



# the *LONG RUN*

Volume 31 Issue 1

Running News for the Pike's Peak Region

January 2007



# PPRR Information

## Officers

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

## Board Members

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

## Committees

Mailing:	Jim Beckenhaupt	636-2696
Calendar:	Dave Sorenson*	
Course Marking:	Travis Waldrip	282-1671
Equipment:	Larry Miller	590-7086
	Bill Gallegos	596-3507
Event Promotion:	Micky Simpson	495-5891
Insurance:	Pat Lockhart	598-2953
Historian:	Storme Rose	591-6819
Newsletter:	Jim Kelleher	jim@pprrun.org
Membership:	Janet Rose	598-1904
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

\*[davidsorenson@msn.com](mailto: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 **January 2nd**.

## 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

## *The Long Run*, Volume 31 Issue 1

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Jack Anthony  
Mike Shafai

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

## Newsletter Submissions

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

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

Jim Kelleher, Editor  
PO Box 26252  
Colorado Springs CO 80936

## Submission Deadlines

All materials must be received by the **First Tuesday** of the month for inclusion in the following month's newsletter. The next deadline is **January 2nd**.

## Newsletter Stuffing

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

Next stuffing is **Wednesday January 17th**.

## 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 *unfold* brochures if possible. The deadline for delivery/submission is the *3rd Tuesday* of the month. Send to [editor@pprrun.org](mailto:editor@pprrun.org) for printing (extra charge, color also available) or deliver **750 copies** to:

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

*Include check* for \$50 payable to PPRR.

**Advertising** is welcome and we can help with design. **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](mailto: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



**G**reetings and Happy Holidays! It's a great honor to be your new President. I will do my best to serve the membership and follow the fine examples set by Pat Lockhart and the rest of the board.

I joined the board last year to see for myself what it takes to put on so many great running events. At first I felt lost. Then I understood. And now, I've been asked to lead. Normally I'd be petrified, but the officers and members of the board have assured me that there is nothing to fear. I feel a little safer stepping into the position of president, knowing that Pat Lockhart will still be close, and that many Board members I've come to know and respect will be there as well. This club operates like a well oiled machine. As many can tell you, you may not want to look under the hood of a well oiled machine. I hope not to fix what isn't broken, still less to break what was unbreakable. I only want to add value to an already rich organization.

Over the past year, your letters to the president have been read at the board meetings and discussed among the board members. This is a sign that the club is in good health. Once you have good health, you can work to increase vitality. I hope to increase the voice of our 700+ members. Using the newsletter as the vehicle to share your thoughts, I want to hear what's on your mind. Watch this column for a feature I'll call "Your Assignment". I'll also be calling members, at random, to see how you are doing and how the club is working (or not) for you.

This newsletter is your property. Awaken your inner author. Running is a mental sport. Take those thoughts and write them down, share them with other runners and help this club continue to build a strong and vital voice for runners all over Colorado. I urge everyone to put your name on it.

I would like to congratulate Mike Shafai for winning the Road Runners Clubs of America (RRCA) West Region Club Writer award for 2006. His article, "Runners High, Runners Low," appeared in the July issue and "A Language Lesson: Frenemies, Friend or Foe," appeared in the March/April 2006 issue of the Long run. One of these articles will be chosen to compete at the national level. Congratulations Mike, this is an awesome two

Cover Photo: Bill Gallegos, as usual, hours before the race, makes sure that everything is in order, often before most of the race participants have even risen for the day. *photo by Thomas Dewayne*

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year winning streak for an awesome PPRR runner and author!

I want to leave you with something to think about. The Pikes Peak Road Runners is the largest running club in Colorado and you are a part of it. What do you want out of your running club? Email me at [president@pprrun.org](mailto:president@pprrun.org)

Jon Cornick



# The November Membership Meeting

by Pat Lockhart

**H**appy Holiday Greetings to all. A note from club member George Greco: "PPRR is now a charity option on the El Paso Giving Station. Employees of El Paso county can "pledge" a contribution and the company will match that amount. This also opens the door for other members to check on similar programs at their companies. Most important of all this is my way of saying, 'Thank You' for all of the wonderful moments that PPRR has provided our community. PPRR has been great to all of us over the years and I thank each and every one of you, you all are much appreciated."

For those of you who were not able to attend our annual membership meeting in November, I would like to give you a quick update.

Jon Cornick is President, Micky Simpson is Vice President, I am Secretary, and Gil Kindt is Treasurer. Returning Board Members are: Larry Miller, John O'Neill, and Travis Waldrip.

**New Board members:** **Jon Gardner** has lived in Colorado Springs since 1968. His real job is a financial advisor and he enjoys trail running. **Luci Stansberry** has worked with many special events in Colorado Springs over many years as one of the major contributors of

the Amateur Ham Radio group in Colorado Springs. **Ron Garcia** is a career government employee and works at Schriever AFB's "Star Wars" division. Running since high school, he still finds that this is one of the best ways to keep young and enjoy nature at the same time.

The recipient for the Gloria Baker Volunteer of the Year went to Angie Earle. Angie is another smiling face that you will find at every race. Gloria would be so proud.

Elliott Brownlee is the recipient of the Nielson Challenge Traveling Trophy. She was the "most improved runner" for 2 of the 12 months. No one else achieved this accomplishment. She can pick up the plaque from Don Johnson at Performance Awards, 635.3303

Finally, The President's Awards went to 3 gentlemen: Jack Anthony, Jim Beckenhaupt and Jon Cornick for teaching us how to "Dream Big, Persist and Trust" with the 2006 Veteran's Home Run.

Reminder that Fall Series awards can also be picked up at Performance Awards.

Congratulations to all. 2007 will be another challenge for all of us.

Keep "health" at the top of your New Year's Resolutions!



Tony Abdella and Tony Whiteman glance at their time crossing the finish at the Turkey Predict, a scant 15 seconds faster than their prediction. The winner, however, was less than a second off.

