



**Pikes
Peak
Road Runners**

the *Long Run*

Volume 31 Issue 12

Running News for the Pike's Peak Region

December 2007

Fall Series Success

Record numbers enjoy perfect weather



Tales of Travelling Runners
Marine Corp Marathon,
Top of Utah Marathon & more

PPRR Information

Officers

President:	Jon Cornick	262-0595
Vice President:	Micky Simpson	495-5891
Secretary:	Patricia Lockhart	598-2953
Treasurer:	Gil Kindt	328-9828

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Tony Abdella	Jack Anthony
Jim Beckenhaupt	Travis Waldrip
John Gardner	Luci Stansberry
Jim Kelleher	John O'Neill
Larry Miller	Ron Garcia

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Calendar:	Dave Sorenson*	
Course Marking:	Travis Waldrip	282-1671
Equipment:	Larry Miller	590-7086
	Bill Gallegos	596-3507
Event Promotion:	Micky Simpson	495-5891
Insurance:	Pat Lockhart	598-2953
Historian:	Storme Rose	591-6819
Newsletter:	Jim Kelleher	232-4419
Membership:	Pat Lockhart	598-2953
Nielson Challenge:	Phil Foster	447-1371
	Al Grimme	534-0534
Race Coordinator:	Don Johnson	291-9712
Race Results	Dave Sorenson*	
Volunteer Coordinator:	Cymmie Bailey	578-1651
Web Site:	Dave Sorenson*	
Training Runs:		
Garden of Gods:	Dave Sorenson*	
Barr Trail:	Larry Miller	590-7086

*davidsoreson@msn.com

Club Meetings

Business meetings are usually 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 **January 8th**.

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
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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 **December 12th**.

Long Run Stuffing Party

Next stuffing is Wednesday December 19th!

Long Run mailing preps 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

1000 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



This is my last President's letter. When I was kid, a "year" used to be the same as "never": "We'll go on vacation next year"; "You can get that for your birthday next year"; "Next year you'll be driving on your own." For a kid, it was a "long year" experience. You would think that you could do just about anything given a year to do it. Not any more.

It's true that the older you get, the more fixed you become in your ways. The same is true with companies and institutions, and for good reason, you don't challenge what works. When I became President, I had one strategy; add, don't subtract. And do what you can in a year.

One of the things I wanted to do was to review and update the Club's Constitution and Bylaws. As a new member, these were the guiding documents I looked to for guidance. They closely resembled what the club does, but not exactly accurate with what we were doing at the time. I set a date to review these documents, and the discussions were meaningful and informative. The board learned a lot of club history, as many policies are written because of lessons learned. Overall, the changes were minor, and at the November Fall Series awards and Membership meeting, the members of the club voted overwhelmingly to accept the changes.

Another goal was to define our club's membership and build the community we support. I feel it's important to know the people we serve and to constantly adjust our priorities as our membership changes. The "Members Spotlight" sprung out of an idea to call members at random and ask their opinion on what the club provides them and what convinced them to join. This goal requires more than a year to execute and answers won't appear anytime soon. This is one reason I ran for a member at-large position, to continue with this task.

I also wanted to recognize the people that are the foundation of the club and influence its activities through their unique personal and professional expertise. The addition of two life members, **Pat Lockhart** and **Larry Miller**, was well received and greatly appreciated. I will forever remain in awe of their experience and accomplishments and continue to look to them for words of encouragement and lessons from experience.

Participation at our races has increased and our membership has grown at a sustainable rate. We still have opportunities for improvement, and I look forward to remaining in the mix as a board member. I thank the membership for your support in that decision. Next year, the vision and goals of **Micky Simpson** will guide us. She will bring her own priorities and ideas. I wish her all the best and will be there to support her as she

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did for me as Vice-President.

We have three new board members: **Emily Brzozowski**, **Esme Delange** and **Tim Steffens**. They'll be coming on board with an eager energy and bring a youthful perspective. These are critical attributes to keeping the club relevant for it's members. For me, the key to preserving youth and vitality is to stay in touch with the young at heart. I'm excited to see Emily, Esme, and Tim join the board and I really look forward to hearing their ideas.

I want to sign off with a great big "THANK YOU" to all the members of the Pikes Peak Road Runners. You can take great pride in being a member of Colorado's largest and oldest running clubs. As always – Run Fast, Run Safe.

Jon Cornick

Cover Photo: Eyes on the trail, runners bunch up as they negotiate an early stage of the 7M Fall Series race 4 at Palmer Park. Keith Martin leads Jo Bradley (546), Terry Lauton (4263), Jim Campbell (608) and Karla Walls (4415). Karla eventually got free and gained 20 minutes on the group.

THANK YOU PPRR VOLUNTEERS



Congratulations **Micky Simpson**, our 2007 Volunteer of the Year! In recent years, Micky has become one of our volunteers extraordinary. We used to see her at the registration tables at the races helping out before she would run. Now, she's doing anything and everything. She has served on our board as a member at

large, Vice President and will be our President in 2008. She has immersed herself in the club's operations from learning to be a race director, to marking trails, overseeing water stops, handling the finish line, and still helping with registrations. She has become one of our strongest advocates for volunteering. Her energy, friendliness, enthusiasm and commitment to our club are greatly appreciated!

Our volunteers rock! Another great year is behind us and you came through with flying colors. Two hundred forty nine of you gave your time to the club totaling **5863 hours**. There is no doubt in my mind that many more hours were contributed without being reported. We saw many new volunteer faces this year so the word is out that it's fun and rewarding to give back to the club. Thank you so much for all that you do.

Cymmie Bailey

2007 VOLUNTEER HOURS

<i>Andrew Abdella</i>	10	<i>Bill Bennett</i>	60	<i>Charlotte Cannon</i>	8	<i>Phil Goulding</i>	52
<i>Jerred Abdella</i>	18	<i>David Bishop</i>	24	<i>M Cannon</i>	8	<i>Gwen Gregory</i>	3
<i>Sheri Abdella</i>	44	<i>Debbie Bloch</i>	48	<i>Jim Cannon</i>	12	<i>Al Grimme</i>	70
<i>Tony Abdella</i>	57	<i>Carol Both</i>	8	<i>Lois Carlock</i>	3	<i>Kees Guijt</i>	44
<i>Tori Abeyta</i>	2	<i>Boy Scout Troop 66</i>	5	<i>Kyla Carpenter</i>	7	<i>Alex Haberkorn</i>	7
<i>Spencer Abeyta</i>	8	<i>Jill Brown</i>	7	<i>Yvonne Carpenter</i>	7	<i>Kim Haberkorn</i>	9
<i>Steve Abeyta</i>	26	<i>Kirk Brown</i>	26	<i>Matt Carpenter</i>	45	<i>Ryan Hafer</i>	4
<i>Bear Ahen</i>	7	<i>Emily Brzozowski</i>	2	<i>Jimmy Carver</i>	11	<i>Lyn Hale</i>	96
<i>Jack Anthony</i>	61	<i>Kim Buck</i>	6	<i>Beverly Carver</i>	32	<i>Jeff Haley</i>	2
<i>Deann Arnold</i>	5	<i>Dean Buck</i>	26	<i>Sarah Case</i>	9	<i>Lynne Hall</i>	19
<i>Kent Bailey</i>	3	<i>Dee Budden</i>	20	<i>Cavalier Riding Club</i>	5	<i>Norm Hall</i>	21
<i>Jim Bailey</i>	30	<i>Kathy Butler</i>	4	<i>Jeff Chance</i>	2	<i>Larry Haney</i>	2
<i>Cymmie Bailey</i>	83	<i>Courtney Butler</i>	6	<i>Laura & Troop Clark</i>	3	<i>Teri Harper</i>	36
<i>Dave Balzar</i>	41	<i>Margarita Cadd</i>	6	<i>Pat Cleveland</i>	8	<i>Harrison School</i>	7
<i>Jan Balzar</i>	45	<i>Michael Cadd</i>	6	<i>Dan Cleveland</i>	118	<i>David Hatfield</i>	4
<i>Gordon Barnett</i>	40	<i>Diane Cahalan</i>	8	<i>Dennis Collard</i>	2	<i>Evan Hatfield</i>	4
<i>Marie Baughman</i>	29	<i>Anna Marie Campbell</i>	11	<i>Loni Corliss</i>	2	<i>Roland Hawkins</i>	7
<i>Jim Beckenhaupt</i>	101	<i>A Cannon</i>	8	<i>Jon Cornick</i>	68	<i>Emmett Hawkins</i>	23
				<i>John Crouse</i>	20	<i>Lori Hawkins</i>	28
				<i>Tony DeLange</i>	10	<i>Lisa Heckel</i>	10
				<i>Esme Delange</i>	12	<i>Elliott Henry</i>	4
				<i>Diane Dempsey</i>	7	<i>Rick Hesseck</i>	38
				<i>Bob Dempsey</i>	11	<i>Nancy Hobbs</i>	2
				<i>Tom Dewane</i>	22	<i>Diana Holmes</i>	14
				<i>Larry DeWitt</i>	6	<i>Susan Hoxie</i>	39
				<i>Andy Dimmen</i>	16	<i>Tom Huberty</i>	27
				<i>Tim Dolan</i>	4	<i>Jan Huie</i>	2
				<i>Vern Duncan</i>	12	<i>Roxanne Ilse</i>	2
				<i>Angie Earle</i>	107	<i>Jerry Jackson</i>	4
				<i>Ken Eichler</i>	4	<i>Kelly Jackson</i>	4
				<i>Jim English</i>	2	<i>Ted Jimenez</i>	5
				<i>Briana Evans</i>	5	<i>Lauren Johnson</i>	2
				<i>Heather Evans</i>	17	<i>Don Johnson</i>	90
				<i>Margaret Fogg</i>	5	<i>Jim Kelleher</i>	511
				<i>Taylor Fogg</i>	17	<i>Bill Keller</i>	2
				<i>Jeth Fogg</i>	21	<i>Steve Kidd</i>	2
				<i>Bob Foster</i>	19	<i>Gil Kindt</i>	102
				<i>Julie Foster</i>	36	<i>Clyde Landry</i>	4
				<i>Phil Foster</i>	73	<i>Jean Landry</i>	18
				<i>Linda Fuqua-Jones</i>	8	<i>Alexis Leavitt</i>	6
				<i>Bill Gallegos</i>	91	<i>Mary Leavitt</i>	6
				<i>Ron Garcia</i>	48	<i>Zachary Leavitt</i>	6
				<i>Gina Garcia-Shaw</i>	4	<i>Mike Lee</i>	2
				<i>John Gardner</i>	58	<i>Melissa Leftwich</i>	18
				<i>Sheila Geere</i>	9	<i>Mike Lehan</i>	12
				<i>Jack Gendron</i>	4	<i>Roger Leturno</i>	5
				<i>Herman Goellnitz</i>	11	<i>Maria Leyba</i>	4
				<i>Leah Goodloe</i>	2	<i>Pat Lockhart</i>	252
				<i>Diane Gosch</i>	2	<i>Luis Lowe</i>	10
				<i>Quinn Gossage</i>	4	<i>Sandy Lowe</i>	25
				<i>Giselle Gossage</i>	6		

