbrak	67	Lakewood	2:54:31	138	Susan Hart	47	Col Spgs	3:42:07
4	Lauren Dunsmoor	23	Pueblo	2:09:48	71	Elizabeth Drummond	42	Manitou Spring	2:54:55	139	Dawn Boden	34	Col Spgs	3:42:15
5	Stephanie B Wurtz	24	Pueblo	2:12:02	72	Micky Simpson	50	Peyton	2:55:13	140	Cathy L Eckert	41	Col Spgs	3:42:34
6	Jill B Horst	28	Albuquerque	2:12:08	73	Maureen M Connell	44	Col Spgs	2:56:09	141	Teresa Logsdon	48	Woodland Park	3:43:25
7	Teal Reeves	25	Col Spgs	2:14:45	74	Kate B Raphael	50	Col Spgs	2:56:11	142	Rosalynnda M Uly	36	Col Spgs	3:47:06
8	Chrissy Steigerwald	38	Col Spgs	2:15:44	75	Margaret Van Sistine	26	Boulder	2:56:19	143	Lanel E Welsby	48	Col Spgs	3:48:26
9	Kellie J Callahan	19	Col Spgs	2:16:55	76	Maureen A Duffey	26	Col Spgs	2:59:30	144	Kori Schaulis	47	Col Spgs	3:53:01
10	Hanna Green	16	Col Spgs	2:19:20	77	Kelly S Murphy	55	Leadville	3:00:14	145	Kimberly A Dealy	49	Col Spgs	3:53:40
11	Melissa R Menard	33	Denver	2:20:02	78	Sharon K Joyner	44	Woodland Park	3:00:27	146	Brenda V Cowell	51	Woodland Park	3:54:56
12	Karen J Smidt	40	Brighton	2:20:52	79	Lori A Stump	27	Rancho Cucamon	3:02:28	147	Susan Thorton	45	Colo Springs	4:00:50
13	Jill A Montera	40	Pueblo West	2:24:36	80	Michele G Bynum	38	Col Spgs	3:04:20	148	Pamela L Penfield	60	Highlands Ranc	4:04:39
14	Kimberly M Greer	46	Larkspur	2:25:46	81	Mireille Cameron	37	Boulder	3:05:08	149	Kristine Fehringer	40	Parker	4:14:20
15	Tamara G Rogers	40	Monument	2:26:22	82	Kandee Normandin	29	Col Spgs	3:05:39	150	Karen D Adams	51	Col Spgs	4:16:04
16	Diane Vanderhoeven	45	Highlands Ranc	2:27:15	83	Vikki Thompson	34	Monument	3:05:53	151	Linda G Aiman	60	Black Forest	4:20:32
17	Vanessa van Staden	20	Col Spgs	2:27:17	84	Kajsa Novembre	27	Col Spgs	3:06:02	152	Jac J Vigil	48	Avondale	4:22:14
18	Kerry A Page	39	Col Spgs	2:27:45	85	Kim Means	39	Monument	3:06:03	153	Christie Lee	62	Col Spgs	4:22:34
19	Sharon Greenbaum	44	Col Spgs	2:28:25	86	Sandi J Crawford	45	Parker	3:06:03	154	Jacqlyn DuCharme	30	Centennial	4:30:22
20	Sharon Dieter	53	Col Spgs	2:29:27	87	Judy Bauermeister	47	Col Spgs	3:07:23	155	Pamela A Hoffman	36	Col Spgs	4:42:58
21	Sheri L Atkinson	43	Broomfield	2:30:14	88	Melissa Hawthorn	40	Col Spgs	3:07:46	156	R Mary Scott	56	Col Spgs	4:55:19
22	Beth M Sedelmyer	40	Col Spgs	2:32:30	89	Bev Skroch	57	Creede	3:08:26					
23	Connie E Shaner	33	Col Spgs	2:33:18	90	Allison L Simpson	34	Woodland Park	3:08:48					
24	Scheri S Nagaraj	30	Col Spgs	2:33:39	91	J D Lorince	30	Col Spgs	3:09:59					
25	Courtney Schumann	21	Col Spgs	2:34:01	92	Kristen King	32	Col Spgs	3:10:34					