## Are you about to expire?

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

## Trail Clean-up

Saturday January 6th.  
Help maintain our trails!  
Meet at 9AM SW corner of 8th street Walmart

## December NL Stuffing Volunteers!

Colorado Running Company, Host

Al Grimme  
Courtney Butler  
Dave Thomson  
Diane Cahalan  
Jeff Smith  
Jim Beckenhaupt  
Jim Kelleher  
Jim Newton  
John O'Neil  
Jon Cornick  
Kathy Butler  
Marie Baughman  
Melissa Leftwich  
Micky Simpson  
Phil Foster  
Phil Goulding  
Ryan Hafer  
Teri Harper

## From the Editor

Another year has come and gone, which means I've done twelve of these issues, not counting this one. The editor is actually considered a committee chair in PPRR's organizational scheme, and is appointed by the president. Since there does not seem to be a line of people waiting to prepare this monthly publication, I imagine Jon, your new president, will appoint me once again, though he hasn't mentioned anything yet!

I'm feeling a little retrospective, it being the end of the year and all, and one of the nice things about this job is that I can type in this little space just about anything I want. So, you get to "hear" some random reflections (assuming you keep reading).

The newsletter is only as good as its content, and you are fortunate to have some great writers ready to share their time and talent. I want to especially thank Mike Shafai who did indeed make good his new year's resolution of 12 months ago to contribute an article each month. Read his article this month and send him lots of positive feedback so he'll keep doing it! He did win again, by the way, a regional best writer award from RRCA, so we are especially lucky to have such talent.

Jack Anthony gave us some great history on the town of Breed and the Rock Island Trail, so send him your compliments too and maybe he'll do some more research for us. And now we have Shane Conrad giving us expert and very up-to-date information on injuries and the mechanical aspects of running. He really does his research, so we get to hear the very latest.

Shifting gears, I have had received nothing but compliments on the newsletter/magazine this year. Although I usually find out only when I meet you and ask you directly, it is good to hear because there isn't much point in all this if it's not to your liking. As Jon, your new president, points out in his first letter, this is *your* publication, so don't be shy or lazy about giving your opinions.

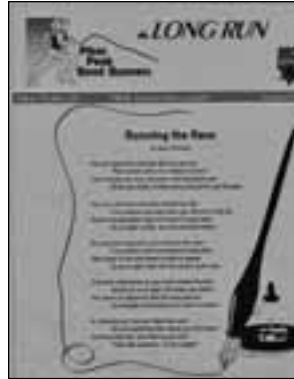
I am very conscious that many of you are long time runners and very knowledgeable about running lore. For that reason, I have tried to find things interesting for you. Admittedly, these are usually things of interest to *me*, but so far I've guessed okay judging from the feedback. I promise to not subject you to the re-hashing of nutrition, stretching, or your-first-marathon articles that we see again and again.

So, onward for another year. May your running bring balance into your life and your volunteering many happy memories.

Happy New Year

Jim K elleher, Editor

## the Long Run Long Ago



### 10 Years Ago

January's *Long Run* 1997 cover features the winsome poetry of **Joyce McKelvey**, "Running the race," who seems to come from the winning-is-finish school of thought. "In enduring you find you truly have won by accomplishing that which you had begun." Unabashed back-of-the-packer **Dave Sorenson** warns the faster folks that, sooner-or-later, they will fade to join them. And they are experts on at least one aspect of running: the taper! He has a plan for the 4, 7, and 10-day, or 1-month taper, not to mention the 1-year. But his favorite? The *career* taper. And the newsletter has a new editor as **Terrie Archer**, after three years, turns over the reins to **Carol Lyndell**, who had written a number of articles.

### 20 Years Ago

On the sideways cover of the January 1987 *Long Run*, PPRR member **Janet Fleharty** of the Deaf and Blind School, accepts a box of t-shirts from the PPRR Board gathered through a



drive they sponsored. See if you can find **Bill Bennett**, **Phil Foster**, and **Bill Gallegos** (also on this issue's cover). The third running of the Pueblo Trail Marathon saw **Steve Cathcart** run a time of 2:28 ahead of 133 others. And club members sound off: "The club needs to grow in numbers so it can grow in influence." "Not everyone is a morning runner. How about a 6 pm training run?" "Would like a woman's long distance training group. But not at 6 am!" Finally, a medical professional with years of experience running in cold Chicago winters shares some of his hard-won wisdom on staying warm in the winter time: cover your head and wear mittens.

### 25 Years Ago

A reminder to renew memberships is issued in the January 1982 edition. The cost is \$9. **Pam Gisler** encourages racers to experience the joy of volunteering. The predecessor of our current Winter Series, the Black Forest Classic, has its first race at the end of January. And Pam gives us another poem: "an ice blue clad jogger in the virgin snow...free to think, to fantasize, to be."

## Letters

### From William

Dear Jim

Our Plano Pacer presidents, John and Gaby Ahrens, are ready to turn the club over to the new presidents, Manuel and Daisy Houellemont, who were the vice presidents for 2006. The election of married couples for these important offices has worked very well. Our club has always been family oriented, and open to all runners. The families of some of the school age runners feel better when they see women as top officers, and also women prominent among the volunteers. For those not familiar with French pronunciation, that name is pronounced WELL-mont.

The races this month were 5K and 15K. I ran the short one, letting the seasoned runners have the longer distance. They are preparing for the coming White Rock Marathon, Half Marathon, and Relays. I will run the Half Marathon, but do not wish the Pacer volunteers to stand around long enough to time my 15K. They really would like to go home before noon. White Rock is a different matter. The Half Marathon will start one hour after the Marathon this year, and the last part of the course, common to all races, will be open for seven hours. I will have six of those hours to finish. This split start seems to be good thinking. The old common start had the fast Half Marathoners finishing in one-and-a-half to two hours, then eating the post-race goodies and drinking the free beer while the Marathoners were still out there on the course. Now all have an equal chance at sharing the best part of the race, tables loaded with food and drink.