continued on page 10

From the Editor

Though I didn't run any of the races (or perhaps because I didn't), I had more fun with this year's Fall Series than ever. First off, being relegated to the ranks of spectator afforded me more time to take pictures, even of the front-runners. My usual modus operandi is to finish the race, grab my camera, and run back out on the course. Needless to say, I don't usually catch the front of the pack in action.

I did a little running from place to place since I dislike it when race pictures are all just a different face and bib number against an identical background. This little bit of running gave my knee the kind of challenge that my physical therapist said I wasn't ready for: running on trails. (I had a major knee surgery in March.) But it went well and raised my expectations, along with my therapist's eyebrows.

The kid's races provided more fun and certainly more challenge as I agreed to run the Bear Creek events. Happily, the city had only just finished carving several new trails that offered a more interesting alternative to the usual steep and graveled road. As I planned the course, I could only hope that I was guessing right as far as distance and difficulty. The younger kids were no concern since they just ran around the grass. I was sending the two older groups quite a ways out into the woods, however, but with nearly a dozen course marshals out there, no worries, right?

As I was about to give instructions to the kids lined up on at the start, some parents asked about the "rabbit". Rabbit? What rabbit. Larry never mentioned a rabbit (that is, an adult who leads the kids)! I tried to sound confident as I stressed the number of adults that were out there, and they reluctantly relaxed a bit. But then I took a close look at the smiling faces waiting to start. "Wait! Isn't this supposed to be the 12-and-up group?" Some of them looked like they've only recently mastered walking! Well, too late now...ready, set, go!

So I dumped the loudspeaker, jumped on the mountain bike, and hauled myself out to the farthest point to ensure no ill might befall these ambitious little trail runners. In addition, this protective venture gave another test to my knee...one it failed. Note to self: Trail running good. Mountain biking bad.

I had more fun in scouting and marking courses with Larry, Micky, Gordon and others. We ran the whole Palmer Park course the day before. I hadn't planned on it, but that 7 miles was my longest run of the year. And I felt good the next day. So now, completely disregarding my cautious rehab schedule, I'm back running trails every other day and feeling quite pleased about it. After months of elliptical trainers and treadmills, the paths of Palmer Park seem incomparably exotic.

Jim Kesseher, Editor

the Long Run Long Ago

10 Years Ago

December's issue for 1997 has a report from **Laura Landis** on her experience of the Marine Corp Marathon, running it in 3:16 despite rain throughout. The cover title reads "The Few, the Proud..." runners—a few 15,000. **Larry Miller** writes about the "Cry-baby" award for the Fall Series for the most complaints going to **Mark Kuhn** who didn't like the course changes, the hills, or the ice and snow. The series had 106 finishers. Only 7 turned out for the Nielson Challenge, but **Bob Mutu** was the most improved runner for the year. And **Dave Sorenson** pens an imaginative tale of the elf and Santa running conditioning program, "How Santa Came to See His Feet."



20 Years Ago



President **Russ Baker** hopes that the Board's work on the new guidelines in the "PPRR Handbook" will help the club for years to come, "If they are followed" he admonishes. 55 runners finished the Fall Series, won by **Larry Miller** and **Linda O'Conner**. The 10th annual Rescue Run is scheduled for Bear Creek, starting and finishing at Penrose Stadium.

Registration is \$9. On the cover are **Pat Lockhart**, **Gloria Baker**, and **Diane Ruff** holding their awards for service to the club.

30 Years Ago

President **Merv Bennett** recaps the first months of PPRR's existence: the membership grew from 42 to 159; the club affiliated with RRCA; they ran an average of 3 events per month and totalled over 2000 runners; they adopted the new logo and provided t-shirts to all members; they came out with a monthly newsletter; and they bought aid station equipment. The forerunner of the Fall Series, "The Level Series," had 10 runners for race 3, a 5 mile run in Garden of the Gods. And the Turkey Trot Predict turkey went to **Jim Orban** who came within 4 seconds of his predicted 5K time.



Letters

Thanks for the Fall Series (and the abuse)

Mr. Miller,

Thank you for putting on this awesome series! This was the first year I participated and truly enjoyed the abuse on our beautiful trails!

Thanks! Nancy
Lecky

Mr. Miller,

I am writing to congratulate you in organizing such a fabulous event, the Fall Series. I participated in three out of four and each race was fun, breathtaking, and challenging. I was amazed of how supportive the participants and staff were. I am planning on participating in the Winter Series next year and many more series events! I plan to recruit family and friends to participate in such a fantastic event next year.

Thank You,
Karla Walls

Mr. Miller,

I just wanted to let you know, as race director, that I thoroughly enjoyed the Fall Series event. I've never done something like this before, and it was very enjoyable. I was particularly happy with the volunteers and helpful folks on the trail. Not only that, most of the runners were very encouraging and lighthearted, offering assistance if you fell, and kind words if you were going slow. I'm really glad I had the opportunity to run in this event and I wanted to thank you and your staff for a series of wonderful Sunday jaunts in the park.

Also, I won't be able to attend the awards ceremony on Saturday because my daughter is having surgery. I (quite surprisingly) took 2nd for my age group, and I wanted to ensure you knew that the efforts of the celebration are not done in vain, and I really appreciate all the hard work. I would be there if I could.

Thanks again and keep up the good work.

Kristine

I just wanted to express my sincere thanks for all of the good folks at the Pikes Peak Road Runners that do such a great job of putting on our local races and to especially thank all of the volunteer photographers that provide us with all of those excellent pictures in amazing settings.

Sincerely,
George Greco

William writes from Plano

Dear Jim,

The Plano Pacers used to have a fall charity run. It was stopped by changing policies at Plano city hall. Our president, Jerry Powell, put together a charity drive for October and November to replace it. For October every entrant was asked to donate non-perishable food. We had about \$200 worth for a local charity to give to a deserving family. November will be toy donation month, when another charity will distribute them to families needing a source.

Our runners enjoyed the fall weather, fifty degrees before sunrise, warmer at the end of the race. Although Pikes Peak Road Runners might not think so, we felt this was downright nippy at the start. Tommy Smith lost out on another Master Trophy by winning the 5K outright. Joe Landry, ex-president of the Pacers and a former Colorado runner, won the 10K race. Monica Ghanis in the 5K and Jennifer Johnson in the 10K took ladies' honors.

The Road Runners are continually looking for volunteers. The members should realize that this is where it is at in your fine organization. I still reap benefits, and this from a short membership in 1991 and 1992. The work during a race is minimal, usually short bursts of

frantic activity followed by long waits. Newsletter mailing was always a party that involved a little collation, labeling, and stapling as the central activity. New members that volunteer will meet the people that make it all happen, and if they keep at it, they will be the drivers.

Regards,
William L. Jones



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News and Events

Local cross country teens win state championships

Congratulations to the girls' cross country team at the Classical Academy for another victory! Coached by PPRR member and volunteer **Melissa Waters** along with Alan Versaw, the team won the 3A state championships for the fifth year in a row. **Kaitlin Hanenburg** led the effort, winning 1st overall.

Melissa attribute their strong showing to the wealth of talent that the Academy's success has drawn to their running program. The girls train hard and run about 30 miles a week, but "we have a lot of fun in the process and the girls truly care about helping each other succeed," says Melissa. She adds, "I want the kids to truly love the sport so that it's something they enjoy so much they will continue the rest of their lives."

PPRR donated money to the program to help them travel to Tempe,

Arizona for the regional championships, where the older girls competed against mostly 4A and 5A schools, but took 9th out of 20. The JV team, competing against smaller schools, won first place.

In other cross country news, PPRR's **Kirsten Anthony** led the Colorado State Rams women to their best finish ever at the NCAA Championships just before Thanksgiving. She placed 54th overall to pace the team to 15th out of 31 colleges.