26	Georgann Richardson	52	Col Spgs	2:34:32	93	Kristy M Callihan	35	Col Spgs	3:10:34					
27	Sarah L Andrews	44	Col Spgs	2:35:03	94	Jo Ann Harris	37	Peyton	3:10:51					
28	Lisa Cunningham	32	Col Spgs	2:36:01	95	Lori Hawkins	46	Col Spgs	3:11:35					
29	Natasha VanderMolen	22	Col Spgs	2:36:09	96	Christie R McCall	34	Manitou Spring	3:12:15					
30	Danel Kuhlmann	38	Parker	2:37:26	97	Andrea Cichosz	43	Col Spgs	3:12:18					
31	Lisa K Gidday	46	Littleton	2:37:55	98	Megan L Fisher	28	Col Spgs	3:13:54					
32	Amber Weselek	34	Col Spgs	2:38:09	99	Myra Rhodes	74	Centennial	3:14:11					
33	Pilar Silva	43	Col Spgs	2:39:12	100	Sandra Perkins	44	Col Spgs	3:14:40					
34	Laura L Klein	33	Col Spgs	2:39:13	101	Ellen G Edwards	29	Col Spgs	3:14:42					
35	Erin E Moffett	22	Col Spgs	2:40:06	102	Karen Barry	49	Col Spgs	3:15:00					
36	Kim Schenck	41	Col Spgs	2:40:16	103	Sarah Steph	26	Col Spgs	3:15:52					
37	Diane J Nockels	40	Littleton	2:40:18	104	Janie R Taylor	33	Monument	3:18:12					
38	Liana Dolakova	34	Col Spgs	2:40:26	105	Lydia Reichart	19	Col Spgs	3:19:16					
39	Esme DeLange	43	Col Spgs	2:40:28	106	Rochelle M Williams	39	Nassau	3:19:21					
40	Tristen Faith	37	Col Spgs	2:41:04	107	Lisa E Jay	37	Col Spgs	3:20:06					
41	Karen Galceran	34	Colo Springs	2:41:08	108	Kathy Wagenschutz	29	Col Spgs	3:20:26					
42	Susan S Graves	38	Col Spgs	2:41:29	109	Karen E Michaud	32	Denver	3:21:16					
43	Wendy Levang	41	Parker	2:41:37	110	Erin Tatum	39	Col Spgs	3:21:34					
44	Jo Ann H Davis	38	Col Spgs	2:41:55	111	Kandis M Ewers	38	Col Spgs	3:22:16					
45	Angi Castle	36	Colo Springs	2:42:28	112	Phyllis I Meyer	52	Monument	3:22:28					
46	Meghan Kelly	33	san francisco	2:43:17	113	Jennifer Pedersen	48	Thornton	3:23:29					
47	Diane Kelsay	43	Monument	2:43:57	114	Mary J Masters	52	Montrose	3:24:00					
48	Christine Mougин	40	Denver	2:44:21	115	Jessie M Quintana	63	Pueblo West	3:24:17					
49	Donna J Billek	34	Col Spgs	2:44:41	116	Kathryn Aasen	39	Col Spgs	3:25:04					
50	Liane L Repasky	42	Col Spgs	2:44:57	117	Martha J Kinsinger	73	Col Spgs	3:25:22					
51	Dizbeth A White	42	Col Spgs	2:45:02	118	Jennifer W Bossard	39	Wheat Ridge	3:27:10					
52	Kerry Vargo	43	Parker	2:45:23	119	Charlotte A Ricker	34	Denver	3:27:58					
					120	Hou-Lan T Coker	46	Col Spgs	3:28:59					



Ryan Morgan, 35 y.o., leads Letitia Dusich 26, and Julius Kovats 44 down the dirt road at the Summer Roundup. They finished in reverse order.

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- Children's Fun Run..... 8:30 a.m.



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