Your paper, the Long Run, had excellent articles on ultra running this month. The paper was passed on to interested members.

Regards,  
William L. Jones



## News

### RRCA offers incentive for setting fitness goals

by Jean Knaack, RRCA Director

**A**n annual goal setting has been an important tradition in my life since childhood. As a young competitive swimmer, I would sit down each year with my coach and work on setting time goals. As an adult, I continue to outline annual goals.

In 2006, I set some challenging personal goals including my first half-Ironman triathlon and first marathon. As I got closer to the dates of my races, I worried that I had been too ambitious. Fear of failure began to mount. Then my son got a profound fortune in a cookie at our favorite Chinese Restaurant. "It is better to not achieve a goal than to never have set one," it read.

It put my fear in perspective and reminded me to stick to my training plan or intermediate goals. I achieved both of my goals: I finished both races upright which would not have happened without written goals.

For 2007, I encourage you to write down personal goals for the year. Whether you are getting started with a running program or you are an old pro striving for a marathon PR, writing down your goals and developing a plan that can be reviewed regularly is the key to success.

RRCA has re-launched the Personal Fitness Plan, helping to motivate runners through the Personal Fitness Program. More information on the program can be found at [www.rrca.org/programs/personal](http://www.rrca.org/programs/personal). I wish everyone Happy Holidays and that you achieve your goals for 2007.

### Snowshoeing in the Extreme

**U**p for a little winter jaunt in the high country? Test your mettle with a little trek around Turquoise Lake. **January 6th** marks the 18th annual 20 mile Snowshoe Run, which tops out at 11,370 ft. Trails

are usually semi-packed and afford great scenery. But, warns the race entry form, "This event is not for the meek or inexperienced. It can be one of the most difficult winter events known." You'll have 7 hours to finish. You have to bring your own food and water, because aid stations are not guaranteed. And leave those hi-tech running snowshoes at home: minimum length is 24 inches. Plan for extreme winter cold and hope for the best! A dinner follows. In fact, you can bring a prepared dish in lieu of an entry fee! For more info, call (719) 539-4112 or you can write editor@pprrun.org for an application.

### Dave Scott offers new source of endurance nutrition info

**D**ave Scott, a prolific endurance athlete, has launched a series of Podcasts focusing on endurance and sports nutrition this fall. The Podcast series, entitled "Endurance and Nutrition with Dave Scott," will be available for download at [www.enduranceandnutrition.com](http://www.enduranceandnutrition.com).

"Endurance athletes are savvy new media users," said Scott, a fitness consultant and coach who continues to compete in endurance races. "This series is perfect for beginners and hard-driving athletes hitting the road with their iPods and wanting to learn how nutrition can improve their endurance-athlete experience, as we all strive for that competitive edge on race-day."

In addition, the [enduranceandnutrition.com](http://enduranceandnutrition.com) website features charts illustrating details on sweat rate, protein, and planning your nutritional intake before, during, and after workouts. The second installment of the Podcast series covers the 48 hours before the race.

You can find additional information on Dave Scott on the Web at [davescottinc.com](http://davescottinc.com).



## Membership

### Welcome New Members

Kimberly Albert	Colorado Springs
Julie Ambuul	Colorado Springs
Jessica Brancon	Colorado Springs
Joe Bulow	Pueblo
Ildilko Ciesel	Colorado Springs
Chris Clabaugh	Colorado Springs
Dan Cleveland	Colorado Springs
Pat Cleveland	Colorado Springs
Lori Corliss	Colorado Springs
Tim Corliss	Colorado Springs
Aubrey Davis	Colorado Springs
Alison Flaherty	Colorado Springs
Hannah Green	Colorado Springs
Bobby Hammett	Omaha
Michael Hensom	Colorado Springs
April Hoskins	Colorado Springs
Ben Kelley	Colorado Springs
McKye Kelley	Colorado Springs
Wendy Kimmel	Colorado Springs
Victor Kovacs	Colorado Springs
Laura Lucas	Monument
Joe Milligan	Fountain
Jerome Myers	Colorado Springs
Lisa Amato Myers	Colorado Springs
Olivia Myers	Colorado Springs
Pia Myers	Colorado Springs
Daniel Ramburg	Colorado Springs
Dan Rundgren	Colorado Springs
Steven Sanchez	Colorado Springs
Nan Scranton	Colorado Springs
Julie Selke	Colorado Springs
Kenson Selke	Colorado Springs
Kristen Selke	Colorado Springs
Thomas Selke	Colorado Springs
Devin Smail	Colorado Springs
Dustin Smail	Colorado Springs
John Smail	Colorado Springs
Shantelle Smail	Colorado Springs
Phil Smith	Colorado Springs
Carl Smith	Colorado Springs
Maryanne Steele	Colorado Springs
Erin Tatum	Colorado Springs
Joslyn Walter	Colorado Springs
Joss Walter	Colorado Springs
Madyson Walter	Colorado Springs
Mary Walter	Colorado Springs

## Volunteer Corner

by Cymmie Bailey



And the Gloria Baker 2006 Volunteer of the Year Award goes to...Angie Earle!

The General Membership meeting and Fall Series Awards Dinner is our opportunity to personally thank our volunteers. It's never easy choosing one volunteer for our prestigious Volunteer of the Year award but this year we felt it was time to honor one of our long time volunteers and Angie certainly fit the bill.

Angie has been with our club for 25 years and you will see her at most of our races throughout the year.

She contributed more than 100 hours in 2006 working registration or the finish line, braving the elements on top of Pike's Peak, in the rain and snow at the Fall and Winter Series and leaving her house at "zero dark hundred" to help out at the ADTM. Angie was still dancing and greeting the runners at the finish line with a BIG smile.

When next you see Angie at a race, please give her a heartfelt "thank you" for all of her years of service!