PPRR endorses 2009 World Mountain Championship

The 25th World Mountain Running Championship race will take place in Steamboat Springs in September of 2009. Admittedly, that's a ways out, but John Chapman, the on-site organizer, is already lining up support. He wants to shape the event as an all-Colorado affair, and Pikes Peak Road Runners has lent it's considerable weight in full



Anita Ortiz, of Eagle, CO, (2nd L) helped the US team win the World Mountain Championships for the second year in a row.

support, one of the state's first running clubs to become an official sponsor. "PPRR's endorsement is huge for us," said Chapman. "It is our intent to showcase Colorado as a hub for running and specifically trail and mountain running."

The 2006 champion USA women took first-place again in this year's team championship, a 12K held in Ovrannaz, Switzerland, September 17th. Renown Colorado runner Anita Ortiz, of Eagle, who has won the Pikes Peak Ascent, was among the four-women team.

The championships include junior and senior categories for women and men. The race alternates between uphill/downhill and uphill only. Steamboat's running will be the former, and will be held between September 17th and 19th. Chapman expects about 400 athletes from 35 countries.

World's richest mountain run

While "Pikes Peak" most often comes to mind first when someone mentions mountain climbs, "richly rewarded" probably does not. But if you're willing to venture far enough, that's exactly what you'll find. There's no other way to de-

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The Classical Academy girls cross country team won the state championships for the fifth year in a row. Coach Melissa Waters is standing in the middle. The team won first by a landslide 55 points.

Membership

New Members

Cheryl Adelman	Colorado Springs
Paolo Bahr	Colorado Springs
Shane McCarthy Bahr	Colorado Springs
Jennifer Bielak	Colorado Springs
Phil Campbell	Colorado Springs
Cassie Capela	Colorado Springs
Jessie Capela	Colorado Springs
Mike Capela	Colorado Springs
Cedar Collins	Monument
David Collins	Monument
Marne Collins	Monument
Melanie Routt Collins	Monument
David Dietz	Colorado Springs
Garrett Dietz	Colorado Springs
Karissa Dietz	Colorado Springs
Lynn Dietz	Colorado Springs
David Havlick	Colorado Springs
Marion Hourdequik	Colorado Springs
Beth Ismail	Peyton
Christy Orser	Colorado Springs
Christy Orser	Colorado Springs
Diane Stanley Orser	Colorado Springs
Marken Orser	Colorado Springs
Sam Ramsey	Colorado Springs
Sarah Ramsey	Colorado Springs
Carlotta Rivera	Peyton
Brad Runnion	Colorado Springs
Donna Rutten	Colorado Springs
Dick Standaert	Colorado Springs
Carmen Stavrositu	Colorado Springs
Danielle Trice	Colorado Springs
Logan Wealing	Colorado Springs

McKye Kelley	Colorado Springs
Dani Hains Lloyd	Green Mtn Falls
Mike Lloyd	Green Mtn Falls
Korina Lyons	Colorado Springs
Dawn Mugele	Colorado Springs
Lauren Murray	Colorado Springs
Lindsey Murray	Colorado Springs
Lisa Murray	Colorado Springs
Todd Murray	Colorado Springs
Devin Muzzy	Colorado Springs
Elana Muzzy	Colorado Springs
Rich Muzzy	Colorado Springs
Valerie McIntosh	Colorado Springs
Carl Nelson	Colorado Springs
Elizabeth Nelson	Colorado Springs
Evan Nelson	Colorado Springs
Marti Nelson	Colorado Springs
Carl Nelson, Jr.	Colorado Springs
Roger Villmow Pitman	Woodland Park
Teri Pitman	Woodland Park
Bill Ransom	Colorado Springs
Tim Royston	Colorado Springs
Charlie Snygg	Monument
Cady Waters	Falcon
Emilee Waters	Falcon
Jim Waters	Falcon
Matt Waters	Falcon
Melissa Waters	Falcon
Zach Waters	Falcon
Annemarie Wiesner	Colorado Springs

Renewing Members

Jeanne Baker	Colorado Springs
Hillary Becker	Colorado Springs
Greg Brown	Colorado Springs
Chris Clabaugh	Colorado Springs
Dan Cleveland	Colorado Springs
Pat Cleveland	Colorado Springs
Tim Dolan	Colorado Springs
Chris Duval	Colorado Springs
Steve Fuhrmann	Monument
Wendy Garrison	Pueblo
George Greco, II	Colorado Springs
Corrina Hamann	Colorado Springs
Jeremy Joiner	Colorado Springs
Hannah Joiner	Colorado Springs
Jeffrey Jury	Fountain
Ben Kelley	Colorado Springs

Long Run Mailing Volunteers!

Hosted by the
Colorado Running Company

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

Lynne Hall
Norm Hall
Jeff Smith
Tony Delange
Esme Delange
Melissa Leftwich
Eric Sove
Micky Simpson
Teri Harper
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*Some men stumble upon the truth;
most pick themselves up and hurry
on as if nothing happened*

- Winston Churchill

News and Events

continued from page 7

scribe the 3rd Obudu Ranch Mountain Race in Nigeria, which attracts elite road and cross country athletes as well as the world's best mountain runners. Both the men's and women's events offer the tidy sum of \$50,000 to the victor. The 7 mile course ascends half a mile, which amounts to \$18 per vertical foot. By contrast, the Pikes Peak Ascent could offer the same reward for a bargain \$6.40 per foot. Come on TCR! Runner ups get \$20,000, and third place \$10,000.

Although the race is largely on roads, the average rate of ascent is 380 feet per mile, which is a slacker stiff climb. By comparison, the Pikes Peak Ascent averages 298 per mile. The event took place November 24th but results were not posted in time for this issue. The official website is obuduranchmountainrace.com.

Earphones that stay put

If you like to listen to music while you run, you have dozens of choices for players and ear phones. Most MP3 players do an adequate job whether you're on the Santa Fe Trail or an elliptical trainer. But it's a different story when it comes to the ear phones. The jostling of your running



The Obudu Ranch Mountain race, in Nigeria, offered a first place prize of \$50,000 for both men and women. The seven mile course ascends 2650 feet and attracts both trail and road runners.

stride dislodges the ear piece, which may balance precariously on your ear canal if it doesn't pop out altogether. The need for constant adjustments can make the music experience hardly worthwhile.

If this sounds all too familiar, take heart. A new product, the EarFuze ear phones, molds to the unique shape of your ear and take advantage of all those ridges to remain firmly in place. We tested a set and found that it lives up to its billing, hanging in there securely for the duration of Palmer Park's Templeton Trail. The moulding process is a one shot affair, so be sure and read through the whole process before you start. And despite the snug fit, sounds from the environment were very audible. So unless you crank the volume, the runner from behind calling, "On your left!" should have no cause for complaint.

The EarFuze was developed by local Aaron Quinlisk and is the only product that has custom fit capability. Contact Aaron at 338-4124 or go to www.earfuze.com for more information.



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<i>Mike Reilly</i>	12	<i>Sydney Steffans</i>	13
<i>Kobi Rex</i>	2	<i>Tim Steffans</i>	13
<i>Kyle Rex</i>	2	<i>Draper Sullivan</i>	2
<i>Angela Rodziujod</i>	2	<i>Angela Sullivan</i>	18
<i>Tamara Rogers</i>	6	<i>John Talley</i>	5
<i>Linda Ronas</i>	24	<i>Jeff Tarbert</i>	6
<i>Rob Ronas</i>	25	<i>Jon Teisher</i>	23
<i>Storme Rose</i>	19	<i>Dave Thomson</i>	14
<i>Janet Rose</i>	22	<i>RT Tollin</i>	47
<i>Bill Rowan</i>	4	<i>TOSC</i>	5
<i>Brian Rowedder</i>	4	<i>Amy Triandiflou</i>	4
<i>Bob Royse</i>	17	<i>Tri-Club</i>	5
<i>Marie Sandgren</i>	7	<i>Marilyn Vassar</i>	2
<i>Emilie Satterwhite</i>	40	<i>John Vassos</i>	3
<i>Robin Satterwhite</i>	101	<i>Alan & Kids Versaw</i>	5
<i>Michael Schenk</i>	5	<i>Kevin Waldrip</i>	10
<i>Allen Schoffstall</i>	64	<i>Kate Waldrip</i>	30
<i>Nan Scranton</i>	20	<i>Travis Waldrip</i>	265

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<i>Melody Lundin</i>	4	<i>Larry Miller</i>	202
<i>Mindy Mahler</i>	2	<i>Susan Mopper</i>	4
<i>Peggy Marasovich</i>	4	<i>Maureen Moran</i>	2
<i>Patti Margrave</i>	2	<i>Eric Mullins</i>	63
<i>Paula Martinez</i>	3	<i>Brenda Murphy</i>	2
<i>Cruz Martinez</i>	78	<i>Bob Mutu</i>	5
<i>Troy Matos</i>	20	<i>Sheri Nagaraj</i>	13
<i>Wayne McBride</i>	16	<i>Dee Nelson</i>	8
<i>Steve McDermott</i>	6	<i>Jim Newton</i>	21
<i>Austin McElderry</i>	2	<i>Tim O'Connor</i>	6
<i>Judy McElderry</i>	8	<i>John O'Neill</i>	22
<i>Tim McElderry</i>	11	<i>Thomas Osinski</i>	4
<i>Chris McIntyre</i>	4	<i>Raquel Paywa</i>	8
<i>Joanna McIntyre</i>	8	<i>Ty Paywa</i>	8
<i>Mike McKay</i>	4	<i>Leslie Pearce</i>	2
<i>Jim McKelvey</i>	2	<i>Bill Ransom</i>	38
<i>Joyce McKelvey</i>	2	<i>Sam Raphael</i>	2
<i>Zane Meredith</i>	5	<i>Alex Raphael</i>	5
<i>Karen Messias</i>	12	<i>Kate Raphael</i>	5
<i>Janis Michel</i>	4	<i>Steve Recca</i>	8
		<i>Steve Reed</i>	27



<i>Daniel Seip</i>	4	<i>Jim Waters</i>	2
<i>Alex Shafai</i>	7	<i>Matt Waters</i>	2
<i>Mike Shafai</i>	27	<i>Emilee Waters</i>	6
<i>Craig Shafer</i>	9	<i>Zach Waters</i>	6
<i>Jim Simonson</i>	5	<i>Cady Waters</i>	40
<i>Micky Simpson</i>	138	<i>Melissa Waters</i>	54
<i>Mary Smith</i>	4	<i>Geri Widdows</i>	4
<i>Jeff Smith</i>	25	<i>Don Wilde</i>	6
<i>Leroy Smith</i>	40	<i>Chris Wood</i>	4
<i>Ann Smithey</i>	4	<i>Lo Wright</i>	16
<i>Joel Smithey</i>	4	<i>Christian Wulfsuhle</i>	36
<i>Mary Smithey</i>	4	<i>Halee Wulfsuhle</i>	39
<i>Charles Snygg</i>	5	<i>Marc Wulfsuhle</i>	40
<i>Kwang Chi Sorenson</i>	3	<i>Sara Wulfsuhle</i>	57
<i>Dave Sorenson</i>	247	<i>Eck Zimmerman</i>	2
<i>Eric Sova</i>	10	<i>Bev Zimmerman</i>	5
<i>Mike Stansberry</i>	7	Total hours reported:	
<i>Luci Stansbury</i>	93		5863



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.

November Results

Name	Place	Handicap	Actual	Difference
Jessica Barden	62	28:26.1	25:06.8	- 03:19.3
Dave Hart	31	19:32.6	16:58.6	- 02:34.0
Katie L. Barden	64	28:31.3	25:58.6	- 02:32.7
Mike Porter	19	16:45.3	15:14.3	- 01:31.0
Pam Gustafson	24	17:29.1	16:07.9	- 01:21.2
Josh Keen	36	18:40.6	17:52.0	- 00:48.6
Steve Sanchez	1	12:00.5	11:21.7	- 00:38.8
Jeff Chowning	7	13:30.7	13:10.5	- 00:20.2
Don Hawkins	9	13:51.5	13:41.1	- 00:10.4
Curtis Hamstra	12	14:15.4	14:12.5	- 00:02.9
Erich Gohlke	6	12:41.3	12:40.9	- 00:00.4
Sharon Greenbaum	13	14:22.3	14:24.6	+ 00:02.3
Ron Nighswonger	32	16:56.8	17:04.9	+ 00:08.1
Candi Kocourek	26	16:07.3	16:17.0	+ 00:09.7
Andrea Owen	21	15:37.4	15:47.6	+ 00:10.2
Doyle Baker	14	14:16.4	14:28.0	+ 00:11.6
Andy Rinne	3	11:23.4	11:36.5	+ 00:13.1
Mark Ewell	10	13:27.7	13:43.5	+ 00:15.8
Doretta Hale	50	20:08.6	20:25.5	+ 00:16.9
Daniel Polak	30	16:31.9	16:49.2	+ 00:17.3
Steve Hybki	25	15:56.5	16:15.4	+ 00:18.9
Kevin Wood	57	21:49.7	22:08.8	+ 00:19.1
Tim Mullins	29	16:25.3	16:44.7	+ 00:19.4
Carl Nelson	11	13:42.8	14:04.0	+ 00:21.2
Eric Peterson	5	11:29.7	11:51.6	+ 00:21.9
Nicole Hart	39	17:43.3	18:05.8	+ 00:22.5
James Wood	58	21:46.1	22:10.3	+ 00:24.2
Ryan Whitcomb	35	17:14.3	17:39.2	+ 00:24.9
Alex Haberkorn	16	14:10.5	14:41.1	+ 00:30.6
Kim Elster	46	19:07.6	19:39.2	+ 00:31.6

Nielson Wraps up 2007

by Dave Sorenson

The weather featured early morning sunshine with temps around freezing. Despite the cold temperatures, we still had a good crowd of 69 show up to run the November Nielson Challenge.

In fact, the Nielson Challenge has gone international, as we had one participant from Toronto, Canada run today. **Bruce Trigg**, of Toronto, arranged a surprise trip for his wife to attend a James Taylor concert in Colorado Springs. His wife didn't know where she was going or what they were doing until they arrived in town. Bruce also did his homework and found out that there was a race this weekend. We invited him to come back again next month, but he said he may not make it.

Another special participant today was **Terry Purvissmith**. Terry was the winner of the first 3 Nielson Challenge races, which he thinks was in 1974. Terry was wearing a shirt from those early Nielson Challenge races, when the club was named Pikes Peak Track Club.

Today's winner was **Jessica Barden**, as she was a whopping 3:19 under her handicap. These youngsters just keep getting faster and faster. Congratulations, Jessica! We do have a shirt for you.

This was the last month of the 12-month yearly cycle for the Nielson Challenge. The winner for the 12-month cycle is **Dean Buck**, as he has 2 wins over those 12 months. Please join us again in December, as we do it all over again.

Name	Place	Handicap	Actual	Difference
Jim Beckenhaupt	22	15:27.8	16:00.2	+ 00:32.4
Jon Rotzien	2	10:58.3	11:35.8	+ 00:37.5
Ned Brush	18	14:34.4	15:12.9	+ 00:38.5
Jonathan Crowe	17	14:28.1	15:09.4	+ 00:41.3
Steven Sanchez	41	18:13.1	18:55.0	+ 00:41.9
Stacy Gapper	53	20:20.0	21:03.0	+ 00:43.0
Beverly Carver	28	15:47.0	16:39.4	+ 00:52.4
Ken Holmes	51	19:51.1	20:43.9	+ 00:52.8
Eric Hansen	37	16:51.9	17:55.7	+ 01:03.8
Paul Stoller	66	25:19.3	26:30.9	+ 01:11.6
Yolanda Roberts	56	20:53.3	22:06.9	+ 01:13.6
Les Bell	34	16:05.2	17:24.2	+ 01:19.0
Kylee Hart	47	18:20.7	19:47.6	+ 01:26.9
Charles Snygg	69	27:49.1	29:22.9	+ 01:33.8
Julia Mesnikoff	49	18:32.7	20:14.6	+ 01:41.9
Shane Hansen	40	17:01.7	18:43.9	+ 01:42.2
Travis Hybki	20	13:58.1	15:43.7	+ 01:45.6
Jeffrey A. Barden	54	19:15.7	21:10.9	+ 01:55.2
Caleb Stoller	65	23:57.1	26:01.5	+ 02:04.4
Ty Hare	59	21:00.4	23:05.8	+ 02:05.4
Amanda Schofield	45	17:22.1	19:35.8	+ 02:13.7
Susan Hirst	42	16:52.3	19:11.2	+ 02:18.9
Taylor Ewell	60	21:37.3	23:56.6	+ 02:19.3
Gregg Keen	52	18:11.7	20:59.5	+ 02:47.8
Gale L. Gerken	68	24:29.7	27:24.4	+ 02:54.7



Running Away from Home

by Jack Shuttleworth



I've been running away from home for a long time, say forty years or so, beginning in Saigon during the monsoons and the war. And I've continued running away from home now wherever I travel. Roads, city streets, parks, and trails in Prague, Rome, Vienna, Budapest, Venice, Paris, Ocean City, Maryland, and other cities and towns in the US all have their charms and challenges. Paris's Luxembourg Gardens and the Seine embankment must be the most classically scenic; the bridges and canals in Venice the most awkwardly difficult.

But my most recent run away from home may have been the most curiously challenging. After living and running for years at 7000 feet in Colorado Springs, I suddenly found myself living for four months at 350 feet in rural Pennsylvania's Perry County, a land of not-so-gently rolling hills, green with pasture grass, more cows than people, and Humidity. That's humidity with a capital. For this Coloradan, the air on regular runs was heavy with moisture and oxygen.

When the local phys ed coach invited me to take in the community's street fair and run in support of the 75-year-old volunteer fire department, I foolishly agreed. The county seat, New Bloomfield, is a town of about 1200 in a county of 44,000. It

features in the town center a tall, somber Civil War memorial with later additions for other wars. That memorial was the backdrop for the start/finish line for the run and the center around which the local craftspeople and food purveyors set up their tables and booths.

On the day of the Perry 5000 Run, the temperature at the 9:30 start was already at 86° and the humidity at 88%. The town folk and many county residents had gathered early to sample the funnel cakes, Freedom Fries (this is a very patriotic county), salt pretzels, jams, jellies, and country crafts. And, of course, to see old friends and gossip about crops, weather, and the local football team about to begin its sea-

**the heat and humidity,
both reminded
me of Saigon,
but the crowd here
was a lot friendlier...**

son. All in all, not unlike the Palmer Lake-to-Monument Fourth of July 4 mile run. But the Humidity! With t-shirt already wet and a trickle of sweat down my back, my wife and I surveyed the 75 or so runners—many teens from the local track teams, others fit and not so fit—to spot the likely winner (we did: a thirty year old male in black spandex) and the competition in my over-65 age group. I had assured her there would always be a scrawny seventy-year-old male with legs like toothpicks who would take the age group prize (which was literally a crock, a Perry County memorial crock of local clay). And indeed there was; not one, but two of them who finished well ahead of me.