## Volunteers Key to Turkey Trot Turnout

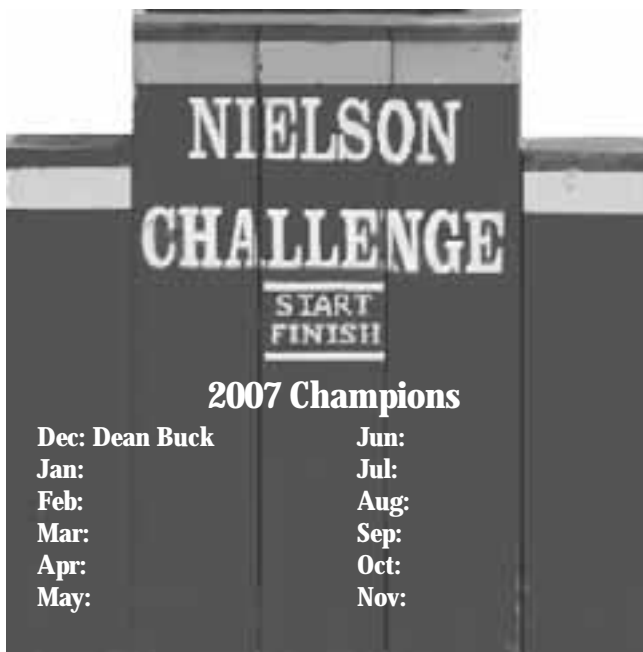
I, along with the YMCA and the Pikes Peak Road Runners, sincerely appreciate your commitment to make this year's Turkey Trot a true success. The outcome was truly a surprise on the parts of all of the organizers, but PPRR handled the volume with pride and professionalism that has always been there. Jon Cornick, the new incoming President said... "I want to be part of this well oiled team".. and he was among our group. Minimal problems and everyone came away smiling. I am so proud of what we accomplished, but know that it was a TEAM effort... not just one or two people. This event was our 2nd biggest event of finishers for the 2006 year.

Andrew Abdella, Jerred Abdella, Sheri Abdella, Tony Abdella, Steve Abeyta, Jim Beckenhaupt, Bill Bennett, Dean Buck, Kim Buck, Bev Carver, Jimmy Carver, Jon Cornick, Tom Dewane, Larry DeWitt, Angie Earle, Briana Evans, Heather Evans, Julie Foster, Phil Foster, Bill Gallegos, Ron Garcia, Lyn Hale, Diane Holmes, Susan Hoxie, Gil

Kindt, Cruz Martinez, Troy Matos, Wayne McBride, Larry Miller, Eric Mullins, Tim O'Connor, Linda Ronas, Rob Ronas, Robin Satterwhite, LeRoy Smith, Luci Stansberry, Jon Teisher, Kate Waldrip, Travis Waldrip, Don Wilde and Lo Wright.

Pat Lockhart





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

## December Results

Name	Place	Handicap	Actual	Difference
Dean Buck	8	16:09.8	16:04.1	- 00:05.7
Deann Totzke	20	18:53.1	19:20.8	+ 01:02.4
Jessica Raab	13	16:41.5	17:10.2	+ 01:08.5
Scott Witkowsky	24	20:32.0	21:03.3	+ 01:09.6
Sharon Greenbaum	7	14:25.9	15:17.7	+ 01:14.6
Daniel Polak	16	17:24.0	18:26.4	+ 01:20.4
Barbara Casados	28	22:23.5	23:32.0	+ 01:23.8
Carl Nelson	5	13:43.4	14:53.0	+ 01:25.3
Woody Noleen	2	11:47.4	13:02.0	+ 01:26.3
Sergio De Lourence	19	17:49.7	19:10.1	+ 01:39.8
Les Bell	14	16:05.2	17:29.0	+ 01:49.0
Taylor Thielholdt	4	13:09.0	14:34.3	+ 01:50.8
Eric Peterson	1	11:14.2	12:40.5	+ 01:51.5
Dennis Stalnaker	23	18:52.7	20:32.5	+ 01:56.6
Julia Mesnikoff	22	18:00.2	19:49.2	+ 02:01.4
Erich Gohlbe	3	12:05.0	13:55.8	+ 02:07.8
Kevin Houghton	9	14:15.5	16:07.0	+ 02:18.2
David Fenell	17	16:40.9	18:37.5	+ 00:00.0
Rozita Swinton	30	23:57.7	25:59.1	+ 00:00.0
Kevin Kinney	15	15:49.5	17:57.3	+ 00:00.0
Shane Hansen	18	16:26.6	18:44.8	+ 00:00.0

**I**t was a winter-wonderland morning. Temps were in the 20s with a steady snowfall. The trail was snow covered, but spirits were high.

Two runners, Jessica Raab and Dean Buck were celebrating birthdays. And Dean gave himself a very neat birthday present as he was the only runner to finish under his handicap and ran away with a spanking brand new Nielson shirt. You 'da man, Dean!

Congrats to all the runners. It was fun to see people come out on such a snowy day.

## New Runners

Alyssa Mullins	21	19:24.5
Doyle Baker	6	14:57.7
Cameron Barksdale	12	16:37.9
Adeline Mullins	25	21:03.9
Tim Mullins	10	16:32.9
Alice Gohlke	27	22:47.9
Trenton Thielholdt	11	16:37.2
Tracey Madison	29	23:34.3
Patty Armfield	26	22:01.4

## Dave Sorenson

*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](http://www.pprun.org/events/Nielson/main.htm) for map and more information.*



## Volunteers

Dean Buck	Bob Foster
Bill Gallegos	Dave Sorenson
Phil Foster	Bob Royse
Julie Foster	EON Studios (shirt donation)
Pat Lockhart	

*Running hurts up to a point and then it doesn't get any worse--Ann Trason*

# Mike's Heroes

by Michael Shafai



The sport of running has many heroes, some who have achieved hero status relatively recently, and some who are icons in the sport and have helped to shape and grow it over many decades. Runner's World recently ran an issue featuring the heroes of 2006. And of course, many lists abound conscripting those early entrants into the craze for their many contributions.