The run was uneventful, if you consider twice around a local cemetery, through tree-shaded side

streets and up a few hills as uneventful. The hills, even small ones, illustrate again the runner's axiom that no downhill ever compensates for an uphill. And the finish line was uphill, too, adding to the effects of heat and humidity, both of which reminded me of Saigon, but the crowd here was a lot friendlier, applauding every runner, no matter how slow or late. The small town atmosphere culminated in the awarding of crocks to the top three finishers by age and gender, except for the over-sixty-five group. Only the top two finishers received an award, since the organizers expected only two entrants. But even without a crock, I felt amply rewarded by sharing in the local moment, supporting a worthy fire company, being part of a small town community, and dropping a couple of pounds from the heat and humidity. Still, it was not like running at home.

PPRR member General Jack Shuttleworth (ret) Professor of English, Emeritus at the USAF.



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Report from the Top of Utah

by Linda Fuqua-Jones

The day before the Top of Utah Marathon GW and I drove the course. The course starts at the top of Blacksmith Fork Canyon, near Logan, Utah, and is downhill for the first 18 miles. As we drove we looked at the scenery and exclaimed over any bit of flat or upward undulation that could provide relief during the race.

At mile 14 we spotted a short steep hill ahead, but the road forked and the race course veered to the right to continue downhill. As we explored, it was easy to stay on course because every turn was clearly marked with orange moose painted on the pavement. In addition to the moose shapes, the course was also marked with white crescents identifying hazards such as manhole covers, potholes, and other uneven areas. The most valuable part of our auto tour was seeing the part of the course that snaked through Logan and the nearby towns. I had been worried about becoming lost in what looks like a maze on the course map, but seeing all the orange moose markers was reassuring.

After previewing the course we walked from our motel to the Merlin Olsen Park where the busses would pick us up to go to the start. It took us about 12 minutes to walk and we memorized the route to avoid becoming lost in the dark on race morning.

That evening we went to packet pick-up and the pasta party, which were both well organized. The pasta dinner was high quality with a variety of sauces, outstanding bread, salad, and several rich desserts. During the dinner door prizes were awarded at a spin-the-wheel activity while a small group of talented musicians entertained us with their eclectic repertoire.

Race Day! The forecast was for a warm day, but it was in the low 40s in the pre-dawn darkness when the bus dropped us off in the hilltop parking lot near the port-a-potties.

We walked down the glow-stick-lit serpentine asphalt path to the heated tent and relaxed until it was time to warm-up for the marathon.

Mountain Men in full regalia fired their black powder guns to start the race. The Top of Utah Marathon uses chip timing, so it was an amusing contrast to hear black powder guns followed immediately by hundreds of electronic beeps.

The field spread out quickly, allowing me to enjoy the peace and beauty of Blacksmith Fork Canyon. The low angle of the sun dramatically illuminated the rock formations to my right and the pockets of low fog near the river on my left. The fall foliage was red, gold, and orange framed by evergreens and tawny grasses. If you crave cheering fans every mile of the course, this is not the race for you. Instead you will see a few early rising fishers along the Blacksmith Fork River and smell campers' breakfast cooking. The rowdiest crew was composed of several pajama-clad children shouting from the door of an old fashioned camp trailer.

The course was more difficult than expected. There was no relief from the downhill until after mile 14, when we entered a semi-rural residential area. The hill I had seen during our auto tour at mile 18 was even less significant on foot than it seemed from the car. No relief there. And I had made a nutritional error – I tried something new during the race. I do not know what I was thinking when I ate a couple of pieces of banana instead of the gel I had planned. Plus there was a chafing problem that would not go away! I became inordinately excited

when I spotted petroleum jelly at mile 19. I gouged a great glob of gooey-goodness on a tongue depressor and carried it, reapplying as needed, until I tossed it off to GW for proper disposal after mile 25. He had completed his race over two hours earlier and met me at mile 24, 25.5, and at the finish line.

In spite of the relentless downhill, this course was enjoyable, beautiful with fall colors in the canyon.

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Linda warms up and the layers come off. She sports a glob of Vaseline for a common problem.



Linda and GW enjoy some celebratory moments in the warm-up tent after the race. Utah was a close destination for the travelling pair.

Ten Years after Tragedy: Taking on an Ironman

By Tammy Bailey

Wow...Ironman. It's been almost two weeks since the race. Did I really do it? I've got plenty of IM merchandise, a finisher medal, and a certificate to prove it, but it seems surreal. Every ironman participant comes to the starting line with their own story. I'm no different. The inaugural Ironman Louisville was scheduled for August 26, 2007—10 years to the day from a serious injury I suffered. Quite an anniversary celebration, I figured!

I registered for the race on October 21, 2006. That's when the preparation began. My goal was to be in half-iron shape by the end of May, and then start the 13 week training schedule I had decided to follow. My husband, Kent, has competed in an ironman each of the last two years. I witnessed this specific training schedule in action and thought I might actually be able to fit it into my life somehow. I also witnessed his highs and lows during training, helped with his nutrition, and had the privilege of sharing his race-day experiences. (Actually, somebody needs to write an "Ironman Spectator's Survival Guide.") I stuck with the program. My hope of a successful race was to prepare appropriately, because I'm no natural athlete! When taper week arrived, I was tired and ready, both physically and emotionally.

We had a fun road trip to Louisville, even with the backdrop of some pre-race jitters. We stayed on a pretty even keel considering we were both participating in the big event on Sunday. The pre-race activities were enjoyable, and I soaked up the experiences.

The Thursday practice swim was an adventure, and not the good kind! The Ohio River current got unusually strong due to heavy rain up river. I jumped in (no wetsuits allowed due to the 85° plus temps) and swam for over 45 minutes. The safety kayakers were concerned for me, and I couldn't figure out why! Then I got my bearings: I'd been swimming for almost 50 minutes, but was substantially down-river from where I jumped in! Yikes!!! It was time to get to safety. I managed to get to shore unassisted (just plain stubborn, and a bit embarrassed) and climbed up the metal steps at the swim exit. How in the world could I expect to do this swim? I'm not strong enough to battle the current!

Well, very few people could have succeeded against the swift water, and rather than having a race disaster, the director changed the swim course to a more sheltered starting place where the current wasn't as strong. My doubts remained, but I tried to keep things in per-

spective. I hadn't even had a concern about the swim when we headed for Kentucky, and now I wasn't so sure!

Race day finally arrives. It's great to know that "this is the day, no matter what!" The air is filled with tense, electric energy before the start of an ironman. It's an interesting feeling. Then the canon sounds: this is it. Here we go!

The swim seems OK. At least I am moving forward! This was the first time-trial start in ironman history, and the first non-wetsuit swim in a continental US ironman. I swim and swim, with no real notion of how I am

doing. The staggered start didn't eliminate physical contact from the swim. I get a swift kick to the stomach, and several other more minor wallops—just to get that ironman swim feel! The last buoy is in site. As I get to the steps and climb out, I glance at my watch and see 1:22. Cool! Much better than I had hoped for. Off to T1.

By the way, the volunteers were a wonder all day long. It takes a lot of hard-working people to support a race of iron distance, and I tried to thank everyone I could throughout the day and night.

Okay, off to my bike. My husband's bike is still in the

The staggered start didn't eliminate physical contact from the swim. I get a swift kick to the stomach, and several more minor wallops—just to get that ironman swim feel!



Two years after a car accident crushed her leg, Tammy Bailey still could not move her foot. But after six years, she is running her first half-marathon and never looked back.

rack! There's a first! I never beat him out of the water. After a moment of concern, I figure he's fine, remember that there are safety folks all over on the water, and head to the bike mount line. It's 112 miles on the bike. This is the part of the race that I least looked forward to. Unfortunately, it's where I spend most of my time! Funny how that works! The weather was great at the start, but gradually heated to about 90° with Kentucky humidity.

The bike ride lasted a long time. Over eight hours on the bike is a long time. The course is very pretty; just what you'd expect rural Kentucky to look like. But I must admit: one loop of scenery would have served me just fine. The course is hilly and winding and I'm not a strong cyclist. I keep pluggin'. My stomach is sore... Oh yeah! I got kicked during the swim!

At mile 75, or so, I get a flat tire. One of my greatest racing fears occurs... during ironman! I keep my head and start the task. Gosh I'm glad I did the "rear wheel practice run" the night before checking our gear in! About 2/3 of the way through the process, the support vehicle pulls up behind me. They gallantly complete my tire change, in better time than I would have managed on my own.

Time to pedal some more. The miles slowly pass, and I am happy to get off my bike. I make the cut-off. I had a moment or two of concern over that as the clock kept ticking. The idea of a 26.2 mile run was actually sounding pleasant!

Transition 2, here I come. The distance from the mount/dismount line through the transition point is long. "Click, click, click," go my bike shoes. I get through T2 okay, and I'm off. It's a later start than I hoped for on the run portion, but I'm still darned happy to be off my bike.

Trudge, trudge, trudge. The "ironman shuffle" as a spectator cheered out. I knew I'd get through the run. Physically, I've stayed in pretty good shape throughout the hot, long day. I've hydrated, eaten (Power Bars & Gu), and been religious with my salt tabs. By the looks of some of my peers, they weren't feeling as good.