Most of the names are familiar to us of course, otherwise, they wouldn't be considered legendary. There's Bill Rodgers, with four Boston Marathon wins and multiple American and World Records in various distances. And of course, there's his old college roommate, Amby Burfoot, also a past Boston Marathon winner, and author of multiple books on running, most notably, *The Runner's World Complete Book of Running*. Let's also not forget Frank Shorter, the marathon gold medalist in the 1972 Olympics (and silver medalist in 1976). Shorter was recently named a lifetime achievement honoree by Runner's World.

But what about the everyday

heroes that abound in local running communities? Are we forgetting those who make contributions to the sport, inconspicuous and well beneath the radar? These people focus on the sport stoically, absent the media circus, unfettered by a timing chip, and to the beat of their own drums and hearts. What about those heroes who defy convention and

What makes him a hero is the fact that he's the only person I've ever met who can run and suck on a Tootsie Roll Pop at the same time.

stand out above the masses, not for the trophies they've amassed over the years, but for their unique approach to doing what they love? Believe it or not, there are many heroes among us, too many to name here, but they deserve our recognition.

One of my running heroes is my friend, Gary Arnett. What's funny about Gary is that he actually doesn't consider himself a runner. After all, he's never run a 5K, 10K, much less a 100-yard dash. The only distance Gary's ever raced is 26.2 miles. And he's done it five times in as many years. When asked whether or not he'll ever try to race a shorter distance, he simply shrugs and says, "Why bother?" For anyone who thinks they can't run a marathon, they should think of Gary as a role model.

Another hero of mine is Bryan Willis. Bryan didn't start running until his early 40's. An ex-smoker and ex-junk-food-junky (he lost nearly 50 pounds shortly after he picked up the sport), Bryan placed 2nd in his age group in the Ascent after only his 2nd attempt. But for me, that doesn't

make him a running hero. What makes him a hero is the fact that he's the only person I've ever met who can run and suck on a Tootsie Roll Pop at the same time. And it should be noted that Bryan doesn't just run—he runs fast. Who needs Gu, Power Bars, or Gatorade when you can have a Tootsie Roll Pop?

Another hero of mine is Dave Sorenson, a name many readers might recognize. Dave is the model of perseverance, service above self, and dedication to the cause of running. He serves countless hours to the Pikes Peak Road Runners, directing races, volunteering at events, serving on the board, and managing the club's website. He helps organize and manage the Garden of the Gods training runs, which go from April to June, beginning at 6AM, rain or shine (or snow). He is a frequent participant in Incline Club runs on Sunday mornings and he never complains about putting in the miles. And while all of these things are worthy of hero status, they're not why I consider him a hero. It's because no matter what the weather, be it ice, rain, or snow, Dave still shows up to run in shorts.

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Dave Sorenson, race results guru, webmaster, board member, and one of Mike's heroes.



# Mikes Heros

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He stands in front of his fellow runners, straddling a hobby-horse, holding a plastic sword high in the air, and gives his own rendition of a pre-battle speech from The Lord of the Rings.

It can be 9 degrees outside, and he still won't wear pants. So, if you find yourself driving up Ruxton Avenue toward the Cog Railway on a Sunday morning in a blizzard, and you see a happy fellow running up the road in shorts, more than likely it's my hero, Dave Sorenson.

Another one of my heroes is a fellow by the name of Matt Carpenter. I know what you're all thinking. Yes, he won the Ascent five times and the Pikes Peak Marathon seven times and still holds the record for ascent and roundtrip times. He crushed the record for the Leadville Trail 100 in 2005 with a time of 15:42:59, beat-



Hero Matt Carpenter soaring towering pinnacles in a single bound.

ing the old record by an astonishing an hour and 33 minutes. He contributes much to the sport as well, helping to raise money for Friends of the Peak and organizing trail work days. The club he founded, The Incline Club, brings runners of all abilities together with one goal in mind—to run stronger. But all this doesn't make him a running hero in my eyes. What truly separates him from everyone else is the speech he delivers before sending his fellow Incline Club members up the dreaded Longs Ranch Road for the first time each season. He stands in front of his fellow runners, straddling a hobby-horse, holding a plastic sword high in the air, and gives his own rendition of a pre-battle speech from The Lord of the Rings. Carpenter's speech is way cooler than watching him come across the finish line in first place; after all, many of us have already come to expect that.

One other hero of mine is the runner I see every Tuesday and Thursday morning on the Santa Fe Trail, but his name is unknown to me. It's dark, but I can always see him because of the orange reflective safety vest he sports. But his attention to safe running is not what makes him a hero in my book. What sets him apart is the fact that when he comes upon an empty shopping cart along the trail (one that had obviously been involuntarily liberated from the Walmart parking lot on Eighth Street), he helps the lost cart find its way home. I've actually seen him running with a "Walcart" down the dirt portion of the Santa Fe Trail, in the dark, sometimes on snow or ice, in an effort to return it to its rightful owner. That effort alone deserves the accolades of a hero.

Yes, there are many heroes in the world, many of whom fall within the sport of running. And unfortunately, they just don't always get the recognition they deserve. I know I'm leaving many others off my short list

who are certainly worthy of acknowledgement, but out of respect for my Editor, I must limit the amount of space. But just know that if you contribute to the sport in some way, either by racing, volunteering, encouraging others to run, or finding the time in your busy schedules to log in a few extra miles, you're definitely one of Mike's heroes.



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



## Allergies or asthma affecting your sports activities?

**Exercise-induced asthma is a common problem in athletes**



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# Chiro Corner: Out with the Old in with the New!

by Shane Conrad



**Y**ou may often hear it recommended that you change your footwear every 400 to 500 miles. You, like so many others, may be preparing to

spend some of those holiday dollars on a new pair of running shoes. The good news is that you have more choices today than ever before. The bad news is that picking the proper pair of runners is getting as complicated as high-definition televisions. This month I'll provide you with 5 easy tests to guide you in your next purchase.

## Item 1: Fore-foot Construction

The first thing we should assess when looking at a new pair of runners is the **fore-foot** construction, that is, the front 1/3rd of the shoe. *In the front of the shoe, we're looking for flexibility!*

**Test 1: The Rock Test.** A shoe with a good "rock" allows for a smoother transition from the stance phase (foot flat on the ground) to the propulsion phase (toeing off) during your running stride. A good "rocker"



The Rock Test

conserves valuable energy.

Take your potential shoe and rest it on a flat surface. Then at eye level, examine the upwards curve present at the front of the shoe (what I call "The Rock"). The more curved this part of the shoe is, the better. Next, press down on the front tip of the fore-foot. The heel of the shoe should lift off the flat surface.

**Test 2: The Flex-ie-bend.** Test Now pick the shoe up and grasp the heel firmly. Place the middle three fingers of the opposite hand on the tip of the shoe. Hold firmly onto the heel, and gently press the toe-box backwards. Look at where it bends. A good shoe will bend exactly where your foot does – at the base of the toes/ball of the feet. The easier this bending occurs, the less resistance the shoe will give your foot when you run. In fact,

the best shoes will have horizontal breaks in the sole (called flex grooves) to maximize fore-foot bend.

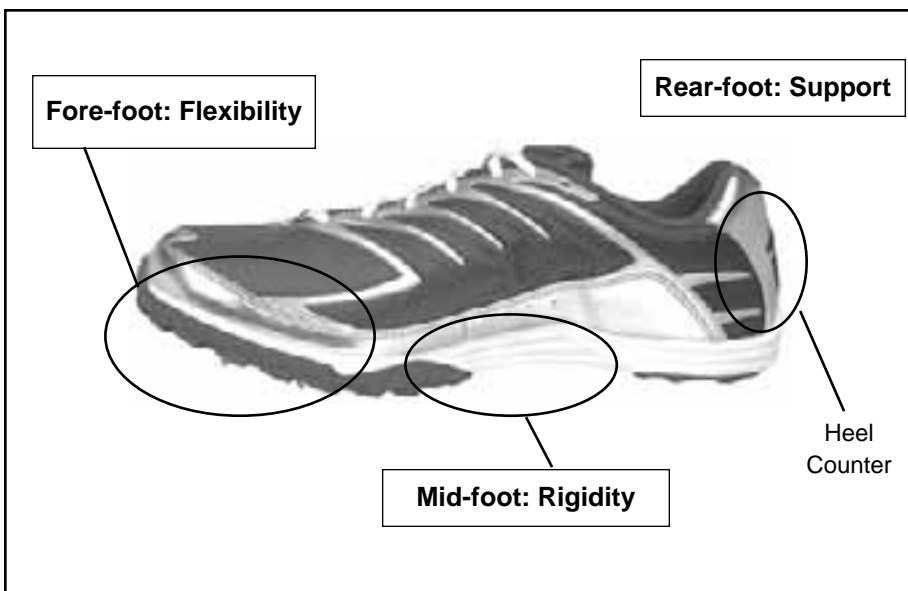
## Item 2: Mid-foot Construction

The mid-foot (middle 1/3rd) of the shoe is meant to transfer momentum from the heel to the toes without loss of energy. In this part of the shoe we sometimes have to make a few sacrifices. Look for a balance between rigidity and the overall weight of the shoe. Heavier shoes tend to be more rigid through the mid-foot, but can feel more like lead bricks than running shoes. *In the mid-foot we're looking for rigidity.*

**Test 3: The Twist.** Turn the shoe over so you're looking at the sole. Grasp the heel in your right hand and use the left hand to grasp the entire front 1/3rd of the sole. Now pretend it's a wet towel and twist it like you're trying to wring the water out. A well constructed shoe should have minimal twisting (called torsion).

As a side note, Several years ago Adidas made a line of shoes called the "Torsions". These shoes allowed for

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The Flex Test

# In with the New

continued from page 11



The Twist Test

A LOT of torsion through the mid-sole. Injuries abounded (especially in the tennis pros they sponsored) and Adidas quietly phased this technology out. Surprisingly you can occasionally find a pair of torsions on the shelf—but buyer beware!

### Item 3: Rear-foot Construction

The most important function of the rear 1/3rd of the shoe is to hold the heel in place. If your heel is shifting around in the back of the shoe it can lead to a variety of injuries like plantar fasciitis, sprained ankles, shin splints, or worse!

The **rear-foot** is the most confusing part of the shoe, mainly because individuals vary in how their foot functions. There are three types of rear-foot motion:

**Supination** – About 20% of people are supinators. This means when the heel strikes the ground, the bones in the ankle roll outwards and up. These people normally have what are called “high arches”.

**Pronators** – About 50% of people are pronators. When their heel strikes the ground, the bones in the ankle roll inwards and down. This is the

“normal” or ideal pattern.

**Over-pronators** – About 30% of people are over-pronators. When their heel strikes the ground, the ankle is already shifted inwards and down. Then, as the heel strikes, the ankle bone moves even further inwards and down – causing some MAJOR problems! These are typically your “flat feet” people.

Which are you? At home wet your feet and take a walk on a piece of dark construction paper, or dry concrete. The foot print you leave will give a pretty good estimate of what type of rear-foot motion you have.

**Test 4: The Pinch Test.** Turn the shoe so you are directly looking at the back of the shoe. With your free hand grasp the heel counter directly above the sole and pinch aggressively trying to deform the heel counter. A good heel counter will resist this and you will not be able to pinch your fingers together.

**Test 5: Thumbs Down.** The second test for the heel counter is to place the tip of your thumb in the Achilles notch (if it doesn't have an Achilles cut-out, consider a different shoe) and push into the heel counter, trying to bend it forward. If it bends it gets, a “thumbs down” from me!

With these 5 simple tests you'll be well on the way to finding a great shoe. Personally, I find it extremely difficult to find a shoe that passes all 5 tests with flying colors. If you find one that does, expect to pay a heftier price for the extra attention the manufacturer has invested into its construction.