The first loop toward the finish area is a killer because I'm not finishing! I have another 13 miles to go! That's OK! I am going to make it. I grab two fleeting kisses from Kent as we pass on the run course. He is enduring some serious foot pain, and I hate to see him in such discomfort. All I can do is keep on running. I still manage to soak up the experience, smiling at and talking with the spectators and greeting fellow tri-club members along the way. The moon is full and the night creatures are making their sounds. I don my "glo necklace" at dusk and forge on.

The turn around on the second lap is big, but mile 20 is HUGE! I'm still running—walking only through the



Manitou Springs locals Kent and Tammy Baily travelled to Louisville for the Ironman there: a 2.4 mile swim, 112 mile bike ride, and 26.2 miles on foot.

aid stations. There will be no food from foil packets for a while after this race! With four miles to go, I dare to let the excitement creep in. The last mile and a half has more folks along the course. This time around I am almost there!

Then there's the run down the last block to the finish! I have goose bumps just thinking about it! Screaming spectators, loud music, bright lights, and those ever-cherished words over the speakers, "Tammy Bailey from Woodland Park, Colorado, You... are... an ironman!!!!!!"

Yes, I am. 15:55:59 isn't fast. But my ironman experience was rich and full from the excitement of registration right up to sitting here re-telling the tale for anyone who'll listen. Not everyone understands what it means to those of us who take on the challenge and succeed. How could we expect them to? My guess is that it's as individual as every person participating. For me, it was worth the ten months of focus and commitment required. I've been more emotional in the weeks following ironman as it sinks in and the enormity of the whole thing takes hold.

My crushed right femur 10 years ago didn't weaken me a bit; it made me stronger on many levels. It was fabulous—all of it, from swimming at 5:00 am to getting a bee sting on my tongue while cycling on my last long training weekend.

And yes, I'll probably do it again!

Editor's note: Aug. 26, 2007, the date of the Louisville Ironman, was 10 years to the day after a horrific pedestrian/vehicle accident crushed Tammy's leg. Two years later, she was still hoping just to be able to walk the dog. Tammy lives in Woodland Park with husband Kent. Both Tammy and Kent are active in triathlon and running events and volunteer at local events.



Local Runners Make the Marine Corp

by Pat Castle

I'm writing to share my recent Marine Corps Marathon (28 Oct) experience with the Pikes Peak Road Runners. My total marathon racing experiences include Marine Corps (1990), Venice (2001), Air Force (2006), Pikes Peak (2007), and Marine Corps (2007). I recommend all of these marathons (scenic and well organized).

The recent Marine Corps Marathon was nostalgic for me because it was the first marathon that I ran as a USAF Academy cadet in 1990. This year I escorted the cadet marathon club as an officer representative. I lined up with my toe on the starting line with over 20,000 runners behind me, military service teams to my left and the Mexican national team to my right. Thanks to lessons from Dora The Explorer, I was able to give the Mexican national team an enthusiastic "vaminos" just before the starting gun.

The patriotic ambiance, Washington D.C. monuments, incredible Marine Corps support, fantastic crowds,



Pat Castle on his way to a 2:53 finish with the Washington Monument in the background.

and thick air made the "The People's Marathon" a truly memorable experience. Plus, I have a runners toe (blood blister, black toenail) that is still a daily reminder of the race. I am happy to report that I ran a personal best 2:53:51 (#106 of 20,686), crushing my 1990 Marine Corps finishing time by over 25 minutes. If anyone has any questions about the marathons mentioned, feel free to contact me at papcastle@hotmail.com or 719-502-1195. Angi and I are already looking forward to seeing everyone for the 2008 Triple Crown!

Women

Age	City	Time
22	AF Academy	3:19:45
20	C Springs	3:46:19
26	Ft. Collins	3:48:13
21	AF Academy	3:52:29
22	C Springs	4:03:55
44	Monument	4:05:31
24	C Springs	4:13:58
36	C Springs	4:33:15
42	C Springs	4:37:26
39	C Springs	4:36:12
35	C Springs	4:40:07
59	Canon City	4:48:36
39	C Springs	4:58:36
27	C Springs	5:04:11
23	C Springs	5:06:40
43	C Springs	5:00:01
32	C Springs	5:12:36
20	AF Academy	5:09:46
21	AF Academy	5:37:47
38	C Springs	5:42:42
46	C Springs	6:09:55
35	Ft. Lupton	6:15:27
36	C Springs	6:25:27
37	C Springs	6:28:06

Men

29	C Springs	2:37:36
36	C Springs	2:53:51
17	C Springs	3:06:33
21	AF Academy	3:07:57
21	AF Academy	3:10:40
20	AF Academy	3:14:59
23	AF Academy	3:14:58
19	AF Academy	3:19:22
39	C Springs	3:25:20
20	AF Academy	3:30:17
22	AF Academy	3:30:57
41	C Springs	3:31:51
22	AF Academy	3:33:50
47	C Springs	3:39:15
19	AF Academy	3:41:27
24	C Springs	3:46:15
21	AF Academy	3:43:05
20	AF Academy	3:43:51
22	C Springs	3:46:19
22	AF Academy	3:50:22
36	C Springs	3:50:38

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The volunteers on the course and at the aid stations were cheerful. After negotiating the well-marked maze through the communities around Logan there was a stretch of about one kilometer up Main Street where the traffic was so backed up that I was racewalking faster than the cars were moving. I'm sure some of the motorists were aggravated, but a man in a white Jeep shouted enthusiastic encouragement to me each time I passed him, on what was, at last, an uphill stretch! When I finished I did not make the time goal I had set for myself, but it was a great day and a good marathon that I recommend to anyone who would like a challenge close to home.

Linda Fuqua-Jones often shares her world marathon adventures in the pages as well as her book reviews.



Age	City	Time
21	AF Academy	3:53:31
20	AF Academy	3:58:43
21	AF Academy	3:56:17
21	AF Academy	3:58:22
49	Fort Carson	3:57:02
47	C Springs	3:58:39
19	AF Academy	3:59:33
21	AF Academy	4:01:45
20	AF Academy	4:03:24
59	C Springs	4:11:42
47	C Springs	4:10:05
45	C Springs	4:17:48
33	C Springs	4:20:27
21	AF Academy	4:31:10
21	AF Academy	4:31:10
21	AF Academy	4:27:40
21	AF Academy	4:28:00
31	Ft. Carson	4:31:28
39	C Springs	4:32:10
38	C Springs	4:35:57
21	AF Academy	4:34:14
21	AF Academy	4:36:18
35	C Springs	4:40:07
20	AF Academy	4:38:05
19	AF Academy	4:45:59
40	C Springs	5:02:21
21	AF Academy	4:50:51
21	AF Academy	4:52:55
22	AF Academy	4:52:56
21	AF Academy	4:56:58
33	C Springs	4:59:01
48	Monument	5:11:11
41	C Springs	5:10:07
30	C Springs	5:28:32
39	C Springs	5:42:43



Fall Series Triumphs, Record Numbers

by Jim Kelleher



With unmatched expertise and dedication, Fall Series Race Director Larry Miller orchestrates dozens of capable volunteers to mark and man the many twists and turns of the trails. He is shown here hours before the Ute Valley race, ready with chalk containers to stuff into back packs.

Fall Series 2007 will be one to remember. The attendance was the highest ever with 233 finishers, an increase of 19% over last year and 63% over 2005. RD **Larry Miller** continues to host a fun and challenging cross country series, and the runners seem to know it. They were all smiles throughout and the warm weather gave them plenty of time to share post-race stories.

The pace was stiff this year for the front-runners, and only a few had much chance to stay there. Gerald Romero came in first at Monument Valley, passing Joe McDaniel on the creek portion of the run. Joe held on to win at Bear Creek, but still had only a 5 second advantage going into Ute Valley, the third race. At Bear Creek, however, Logan Wheeling joined the series to win by

37 seconds and gave close chase to Joe at Ute Valley, who crossed the finish only 7 seconds ahead. Although Gerald had hoped to make up his 5 second deficit, the faster pace resulting from the competition between Joe and Logan left him over a minute behind. The situation repeated at Palmer Park, with both Joe and Logan virtually tied, 2:22 ahead of Gerald who was in third place. Logan actually had the fastest time for the last three races, but because of the missed first race, first place went to McDaniel.

On the women's side, Joanna McIntyre and Debbie Janssen were separated buy only 1 second after Bear Creek. But Joanna came on strong at Ute Valley, leading by 1:38, and set an unmatchable pace at Palmer Park to win the day by

2:39 and the series by 4:17. Molly McDaniel came in ahead of Debbie in the 3rd and 4th races, but it was not enough to overcome the 2:12 lead Debbie had built after Bear Creek, race 2. This left Debbie with second place and Molly with third in the series. Last year's winner, Nicole Rosa took second at Palmer Park and ended up fourth in the series.

There were some extra challenges for Larry this year: a mountain-biker not only erasing course marks but actually making false ones with flour; an irate parent screaming about the bales of straw; and the more normal broken bones. But like the courses themselves, the series seems to only get better despite—and maybe because of—the unexpected obstacles.



Fall Series Cumulative Results



Disguised as the bionic woman, Vanessa Warren is set to smoke the competition at Ute Valley.