Finally, remember that flashy colors and reflective accents have very little to do with the quality of the construction. In my experience, more colors = more dollars! Take my advice and put your money where it counts...construction!

If you have any questions regarding this article, please feel free to contact me!

*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, see cochiro.com*

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



The Pinch Test



Thumbs Down Test

# Linda's Leads: 26.2 Marathon Stories

by Linda Fuqua-Jones



**2** *6.2 Marathon Stories* by Katherine Switzer and Roger Robinson, is a great gift for a marathoner or, better yet, a nice introduction

to the sport for baffled relatives of marathoners. *26.2 Marathon Stories* is not just a pretty book, it is perfect for people with a busy schedules. The format is a pictorial one, with articles that can be read in short periods of time.

Switzer and Robinson have managed to come up with some different information regarding the too-often-told story of Pheidippides. They also have more information that adds interest to the origin of the odd distance of 26.2 miles. Since these two elements get included in all marathon books, I did not look forward to learning anything, so finding new information was not only a surprise, but a real pleasure.

Readers familiar with the story of Kathrine Switzer's infiltration of the male-only Boston Marathon may wish that she had taken this opportunity to give us some inside scoop. However, Switzer and Robinson write of that incident in a detached way, noting that her coach sparked her interest. In 1967, the year after

Roberta Gibb finished in 3:21:40 as a bandit (unregistered runner), Switzer entered using her initials. One has to admire Switzer's kind description of race official Jock Semple's actions as she started the race:

"[Switzer] was a true marathon believer and was well trained for the distance. But the fiery Semple saw only someone trying to degrade his beloved race. He chased after Switzer and her Syracuse University teammates and tried clumsily to rip off the offending numbers [her race bib]. A scuffle and shouting ensued, until suddenly Switzer's boyfriend running alongside, a 235-pound hammer thrower and ex-All American footballer, threw a shoulder charge into Semple and sent him flying."

She continues with this incredible outcome: "Switzer was expelled from the Amateur Athletic Union for, among other crimes, 'running with men' and 'running without a chaperone.'" Women were officially accepted in the Boston Marathon in 1972 and today nearly half of all marathoners are female, according to Switzer and Robinson.

One of the most memorable photographs in this book of beautiful pictures is the 2003 shot of Fauja Singh, then 92, after his world age group best of 5:40. It is noted that he started running at age 81 and "got his first shoe contract at 90." I also appreciate pictures of the gear that early marathoners used; their shoes look like ballet slippers: very light, but no support or cushioning. And bibs in the early 20th-century covered the runner's entire chest with numbers that must have been 10 to 12 inches high.

Another favorite story in this book involves the innovation of the ChampionChip in 1993 by Wim Meijer. Look on page 209 in *26.2 Marathon Stories* to learn where the idea of tracking individual participants originated!



Katherine Switzer (261) pursued by a Boston Marathon race official (behind) attempting to rip off her bib. Fellow runners foiled his efforts.

This book is available at your library. Use the catalog at [ppld.org](http://ppld.org) to request a copy. For assistance please contact me at Palmer Lake Branch Library 481-2587 or [lfuqua-jones@ppld.org](mailto:lfuqua-jones@ppld.org).

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



Fauja Singh, 92, set a world age group record in 2003 with a time of 5:40. He is shown here after the 2004 London Marathon.

# Las Vegas Marathon

Place	City	Time	Place	City	Time	Place	City	Time			
111	Larry Dewitt	Colorado Springs	3:08:15	1471	Patric Lehouillier	Fountain	3:59:03	3214	Kristine Barrett	Colorado Springs	4:38:36
148	Josh Johnson	Colorado Springs	3:12:45	1488	Deborah Forgette	Colorado Springs	3:59:21	3406	March Sustarsic	Colorado Springs	4:43:31
230	Joshua Ricks	Colorado Springs	3:19:44	1720	Eric Hallam	Colorado Springs	4:04:54	3693	Chris De Leon	Colorado Springs	4:50:00
265	Jason Crow	Peyton	3:21:34	1989	Linda Ambard	Colorado Springs	4:10:41	3812	Brady Davis	Usaf Academy	4:52:59
279	Lane Brunner	Colorado Springs	3:22:06	2216	Janna Habeck	Colorado Springs	4:16:07	3813	Randy Davis	Colorado Springs	4:53:00
361	Ryan Shining	Colorado Springs	3:27:05	2265	Teri Harper	Woodland Park	4:17:07	4148	Charlie Malin	Monument	5:01:48
427	Thomas Ricks	Woodland Park	3:29:40	2313	Letitia Dawson	Colorado Springs	4:18:11	4199	David Roberts	Colorado Springs	5:03:09
430	Gwen Martinez	Colorado Springs	3:29:50	2408	Carl Olson	Colorado Springs	4:20:34	4554	Chris Wood	Colorado Springs	5:15:25
440	Laszlo Veres	Colorado Springs	3:30:17	2619	Ellen Crow	Peyton	4:25:11	5011	Kristen Delman	Colorado Springs	5:34:42
441	Erin Skowran	Colorado Springs	3:30:18	2629	Craig Sommerdorf	Fountain	4:25:32	5033	Stephen Walker	Fountain	5:35:47
470	Gordon Heuser	Colorado Springs	3:31:20	2681	Victor Lin	Colorado Springs	4:26:39	5137	Lesley Gallacher	Colorado Springs	5:41:30
523	Carla Augenstein	Colorado Springs	3:33:21	2696	Mark Block	Peyton	4:27:03	5296	Eric Hein	Manitou Springs	5:53:20
765	Kerry Page	Colorado Springs	3:41:34	2741	Chris Grove	Colorado Springs	4:27:55	5405	Bill Leon-Guerrero	Fountain	6:01:14
941	Charlee Grumbine	Colorado Springs	3:46:40	2796	Bryan Martin	Colorado Springs	4:29:06	5609	Julie Hein	Manitou Springs	6:22:14
1171	Mark Brockie	Colorado Springs	3:52:47	2839	Stephen Sager	Colorado Springs	4:29:51				