AgeName Sex School Time

Race 4 Finalists--Children/Teens

15	Allyn Tandberg	M	Madison	1:24:45
11	Colin O'Donnell	M	Challenger	1:12:46
12	Diana Trillo	F	Horizon	1:04:54
13	Justin Solverson	M	Timberview	1:06:55
11	Lauren Murray	F	Holmes	1:12:23
13	Rebekah Tandberg	F	Madison	1:22:19
11	Savannah Ebberth	F	Gateway	1:13:23

Race 3 Finalists--Children/Teens

8	Adam Solverson	M	Prairie Hills	0:52:50
8	Allie Ewers	F	Prairie Hills	0:58:34
6	Allison Canada	F	French	0:51:13
8	Ally Arenson	F	Gold Camp	0:46:28
9	Andrea Medrande	F	Pike	0:43:10
11	Andrew Roth	M	Explorer	0:48:51
8	Anna Keller	F	Pauline Mem.	0:59:19
10	Arielle Solverson	F	Prairie Hills	0:48:56
8	Brittany Cardin	F	Bristol	0:56:14
8	Carsyn Hamstra	F	James Irwin	0:56:44
10	Cassidy Hagan	F	Eagleview	0:40:10
6	Claire O'Connor	F	Divine Redeem	1:06:27
6	Cole Jensen	M	Patriot	0:51:59
6	Cristian Medranda	M	Pike	0:51:19
9	Culley Hamstra	M	James Irwin	1:09:37
8	Danielle Naranjo	F	Abrams	0:57:35
8	Dario Pompeii	M	Gold Camp	0:42:43
7	Derek Austin	M	Madison	1:07:02
10	Donnie Byers	M	Venetucci	0:44:35
10	Elizabeth Brewer	F	Gold Camp	0:46:43
8	Liz Heimbuch	F	Divine Redeem	1:16:25
6	Emily Estep	F	Gateway	0:55:13
7	Gracie Rudolph	F	Pinon Valley	0:55:46
8	Harley Morgan	M	Steele	0:38:53
6	Ivy Tandberg	F	Madison	1:06:24
10	Jace Montera	M	Sierra Vista	0:36:47
8	Jana Dimmler	F	Gold Camp	0:58:08
9	Joshua Canada	M	French	0:49:06
7	Joshua Hawkins	M	COVA	0:51:40

Age	Name	Sex	School	Time	Place	Age	City	Time	
6	Josie Ewers	F	Prairie Hills	1:04:50	25	Hayden Djuric	15	C Springs	2:52:47
7	Juliana Bigelow	F	Taylor	0:49:13	26	Greg Jemo	21	USAFA	2:55:28
8	Kailey Withers	F	Abrams	0:58:02	27	Jeff Solverson	40	C Springs	2:56:00
8	Kaitlyn Galgon	F	Trailblazer	0:50:45	28	Warren Djuric	45	C Springs	2:56:43
11	Katie Barden	F	North	1:02:06	29	Chad Halsten	33	C Springs	2:57:00
8	Katie Roth	F	Explorer	0:48:45	30	Jeff Chowning	46	C Springs	2:57:07
11	Kendra Wuwerth	F	MRMS	0:47:00	31	Brian Vanlwarden	28	Canon City	2:58:55
7	Lilliana Hamilton	F	Academy Intl	0:37:07	32	Scott Suter	44	C Springs	2:59:02
7	Lindsey Murray	F	Trailblazer	0:45:52	33	David Sparks	45	C Springs	3:02:56
7	Logan Canary	M	Jefferson	0:58:09	34	Chad Skaggs	38	C Springs	3:03:16
7	Luke Ebberth	M	Gateway	0:55:04	35	Craig Hafer	50	C Springs	3:03:20
8	Luke Thurman	M		0:41:15	36	Mike Lloyd	49	Green Mt Falls	3:03:33
10	Madison Thrall	F	Prairie Hills	0:47:49	37	Ben Valdez	47	Pueblo	3:05:10
7	Maricela Montoya	F	Jordahl	1:00:07	38	Jim Hendricks	43	C Springs	3:05:24
11	Marisa Cardin	F	Holmes	0:49:15	39	Jim English	53	C Springs	3:06:15
7	Mary Rudolph	F	Pinon Valley	1:05:13	40	Chris Zurcher	30	C Springs	3:08:00
9	Meredith Tanner	F	Jordahl	0:46:38	41	Darren Thomas	13	C Springs	3:09:12
10	Michael DeSantos	M	Abrams	1:09:40	42	Doug Novy	40	C Springs	3:09:30
9	Michael Nixon	M	Eagleside	0:56:36	43	Karl Mickelson	46	C Springs	3:09:59
10	Michellie Thurman	F	Foothills	0:38:35	44	Jack Sauve	20	C Springs	3:10:11
10	Mikaela Montoya	F	Jordahl	0:57:45	45	Tim Dolan	38	C Springs	3:10:28
7	Molly Weeks	F	Steele	0:44:59	46	Jon Wuwerth	44	C Springs	3:11:01
8	Natalie Thrall	F	Prairie Hills	0:59:57	47	Drew Stimson	14	C Springs	3:12:54
4	Nathan Estep	M	Gateway	0:52:58	48	Jeff Rachwitz	45	C Springs	3:13:57
8	Nicholas Kronshage	M	Freedom	0:47:47	49	Pablo Najera	34	C Springs	3:14:13
9	Noah Canary	M	Jefferson	0:56:08	50	Dave Kronshage	39	C Springs	3:14:19
10	Paola Trillo	F	Remington	0:39:43	51	Steve Recca	46	C Springs	3:14:52
8	Patrick O'Connor	M	Divine Redeem	0:51:30	52	Tony Abdella	53	Elbert	3:15:15
7	Quinn Slater	M		0:49:39	53	Steve Weeks	41	C Springs	3:16:02
7	Raiden Maldonado	M	Abrams	0:43:52	54	Ricardo Morales	46	C Springs	3:16:57
7	Ruby Ramos	F	Mountain Side	0:59:11	55	Peter Tonsits	45	C Springs	3:17:23
7	Sage Gray	F	Foothills	0:49:34	56	Chief Reno	45	C Springs	3:18:01
7	Saleena Dionne	F	DaVinci Acdy	1:05:48	57	Scott Vehlwald	45	C Springs	3:19:31
7	Samantha Lecky	F	Gateway	0:53:11	58	Eric Lawrence	33	C Springs	3:20:56
7	Sam Tobin-Freeman	F	Steele	0:49:58	59	Sam Applin	15	C Springs	3:21:13
9	Sierra Gray	F	Eagleview	0:44:24	60	Don Hawkins	40	Pueblo	3:21:26
9	Sierra Jones	F	Abrams	0:48:22	61	Mark Luchte	52	C Springs	3:21:29
8	Tanner Norman	M	TCA	0:35:52	62	D. Ruetschilling	56	C Springs	3:22:56
10	Tanner Snyder	M	Sierra Vista	0:41:20	63	Jason Crow	34	Peyton	3:23:00
8	Tom O'Connor	M	Divine Redeem	0:49:29	64	Chris Applin	39	C Springs	3:23:01
7	Trevor Obertino	M	CSCS	0:47:09	65	Travis Hybki	17	C Springs	3:23:36
5	Wade Jensen	M	Patriot	0:58:39	66	George Greco	59	C Springs	3:24:21
7	Walker Rudolph	M	Pinon Valley	0:44:26	67	Brad Olson	45	C Springs	3:24:49
8	Xavier Obregon	M	Abrams	0:41:52	68	Jan Kutej	34	C Springs	3:24:58
					69	Jessie McCarthy	35	Fountain	3:25:10
					70	Ty Paywa	41	C Springs	3:25:11
					71	Pete Sauve	47	C Springs	3:26:52
					72	Ted Jimenez	40	C Springs	3:26:58

Men's Cumulative

Place	Age	City	Time	
1	Joe McDaniel	25	C Springs	2:22:59
2	Gerald Romero	36	C Springs	2:26:24
3	LeRoy Popowski	32	C Springs	2:31:24
4	Justin Ricks	27	Pueblo	2:31:59
5	Doug Ryden	31	C Springs	2:35:02
6	Mike Schoudel	39	Poncha Spgs	2:35:42
7	Eric Peterson	35	C Springs	2:36:50
8	Sean O'Day	32	C Springs	2:37:17
9	Chris McIntyre	27	C Springs	2:40:09
10	Kyle Richter	20	USAFA	2:40:50
11	Thomas Selke	40	C Springs	2:42:49
12	Rob Gilliam	38	C Springs	2:43:04
13	Anthony Santosus	20	USAFA	2:43:22
14	Andy Rinne	32	C Springs	2:44:51
15	Edgar Trillo	32	C Springs	2:44:53
16	Brian Goodack	30	C Springs	2:45:29
17	Michael Orendorf	56	Pueblo	2:47:46
18	Kevin Noleen	30	C Springs	2:47:49
19	Kyle Reno	25	C Springs	2:48:04
20	Casey Masters	20	USAFA	2:48:35
21	Jim Lee	38	Elbert	2:49:44
22	Scott Konnagan	44	C Springs	2:49:57
23	Mark Riem	40	Canon City	2:52:29
24	Kris Pruitt	28	C Springs	2:52:40



Jennifer O'Day negotiates section of Fall Series race #3 that got a few expletives from runners.

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time
73	Eric Burton	36	C Springs	3:28:20	121	James Beam	29	C Springs	4:15:10		
74	Stv Warmingham	39	C Springs	3:29:31	122	Mark Parker	42	C Springs	4:15:21		
75	Greg Brown	50	C Springs	3:31:23	123	Geoffrey Chance	66	C Springs	4:18:48		
76	Mike Cotter	32	C Springs	3:31:52	124	Tom Lauhon	31	C Springs	4:20:35		
77	Brian Schipper	39	Canon City	3:32:42	125	Chris Bombria	46	Peyton	4:21:47		
78	Jim DeRevs	37	C Springs	3:32:44	126	Les Lundin	58	C Springs	4:24:32		
79	Don Byers	51	C Springs	3:33:10	127	John Rabb	46	Peyton	4:28:16		
80	Anton Schulzki	47	C Springs	3:35:58	128	Tim Brunner	45	C Springs	4:28:17		
81	Robert Wedel	48	C Springs	3:36:21	129	Clint Gaffney	50	C Springs	4:33:12		
82	Steve Wolf	36	C Springs	3:38:05	130	Brandon Wagoner	21	USAFA	4:36:29		
83	Josh Herman	26	C Springs	3:38:54	131	Fred Thompson	50	Fort Carson	4:39:35		
84	Tim Kelly	27	C Springs	3:39:22	132	Joe Mendygral	45	C Springs	4:41:58		
85	Michael Capela	39	C Springs	3:39:26	133	Rich Jones	44	C Springs	4:41:59		
86	John Monk	38	Monument	3:39:34	134	Terry Lauhon	60	C Springs	4:42:01		
87	Jim Buckley	37	C Springs	3:39:50	135	Steve Kidd	52	C Springs	4:43:17		
88	Tim O'Connor	50	C Springs	3:41:27	136	Ed Dugas	54	C Springs	4:46:22		
89	Tyler Phillips	35	Monument	3:43:39	137	Jeffrey Barden	43	C Springs	4:47:09		
90	John Smail	38	C Springs	3:43:44	138	James White	32	Peyton	4:48:44		
91	Fred Walker	39	C Springs	3:45:25	139	Kenneth Holmes	62	C Springs	4:51:05		
92	Jeffrey Jury	47	C Springs	3:45:39	140	Dean Buck	48	C Springs	4:55:50		
93	David Williams	29	C Springs	3:46:22	141	Guy Jordan	53	C Springs	4:56:14		
94	William Keller	38	C Springs	3:46:51	142	Dennis Stalnaker	34	C Springs	5:03:14		
95	Glen Ash	70	C Springs	3:48:03	143	Ed Mighell	77	Denver	5:14:01		
96	Tuan Ha	27	C Springs	3:48:22	144	Phil Foster	73	C Springs	5:18:51		
97	Zane Mitchell	45	Monument	3:49:47							
98	Marty Garrett	33	C Springs	3:50:41							
99	Larry Selke	43	C Springs	3:50:46							
100	Victor Boley	51	Pueblo	3:51:01							
101	Phil Goulding	56	C Springs	3:52:02							
102	Taylor Dolan	10	C Springs	3:53:09							
103	John Mills	56	C Springs	3:53:16							
104	Phil Redinger	36	C Springs	3:53:20							
105	Tony Gelormine	28	C Springs	3:56:00							
106	Jim McKelvey	65	C Springs	3:58:03							
107	Larry Haney	52	C Springs	4:01:09							
108	Clayton Clester	42	Divide	4:01:35							
109	Phil Mahone	46	Monument	4:02:04							
110	Steve Hybki	39	C Springs	4:02:36							
111	Dale Schauer	52	C Springs	4:03:25							
112	Robert Ronas	43	C Springs	4:03:53							
113	Chris Estep	32	Woodland P.	4:04:08							
114	Mario Salinas	47	C Springs	4:04:47							
115	Douglas Roth	37	C Springs	4:05:10							
116	Colin Kearns	32	C Springs	4:05:36							
117	Dennis Normoyle	63	Peyton	4:07:07							
118	Brian Crolley	29	C Springs	4:11:48							
119	Jon Cornick	51	C Springs	4:13:52							
120	Phil Smith	44	C Springs	4:14:28							



Jackie Ekenberg, on the final stretch, leaps a straw bale on another great Fall Series day.

Women Cumulative

1	Joanna McIntyre	26	C Springs	3:04:39	48	Erin Lauf	29	C Springs	4:06:17	
2	Deborah Janssen	27	C Springs	3:08:56	49	Felicia Popowski	32	C Springs	4:09:13	
3	Molly McDaniel	24	C Springs	3:10:26	50	Madison Parker	16	C Springs	4:12:42	
4	Nicole Rosa	47	C Springs	3:11:58	51	Jane Chess	53	Florence	4:13:01	
5	Pamela Parker	42	C Springs	3:12:34	52	Kelly Murphy	56	Leadville	4:14:23	
6	Sharon Greenbaum	44	C Springs	3:15:28	53	Trudi Michel	49	C Springs	4:15:40	
7	S. Griffin-Kalikian	52	Castle Rock	3:22:50	54	Victoria Tandberg	37	C Springs	4:17:02	
8	Nicole Kunz	37	C Springs	3:22:50	55	Julie Selke	40	C Springs	4:18:21	
9	Scheri Nagaraj	31	C Springs	3:23:42	56	Lori Hawkins	46	C Springs	4:18:32	
10	April Erb	30	C Springs	3:23:46	57	Wendy Kimmel	29	C Springs	4:19:09	
11	Jill Montera	41	Pueblo	3:25:17	58	Kristy Burns	43	C Springs	4:19:46	
12	Melissa Waters	36	Falcon	3:25:49	59	Tasha Norman	41	C Springs	4:20:27	
13	Valerie McIntosh	38	C Springs	3:27:52	60	Wendy Garrison	40	Pueblo	4:23:36	
14	Nancy Lecky	43	Woodland P.	3:28:18	61	Alyce Sauve	14	C Springs	4:24:31	
15	N. Vandermolen	22	C Springs	3:28:54	62	Terry DJuric	46	C Springs	4:24:56	
16	Karen Monk	40	Monument	3:29:49	63	Mary Riem	42	Canon City	4:25:29	
17	Lisa Sieders	46	Denver	3:34:33	64	Christine Carlton	33	C Springs	4:26:30	
18	Dani Hains	51	Green Mt Falls	3:36:06	65	Kitty Luchte	47	C Springs	4:28:05	
19	Liana Dolakova	34	C Springs	3:37:42	66	Laurie Cochran	36	C Springs	4:28:46	
20	Marie Barrett	20	USAFA	3:37:43	67	Ann Sauve	45	C Springs	4:29:13	
21	Marilyn Goodloe	45	C Springs	3:41:12	68	Rita Cardin	37	C Springs	4:29:53	
22	Susie Quinn	52	C Springs	3:42:41	69	Maida C. Scott	38	C Springs	4:30:38	
23	Hayley DJuric	13	C Springs	3:42:44	70	Kristina Roth	37	C Springs	4:31:37	
24	Jennifer Vanwarden	24	Canon City	3:44:13	71	Heather Evans	36	C Springs	4:32:28	
25	Alethea Lauhon	33	C Springs	3:44:42	72	Kate Lyman	44	C Springs	4:35:50	
26	Denise Ricks	27	Pueblo	3:46:13	73	Rachael Wenger	22	USAFA	4:36:32	
27	Kristine Gregory	28	C Springs	3:46:52	74	Tammy Bailey	45	Woodland P.	4:38:04	
28	Elizabeth Baston	41	Monument	3:47:07	75	Carlotta Rivera	40	Peyton	4:45:30	
29	Shannon Julia	25	C Springs	3:49:15	76	Jessica Tandberg	17	C Springs	4:54:34	
30	Vanessa Warren	35	C Springs	3:49:17	77	Becky Riopelle	34	Peyton	4:55:33	
31	Hollis Lyman	16	C Springs	3:50:08	78	Jacqui Jordan	22	C Springs	4:56:13	
32	Chelsea Hernandez	24	C Springs	3:50:33	79	Valarie Day	32	Manitou	4:59:45	
33	Marny Scalard	24	C Springs	3:50:35	80	Elizabeth Simmons	27	C Springs	5:04:17	
34	Nicole Drummer	31	C Springs	3:51:17	81	Jackie Smith-Hill	50	C Springs	5:06:10	
35	Lorba Drewry	27	C Springs	3:51:36	82	Elissa Washburn	38	C Springs	5:09:13	
36	Amy Solverson	36	C Springs	3:52:43	83	Stacy Gapper	34	C Springs	5:14:13	
37	Shannon Garrett	32	C Springs	3:54:40	84	Lesley Gallacher	27	C Springs	5:22:03	
38	Ashley Heguy	31	C Springs	3:56:37	85	Leah Lewis	22	C Springs	5:22:04	
39	Tina Cassens	38	C Springs	3:58:05	86	Cathy Dilts	50	C Springs	5:24:28	
40	Mary Pompeii	40	C Springs	3:58:20	87	Stacy Oliver-Skaggs	41	C Springs	5:32:20	
41	Laurie Wertzbaucher	48	Canon City	3:58:26	88	Janis Michel	48	C Springs	5:32:48	
42	Linda Ronas	42	C Springs	4:00:24	89	Candice Jackson	36	C Springs	5:37:34	
43	Shantelle Smail	38	C Springs	4:00:42						
44	Tammy Wuertth	39	C Springs	4:03:25						
45	Nicole Bendure	27	C Springs	4:03:44						
46	Tammy Smith	42	C Springs	4:05:08						
47	Beverly Carver	48	C Springs	4:05:37						



Emerging from under a rock arch, is Justin Ricks, on his way to a 5th place finish at Ute Valley.

EL PASO COUNTY SEARCH & RESCUE

RESCUE RUN



Rain, Snow or 20° Below

NEW YEAR'S DAY

5K/10K in Palmer Park 10AM

9:30 Kids Races