# Turkey Trot Predict

TOP Finishers				Predicted Actual Diff				Predicted Actual Diff				Predicted Actual Diff			
Deb	Weaver	31:43	31:43	0:00	Kurk	Harris	29:37	29:50	0:13	Beverly	Carver	29:29	28:58	0:31	
Elizabeth	Watkins	20:05	20:04	0:01	Don	Ritchie	43:21	43:07	0:14	Bill	Pike	27:30	26:58	0:32	
Joanne	Saunders	36:12	36:13	0:01	Don	Johnson	25:10	24:55	0:15	Tim	Barry	26:24	25:52	0:33	
Jonathan	Isaac	20:30	20:29	0:01	Christopher	White	20:25	20:40	0:15	Tom	Ellerbusch	22:45	23:18	0:33	
Michael	Hanson	28:40	28:42	0:02	Anthony	Whiteman	18:30	18:14	0:16	Keith	Austin	21:15	20:41	0:34	
Carol	Runnells	30:30	30:27	0:03	Tony	Abdella	25:00	24:43	0:17	Stephen	Telatnik	32:45	33:20	0:35	
Bennet	Krawchuk	18:45	18:49	0:04	Tracy	Mann-Reno	26:36	26:53	0:17	Barb	Good	30:30	29:55	0:35	
Garrett	Cichowitz	16:45	16:41	0:04	Brandi	Buskohl	34:13	33:55	0:18	Karen	Wood	30:44	31:21	0:37	
Jeff	Whiteman	30:30	30:35	0:05	Charles	Snygg	45:59	46:18	0:19	Keanan	Scott	23:00	23:38	0:38	
Kevin	Clark	21:30	21:36	0:06	Alison	Flaherty	27:55	27:35	0:20	Rick	Isaac	25:45	25:06	0:39	
Aaron	Whiteman	23:25	23:31	0:06	Jonathan	Martinez	19:07	19:27	0:20	Sandu	Rebenciu	16:10	15:31	0:39	
Janessa	Warren	24:30	24:37	0:07	Jeff	Owsley	25:10	24:48	0:22	Ellissa	Washburn	32:30	31:50	0:40	
Dean	Black	16:45	16:37	0:08	Mark	Good	24:15	23:53	0:22	Janelle	Schnabel	30:00	29:16	0:44	
Sharon	Dieter	24:30	24:39	0:09	Linda	Kilis	28:10	27:47	0:23	Scott	Palmer	20:30	21:15	0:45	
Steven	Sanchez	18:50	18:41	0:09	Martina	Ritchie	30:50	31:14	0:24	Keith	Martin	32:00	31:15	0:45	
Zach	Wehling	24:00	24:10	0:10	Katie	Walker	24:45	24:20	0:25	Trisha	Morton	21:45	22:33	0:48	
Greg	Brown	24:00	23:49	0:11	Lile	Budden	19:11	18:46	0:25	Cindy	Jahn	33:30	34:22	0:52	
Courtney	Butler	21:11	20:59	0:12	Dave	Williams	24:00	23:34	0:26	Bob	Scott	28:30	27:37	0:53	
Bradford	Rogers	19:00	19:12	0:12	Sergio	de Lourence	29:52	29:25	0:27	Keith	Holcomb	29:47	30:41	0:54	
Phil	Goulding	22:30	22:17	0:13	Emily	Brzozowski	19:18	18:51	0:27	Jim	DeReus	23:30	22:35	0:55	
William	Edwards	19:10	18:57	0:13	Michale	Squires	28:00	27:32	0:28	Karen	Isarey	29:38	30:33	0:55	
										Kary	Gunkel	39:30	40:27	0:57	
										Katrina	Paige	36:00	35:02	0:58	
										Tamara	Rogers	21:20	22:19	0:59	
										Erin	Neville	27:30	26:29	1:01	
										Jim	Beckenhaupt	25:49	24:47	1:02	
										Mark	Weeks	26:50	25:48	1:02	
										Shane	Hansen	32:32	31:28	1:04	
										Emily	Telander	32:55	33:59	1:04	
										Julia	Mesnikoff	32:32	31:26	1:06	
										Mayory	Cifuentes	27:30	26:11	1:19	
										Lori	Mueller	30:00	31:19	1:19	
										Andrea	Stillman	24:59	26:20	1:21	
										Sharon	Greenbaum	24:50	23:29	1:21	
										Derrick	Gwinn	24:30	23:07	1:23	
										Joe	Rorick	27:00	28:24	1:24	
										Thomas	Whiteman	21:24	22:55	1:31	
										Marie	Rosetti	28:11	26:36	1:35	
										Genevieve	Poucel	35:45	34:06	1:39	
										Ron	Wood	26:31	24:49	1:42	
										Charles	Greenbaum	24:50	23:06	1:44	
										Stacy	Mathews	35:17	37:01	1:44	
										Nancy	Oliver	36:25	34:40	1:45	
										Steve	Roth	24:00	25:47	1:47	



With 1 second on the clock, Joane Saunder crosses the line, hands raised, winning a Turkey at the Turkey Trot Predict. Carol Runnells, Jon Isaac, Deb Weaver, Liz Watkins (front to rear) also won.

**29TH ANNUAL**  
**EL PASO COUNTY SEARCH & RESCUE**

# RESCUE RUN



**Rescue Run 5K/10K**  
**January 1st, 2007**  
**Palmer Park**

10 AM Start Time

Kids races at 9:30

Proceeds of this race go to the El Paso County Search & Rescue, an all-volunteer organization that provides search and mountain rescue services in El Paso County.

**Rain, Snow, or 20 Below**

Start your running year with a Colorado Springs New Year's Tradition

Entry form at local running stores, or from [PPRRun.org](http://PPRRun.org)  
Also [Active.com](http://Active.com) or on race day